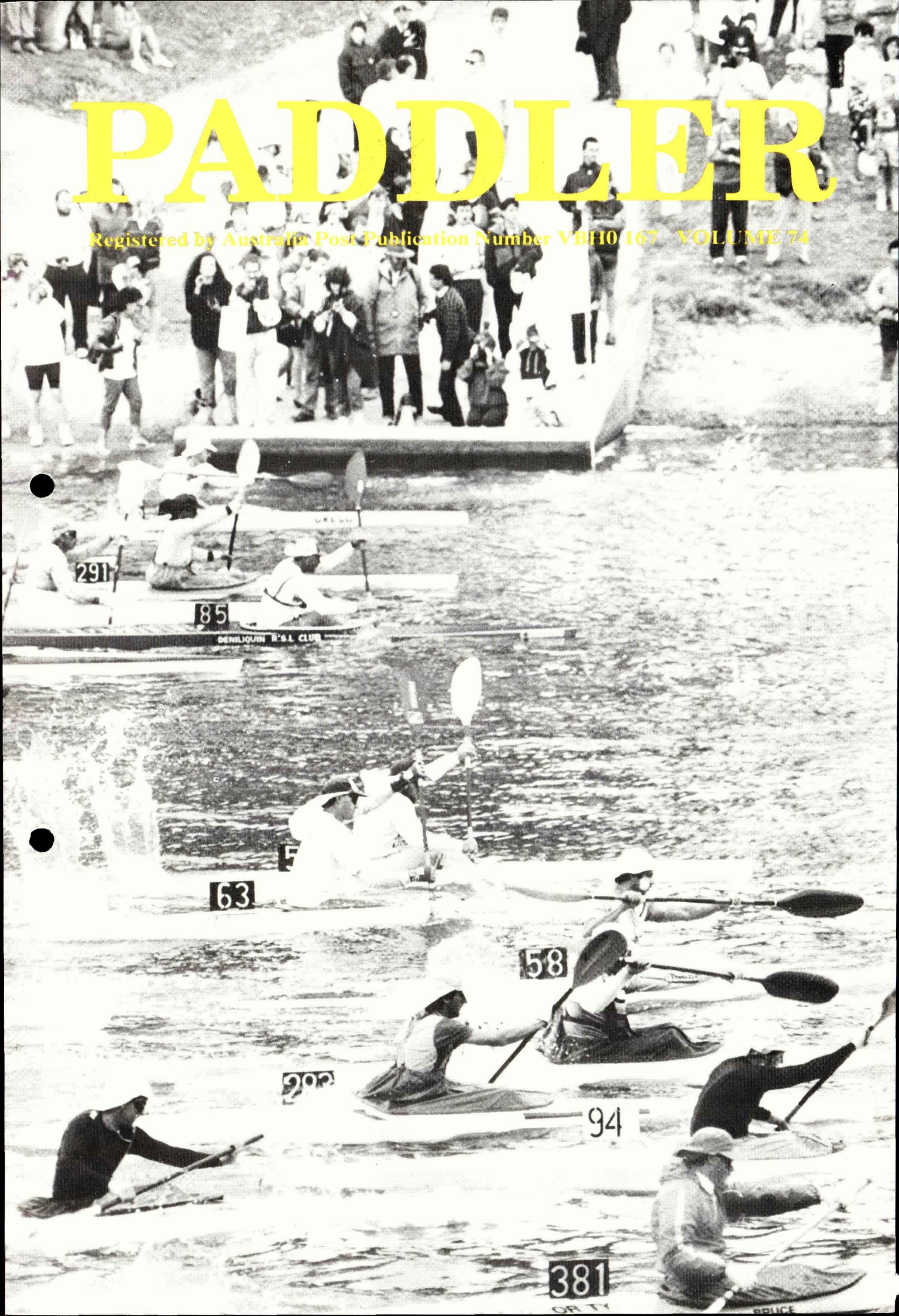


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FRONT COVER:

A start of the Red Cross Murray River Canoe Marathon
photo courtesy of 'The Age'.

EDITORIAL

PADDLER - HOW GOOD

Now, after having put together four magazines I have a better idea of what I want in PADDLER. However I don't have any idea of what you, our readers want, so I have chosen to use my editorial to discuss the content of the magazine. I want to get it right.

When I volunteered to take on the position, a position that had no takers for the previous twelve months, I did so through a sense of duty, rather than any burning desire to publish. I strongly believe that the VACA needs an official magazine, not just a news sheet that expresses the associations views, but a true magazine which can be used for all forms of communication between canoeists.

PADDLER cannot compete with the 'glossies' in presentation, and I don't believe we can afford to try. We print only 600 copies of each edition, the amount of advertising we can attract is minimal, and the subscription charge is purposely kept low to encourage circulation. We don't pay for typing, and we don't pay for contributions. We use an antiquated privately owned PC for word processing (what a horrible term), a friends laser printer to prepare the final artwork, and colour photographs are converted to black and white for nothing. Recently we have paid the major newspapers for cover photographs. (volumes 73 & 74) In short, the VACA pays little before we send the finished artwork to the printer. Publication of PADDLER is truly a love job, and we can't afford it to be anything else.

We can however easily outstrip the 'glossies' in content, and this is where you the readers, play an important role. Our aim is to publish exactly what you want to read. Therefore you must tell us your preferences or submit the types of articles that you yourselves like to read. Remember, we have an amateur editor, no reporters, and no photographers, you must fill all roles. If your desires for a great magazine are as strong as ours, PADDLER will excel.

Comments I have received to date indicate that some people believe I am showing bias in the content of the magazine. This is not so. I am always scratching around for more information to fill an issue. Everything that has been submitted for a particular issue has been printed in that issue, I have never had the luxury of having a bank of articles (or even one article) on hand for the following edition.

Experience to date has shown that we just have sufficient time each two months to prepare a magazine with 48 pages, i.e. 44 pages of text and 4 pages of advertising. Additional advertising which we receive as 'camera ready' will not take extra time and is eagerly sought, but the cut off for text must be around 44 pages. What we need to know is how you'd like it filled.

We thought you'd like a "Letters" page to air your concerns or take issue with the association, but there seems little demand. 'Club Corner' is something we are trying to foster, but we have to make all the running. We've only had one mid-sized story on polo, and it's been hard to get items on marathon. The Classified Ads. section is little used. Photographs are as scarce as hens teeth, and black and white photographs (which give more clarity) are even more scarce.

I must use every opportunity to thank those people who keep PADDLER going. Those of you who have known me during my 13 years in canoeing administration will know that it takes more than my stubby little fingers and non-computer brain to handle the desk top publication of 45,000 words every two months, so thanks Jill. Thanks to Cliff our friend and computer manager for providing the use of his laser printer and library of typefaces, and thanks to our regular contributors, their names appear often, so I need not repeat them.

If I was trying to save space and needed to precis this editorial I'd say, **you send me ideas, stories and photographs, and I'll send you a great canoeing magazine.**

Tony Prior.

RED CROSS MURRAY MARATHON

by Jonathan Mayne

The starter is saying 'OK paddlers we're counting down, ten seconds till the gun, stand by for the start'....and you're thinking....what am I doing here, I've got 404 km. to paddle, that's a long way in a car, how did I get involved in this and who's crazy idea was it anyway?

In the sixties, the late David Wang, a prominent Chinese businessman, was very active in support of Red Cross, and one of his initiatives was the 'Red Cross Trendsetters', a group comprising of young folk who had raised \$250 for the Society. One young hopeful, Mark Thornthwaite from Rosanna decided it would be a good idea to paddle his canoe 250 miles down the Murray and raise \$1 per mile. It sounded simple, and the plan was floated at Red Cross. A long time supporter of Red Cross at that time happened to be a senior member of the Volunteer Coastal Patrol, a keen photographer, and an old journalist with good contacts. Red Cross put

Mark's proposal to Ted Madden for evaluation before accepting it, and Ted studied his maps, and gave the whole thing careful thought. He reasoned that it was feasible, but it should not be limited to one canoe only, it should be a race. Mark agreed, and in 1969 the Red Cross Murray River Canoe Marathon was born.

With no knowledge of the sport Ted contacted the V.A.C.A. for support, they at that time, said 'It would never work', and rejected the proposal, but one far-sighted man saw the potential, Ross Chenoweth of Ivanhoe-Northcote, who became the first marathon race official. So it came about from Mark Thornthwaite's idea, Ross's knowledge of canoeing, and Ted Madden's nose for a good news story for the press, that the first marathon in 1969 with seven canoes and ten paddlers, received tremendous coverage in all the media and captured the imagination of the Australian public.

Now, twenty-one marathons later, tens of thousands of people have been involved in the Murray Marathon, almost \$1.5 million raised for Red Cross, and the standard of canoes and canoeists right across the Nation have been upgraded dramatically ever since that first modest event, which it was thought would never work.

Today the Red Cross Marathon has gone 'Hi-Tech' in all respects. We have satellite communications, computerised results, and our own on-site FM Radio station broadcasting on 107.9, from right in the marathon camp. The canoes are the latest developments in exotic fibre construction. The training programmes have the sanction of local and international coaches and sports medicine experts, and the race attracts some of the most formidable marathon paddlers in the world. Our own four times World Marathon Champion, John Jacoby, got his start in this event in a great heavy tub. A far cry from the

time he came up against Lars Koch and Thor Nielsen of Denmark, and Robin Belcher U.K. They beat him that occasion, but he got faster and faster each day as he learned the tactics of marathon paddling in that tough international school, and has swept all before him ever since.

Every year records tumble regardless of

A start on Day 1 looking across the line.

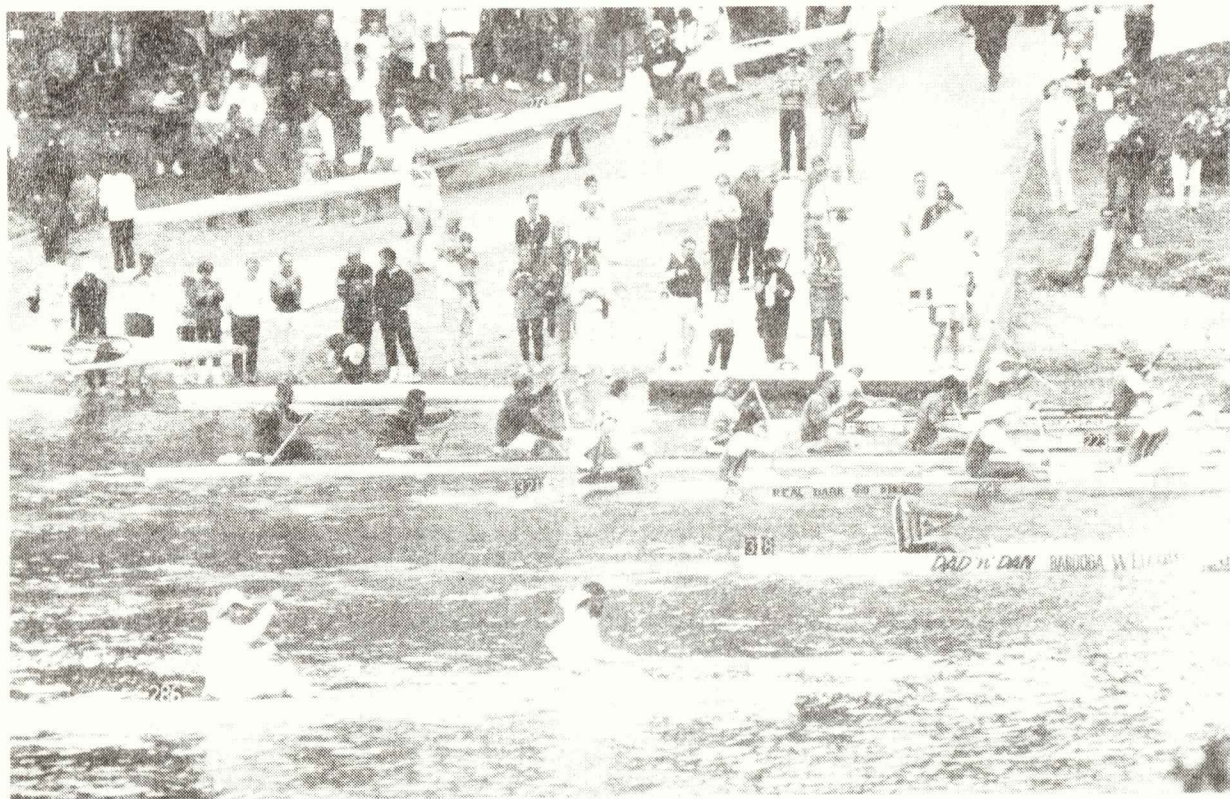


Photo courtesy The Age

river height or weather conditions. Celia Burke holds the oldest records in the book, the last two days from 1975. Now she holds the complete LK1 Vet 50 from 1988.

Margaret Buck and Neil Grierson ripped 8 hours from the K2 Mixed 40 veteran record this year, to join yet another new group of record holders. We've come a long way since Philip Ball on the 1969 Marathon in 45 hours, 36 minutes and 20 seconds. The Waters brothers in K4, sons of Vin Waters from the Church of

Christ Explorers and himself veteran of 18 marathons, now holds the fastest time ever recorded, at 25:25:59, and one wonders how long that will stand. Kevin Phillips in his C1 seems to get faster as he gets older, and it is now not unusual for the veteran records to be faster than the open class.

How does this juggernaut come together year after year?....Simple....it is the product of about 35 folk, who make up the Red Cross Murray Marathon General Committee, and bring together the talents of groups like MICOM to computerise the results, WICEN to provide radio communications, the Red Shirts to administer the camp, and the Blue Shirts to deal with the traffic. Red Cross has benefitted greatly from the experience they have gained in treating paddlers, and developed a unique ability to make decisions as to who should be allowed to continue, who should be put in 'check', and who should be withdrawn. This is an invaluable asset to Red Cross First-aiders in real emergency situations. Rotaract, Freemasonry, Land Rover Owners Club, Royal

Volunteer Coastal Patrol, the Murray Marathon Club, and a retired Anglican Chaplain who has been 'Camp Cook' for 20 years, are just a few of the people

launched the marketing of the marathon clothing, and fund-raising product sales have escalated ever since. Sales from the marketing caravan exceeded

The Yarrowonga Weir Wall looks on.

Photo courtesy The Age



and organisations that combined to make the marathon work each year.

Sadly, nobody from the first Marathon in 1969 continued beyond the mid seventies, and only four people have been involved in all the other 20 events. Peter Holloway the camp cook, has with his family, provided meals to officials who are so busy they simply don't have time to prepare their food. David Rizzoli, the smiling character with the big voice who marshals the competitors each morning with his inimitable style. Jonathan Mayne, Canadian paddler, and former Australian sprint champion paddled TC2 in the early marathons. He accepted a range of offices, including paddlers' rep, Race Chairman, and 4 years as General Chairman. Jenny Mayne, current Chairman and power behind fund-raising on the marathon, was land-crew for Jon in those early events. As time progressed both became more and more involved with the Marathon. Jon designed the marathon logo, and all the T-shirts, and was responsible for the introduction of the annual 'Blessing of the Fleet'. Jenny

\$30,000 in 1989.

Red Cross have given their complete support to the canoe marathon, and in the future it is expected to continue to grow in size and importance. The age limits are currently under review, and in line with sports medical reports, youngsters under 18 are due to be phased out of competing the full 404 km. Alternative events are already in place, such as the 'Checkpoint Bravo' starts which reduce the course to 200 km. and 'Checkpoint Delta' starts on three days for children under 14. A relay was tried for the first time this year, and proved a great success. Competitors must sign out and be replaced by the next team member at each checkpoint. This could be a great idea for schools and paddlers who would like to participate, but just can't face the distance. One thing is certain however, the Red Cross Murray Canoe Marathon will continue to dominate the marathon canoeing scene, and it will go from strength to strength as long as Australians have a sense of great adventure.

HURDLES AS WELL

by Peter Gray

Two years ago, the PADDLER published an article by James Sloan on paddling the Red Cross Murray River Marathon. James wrote from the standpoint of an elite paddler. He and the present chairman of the VACA Marathon Committee, Robin Belcher, won the K2 open class, in a close tussle with another international crew. I paddled in the winning C4 crew that year, and was hooked on the 'Murray'. I resolved then to find a boat and a partner, and to paddle TC2 men's veteran 40 in 1989. It occurred to me that an article by an ordinary paddler might be worthwhile.

Wednesday 20th December

A great feeling of relief spread over me as we carried the boat up the ramp at Footscray. The heavy training was over. Tomorrow we would rest, and on the next two days we would take shorter trips to taper off. We had been racing on and off for months, and training hard for weeks. For a while, I had trained solo on the Yarra in the early mornings, and gone to my usual gym after work. My gym closed for renovations. Alan Jones, my partner, was working in Sunshine, so we took to training together on the Maribyrnong after work.

Thursday 21st December

I padded my seat with new closed cell foam. This act was to cost me dearly.

Saturday 23rd December

Our last training paddle, 13 km. on the Yarra. We decorated the boat afterwards. It is an old boat, with signs of minor delamination and a lot of scratches. We discussed whether it would last the five days. The boat is black. We called it 'Bête-Noire', which expressed how we felt about it, and how we hoped the other four or five boats in our class would feel. The name went on both sides, in large, bold, fluorescent red capitals. At least we would be noticed.

Tuesday 26th December

After a poor nights sleep, I rose and set off early with some of the ground crew.

Alan travelled with the others. Registration was a chore, especially standing in the money queue, but did not take too long. We were all cheerful, and our totally inexperienced ground crew was initiated into some of the mysteries of the 'Murray' by the race briefing.

Wednesday 27th December - Day 1

The early morning was miserable. A gale blew up the river, making white caps in places. It was worse than the weather for the Cobram 40, three weeks earlier. Some said it was the worst first day ever. At least the river level was higher than three weeks earlier.

Two groups of slow boats started at 7.00 and 7.10 a.m. Then came our start, at 7.20, with all the TC1's and C1's, and all the TC2 classes, except open.

We had picked our major opposition as being the pair from Cobram, big, strong blokes, who had beaten us by almost five minutes in the Cobram 40. We thought we had improved a lot in the last three weeks, and could beat them. They went out hard from the start, and we tried to stay with them. It was a mistake, as the effort cost us a consistent performance throughout the day. The opposition put on a burst in the middle of the day and shook us. We could see them until about the last 10 km. but then we died.

It was during the first day that we discovered the true name of our boat. One of a group of young swimmers looked up as we passed, and said, 'Look, bettay noray'. From then on, that was how we pronounced it.

The weather did not improve. In fact, late in the day there was a little rain. Also, late in the day, my new seat padding did its work. I began to experience agonizing pains in the posterior. At the finish, when I was invited to sit in the car and drive to camp, I knelt on the seat instead. In the showers, I discovered high on my left buttock a large, hard, hot, red lump. Someone suggested I have it looked at,

so I resorted to Peg's Bum Parlour, which had been designated as only for serious bum injuries. I dropped my strides for Peg, who announced immediately that she had better get the doctor to look at this one. I wondered whether I would ever paddle again. The diagnosis was internal bleeding, perhaps from a torn muscle. The prescription was ice, and a return visit to the doctor in the morning. Ice improved the feeling, but I found it difficult to sit and eat, and sleep was interrupted every time I turned over.

Alan and I took a walk, and decided that the main aim was to finish the event. We were in second place in our class, nearly six minutes behind the leaders, but medals did not matter. We had not done all that training to be defeated by the first hurdle.

Thursday 28th December - Day 2

We rose, and dressed to paddle. After walking around the camp for a while, I decided to look at my watch, which was taped to the boat. There was no boat. Turning to one of the ground crew, I said 'I don't want to ask a stupid question, but where is the boat?' His jaw fell open when he looked at the spot where it had been.

At first, we assumed some practical joker had reacted to the obviousness of our craft, and that it would turn up in some obvious place. Announcements were made through the public address vehicle, but no-one came forward to tell us where it was. We continued to make preparations for the day's paddling, but with increasing gloom. In my case, the preparations included a visit to Peg, and the attachment of large foam pads to my backside, with instructions to leave them there until the race was over. As an old cricketer, I had often put the pads on, but never like that.

When it began to dawn on us that our boat would not turn up, we were introduced to John Mackley and David Ritchie, who were unable to continue in the TC2 men's open class, because of a

tendon injury to John. Their ready generosity in lending us their boat put us over this apparently insurmountable hurdle. The achievement of our ground crew in setting us up in a completely strange boat in a few minutes will probably never be equalled. It was not easy. My drink bottles had to go in front of my foot rest, and the tubes were not quite long enough. A substitute number with a suction cup had to go on a deck, and to risk being knocked off by my crossing paddle all day. We made the start, but just.

We started slowly, getting used to a boat which tracked better than ours, but was a little slower. Although sitting down was a great hurdle for me, at least I sat in a seat which did not put pressure on the same placed as the previous day.

Forty minutes from the start, there was our boat, floating against the bank in a big eddy on the outside of a wide bend. I should like to meet the people who took it from the middle of the official marathon camp, carried it several hundred metres to the river, and threw it in.

They did not steal it for gain; my watch and the spare paddle were still taped to it. Nor did they vandalise it.

By an odd coincidence, there was a police vehicle on the bank above the spot where our boat was. We asked some spectators on the bank to tell the police of the presence of the stolen boat. Imagine the surprise of our ground crew, waiting at the Tocumwal Police station to report the theft, when the policeman came in, having already recovered the stolen property. By then, our boat was already on its way to Picnic Point, by courtesy of Murray Rantall's ground crew. They were only worried about being accused of stealing, when our ground crew caught up with them.

Meanwhile, Alan and I went on our way. I had to keep easing myself off the seat. I also found that I had to keep urinating. As the doctor told me later, the nerves associated with my injured rear were also preventing my bladder from expanding fully. Throughout all my rests from paddling, Alan kept the

boat moving. His effort on that day was nothing short of heroic. His only complaint was late in the day, when he began to experience shooting pains in his shoulders.

Despite our problems, we began to move along a little better as the day passed. We had to stop at checkpoint Bravo for me to have a change of sheepskin on the seat, and at Delta for some food. In the confusion of setting up the boat, some of our food had been buried deep under the seats, where we could not find it.

We arrived at Picnic Point still in second place, losing less than seven minutes to the leaders on the day. Almost half the distance of the race was over. We were still alive, and we had our boat back. Were the opposition dying?

Friday 29th December - Day 3

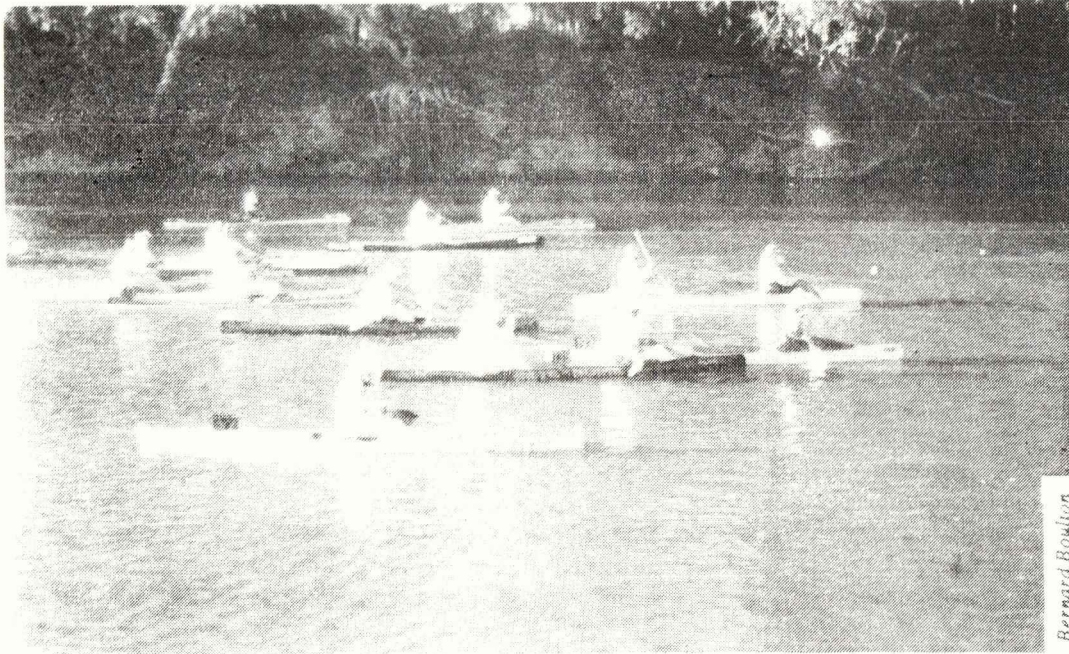
Lack of sleep was beginning to tell on me. Before the start, I felt awful. Having our own boat back did give us a psychological lift, however. We had

Peter Gray (rear) & Alan Jones in their boat before the start on the first day.



Bernard Boulton

Our ominous black boat waiting to start another day



Bernard Boulton

agree to follow our own race plan, not trying to go hard through the 'narrows', and not be bothered if our opponents were ahead of us. For the first few minutes after the start, I had a clear perception of the surface of the river sloping away from us. This is a kind of motion sickness.

We negotiated the 'narrows' successfully, and began to feel good, picking up the pace after checkpoint Alpha. After overtaking a few of the boats which had started with us, we could see our rivals ahead. Believing that they would try to burst to shake us off, we crept up on them. Not long after we drew level, their ground crew called them in for a provision stop, just before checkpoint Charlie. Being in the lead on the day gave us a lift, and we really put on some pace. We caught Liz Hirschoff, the top woman C1 paddler, who paid us the great compliment of riding our wash to many kilometres.

All went well until, three bends before the finish, we met the paddle steamer 'Canberra', coming up the river. Crossing the immediate wake was no problem, but a long series of two foot waves rolled up the river behind the paddle wheeler. Our boat went down one wave, and ploughed into the next, burying the bow and Alan to the waist. It wallowed, half full of water, and very

unstable in the waves. By bracing and paddling, we managed to reach the bank upright, and go out to empty the boat. Alan slipped over twice in the mud, and this proved too much for his frustration at the delay.

I had never seen Alan do his block before, but the effect was remarkable. When we resumed paddling, he wanted to thrash the water at about twice our normal stroke rate. All he did was to create two huge blisters on one finger from gripping to paddle too hard. My attempts to slow him down were interrupted by a hard object hitting the boat, dropped by some idiot from the Echuca Bridge. It was just as well the finish line was only one bend away.

On the day, we finished nine minutes ahead, leaving us somewhere over three minutes down.

Sleep was denied to me again that night, this time by a mob of drunks, who held a party nearby. The younger members of our ground crew stood guard most of the night, in case of more interference with the boat.

Saturday 30th December - Day 4

Confusion occurred at the start, with some boats being pushed onto the starting pontoon by the current, and tangles of boats early in the race. We stayed

out of it, but our opposition lost some time. Although we stuck to our race plan, not pushing at the start, we were in front after eight minutes. For some reason, we really began to fire, and put in a very good day.

My only real concern was as to Alan's sanity. Late in the day, he began to talk in lyrical praise of the strawberry flavoured creamed rice in his food bottle, saying that he thought he would like to eat it more often, even when not paddling. At the very least, he was delirious.

Alan also complained that I was keeping him paddling on the right hand side for too long, and he was becoming sore. He did not seem to appreciate my explanation that the boat seemed to run better with him on the right and me on the left.

At the finish, we sat on the bank, eating the excellent lunch that the ground crew had prepared, and waiting. We waited over twenty-six minutes for our competitors to arrive, and rejoiced that we now had a lead of about twenty-three minutes. After lunch, we left for the drive to Murrabit for our camp.

Although we did not know it, disaster had almost crippled our ground crew. Passing over the hump above an irrigation channel, they managed to jump the camper trailer off the tow ball. The draw bar hit the road, and dragged along on the safety chains, which wore right through as the vehicle slowed down. The camper trailer stopped without deviating, across the driveway of the local plumber, Gary Napier of Myall. Gary came out to investigate. He found some length of chain, cut them to size and welded them on, refusing to accept any money. What a bloke!!

New Year's Eve - Day 5

I had more of my sloping river, which lasted for quite a while after the start. We led from the outset, apart from a

Hurdles as Well (cont'd)

few minutes while we rescued a cap-sized paddler. It seemed to take us ages to get going. Somehow, the boat would not run well, and kept wandering to the right, which did not help Alan's aversion to excessive paddling on that side. It was not until we stopped worrying about it, cracked a few jokes, and relaxed, that the boat began to sit up and we gained pace. From then, we felt good.

Because of our lead, and the heat of the day, we felt we could afford a stop at checkpoint Charlie for a cool drink. This proved to be a boost, and we revved up over the last twenty-two kilometres to Swan Hill. The junior went started at checkpoint Charlie, just before we arrived there. We caught a sixteen year old lad in a TK1, who made two ageing men feel really good by riding our wash most of the way, and then having to drop off.

So we were winners in a class of six boats, forty minutes ahead of our nearest rivals. Nothing hurts nearly as

badly when you win. Our time of 37 hours, 3 minutes and 12 seconds was not flash, but it was the fastest in that class in 1989. That is what racing is all about.

It is obvious that we owe a lot of people much gratitude. Some have been mentioned already. The most important were our star ground crew, Bernie Boulton, Herb and Scott Fleming, Cerian Jones, Eddie Shepherd and Phil Whiteley. Camp sites, food, and massages (by Ceri) were all top class. Clothes were washed and dried, food and drink containers scoured, and all comforts provided, usually without our having to ask. Nothing could beat Bernie's mad dash to try and buy a sheepskin at Echuca on Saturday morning, after our seat skins had been mislaid and lost. That is, nothing, unless it was the iced towels for the backs of our necks when we stopped for a drink on the last day.

We were also grateful for encouragement from so many people. We had set out to be noticed, by making our boat

obvious. We became famous when it was stolen and recovered. So many other paddlers gave us their good wishes.

I am still hooked on the 'Murray', Alan is too. As time passes, the hurdles diminish in size, and all that is remembered is the tremendous feeling of satisfaction. Finishing is achieving. Winning is a bonus. Whatever the result, it is a great experience.

The author, Peter Gray, is Chairman of the Victorian Board of Canoe Education, and a Vice President of the V.A.C.A.

Alan Jones (left) & Peter Gray - winners



Bernard Boulton

EIGHTIES

by Reg Hatch

Our greatest glory is not in never falling, but in rising every time we fall. Confucius.

The eighties started in 1979, and concluded in the year of 1989.

Six World Champions and a whole host of medallists.

The outstanding Marathoners, led ably by John Jacoby - the Sprint through Martin Hunter, and Down River Racing through Andrew Tribe. Slalom is in the top ten, with Danielle Woodward a grand 7th. Liz Blencowe, remember her, the immensely talented young lady, who just never made the grade - given an even break Liz would have been our first Olympic gold medallist, or our first wild water world champion, or just about anything she wanted, maybe even still Australian.

There were also some disappointments in our greatest decade.

Canoeing got very little mileage out of Grant Kenny's association with us. Is this because of the prevailing petty jealousies that abound in our total arena.

The AIS and its total surf oriented idiom. One may ask how coaches (non qualified) can be selected, not having achieved any of the job description criteria, and not having been involved in canoeing for four years - sour grapes - yes. When a senior coach applied for the assistant coaches job, it was another knock back.

Give the ladies a go!. One lady applied for the AIS assistant coaches job, and didn't even get an interview - the same lady has had more coaching experience than either of the current coaches.

The retirement of Joan Morison, and that feeling of having lost contact.

In 1979;
- our air fares to Europe were \$1454.00
- Australia's first medal in 24 years, and a silver to John Sumegi
- we made our first use of Cabramurra as a camp base.

In 1980 the Olympic team was chosen on the 23rd March - the last day of the National Championships at Carrum.

In 1980 Peter Thompson was continuing his mammoth effort in getting Carrum noticed as a true race course - he must be somewhat pleased with the ultimate outcome. Peter Thompson was not re-elected to the Olympic team, even though six of the eight team members were against the alternative appointment. Here was another case where the appointment had no managerial contact prior to the team announcement. Peter had done a brilliant job in 1979, as team manager.

The threatened boycott of Moscow caused a lot of soul searching, and consternation.

Our Olympic preparation was totally disjointed when we arrived in Bucharest (Romania), to find no bookings or organization had taken place.

We left for Hungary a week and \$2,000 later.

Crosbie Baulch turned 21 in Hungary, and his friend John Sumegi, made him a cake.

Sumegi repeated his silver medal performance at the games. He announced his retirement at the end of the games, after being given the honour of carrying the flat at the closing ceremony.

In 1981 Liz Blencowe was the outstanding competitor. She was 4th at Bala in the ladies down river race, and 4th at Nottingham in the ladies K1 500 metres.

We had a quiet period through this time, and then 1984 saw a huge flurry of action.

Bill Endicott of USA, spent a considerable time in Australia.

Liz Blencowe and Peter Genders were in outstanding form at the Olympic trials in Stanthorpe. Both performed

way below their potential at the Olympic Games. Another nice little story caused much of the perceived failure of the Australian team in Los Angeles. 'The Eastern Bloc boycott should have assured us of medals in every event.....!'

This year, 1984, saw Australia introduce an overstem rudder. This was designed by Mr. Les Richards, and in 1989 the great Hungarian paddler Guluy had a trailing rudder.

In 1985 Sheila Cannover from USA, was here, and talented Melissa Mayne finished a close second to her.

Martin Ralph set himself up as a busker in the city mall, to raise money for their trip to Haziewinkle (Belgium). Little did he know he was setting himself up for his future in show business. Martin is now a sought after identity, and commands large fees for his work???' The elected coach of the sprint team resigns just prior to the team leaving.

John Jacoby won his first world title on 28th July, 1985, in Luxembourg. The first gold medallist in any category of Australian canoe sport.

His opening paragraph to his coach: 'Dear Reg, Nothing quite beats the buzz I got last Saturday. It was great winning, especially in such a close finish. It really got the adrenaline going.' Last paragraph; 'It was a great atmosphere approaching the finish line, and once I had the lead it would have taken Rugiger Helm to get past me'.

KAOS formed with reportedly huge backing.

In 1986, the unbelievable non-selection of Brian Thomas and Martin Ralph for the sprint team.

John Jacoby wins his second World Title.

Reg Hatch lectured and coached the Asian Coaches in Hong Kong, 27 participants for a period of 6 weeks.

Jeremy West (England) won both 500 and 1000 metre races in Montreal, and set the scene for the most exciting period in kayak racing. He also

Eighties (cont'd)

cemented the wing as a viable tool in racing.

In 1987 Martin Hunter was the No.1 ranked competitor in Australia. John Jacoby won his third world title. The most disappointing results ever for a national sprint squad, not one finalist.

In 1987 Sir Donald Bradman said; 'I hope nobody gets carried away by the mistaken notion that financial help and good facilities guarantee success. They merely open the door. Success still must be motivated from within. Hard work, and dedication remain essential for all individuals who must embrace, with equal fervour, opportunity and responsibility.'

John Jacoby starts to make the doubters a little concerned, when he took out his fourth, and record number of consecutive world championships. Our ladies gave the best of the rest a real taste of Aussie hospitality, by taking home three gold medals from the mother country. Denise Cooper, and Gayle Mayse in LK2, and Jane Hall the LK1. The first lady gold medallists in any branch of the sport.

In 1988 Martin Hunter won his first national title.

John Jacoby won the Longest Day in NZ, 12 hours 1 minute 45 seconds. Olympics, Grant Davies 1 - 2 - 1 - 2nd yehw! Well done Grant on all fronts. Foster and Graham, bronze K2 1000 metre.

In 1989 Danielle Woodward finished a magnificent 7th place at the Slalom Worlds - Savage River, America. Well done to Roy Farrance, very little to show for such a large input, but Roy is always there to help out wherever he can.

Our first World Champion in DRR, Andrew Tribe blitzed his way to the Junior World title with a convincing run. Jim Murdoch is Andrew's mentor - well done Jim.

Boring - Jacoby wins World Title No.5, when he convincingly won the newly world titled 'Longest Day', in NZ. John

broke the 12 hour barrier this time, and won a car for his trouble.

Reg Hatch was invited to coach the Danish National team - the first Australian invited to the European stronghold. There were three western gold medals won at Bulgaria in 1989, and all came from Hatch's team. Martin Hunter wins Australia's first ever World Sprint Title in winning the 500 metre event.

Martin Hunter joined two other canoeists in receiving the 'Key' to the City of Melbourne.

The Eastern Bloc as we knew it, is opening up - does this mean West Germany will have a good team of canoeists this coming year??

Clint Robertson, Jamie Beavis and Rob Nelson, achieved fourth places at the Junior Worlds - Nova Scotia. The Cabramurra camp went superbly for the tenth year. Australian K4's are still to break the 3.00.00 mark, a time we have been achieving for a number of years.

Let me make some awards:

Outstanding performer of the decade -
John Jacoby

Outstanding sportsman award -
Grant Davies

Outstanding sprinters award -
Martin Hunter

Outstanding DRR award -
Andrew Tribe

Sorely missed award -
Joan Morison

Most money talked about award -
Col Wilson

Outstanding female competitors award -
Denise Cooper
Gayle Mayse
Jane Hall

Outstanding administrators award -
Dr. Frank Whitebrooke
Phil Coles

Honourable Mentions:
John Sumegi

The Smith Family - Victoria's tireless workers for sprint and marathon

The Farrances - services to slalom, DRR and canoeing in general

Mr. Les Richards - for foresight in boat construction

Matthew Coulter - second place when in any other era he would have been a winner

Peter Thompson - Carrum and getting the ball rolling in '79

Hayden Kenny - Thank you for the all-round help in the '80s

The new Bradys Lakes Course - safety

Long standing selectors, Ian Farmer and Gary Gardner

Helen Brownlee

Sharon Bojczenko - for tireless secretarial work and service to ACF

Red Cross for annual masochists race that highlights canoeing.

Mentions:
AIS

Paddle Power - promised much, but deadlines are arbitrary

All State associations for fabulous work in the great '80s.

Thank you to all those who supported me, and canoeing, in this fabulous period. I look forward to seeing canoeing on the TV and front pages in the '90s.

V.A.C.A. NEWS

AUSTRALIAN CANOE FEDERATION - AGM

The Annual General Meeting of the Australian Canoe Federation's Recreation Committee met at the end of October in Adelaide.

This appears to have been an important meeting for recreational canoeists throughout Australia for a number of reasons which will be outlined shortly. However, whilst it is too early to count the fruits of this meeting yet, it is hoped that this is the start of a active national touring body.

The areas of importance are:

1. The meeting changed a previous trend because there were proper touring delegates attending from Victoria, South Australia, Western Australia, Northern Territory and Queensland. The ACF Recreation Committee had, for a number of years following the demise of the ACF Touring Committee, been carried on only with the enthusiasm of its founder, Tony LePage. This flew the banner for recreational canoeists but it was handicapped in representing the interests of this group because there was little support or interest for the ACF Committee at the State level.

2. Though the finer detail may differ between individuals, all delegates generally felt that there was an important national role for the Recreation Committee to perform and that this role needed to be accepted by the state recreation committees. The encouraging thing about the meeting was that not only were delegates attending the meeting but that each had a fairly strong view about the future of the ACF Recreation Committee and its directions.

3. Tony LePage has now moved from Chairman to Secretary-Treasurer, and David Mallott was elected Chairman. It is hoped that this change in leadership and the filling of the Executive positions might result in a revitalised outlook for the Committee enabling it to achieve its objectives.

The ideas discussed at the meeting included;

a) The development of a set of objectives for the Committee which have been agreed upon by the State committees or Associations (where no Recreation Committees exist).

b) Adoption of a long term operational plan in which a key item is the establishment of Recreation Committees in those states which currently do not have them.

c) The ACF fund the Committee over the next two years during the initial stages of getting established.

Some of these proposals were going to be taken up by the Executive whilst others were to be put to the ACF AGM. At the time of writing the status of each of the proposals was not clear and so no outcomes can be reported.

To assist liaison with the ACF Recreation Committee, the VACA Touring Committee decided to establish a permanent contact with the national committee by nominating Laurie Atkins to continue as ACF Recreation Committee contact.

Any comments or issues anyone wishes to put to the ACF Recreation Committee should be sent to;
L. Atkins, 3 Amundsen St, Belmont, 3216, Phones (Business) 603 9232, (Home) (052) 43 1035.

-Laurie Atkins

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NEW NAME AND LOGO

The Council foreshadowed moves to update the image of the Association with a name and logo change. People with a flair for this exercise are urged to submit ideas to the President;
Jane Farrance
140 Cotham Road
Kew. 3101.

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SECRETARY

Our endeavour to fill the position of Secretary of the V.A.C.A. have so far been unsuccessful. At the November Council meeting, we took the unprecedented step of approving an honorarium for the Secretary of the V.A.C.A. The honorarium was set at \$2,500 per annum.

The V.A.C.A. Council has never previously paid an honorarium to officers of the Association.

If anyone is interested in this position, contact the President, Jane Farrance.

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MISSING PERSONS

Last month the PADDLER sent to Belinda Cook was returned. If anybody knows the current address of Belinda, will they please inform the Editor.

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COPYRIGHT

The 6th edition of the Canoeing Guide to Victoria was printed in November 1988. Soon after publication, the secretary of the Touring Committee received an irate 'phone call from Chris McLaughlin, threatening legal action against the V.A.C.A. Touring Committee for using material written by Chris and Yvonne McLaughlin for the 4th and 5th editions.

Later a letter was received by the Touring Committee, from a firm of solicitors representing Chris & Yvonne McLaughlin, demanding the following:-

1. 5% royalties on all copies of the Canoeing Guide to Victoria
2. Written apology
3. A sticker acknowledging their contributions
4. A withdrawal of Barwidgee Creek from the Guide, as it was not canoeable
5. An undertaking not to use their work without permission

Legal advice was sought, and it was clear that the McLaughlins did have ownership rights to their work. However we were further advised that the McLaughlins had clearly given an implied licence to the Touring Committee to use their work in editions 4 and 5, and as this licence had not been withdrawn the Touring Committee were entitled to re-use such work. Particularly, given the following facts:-

- Chris McLaughlin had held official positions with the Touring Committee, and the Touring Guide editorial committee, between 1981-1986. Yvonne McLaughlin had been a regular attendee at committee meetings as a club delegate. Therefore they should have been aware that;

a. It was common practice not to ask author's permission to re-use or alter existing work for new editions, no records were kept as to who wrote what, particularly when many contributions were, re-wording, additions, or changes to existing work.

b. It was common practice to acknowledge only new contributors to each edition.

- They were aware that a new edition was being prepared, but did not indicate to the Touring Committee or editorial committee that they did not wish their existing work to be re-used in the 6th edition.

Our legal advice was to give them nothing. However, the sub-committee appointed to work on this matter felt that going back to the McLaughlins with a flat no, may have led to a costly, time consuming legal battle. So it was decided to work towards a compromise. With much to-ing and fro-ing, the following compromise was reached with the McLaughlins.

The V.A.C.A. undertook to inform all clubs, and committees that, no-one is to copy or reproduce the McLaughlins work without seeking permission from them to do so.

Please take serious note of this, and make every attempt to inform your clubs and acquaintances of this requirement.

Sincere thanks must go to Cary Pedicini, who acted as the intermediary between the V.A.C.A. and the McLaughlins, in this unpleasant matter. Also to the firm of Purves Clarke Richard, in particular Muray Chessell and Martin Horan, for their legal opinions and directions, which were invaluable to the correct handling of this matter.

A copy of the V.A.C.A. apology to the McLaughlins, is printed below.

Mr C & Mrs Y McLaughlin
75 Crisp Street
HAMPTON. VIC.

Dear Mr & Mrs McLaughlin,
Canoeing Guide to Victoria

On behalf of the Victorian Amateur Canoe Association, I wish to express the Association's sincere regret that you have been disturbed by the inclusion of materials written by you in the most recent edition of the Victorian Touring Guide.

The Association apologises for this incident and trusts that you will appreciate that publication of these materials was carried out without any intention on the part of the Association to be other than fair, honest and forthright in its dealings. Had the Association been advised that you did not wish these materials to be carried over from the previous edition, the Editorial Committee would naturally have ensured that this would not have occurred. You were not contacted about this because it was a common practice for materials in previous editions to be carried over into subsequent editions, because it was assumed you would have been familiar with this procedure, given your previous involvement with the Guide, and because we understood that you were aware that a new edition was in preparation. In short, the Editorial Committee was unaware that you wished to revoke the authorisation that you had

previously given in regard to the use of the materials.

I understand that you were also concerned that your contributions were not acknowledged in the sixth edition. Again, given your previous involvement with the Guide, it was assumed that you would have been familiar with the practice whereby only new contributions are acknowledged. Since no previous contributor has raised any objections to this practice, the Editorial Committee did not anticipate that you would be disturbed by this.

I trust that this clarifies the Association's position and thank you for your support of the Guide in the past.

Yours faithfully,
J. FARRANCE (President)

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1990 VICTORIAN SCHOOLS SPRINT CHAMPIONSHIPS

The races will be held on the Maribyrnong River, adjacent to the Essendon Canoe Club, on Sunday 8th April from 10.00 am - 3.00 pm.

All primary and secondary school students are eligible.

Races will be for 12,13,14,15,16 and open age groups.

There will be races for all types of boats including slalom boats. (Polo bats must paddle in the slalom boat class).

For further information contact:
Frank English, tel: (03) 434-3093.

ONWARD INTO THE NINETIES

by Reg Hatch

What Can We Expect This Decade?

Dights Falls on the Yarra converted, and developed into a World Class centre for slalom canoeing, with a restaurant and viewing area. How good will this be, right in the heart of metropolis. It will also be flood lit, (no pun), and rival those boring football matches played under lights in the early season.

Melbourne is granted the Olympics, and all our facilities are upgraded.

Development will start on dredging the Albert Park Lake to accommodate sprint events. Carrum Water Sports Centre will be the alternative training venue for those needing windy preparation.

Bungy jumping will be big, and power boats will all but commandeer Carrum. Don't draw any of the middle lanes, as the build up of silt from the two charging power boats, has made these quite shallow by comparison.

The back page of every newspaper will carry stories on real sportsmen-women - canoeists. Relegated to the also-ran sections, will be football, cricket and horse racing. The front page will be available when one of our stars has a haircut - gets a speeding fine, or gets one of those football injuries amounting to a blister - debate will rage through the week as to whether this competitor can take his place on the weekend, in the all important Gloria Marshall 500 metre final. Of course miracles will take place, and the said competitor will be on the start line with the thousands of loyal fans chanting his/her name. Club songs will spring up, and be sung after brilliant performances.

Kayaks and canoes will change shape quite dramatically through this decade. We will have delta shaped kayaks, where the competitor will knell on a saddle. They will use a longer paddle, as a result of a higher centre of mass, and increased levers. The stern of the boat will take on the transom shape, giving the craft more stability. Times in sprint racing will take a quantum

decline. Marathoners will find the position somewhat uncomfortable, especially when having to portage. They will develop pop-up rear decks to give them easier access. Steering will be accomplished via the feet, at the rear of the boat.

Timber boats will still be around, especially in team boats, and will hold their own in K1 racing. The larger proportion of boats will come from high tech, multi synthetic material (HTMSM). They will be very expensive, and realising this, the banks will organize a fluctuating - mostly upward - boating loan, that will take you some time to pay off. The interest alone will take years.

Paddles will become more bizarre, with even tighter twists being applied, looking for that elusive lift characteristic, so deficient in most people. The paddle shaft will take on a dog's hind leg appearance, with more twists and rolls than one of our elfin gymnasts.

Those staying with conventional seating arrangements in their kayaks, will be accommodated on a seat, split down the middle - fore and aft - this will be on a mechanism allowing more hip rotation through the sliding of each side of the seat.

Canoeing stands a good chance of going to the top of all sports for having the greatest number of classes contained in one sport, at present we trail yachting by a small margin. Still everyone has a chance to win.

Presentations though, will take longer than a David Attenborough acceptance speech.

Jacoby - Mayes - Cooper - Hall - Tribe and Hunter have broken the ice, and shown the way for winners to go - quietly unassuming, and great ambassadors for our sport. We already have the greatest number of world champions of any sport in Australia. This decade we will see us with winners in every category, which means plenty of them.

The Western nations will figure more prominently as the old eastern bloc athletes look to greener pastures for greater rewards for their work. Watch West Germany - a likely bet they will show some improvement. The USSR will, however, remain a force in team boats and canoes, and show a resurgence in Slalom and Down River Racing.

People will start paddling to work and leave their boats at regatta barn parking stations, set up to handle the marina like influx of craft.

Our canoeists will arrive dry and invigorated, the brand new material Kayacra will keep you warm, because of the thermal properties, and dry because of the repellent outer skin - it won't be dissimilar to gortex in function, just better. Alternate footbar pressures will generate power to a air conditioning/heating unit that will make life one big party. The upper body will have a similar unit powered by solar cells set into the deck of the boat.

On the downside we can expect to pay River Tax, and have to be licensed through a written 'Rule of the Road' test and practical manoeuvring and parking test.

Kayak and canoe pooling will be big and save time, because you can travel faster. Police will patrol to make sure the heavier craft carrying more passengers are seaworthy, and tachographs will be fitted to ensure they stay within the speed limit. Which city will have the best canoe system - just about all so it doesn't matter.

There will be small service sheds springing up along the riverside, with real estate at an all time high - these shops will cater to every need of the commuter and weekend tourist. Food, drinks, repair kits and all manner of accessories. Tug boat services will be provided for those unfortunate to run into someone or something. Salvage will not be a problem either, with a team

of experienced divers with the very latest equipment close by.

The service stations will have Hunters Habits Crunchy bars - Jocular Jacoby Winners bars, and both will figure prominently on T.V. ads, selling both the food and canoeing. Evening news items will lead off on how preparation is progressing for the upcoming weekend round of matches, where the match of the day will be awarded to the Ivanhoe Northcote Canoe Club, with very little backing and bathed in black and white, versus the all powerful AIS, with huge budget, and multi media mega star performers prancing about in all that money can buy. The betting is on the strugglers from the south.

Unfortunately, along with river tax, will come registration. This will be a simple matter of changing a few words in the existing Port Authorities Handbook - run it quickly past the State Government for interim approval, and whilst they are wringing their hands at the income prospects, the Attorney General will rubber stamp the lot, and bingo, we're up for a few more dollars. Strong discussion will abound about the fall of the Eastern Bloc countries, as we determine to adopt more of their policies. Payment will be made at the Port Authorities office, or your local canoe club. Those paddling racing boats or replicas, and those with multi seat boats will have to pay more, and be on the high insurance bracket. Essentially the faster and more efficient your canoe, the more you pay. Breath testing will be available, but not required, as our canoeists prove they are responsible members of the community. Water patrols will be out in the interest of safety, and will be recognized by their combing covers, the type New Zealand paddlers wanted to use at the Seoul Olympics - but like the NZ'ers they are a bit slow.

Colour will be the thing of the 90s, and the river will look like a veritable confetti factory, enticing even more people into this fabulous sport.

Fishermen will cast their lines closer to the bank, and give you a hearty welcome as you glide by.

Boats will come equipped with navigation lights powered by either the solar cell system, or the foot pump generator. Water proof compartments will be developed for brief cases and shopping. Larger items will be delivered to you by two-man Rapid Riders. Accessories will include speedo and drinking containers developed on the Murray Marathon, over the past ten years.

Used canoe salesmen will rank right up there with their counterparts in cars, and be the scourge of the industry - just remember they have to make a living also.

Our slalom and whitewater touring friends will see their horizons shrinking, as more rivers are dammed in the call for more power. In fact, we may be barred from actually paddling on some waterways, in fear of pollution, and contamination of some water reserves. The storm water canals will link up with the river so everyone has access to the main stream.

anchorman and Darrell Eastlake as the commentator.

The Murray Marathon will take on a Tour de France atmosphere, with John Jacoby doing the coverage. Canoeing on the whole will rank just behind the Olympic Games and World Motorcycle Grand Prix, as eyeball to square box entertainment.

All cities will have canoeing/rowing centres, and rowing will change their race rules to encompass 1,000 metre and 500 metre races. They will contend it is better for the spectators, as canoeing steals another march on them and go to 250 and 100 metre races.

Jacoby will be accompanied by canoeing legend Roy Farrance, with special comments coming from Jane Farrance and Elizabeth Blencowe.

Huge crowds will flock to meetings, and the ACF will be richer than even Col Wilson can imagine. Sponsors will

'THE BACK PAGE OF EVERY NEWSPAPER WILL CARRY STORIES ON REAL SPORTSMEN AND WOMEN - CANOEISTS. RELEGATED TO THE ALSO-RAN SECTIONS WILL BE FOOTBALL, CRICKET AND HORSE RACING.'

Sprint, Slalom, Marathon and DRR will attract huge crowds to venues to watch their champions. Canoe Polo is making inroads, but is still in the apprenticeship stage at this time.

We are the growth sport of the decade - more champions than any other sport - Wide World of Sport - Canoe Sunday - Canoe World with Grant Kenny as

openly bid against each other for logo sports on the new Kayacra material.

Kayacra will replace natural fibres except wool, which will be blended into the weave. Kayacra will be bigger than Lycra, and longer lasting. Patty Pilkington will introduce Kayacra into her range by 1992, and it will be like wearing a Drizabone in the rain. The

Kayacra material will be used for spray-decks, and some clothing will come with the spraydeck sewn into the uniform in an attempt to reduce drag.

Sports shops and boutiques will replace all other brand names with Kayacra, the clothing of the 21st century.

Remember colour will be the thing, and just like the fall of communism, the world will be brighter as a result.

There is nothing to oppose canoeing as the 90s growth sport, the governments will welcome us like long lost brethren, and accept our attempt to shore up an economy on somewhat shaky ground - such will be our resolve and effect that

housing interest loans will fall and, canoeing will be pinpointed as the major contributor.

Phil Coles will be Prime Minister, and lead an independent party known as the Olympians. Helen Brownlee will move into the Sport and Recreation portfolio. Julian Carter will win a sport on the opposition front bench, and serve to make sure canoeing gets all that it deserves - especially Canoe Polo.

The Surgeon General & Senior Medical authorities will praise canoeing for it's contribution to the no smoking movement. The only thorn in our side is to convince some members of our service crews (RAAF), to help set the example.

We can look forward to less jealousies - more coverage on TV.

Optimistic - well, maybe just a touch. It is worth looking where we have come from in the eighties, and it is quite a way in terms of results. But not very far in terms of selling our sport as the greatest. We have the ability to be top of the world in every facet, you just have to believe as much as I do that we can make it.

Don't take this too seriously, but some of the points will happen.

Have a great New Year, and may it be better than any period in the eighties.

TOP PADDLES NOW IN STOCK

- * KOBER
- * PROPULSION
- * FLITE
- * GRANT DAVIES - PROPELLORS
- * CANOE SPORT - SPEED BLADES

AND AT LONG LAST
W.W. DOUBLE TORQUE CRANKSHAFTS

LARGEST RANGE OF QUALITY PADDLES IN AUSTRALIA
FOR SLALOM, SPRINT, MARATHON & TOURING

AVAILABLE FROM *CanoesPlus* - 03 817 5934

PRODUCT INFORMATION

Tradition Meets High Tech

Nimbus Paddles have combined the traditional eskimo shaped paddle with modern materials to form the 'TRADEWIND'. The widest part of the blade is only 120 mm. and its distinctive shape is very efficient in high winds, yet due to the blades 600 mm. length, it gives equivalent thrust momentum as the shorter, wider blades.

The 'Tradewind' also comes in a 2-part and 4-part breakdown version to form the ultimate collapsible sea kayak paddle. It has a high price tag, but then quality never comes cheap. Available now at **OUTSPORTS** in Caulfield and Frankston.

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EDDYLINE

Splashlite Duo Spray Skirt

The Duo is a truly unique spray deck combining the features of both nylon and neoprene. It is well priced and comfortably sells to the price conscious person who doesn't want to compromise performance or durability.

The body or trunk section is a durable oxford weave nylon with a PVC coating to keep it waterproof. Sewn into a sleeve at the top of the trunk is 25mm flat non-roll elastic, the tension of which can be adjusted via a triglide to give a firm but comfortable fit around the

paddlers body. There is also an adjustable shoulder strap to aid in holding the trunk section up. The front section of this strap is elasticised to allow the paddler upper body movement without causing the deck to come adrift from the cockpit rim. The critical seams of this upper part of the deck are either french stitched or double stitched for added strength. All these seams are then taped so they resist water penetration. A key ring is conveniently located at the top of the trunk section.

Maintaining the aim of minimal water penetration, the deck section is made from a single piece of closed cell 2mm neoprene. The neoprene allows the deck to stretch to fit differently shaped rims, and is faced with nylon on both sides for durability.

The rim of the deck is made by sewing a nylon sleeve to the under-side of the neoprene. Sewing it on the under-side causes the rim to conform to the shape of cockpit rims correctly by allowing it to be less in circumference than the deck itself, thus maximizing potential grip. Grip is created by heavy duty 7mm shock cord which runs through the nylon rim sleeve.

The tension of this cord is easily adjusted to the paddlers requirements and can even be adjusted whilst sitting in the boat.

The Duo comes in three deck sizes 15, 30 and 45. This basically covers anything from small cockpit craft such as a Dancer, up to the large cockpits found on touring canoes, such as the Rapid Rider. Colours are red/black, blue/black or yellow/black.

Current retail price is around \$65.

The Duo spray deck is a product under the **EDDYLINE** brand and as such is available at Canoe shops across Australia. It is designed and manufactured in Australia and comes with the usual product lifetime guarantee.

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Summer Canoeing Gear

Wilderness Paddle Shorts are ideal for warm weather paddling. Tough, lightweight nylon shorts with 3 self-draining pockets made to last, with a double seat and generous cut to cope with active wear.

Everwarm produce effective and colourful polypropylene thermal underwear which absorbs less than 1% of its weight in water. It is lightweight and provides greater paddler comfort in reducing moisture close to the skin.

Both articles are currently available at **OUTSPORTS** in Caulfield and Frankston.

CLASSIFIED ADS.

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

FOR SALE

C2 Kneeler (Cheetah) Kevlar/coremat, timber gunnels, reinforced with carbon, platforms.

PRICE: \$1800.

CONTACT: Paul Lancaster

TEL: 02 7123518 (H) 02 4066144 (W)

FAST - FASTER - FASTEST

by Reg Hatch

You cannot strengthen the weak by weakening the strong. Boetcher

Martin Hunter sits quietly by the mighty Murray River, and simply enjoys the contact. This is the environment he likes.

Hunter is the fastest man in the world. The fastest man ever, on water, over 500 metres in a single kayak. He has won two international medals in his sporting career, the second one just happened to be the gold medal and World Championship in Plovdiv, Bulgaria. Here is a place where the old 'Orient Express' laboured and puffed its way across in days gone by. In winning Australia's first ever sprint World Title, Hunter huffed and puffed just as surely.

It is nice to reflect on history, and the success of one who has asked for little, and relied on the old country ethic of hard work. At a time when our youth is looking for role models, Hunter is a true Green and Gold champion.

He dangles his legs casually in the water, watching the trailing patterns made by his feet, and assumes that's what it must look like behind his incredibly fast wooden kayak, he ponders his real aim - that of Barcelona, and of gold.

So why does Hunter involve himself in canoe sport?

Simply, he loves the sport - he loves racing and adores going fast.

He will be disappointed if he is not in the 1992 Olympic team - but if that should happen, Martin will still be quite satisfied.

This young Australian has fabulous qualities, he is always ready to help juniors, is an active Ivanhoe Canoe Club member, and has a following all politicians would be proud of. Martin has taken our sport from the 'will we evers', into one of the top seven sports

(amateur) in the country, duly recognized by the Australian Sports Commission, and the Australian Institute of Sport.

Hunter is different, he is quite happy to forego the traditional methods of training, and traditional concepts. He readily uses new paddles and boats, and has a great feel for what is happening whilst searching for that extra speed.

The Europeans have long dominated canoe sport. Hunter went to the Seoul Olympics, and finished seventh. He thought then, that it was within the grasp of Australians to win. He went back one year later, and set a great example.

Sprint racing requires - steady nerves, speed, great concentration, strength and power, combined with a clear head. One mistake, one imbalance, one poor stroke, can see a small advantage converted to a large deficit. In a race that in time resembles an 800 metre track race, it is a survival of the fastest.

Hunter was the stand-out competitor in 1989, winning every event he entered, and has long been very popular among Victorians.

Strangely Hunter is not obsessed with winning. He has set up his own company 'My Pace or Yours', and spends some considerable time getting it up and running. He will employ similar skills to his business as he does to his chosen sport of canoeing.

Ask Hunter about his success, and he will shyly admit to his having a chance. Not many gave him any real show. He will tell you he sees many of our competitors going in the wrong direction to be winners.

Well before sun-up Hunter is already pushing hard in the gym. There are others who use our gym at Ivanhoe Grammar School, it is Hunter who attacks his load with such power and force, the others just watch. Every

afternoon sees him on the Yarra, working harder than the others, and getting upset if others in his squad don't put in the same effort he does - not an easy task, but one Martin likes to see. He simply does not miss sessions, no matter how cold it gets, or how high the river goes - 0630 and 1600h are times set aside for developing. He paddles 30 times a month.

The multiple World Champion from Denmark, Thor Nielson, does not think Hunter has any more natural ability than any of the rest of us - 'he just uses all his abilities at the right time'. He also trains smart and thinks well.

Many Australian paddlers are frustrated by Hunter - it was only a matter of two years ago that everyone was beating him, and beating him comfortably, now they all race in his considerable wake.

How about being the world's best in a sport that very few know about?

It matters little to Hunter. There are not many people that are the best in the world at anything - he just happens to be one of those that are. It is important for Martin to aspire to be the best, because he feels if you are doing something, you should do it to the best of your ability.

Hunter got involved in canoeing through his mother and father, both then active canoeists. John, his father, still competes. As a result of this involvement, the inevitable happened that little Martin wanted a go. From this point on, the Albury lad has made steady progress through the ranks, to the very top of the tree.

As a senior in the early years, he was well beaten on almost every occasion. In 1984, after the Olympic trials at Westlakes, South Australia, he turned the corner and simply asked, 'alright, what do I have to do to win?'

At the completion of HSC, Martin took on factory work, and did odd jobs to

earn a living. It was around this time that Martin moved in with five times world champion John Jacoby. This relationship was good for both competitors, and has made them both better for their chosen aspects of canoe sport.

1987 saw Hunter in the senior Australian team, and he did not do particularly well. In fact, he will tell you, it was appalling. 1988, and the pinnacle of almost every sportspersons dream, Hunter was no exception. He spent countless weeks away from familiar surroundings in a training camp, prior to leaving for Seoul. Disappointment was the end result, with a seventh place in the final. Not bad for the first final at world level competition. At this time he was on the receiving end of some New Zealand taunts, about his ability to race. There were also some less than complimentary remarks from within his own team. The New Zealanders wrote an apology letter after the World Championships - it was well received. It may have been this treatment that spurred him on?

Hunter does not have to paddle in a sport known to few - he could probably choose anything, and work at it successfully. No, he's in our sport because of his love of the competition, and he just likes it. He feels you should enjoy your sport, and not be bound to it for any other reason.

The emergence of Australia's top flatwater competitors started back in 1979, when Reg Hatch was appointed National coach, and his team received a silver medal, and many finals placings. The result was the same in 1980, at the Moscow Olympic Games.

Hatch is a school teacher at Ivanhoe Boys Grammar School, in Victoria. He has produced some eighteen World Champions to date, and has a large squad in training,

that is sure to set up the sound base required for even more.

In this squad Hunter is the outstanding competitor, and Hatch the mastermind behind his, and many others successes. Discipline is not a problem in this group, they all rely on each other, and ensure each others attendance. There is huge guilt when someone misses a session, the guilt comes from the feeling of letting others down, and nothing else. It is nice to see young people care about others in this day and age.

Hunter has no regular girl friend, although there is a special young lady in Denmark. Marriage is not yet a question. Tina is a grand supporter, and feels Martin is more mature, and tries harder than others. Typically a good young country boy.

Martin Hunter is a very basic person. He eats simply, drinks mostly water, is very fond of Danish pastry, chocolate and icecream.

As he sits he thinks and wonders what life will hold for him after Barcelona. There are some certainties, he will be happy - going fast - and he will continue being just as successful as he is now.

There are three pursuits in our life; sporting, academic (work), and social. Hatch feels that at any one time you can only do a maximum of two successfully, try three, and all will suffer at sometime.

Maybe Hunter will never be on the back of a cereal packet, but he still impresses and influences everyone he meets, and sets a great example for our sport, and for all those fortunate to be in it.

Transport wise, Martin rides his push-bike, naturally it is a Time Trial bike, you know the one, it looks like it is going 40 km/hr just standing there, with its little front wheel, and severely angled frame. He has a 1984 1100cc Kawasaki motorcycle, that is faster than just about anything, and an EH (64) Holden car, that was handed down by mum and dad Hunter. The car is also fast, with a big motor, wide tyres and lowered to look good. Speed is his drug, Mr. Black found no problems with this in his submissions, but Hunter may just be addicted.

After a particularly hard week Martin is in a reflective mood, and wonders openly if he'll get any support from Australia, so he may work and continue to represent his country.

Martin Hunter - adores going fast



BRIDGE TO BRIDGE CHALLENGE

by Peter Currie

The Bridge to Bridge Challenge is a unique race that takes paddlers from Geelong to Barwon Heads the hard way - via the Barwon River.

It is one of the most picturesque courses for those that have the time to look at the scenery, and includes parts of the river that are rarely visited by humans.

It passes through the magnificent Lake Connawarre as it follows the meanderings of the river through the coastal wetlands.

The race was first conceived by a handful of lifesavers in 1973 as a fitness test prior to the surf season, and now has grown into a major feature of both the surf and canoeing calendar.

Organization of the race is a major effort, and the members of the Geelong

Canoe Club can be proud of their work for the past couple of years. Most people will never know what goes on behind the scenes - like the expedition a week previous when Peter Shorten, Geoff Findlay, Reg Parker and I trekked five kilometres through half-metre deep slush and swamp to reach the second portage, and machete reeds from the river banks.

The Geelong Canoe Club aims to promote the event as a ski race and in future will encourage as many K1 paddlers as possible to try a ski. There are undoubtedly plenty of surf skis around to be borrowed. It would be great to see the likes of John Jacoby, Marty Hunter or even James Sloan (has he really retired) mix it with the best Victorian Ski paddlers. Who knows, they may even get their name permanently engraved on the winner's

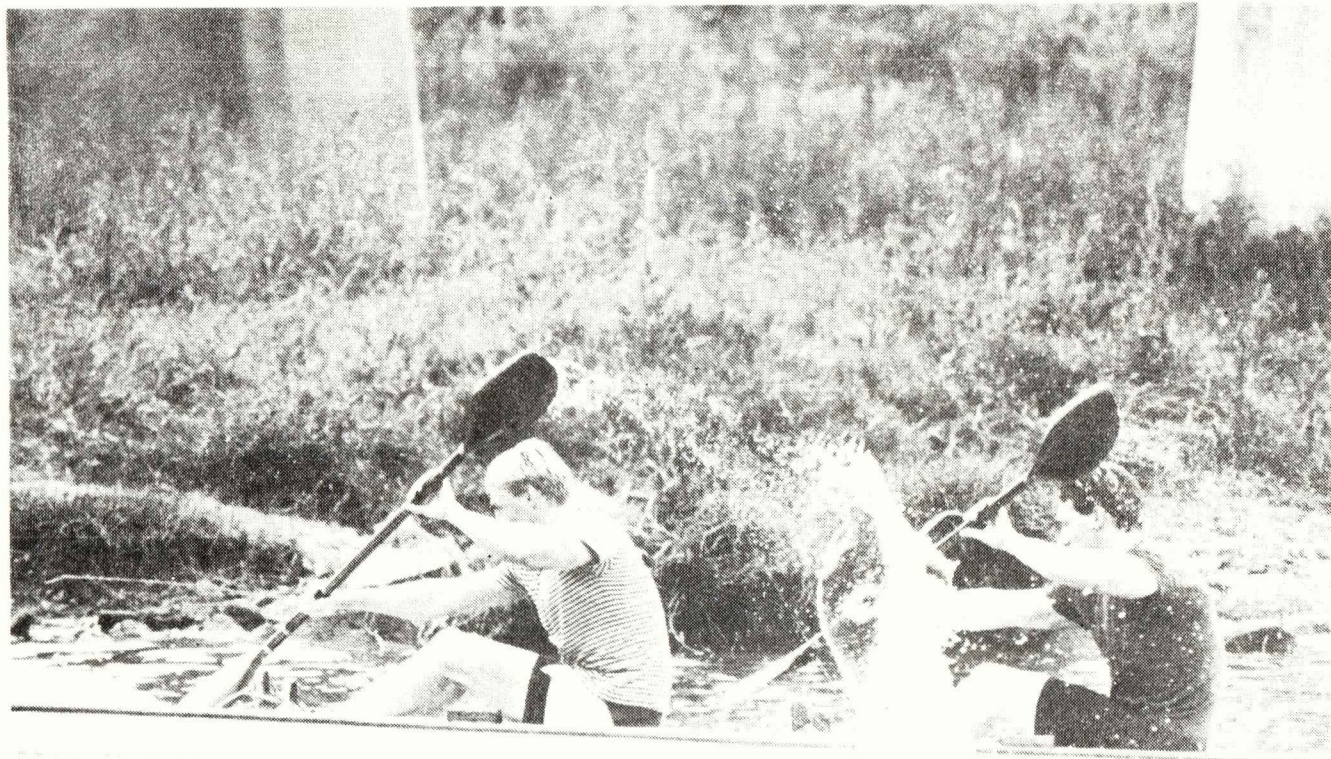
board that is mounted in the Barwon Heads Hotel. Never the less, kayaks (K's & TK's) will still be most welcome.

The event this year attracted about 110 competitors, and a large entry of 25 single skis in the open single ski section.

The first 1500 metres is an outright sprint to the first of two portages - portage for the kayaks that is. The more robust surf skis go straight under the bridge, the paddlers merely ducking their heads. After that, the pace settles like a normal race with a few sprints as the odd green bottle falls off the wall.

After twelve kilometres, paddlers enter the three kilometre stretch of Lake Connawarre. On race day the depth dropped half a metre from the previous

Michael Owen and Paddy Holland of Warrnambool lead the charge down the Barwon in the double ski class



Bridge to Bridge Challenge (cont'd)

week and rudders hit the sand in a few places. There is a one and a half metre deep channel through the lake if you're lucky enough to find it. Veteran of every race, Dave Renton, knows the channel like the back of his hand, but he keeps its whereabouts a secret. Rumour has it that even his partner, Murray Donaldson, has to keep his eyes shut lest he discovers the secret.

After the lake, the river acts more like a river should as it snakes its way to the coast.

Thirty four year old Dave Preston from Yarra Canoe Club and Lorne Surf Club outlasted Warrnambool's Rod Owen by 92 seconds with Jan Juc's Bruce Dunlop third. Dave was a Victorian and Australian champion in the surf many years ago and is mounting an obviously successful comeback.

Michael Owen and Paddy Holland from Warrnambool took out the double ski and fastest time, whilst Peter Hogg won the K1 class. Torquay's Allison Mooney won the women's single ski class for the second year in succession.

For many it is a challenge just to finish, but for the elite paddler the race is just plain tough. The 23 kilometre distance is too short for a true marathoner and a little long for a sprinter. As Dave Preston commented moments after climbing from his boat, 'it's the hardest race I know'.

After the finish there's just a small climb up the hill to the Barwon Heads Hotel which overlooks the finish line. Could this be the reason I enjoy the race so much?

Peter Currie emerging from under the Breakwater Bridge instead of portaging around it



'Photos Courtesy of Geelong Advertiser'

KIWI CANOES SAIL TROUBLED WATERS

by Bob South - N.Z. Sunday Star

Glamour sport canoeing has lost some of its gloss in 1989. No longer is it viewed as a carefree factory that produces Olympic and world champions at will. Problems have surfaced which have tarnished flatwater canoeing's previously glowing reputation. Early in the year, Olympic medallists Alan Thompson and Grant Bramwell retired - some say prematurely - leaving large gaps in our inter-national ranks.

In August, superstars Ian Ferguson and Paul MacDonald performed so miserably - for them - at the world championships in Bulgaria, that they won no medals and were described by knockers as downright failures.

Next, national team coach Mark Sutherland contributed to canoeing's self-inflicted slide from glory when this month he threatened to quite his Lake Pupuke-based squad after only two of a nine-man squad regularly turned up for training.

More recently came the most damaging blow of all to canoeing - public squabbling of a sort that plagues codes such as soccer, boxing and basketball.

Confrontations in the media between key canoeing men, including principals Thompson and MacDonald, left a confused public wondering about a sport previously devoid of backstabbing, jealousies or outbursts of any kind.

Surely, suggestions that canoeing is merely undergoing growing pains only partially explains its dramatic face change.

Assertions by MacDonald - 'canoeing no longer has the clean image of being the new kid on the block, so new and fresh that success has come smoothly' - also is short of the mark.

Thompson, now commodore of the flatwater arm of a multi-limbed New Zealand Canoeing Association, best explains flatwater canoeing's current chaos:

'For so long we've done things back to front. We've done exceptionally well internationally with a small core of competitors in spite of ourselves, without much money or organisation, and with few administrators.

'Canoeing always was run by key people in the national team. But the sport is bigger than the national team now and, as we grow, it is no longer suitable or possible for paddlers to run things.

'If we allowed that type of leadership much longer, the sport would shrivel and die within four years.'

More than mere growing pains, then, canoeing is experiencing significant organisational and directional changes that other sports instinctively implement during infancy rather than 20 years after birth and eight Olympic and nine world championship medals later.

Thompson, who paddled through the last nine fairly carefree years acting with MacDonald as a key organiser, stepped down from competition and directly into administration in May.

He did so not only because 'no one else wanted to be commodore', but because he realised his sport risked going bust.

After mini-booms in 1984 and 1988 increased membership from 25 to around 75, a harder line, more professional administration has become essential to cater for canoeing's growing needs.

Says former New Zealand team manager and NZCA vice-president Bill Garlick: 'The sport has come off the top a bit. Just how far we were prepared to let it go needed to be addressed. Should we let it bounce along the bottom for a while or help it resurface and become the best again?

'Alan has a very clear view of how to put us back on top and he's pursuing

that vigorously. He has a direct approach to everything, from how to get from A to B, to life.

'His is a hard line, hence we will see differences of opinion. But we'll see progress, too.'

Thompson aims to streamline canoeing administration, provide it with an infrastructure that involves more manpower, improve its tenuous financial position, instil development programmes to ensure ongoing depth at international level and preserve the sport's profile.

Despite recent public squabbling with MacDonald and Ferguson over their absence from a long-distance regatta, Thompson remains friends with both, is back on cordial terms with each and plans to nurture their careers to benefit canoeing.

As Sutherland says: 'Ian and Paul remain a rule unto themselves a bit because of their status and success. They are canoeing.'

Agrees Thompson: 'I have no difficulty with them being flag bearers for our sport. That's healthy. We'd have major problems with promotion if we didn't have them to maintain our profile.'

Adds four-time Olympian Ferguson: 'It's my job to keep canoeing's profile high; to protect the mana that canoeing has achieved.'

If that sound arrogant - and MacDonald holds similar views to Ferguson - it is not. While the pair, who between them have 11 Olympic and seven world championship medals, receive a major share of publicity and benefit most from sponsorships, they genuinely seem concerned about helping fellow competitors to reap similar rewards.

For a long time, canoeing was Thompson, Ferguson, Bramwell and MacDonald. With Bramwell and

Canoeing has looked more on a slalom course in recent weeks, paddling through its roughest patch of water since becoming a public sport. Dismissed too casually by some observers as growing pains, canoeing's problems are real. Much work and many changes are needed to consolidate its future.

Thompson gone, Ferg and Macka remain kingpins, but a bunch of up-and-comers keep the pair honest.

We now have paddlers who, given Thompson's administrative and organisational dreams, will provide ongoing depth.

Among the list of challengers to the Ferguson-MacDonald throne are John MacDonald, Steve Richards, Mark Schieb and Brent Clode. Several of these paddlers went to Europe on a development tour under Sutherland this year, with MacDonald joining his namesake and Ferguson at the world regatta.

Below this group are prospects such as Aucklanders Chris Dobson and Warren Thompson, Dunedin's Don Shanks, and several teenagers from Tauranga.

Also not to be forgotten are a half dozen young Pupuke paddlers who daily train in the wake of their heroes and, says Sutherland, 'will one day become internationals'.

Urgent problems confronting canoeing as it undergoes an overdue overhaul include that old bogey money - or lack of it - and ensuring continuing international success to sustain the sport's profile.

Much as rowing did in the 1970s, canoeing operates on a pauper's budget, struggling from year to year to send paddlers overseas.

Flatwater canoeing currently has just \$20,000. It sits in a development trust set up from sponsorship and advertising generated by our 1984 Olympic gold medallists.

Sports Foundation grants assist in getting competitors to international regattas, but having such limited association financial resources is inhibiting.

Although attempts are under way to land an annual \$20,000 sponsorship,

nothing is confirmed yet, so the cost to individuals seeking fame in canoeing remains substantial.

Members of Sutherland's development squad in Europe each had to find \$4000 for the six weeks away. Most managed small sponsorships, but the association's financial dilemma remains.

Obviously, canoeists must rely on sponsorships to survive - even Ferguson and MacDonald, who enjoy several. And because it is these two who rightly are perceived as the backbone of canoeing, it is paramount they perform, something neither did particularly well at the August world championships.

Their mediocrity in Bulgaria disturbed some within the sport and surprised most outside it. By their own admission, Ferguson and MacDonald went to the worlds under-prepared, preferring to use the regatta as a fact-finding mission.

'It was,' says Ferguson, 'all part of the greater plan. This was to be an easy year after eight solid years of grind. Paul and I figured we deserved to relax to regain our motivation and enthusiasm.'

Thankfully for canoeing, both returned to serious training a month ago, starting a three-year buildup through to the Barcelona Olympics. They expect top results at the world championships next August.

'I wouldn't be doing this if I didn't think we could win in 1990 and at the next Games,' says Ferguson.

This attitude is refreshing, perhaps enough to halt never-before-heard comments about our stars being 'spent forces'.

It certainly gladdens Thompson as his re-structuring job begins because until some of the heir-apparents start to win medals, canoeing simply will not survive without high profilers Ferg and Macka.

With them winning, with Thompson doing his invaluable bit, with Sutherland shelving his ultimatums and with young talent improving rapidly, canoeing can stay on the rails.

All who matter contend that, despite recent hiccups, the sport is healthy. Says MacDonald: 'These are exciting times which will benefit the future.'

Says Ferguson: 'We're on the brink of important change. Canoeing is moving from having no formal organisation, no nothing, where a group of people at the top dragged the sport along, to a change mode where everything is picking up nicely.'

Says Thompson: 'For too long we've failed to capitalise on our successes. We must organise the sport, get a co-ordinated administrative network that will sustain things.'

'We don't want to blow it as hockey did after the Montreal Olympics and soccer did after the World Cup in 1982.'

Adds Garlick: 'Canoeing is healthy still. But it is at a critical point in a cycle. It may not have stayed at the top for much longer without proper and careful re-assessment.'

That some of the reassessing surfaced full force in the media will be seen as yet another example of a sport washing dirty linen in public.

But if canoeing's linen manages to turn out clean, the sport's sorry saga of late will be worth the often heavy price of public debate.

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EILDON TRIATHLON

Conducted under the
VICTORIAN AMATEUR CANOE ASSOCIATION

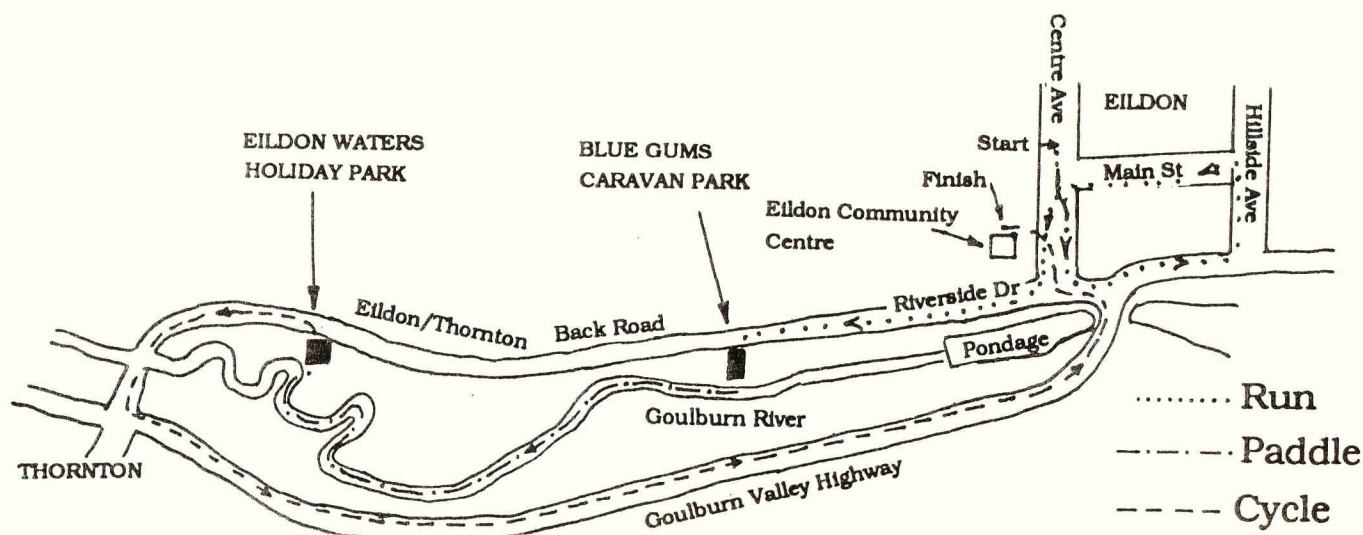
SUNDAY APRIL 1, 1990

10am

Run 4.7 km

Paddle 6.0 km

Cycle 16.8 km



The course will be the same as last year and hence suitable for people who would like to try this style of triathlon for the first time or improve on their 1989 time. There will be a few more classes in 1990 than compared to 1989.

Classes

Details of individual classes, pairs and team events are on the entry form which will be available early next year. The paddle may be canoe or raft.

Further information from:

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THE TRAINING DIET FOR CANOEISTS

by Karen Inge and Lorna Garden - Consultant Dietitians

The importance of diet in achieving the sporting performance is now well established.

The foods you eat can and do make a difference to your canoeing performance, whether you are a top grade competitor or a weekend paddler.

The better your nutritional status, the better you perform.

While the type of food you eat before the competition is important, it is your diet on a daily basis or your 'training diet' that will have the most effect on your sporting performance.

1. EAT PLENTY OF CARBOHYDRATES

During exercise, the body relies on two main sources of fuel to get its energy from. It uses up stores of fat and it uses up carbohydrate, which is stored as glycogen.

Even the leanest athlete has plenty of fat stores, to last many hours of canoeing, however, glycogen is not stored in very large quantities. When glycogen stores become depleted, energy levels drop and performance deteriorates.

To ensure that glycogen stores remain filled, it is important to maintain a diet high in carbohydrates. After hard training sessions, or competition, extra carbohydrate needs to be consumed to help replenish the glycogen used up during exercise.

Carbohydrate comes in two forms in our diet - complex carbohydrates which include starches and simple carbohydrates, which include the sugars. Most of your carbohydrate should come from the complex carbohydrates as listed below and only small amounts from the simple carbohydrate.

Your diet should consist of 55-60 percent of energy from carbohydrates.

Food High in Complex Carbohydrates

Bread, rice, cereals, pasta, dry biscuits

Potatoes, peas, sweetcorn, parsnips

Dried beans and lentils

Fruits, including dried, fresh and unsweetened canned fruit

Food Rich in Simple Carbohydrates

Sugar, glucose, fructose, honey, jams, marmalades, confectionary, cakes. Sweet biscuits, toppings, flavourings. Soft drinks, flavoured mineral water, cordial, beer, sweet wines, liqueurs.

2. EAT LESS FAT

Only a small percentage (25-30 percent) of your total energy resources should come from fats. A diet high in fat has been associated with increased risk of heart disease, diabetes and certain types of cancer.

For the paddler, a diet high in fat, will result in a carbohydrate intake which is too low. People needing to reduce their weight or percent body fat need to be particularly careful to limit their intake of fat and fatty foods, as these are very concentrated forms of kilojoules (or calories).

Some ways to reduce fat intake include limiting food high in fat such as:

- * Pies, pastries, cakes and biscuits
- * Margarine, butter, cream, mayonnaise, dressings
- * Chocolate, snack foods such as crisps
- * Fried takeaway foods

A helpful rule is to always trim fat from meat and chicken and choose low-fat dairy products such as low fat milk, cheese and yoghurt.

3. EAT ENOUGH PROTEIN

Protein is essential in the training diet and different people will have different requirements.

Young paddlers who are still growing will have higher protein requirements than adults, so they must ensure that they include plenty of high protein foods in their diet.

Protein is made up of basic building blocks called amino acids. Most of the amino acids can be manufactured by our body, however the remainder cannot and these are known as the essential amino acids. These essential amino acids need to be consumed in the diet every day.

Animal proteins contain all the essential amino acids and are therefore called complete proteins. Good sources of animal proteins include:

- * lean red meat
- * fish including tuna, salmon and sardines
- * low fat dairy foods
- * poultry without skin
- * eggs

Plant proteins, on the other hand, do not contain all the essential amino acids and are known as incomplete proteins.

Good sources of plant protein include grains, legumes and nuts, however it is important to combine these foods effectively to get a good combination of the amino acids. This is particularly important for vegetarian canoeists who are relying mainly on plant foods to meet their protein requirements.

4. EAT PLENTY OF DIETARY FIBRE

It is important for all canoeists to ensure an adequate intake of dietary fibre to assist with regular bowel function and weight control. Good sources of dietary fibre include:

- * Fruits eaten with their skins on e.g. apples and pears
- * all vegetables
- * legumes and lentils
- * wholegrain cereals including brown rice, wholesome pasta, wholemeal breads, biscuits, and breakfast cereals

5. REDUCE SALT INTAKE

There is no need to add salt to your food or use salt tablets even if you sweat a lot during exercise. There is evidence that cramp may be caused by too much salt, rather than the lack of it. Excessive salt increases the load on your kidneys and if you don't compensate by drinking enough fluids, you may become dehydrated.

Salt tablets are never required.

6. HAVE ENOUGH VITAMINS AND MINERALS

Sports people often take vitamins and minerals as a supplement to their diet because they feel it is inadequate, or they believe that supplements will help improve their performance.

There are certain groups of athletes who are more at risk of having an inadequate dietary intake of certain vitamins and minerals, including those on strict vegetarian diets, those on strict weight reduction regimes, those who smoke and drink alcohol excessively and those who rely heavily on convenience foods or whose diets are high in refined carbohydrates.

If you are in one of these groups, rather than looking towards a supplement, you should be aiming to improve your diet.

7. DRINK, DRINK, DRINK!!

Because canoeing is an outdoor sport, participants are at particular risk of dehydration. You can lose a great deal of fluid in a short period of paddling in the heat.

Thirst is a late indicator of your state of dehydration - by the time you are thirsty, you are already dehydrated. This will not only effect your performance, but you run the risk of serious heat stroke and collapse.

The correct way to replace water losses and maintain body temperature is to weigh yourself before and after a paddle and calculate your change in body weight. For every kilogram lost, one litre of fluid needs to be replaced. This is best replaced before, during and after you exercise.

During training, the best drink is cool water and ideally small amounts should be taken frequently, rather than large amounts at one time.

Alcohol should be avoided close to any form of exercise as it interferes with co-ordination and has a dehydrating effect.

WHAT IS THE IDEAL TRAINING DIET?

Your individual dietary requirements will vary considerably, depending on whether you are a child or adult, male or female, overweight or thin, etc. However, the basic principles of the training diet remain the same.

You should include plenty of complex carbohydrates such as wholegrain breads and cereals and fruits and vegetables, to ensure maximum stores of glycogen. Fat intake needs to be limited, but plenty of low fat protein foods should be included daily, especially if you are still growing.

Vitamin and mineral supplements are generally not necessary - if you are concerned about your intake of particular nutrients and believe that you are at risk of deficiency, you should consult a sports dietitian.

Finally, of vital importance is your state of hydration. All paddlers in all weather, should make sure that they consume plenty of cool water before, and after any form of exercise.

Article by: Karen Inge and Lorna Garden
Consultant Dietitians
The Institute of Health and Fitness,
Melbourne.

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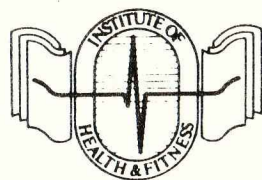
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ATTENTION PLEASE....GO!

by Reg Hatch

Grant Davies has decided to paddle with Danny Collins in preference to Martin Hunter. Oh well!

Steve Wood completes the surf coaching staff at the AIS in his capacity as assistant coach.

Anne Marie Cox, sixth place at Bulgaria in ladies K1 500 metres, has commenced training with the AIS squad, and rumour has it she will seek Australian citizenship. A grand find for Australia, and someone of World class for our girls to work and race against. Good luck Anne Marie, I hope it all works out for you.

Sixth place at last year's World Championships in K4, and knocked back for a scholarship at the AIS - 'has no real future', was the comment. Keep an eye on Western Australian Michael Pond at this year's Nationals.

7th place in National Sprint titles semi final last year, and the same age as Michael Pond - this person gets a scholarship because of his long term potential??

Australian Down River Race, Lila Muir 1st LK1 - Robyn Galloway 2nd. C'mon Victoria. Keeping it all in the family, Steve Muir won the mens event.

The junior race saw Brent Christianson first, with Victoria's gifted slalom paddler, Richard Macquire in 2nd place.

The junior ladies race was not run - but in the schools race Mia Farrance had a convincing win over Sarah McGovern.

Martin Hunter launched a new stamp on the 17th January 1990. The stamp depicts kayaking and canoeing. There will be good coverage for our sport here, with Martin being the reigning world champion.

There has been a schools race introduced at the Australian Sprint Championships, one which will foster racing right through the spectrum of age groups. Students must be secondary or below, and the race will be over 500 metres in four man (person) kayaks. The age group is of the open nature. Let's hope this event takes off, and adds some impetus to our racing ranks. The race will be one of the last on the programme.

Let me introduce a dark horse for the Marathon team this year - watch out for young Jason Rantall. He will be ably supported and challenged by Gavin Fraser and Peter Hogg.

Steve Bayley will race the NZ cross country marathon in the two day event. All things being equal he should do well.

Murray Rantall has completed the Red Cross Marathon in his TK1, and in the number one position.

British Olympian, Steve Jackson won the mens K1 from an unlucky Damien Waites - Damien had some boat problems early in the race which put him behind the eight ball.

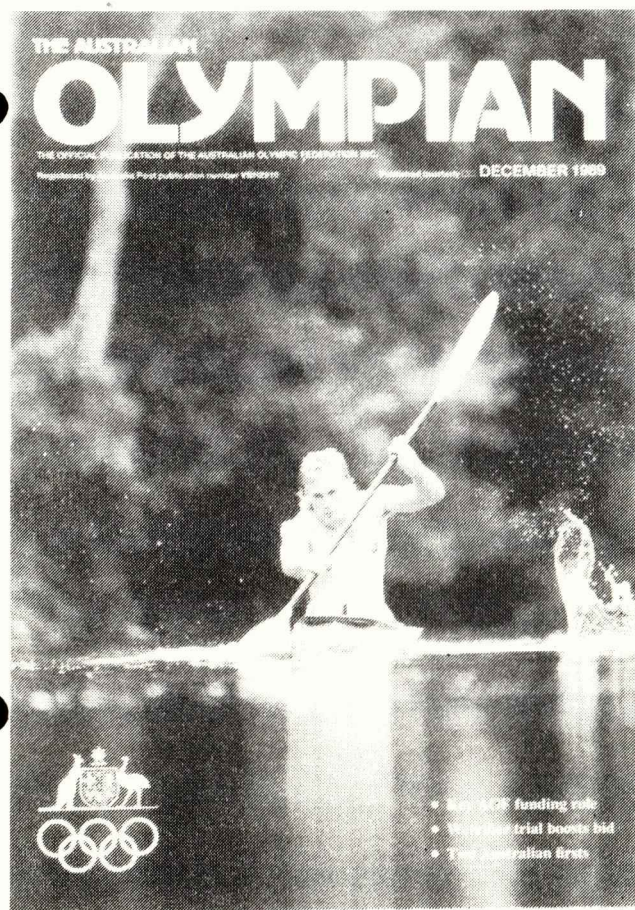
Did I tell you Melissa (nee Mayne) and Ashley Kearns are impatiently awaiting the birth of their first child. Well they are.

Thor Nielson Arrives in Australia on the 24th January to prepare for next year's Worlds, where he will do well. Thor is contemplating doing both Marathon and Sprint. The Marathon titles are on Thor's home course, Bagsvaerd.

PADDLING UP FRONT

Recently there have been two cases that we know of, where canoeing has appeared on the front cover of prestigious magazines.

The December issue of the Australian Olympian has a great colour photograph of Martin Hunter in action. It is a head-on shot, very similar to the one we used on the cover of Paddler No.73. Page three, the contents page, has a smaller version of the same photograph with a short explanation. Later, on page fifteen there is a different half page photograph of Martin with a short story by Phillip McClusky to fill the page.



Photograph courtesy of International Public Relations and photographer Tony Feder

The January-March 1990 issue (No.203) of the Australian Stamp Bulletin features a typical white water canoeing photograph in full colour. The photograph is a lead up to a description of a new series of stamps called Sport-Series II, which is due for release on January 17. The series comprises, Canoeing 5c, Sailboarding 10c, Tennis 20c, Rock Climbing 65c, and Fun Run \$1.00. The following short extract from the Australian Stamp Bulletin is reproduced with permission of Australia Post.

"Australians consider themselves a sporting nation. Certainly, Australians have an enviable record of participation and success in international sporting competition. Our

current definitive stamp series features Australians' sporting involvement. Stamp illustrations capture Australians participating in sports at grass-roots level - for sheer enjoyment rather than for international accolades.

Five Sports - Series II stamps will be released by Australia Post on 17 January 1990.

Active, fun sports are featured: Kayaking and Canoeing, Sailboarding, Tennis, Rock Climbing and Fun Running. Also a part of the series is the 41c 'Cycling' stamp, issued in August 1989 at the time of the last rate increase.



5c - Kayaking and Canoeing

Ancient survival skills are the basis of many modern sports. Kayaks and canoes were used by North American Indians and Eskimos long before their development as a sport.

In Australia, enthusiasts formed the Victorian Canoe Club in 1912. The Australian Canoe Federation was established in 1949, and has been active in promoting the sport as both a competitive and recreational pursuit.

Competitions are held for flat water and down-river racing, slaloms, marathons and wild water races through rapids. Recreational pursuits are just as varied, ranging from family canoeing to long touring trips requiring a deal of forward planning and preparation."



HARPER STREET - NORTHCOTE

by Reg Hatch

The street is congested and the traffic is essentially one way at any one time. Most houses share walls with their next door neighbour and back yards are small. Most contain a clothes line (Hills Hoist) and a garden shed. The area is then very much like the front road.

The houses are well set out and surprisingly practical. Built around the 1920's, they are of brick construction.

The main artery spawns three bedrooms and rushes into the lounge room which in turn leads to the kitchen, laundry, bathroom and toilet. The kitchen could do with more than one burner working on the stove, but I noticed some 20th century gadgetry in the form of a microwave - the stove is almost redundant. A faded print of a group of runners being deluged by water after a marathon holds pride of place.

There is little to tell from the house, of the inhabitants, save for a few bicycles in the hall and a single shelf groaning under the weight of various trophies.

The house was purchased in 1984 by Mr. John Jacoby, university student, diver, footballer, surfer, and general all round sportsman.

Paying the mortgage and upkeep on such a purchase saw the need to recruit for the Harper Street residence. One, a fellow agricultural science student and the other, a young canoeist from Albury who fitted the countrified air of the ag. science students.

Jacoby became interested in canoeing and in 1985 won the World Title for marathon canoeing.

Harper Street saw its first stretch limo and watched bemused as the driver did a twenty point turn. John was able to stay largely out of the media as his victories clashed with the great Victorian pastime - football.

It was noted by 'Age' correspondent Brenden Moloney the historical achievement John had made by becoming the first Australian to win a World

Championship gold medal in any facet of canoesport. Sixty years.

John went back and subsequently won '86, '87, '88 and for good measure won the World Championship in triathlon in 1989.

From the same humble address comes the World's fastest man ever in a World or Olympic event in a kayak for one. It must be something with the house that produces the Hunter's and Jacoby's of the sporting world. Martin also created history by being the first ever sprint World Champion for Australia.

What of the third member Mr. Roy Reid, an average sportsman - normally a young man who enjoys life in the middle lane and brings a sense of reality to Harper Street.

The three inhabitants complement each other admirably and it is one of the happiest and most successful households in Melbourne town.

THOUGHTS OF DR. KAYAK

To the Editor,

I have heard that there has been some discussion in mainstream canoeing circles about modernising the name of the VACA Inc. This is a dilemma in which many established organisations find themselves at one stage or another.

Some organisations have made the acronym synonymous with the organisation, for example, the MMBW, BHP, ICI, CRA, OTC, GMH, VFL, ABC, CRA, and QANTAS.

Sometimes the company names are abstractions of the original names, for example, TELECOM, AUSTRALIA POST, V/LINE, MET, , state bank., SHELL, or LETRASET.

Symbolism also plays a very important part in recognising an organisation. The apple in Apple computer, the inverted triangle in the State Bank, the W in WESTPAC, petrol stations, the shell of SHELL, the BP of BP, CALTEX, the flying kangaroo in Qantas, the rosella in Arnotts. Coke Cola and Ford symbols are among the most universally known symbols of high value added products

The South Australians have modernised the name of their Association to 'Canoe South Australia'.

The solution requires a catchy name which is short, and descriptive if possible, such as Victorian Canoeing Association Inc. or VCA Inc., or VICA-NOE Inc. or even CANYAKing Inc.

No new name would be complete without a new logo to complement its contemporary wit. Perhaps water ripples under the southern cross as a background to paddles in a V-shape; one a double and one a single bladed paddle.

The subcommittees should not escape the attentions to acronymize their names. Rather than committees of the association, Interest Groups should be formed. Thus, Touring could become a TIG, Slalom and Wildwater would be a SWIG, sprint a SIG, polo a PIG and CEIG. On second thought, stick to the VBCE!

Yours faithfully,

Dr Kayak.

CLUB CORNER

from the Whitehorse Canoe Club

The Whitehorse Canoe Club (WHCC) has a long tradition in Victorian canoeing. However, most people tend to only associate Whitehorse with Victoria's premier bush triathlon, the **Whitehorse Bush Triathlon**, an annual event held in early September. Few people realise that, Whitehorse members put together the first edition (1971) of the *Canoeing Guide to Victoria*. The guide was well received. It went through two reprints (1972) before the task became too large and the editing process handed over to the VACA. Although Whitehorse has maintained its roots as a strong touring club, a significant proportion of members are keen canoe polo and slalom participants. The general membership is now drawn from a wide cross section of the metropolitan area and country districts.

ORIGINS

In the early years of Monash University, when there was no sporting complex and little opportunity for canoeing, a small group of students banded together and started paddling. They were enthusiasts. They toured practically every weekend throughout the year, and, when the river levels were low, they took their kayaks surfing or practised on the muddy pond in the south east corner of the campus. It wasn't long before this informal group began the search for their own particular identity. Since the core people lived in the general area of the eastern suburbs, they drew their inspiration from the famous white horse that reared majestically on Whitehorse Road at the western entrance to the City of Box Hill. The Whitehorse Canoe Club came into being.

ACTIVITIES

The main interest at WHCC is in white-water touring, however, we field two enthusiastic canoe polo teams as well as having a keen group of slalom paddlers. We run regular eskimo rolling courses and trips are organised to all the worthwhile Victorian rivers suitable for touring. Regular skills sessions are conducted at venues such as the Yarra, the Goulburn and the Mitchell River slalom

rapid. Novice and sub-intermediate paddlers are the main focus of these sessions, the aim of which is to build on basic skills so that members can advance to a stage where they feel confident to come on tours. Tuition always takes place in small groups with safety as the underlying theme. When we are on a trip, great care is taken to ensure that novices learn how to read the river.

Although members are encouraged to increase their paddling standards, no one is pushed into tackling rapids beyond their capability. In 1990 our aim is to lift the general standards of our intermediate paddlers, as well as continue skills training for novice and sub-intermediate paddlers.

Traditionally, we hold a Xmas Snowy River trip, as well as weekend, long weekend and day trips throughout the year. Whilst we paddle the Snowy at other times, the Xmas trip has a special atmosphere, and is always great fun and entertainment. In addition, we conduct extended trips to places such as the Nymboida and other northern rivers. Periodically we go *international* and run an expedition exploring the rivers of New Zealand. With time out for sight seeing, these trips are always a memorable adventure.

When river levels are too low, other activities increase, and we surf, hold

barbecues, bushwalks, bike rides and film evenings. Regular restaurant nights are held throughout the year, regardless of seasonal variations in river heights. In winter, canoe activities tend to compete with cross-country skiing. Nevertheless, we manage high level Mitta trips, as well as tours suitable for all standards, on other rivers.

MONTHLY MEETINGS

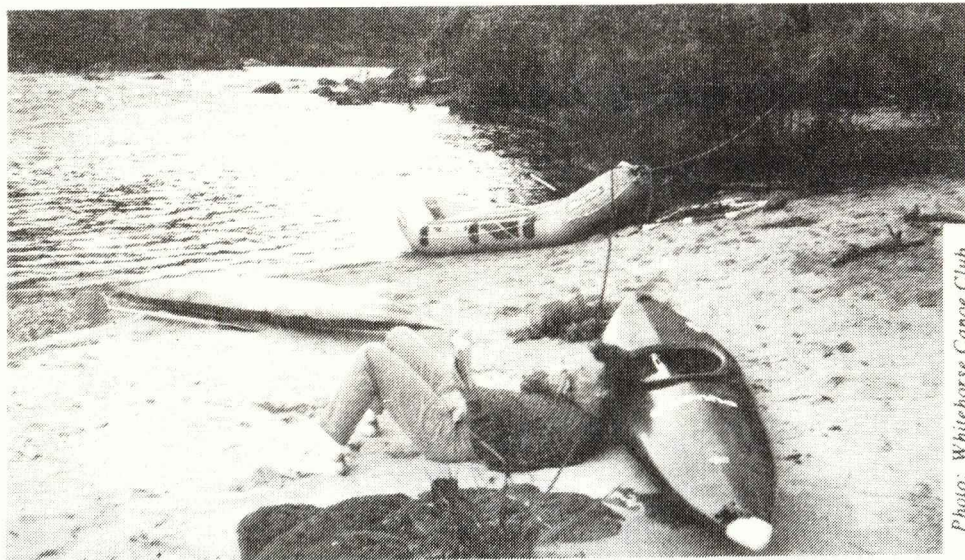
The monthly club meeting provides a focus for organising club activities. At these meetings we see slides of recent and past trips, instructional and entertaining videos, and tell fabulous tales of legendary past adventures.

WHITEHORSE TRIATHLON

In September, WHCC runs the famous Whitehorse Bush Triathlon in the picturesque Macalister Valley near Licola. The triathlon is an indelible feature of the Victorian outdoor calendar, a fun event that caters for both the elite and casual competitor. See *Paddler* (No.73) Dec. '89, for an entertaining and comprehensive account of this great race.

NEW MEMBERS

Whitehorse is an equal opportunity club and caters for a wide range of ages and skills. New members are very welcome. If you are interested in canoeing and want to learn a new skill contact; Geoff Greenwood (387-7680) or Louise Brown (560-0130).



Relaxing on a sandy beach

Photo: Whitehorse Canoe Club

THOMSON RIVER REVIVAL - PARTIAL!

by Erik Ligtermoet

After the 'hydro' was built, the MMBW began asking what impact it would have on the environment, and after some encouragement they began asking what impact it would have on recreational values. An Evaluation Committee (you guessed it) was established with representatives from:

- Conservation, Forests and Lands
- Museum of Victoria
- Department of Sport and Recreation
- Department of Water Resources
- Melb & Metropolitan Board of Works

The group considered the impact of the hydro operation with three issues in mind;

- * Security of the water supply system
- * Environmental values
- * Recreational opportunities

One overriding factor is the lack of a minimum environmental flow regime, which is yet to be established since the dam was constructed. A committee has been trying to establish this for some time now with little success. Therefore minimum flows recommended by the

Evaluation Committee can be impacted upon by very dry weather conditions, minimum environmental flow regime recommendations and eventually (5-10 years away) water consumption demand.

The Evaluation Committee recommendation which the Board of Works will consider in operating the hydro scheme are as follows:

Release regime providing maximum benefit to multi objective use of Thomson resources;

- 225-480 MI/day Monday to Friday*
- 225 MI/day Sat. Sun. & Public Hols.

* daily release to be determined by the Board.

Initially the Board is releasing 360 MI/day between Monday and Friday and 225 MI/day on Saturdays and Sundays. There is a chance that 360 MI/day could be released seven days per week over summer to meet irrigation requirements.

Although the release alone is less than minimum flows required (360 MI/day is only just less for Bruntons Bridge to Cowwarr Weir) when added to the flow generated by catchments below the dam. It is obvious that flows in the Thomson will be higher and will last longer than they have since the dam was declared operational in 1986.

Hopefully there will be enough water in the river for paddlers to have more confidence in getting flows greater than 500 MI/day at Coopers Creek which would make a good trip on the section from Coopers Creek to Cowwarr Weir.

The section from the Thomson Dam to Walhalla Road Bridge is also interesting paddling at releases of 350 MI/day, although care is needed at a two metre high waterfall (paddle on the left hand side, or portage on the right) and some logs in the river.

The table below indicates minimum and optimum flows for various river sections.

| River Stage (Gauge Location) | Minimum Flow Range MI/day | | Optimum Flow Range MI/day | |
|---|------------------------------|------------|------------------------------|---|
| | Canoe | Raft | Canoe | Raft |
| STAGE 1 Dam to Walhalla Rd. Bridge (Narrows) | 250 to 350 | N.R. | >350 | >350 small raft |
| STAGE 2 Walhalla Rd. to Coopers Ck. (Coopers Ck.) | N.R. | N.R. | N.R. | N.R. |
| STAGE 3 Coopers Ck. to Bruntons (Coopers Ck.) | 250 to 350 | 350 to 500 | >350 | >500 small raft |
| STAGE 4 Bruntons to Cowwarr (Coopers Ck.) | 350 to 500 | 350 to 500 | 500 to 5000 | 750 to 5000 Commercial 500 to 5000 Private |

Note: Stage 2 not recommended due to physical nature of the river.

Relevant Gauge Correlations are:

| | MI/d | Metres |
|-------------------|------|--------|
| Narrows Gauge* | 250 | 0.65 |
| | 350 | 0.77 |
| Coopers Ck. Gauge | 250 | 0.31 |
| | 350 | 0.39 |
| | 500 | 0.48 |
| | 750 | 0.59 |

* Virtually the same as the Damsite Gauge.

Any comments on canoeing experience since hydro operations commenced (late October 1989) are eagerly sought.

Please 'phone Erik Ligtermoet on (03) 666-4329 during business hours or send written information to Erik, at Dept. of Sport and Recreation, Box 2392V, GPO Melbourne 3001.

.....

The Thomson River flows south off the Baw Baw Plateau, through fairly hilly country around Walhalla, Erica and Cowwarr, and eventually joins the Macalister River near Sale.

The Thomson Dam is situated about 20 km. upstream of the confluence of the Thomson and Aberfeldy Rivers.

For touring information on the Thomson River refer to the Canoeing Guide to Victoria, 6th Edition, page 91.

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HERITAGE RIVERS IN VICTORIA

by Erik Ligtermoet

'Land Conservation Council looks after Victorian River Values'

How many rivers in Victoria have been used, abused or lost to recreational activity since white society began realizing their resources. Think of the lost potential on the Yarra, missing stretches of the Mitta Mitta, diminished access on the Thomson and dried up reaches of the Wimmera.

In the past, the recreational impact of river/water developments has generally been ignored. Now, with growing demand for outdoor recreational opportunities and a shrinking inventory of suitable rivers, something has to be done to protect non-consumptive values of rivers, namely;

- recreational
- ecological
- cultural
- scenic

The Land Conservation Council has carried out the first step of a 'Special Investigation into Rivers and Streams' with a number of aims;

- to document the existing values
- to make recommendations on the future use of Public Land that relates to rivers
- to protect special values on streams and catchments
- to develop a 'Heritage Rivers Programme' that will protect outstanding river values

In October 1989 a resources report was published, documenting river values and uses. It also outlined the process the Land Conservation Council had established to meet its aims.

Members of interested organizations and the general public had a month to make submissions on this report, thus enabling the Land Conservation Council to make proposed recommendations. These will come out towards the end of February 1990 with a two or three month submission period before final recommendations will be published.

The final recommendations will be implemented by State agencies such as Conservation, Forests and Lands, Rural Water Commission, Planning and Environment, Agriculture, etc. etc.

If the readers did not make any comments on the resources document they should not worry as the VACA made submissions via the Canoe Victoria Project and the Victorian Board of Canoe Education. However it is important for as many people as possible to comment on the proposed recommendations.

Readers should obtain a copy when it comes out, read it carefully and consider its impact on their canoeing activity.

One of the following courses of action should be pursued:

- Write to the Land Conservation Council supporting the recommendations you value
- Inform the Land Conservation Council of omissions you are aware of
- Correct any misunderstandings you see
- Arrange for your club to make a group submission (preferably via the VACA Touring Committee)

Send a copy of all correspondence to the VACA Touring Committee so that they are aware of all canoeists requirements.

If we canoeists do these things the future will be protected and canoeing opportunity will continue for us and our children. If we don't, things will roll on as they have to date, with recreational canoeing receiving scant consideration.

The Land Conservation Council can be contacted at:

The Olderfleet Building
First Floor,
477 Collins Street
Melbourne 3000

Telephone (03) 628-5142
Fax (03) 628-5080

Erik Ligtermoet can be contacted by telephone on (03) 666-4329

VACA contacts are:

Canoe Victoria Project
Laurie Atkins (03) 603-9232(BH)
(052) 431-1035(AH)

Secretary, VACA Touring Committee
Richard Manzin (03) 879-1696

NOVICE TOURS

by Rod Jones

Rod Jones is the Chairman of the V.A.C.A. Touring Committee.

After an experimental year last year with their Novice Tours, the Touring Committee has decided to make them a focal point of this years calendar.

Now actively promoted by the Victorian Board of Canoe Education and their instructors, the tours are designed specifically for those who have successfully completed the Basic Skills Course. The participants will have an extra opportunity to further their canoeing involvement, enhance the skills they have previously learnt, and meet members of local clubs.

The December '89 tour had an excellent attendance. The fourteen novices present thoroughly enjoyed the morning tour and expressed their appreciation.

This year participants will be taken on the stretch of the Yarra River between Jumping Creek and Warrandyte. This is a very safe section of the river and should be well within the ability of the participants, no matter what the river level, yet having enough rapids for skills development. The experienced tour leaders from the clubs will ensure that these trips are good fun and a really memorable occasion.

Due to the work load of the VBCE, the boats and equipment have been made available by The Canoe School, at the same rates charged by the 'Board'.

Support came last year from Kirinari, Templestowe and The Canoe Factory clubs. Other clubs with an interest in meeting prospective new members should contact the co-ordinator for further information. Country clubs which have the capacity to conduct Novice Tours for Basic Skills Course graduates on equally safe and interesting rivers are urged to give it a try.

Novice Tour Dates for 1990:

March 18,
June 3,
July 29,
November 11,
December 2.

Hopefully Novice Sea Tours can be conducted during the months of April and October in addition to the river tours mentioned above.

The co-ordinator for Novice Tours is Rod Jones, telephone (03) 723-5117 A.H.

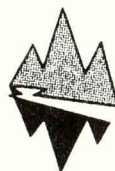
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ALPINE NATIONAL PARK - Management Strategy

by Laurie Atkins

1. BACKGROUND TO THE MANAGEMENT PROPOSALS

The Dept of Conservation Forests and Lands has circulated their proposed management plans for the Alpine National Park (ANP) for public comment. The plans have been developed after a period of consultation with interested groups.

The strategy for managing the ANP is to recognise three management units within the park boundaries based on existing environmental, use and land tenure characteristics. The management plan is then broken down into three plans, one to cover each management region.

The management regions are;

- Wonnangatta-Moroka Unit
- Dartmouth Unit
- Cobberas-Tingaringy Unit

2. DIRECT REFERENCES TO CANOEING IN THE MANAGEMENT PLANS

The objectives for managing canoeing and rafting are;

- Provide for canoeing opportunities to continue,
- Maintain access and egress points to the streams where appropriate,
- Minimise visitor impacts on the rivers and their environs,
- Educate the public concerning the safety precautions and practices that are necessary when undertaking river trips.

Each of the management plans has directly referred to canoeing and has identified canoeing resources.

Wonnangatta-Moroka Unit Recognises:

- Howqua, downstream from Eight Mile Ck junction,

- King, downstream from Lake William Hovell,

- Macalister, downstream from the Caledonia R junction,

- Wellington, downstream from where the Tamboritha Road leaves the river.

Access to the Wellington and Howqua is from within the planning unit. Access to the King and Macalister is outside the park boundary.

The canoeable sections of rivers such as the Barkly, Mitchell, and Wonnangatta do not occur within the park boundaries.

Draft Comment: It is also necessary to recognise the following streams;

- Wongongarra,
- Macalister,
- Barkly,
- Wellington, and
- Dargo

These streams are popular but outside the park boundary, but are an integral part of any organised trip involving the ANP.

Some stream sections within the ANP, not currently identified, provide opportunities which are very important even though they are not currently highly utilised. This is especially so as canoeing opportunities contract outside of National Parks.

Dartmouth Unit Recognises:

- Big R, downstream of Big R. Bridge, (Glen Wills)
- Mitta Mitta R, downstream of Hin-nomunjie Bridge,
- Cobungra R, Downstream of Anglers Rest,
- Gibbo R, downstream of Gibbo R. Bridge.

Cobberas-Tingaringy Unit Recognises:

- Snowy R, downstream from Willis,

- Murray R (Indi R), downstream from Cowombat Flat.

Recognition of Canoeists Interests 1

Each of the management plans proposes to recognise the VACA as the umbrella body for canoeing, kayaking and rafting.

Draft Comment: Whilst canoeing and rafting do have much in common in respect of the resources they require, the VACA is not currently capable of representing rafting interests formally. However, there is much to commend the canoeing and rafting interests discussing areas of mutual interest at a formal level.

Recognition of Canoeists Interests 2

The plan proposes to appoint a Canoeing, Kayaking and Rafting Liaison Officer from within CF&L

Draft Comment: This action is considered to be of great benefit to both the Department and Canoeists.

Proposed Use of 'Code of Ethics' for good practices

The management plans list a number of codes of ethics, for example, for four wheel driving, car camping, bushwalking, angling, horse riding, caving and using huts.

Draft Comment: Pieces of each of these codes apply to canoeing. It would be useful for the VACA to develop a code-of-ethics statement especially for canoeing. In this way safety and planning issues may be more effectively identified and linked with conservation practices.

Restricting canoeist numbers using certain streams

It is proposed that a permit system could be used as a way of limiting the number of canoeists using a particular section of stream. This would be done where visitations have resulted in the degradation of the environment.

Draft Comment: Clarify grounds on which the permit system could be introduced so that VACA can develop complementary strategies to avoid the problems.

To be sure that canoeists and rafters are responsible for the environmental damage, i.e. that the management strategy is hitting its effective mark.

Information

It is proposed that CF&L will produce information pamphlets providing advice for those who intend to paddle the rivers in the ANP. It is proposed that these would be produced in consultation with the VACA.

Draft Comment: These should be produced in conjunction with the VACA so that the pamphlets can incorporate the latest canoeing information and be designed for acceptance within canoeing circles.

3. INTERACTIONS BETWEEN OTHER ACTIVITIES AND CANOEING

Deer Hunting

Areas where hunters are able to stalk deer include canoeable sections of a number of the streams which are recognised as those providing canoeing opportunities.

The description of the times of the year when deer hunting activity peaks appears to coincide with that for canoeing.

Draft Comment: Need to determine whether there is a safety issue with these uses being made of the same area.

4. VIEWING THE MANAGEMENT PLANS

Copies are on display and available for examination and purchase at the following CF&L Offices;

- Alexandra,
- Bairnsdale,
- Central Gippsland,
- North East,
- Orbost.

Other department offices at;
Benalla,

- Wangaratta,
- Myrtleford,
- Mansfield,
- Heyfield,
- Maffra,
- Swifts Creek,
- Buchan,
- Tallangatta,
- Corryong,

and also the Information Victoria Centre and the Melbourne Information Centre of Conservation Forests & Lands.

5. SUBMISSIONS

It is hoped that all canoeists wishing to submit comments to the proposal could do this via the VACA Submission. There is great value for the Association to build up the mechanisms that enable it to be responsive to the aspirations of canoeists in total.

However, if you feel that an individual submission is more appropriate, then the Association would be grateful for a

courtesy copy of your submission, so that your views can be assimilated with VACA policy.

6. CLOSING DATES FOR SUBMISSIONS

Submissions close on 31 March at the following address;
The Manager,
Alpine Planning Project,
4 Ireland Street,
Bright 3741.
Phone (057) 552000
FAX (057) 551 673.

To incorporate your comments into the VACA submission, it must reach the VACA by 10 February at the following address;
Mr L. Atkins,
3 Amundsen Street,
Belmont 3216.
Home Phone (052) 431035
Business (03) 603 9232.

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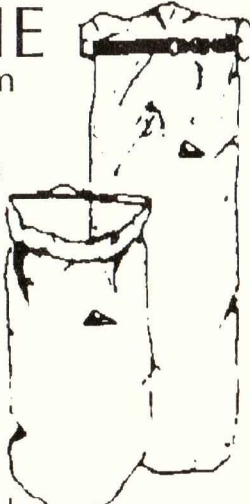
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AUSTRALIAN SLALOM & W'WATER CHAMPS

by Roy Farrance

Richard Macquire wins Australians Canoes Plus Racing Team junior paddler, Richard Macquire (17 yrs) proved he is Australia's top slalom kayak paddler, by winning all three Australian selection events in January, but more importantly, Richard was the top paddler in the Australian titles at Nymboida, one second ahead of New Zealand champion, and world ranked 10th paddler, Donald Johnstone.

Paul Beattie, also from Canoes Plus Racing Team, was the top Australian in the open kayak event, just a few seconds away from Johnstone. This was an excellent result for Paul, who couldn't attend the first selection event at Nymboida, because of work commitments, and lacked specific training after starting his new job at Portland several months ago.

Canoes Plus Racing Team took out the double for the first time in 13 years, when in 1977 Kym Purdy and Stuart Dry won outright Womens and Mens events on the Mitta Mitta River.

Canoes Plus Ladies (Danielle Woodward, Mandy Linden, Robyn Galloway, & Mia Farrance) dominated the womens events at all section events, with Danielle Woodward taking out the trophy for best woman overall at the Australians. Mandy Linden in her comeback after a year off paddling proved she hasn't lost much of her expertise by coming in a good second in the Australians, and finishing second in the overall Australian rankings.

The Junior events were dominated by Richard Macquire in the mens, and Mia Farrance in the ladies.

The C1 class proved an interesting struggle between Craig Bartlett and Kevin Songberg from Canoes Plus and the two Tasmanians, Peter Eckhardt and Robert McGuinness, with places being traded at each event. The junior C1 saw young Tasmanian Justin Boocock just seconds ahead of Andrew Farrance in each race.

The Nymboida course, renown for its Tennis Court rapid and Tailrace stopper, although daunting in these two spots, is really quite an easy course to paddle, with no big waves or hard crosses. In many ways an easy course to compete on, unlike many of the top overseas courses. The element of danger at Nymboida is the shallowness of the whole course, as Victorian paddlers, Mike Alday with his dislocated shoulder, and Andy Farrance with his 7 stitches in the head, (after head butting a rock) can attest to.

Overseas courses, although far harder, can be much safer to the paddler, because of their greater depth of water.

Course design at all events was excellent, thanks to the expertise of British Team Coach, Hugh Mantle. For a change we saw fast flowing gates with multiple options, like courses found at International events, but seldom in Australia, and hopefully our course designers can keep this trend going and get away from the maddening 'make or break' moves.

It was a great pity a coach and leading British sports psychologist of Hugh Mantle's ability and expertise, could not have been used to a much greater extent. Was he brought to Australia to coach coaches, coach elite paddlers, or just help a select few at the National Coaches whim; it was unfortunate that most Victorian paddlers or coaches had no idea he was coming, until they turned up at Nymboida. Where else can you meet a renown sports psychologist who specializes in slalom canoeing, and not make use of this knowledge!

Another of the big highlights of this Australian Championship series, was the attendance of close on 30 New Zealand paddlers, in all classes.

The New Zealanders have a new found professionalism, and a large number of keen, up and coming juniors, and although Australia has the expertise in most events, this is due to the continued

dominance of Australian slalom by the Canoes Plus paddlers, and not due to any encouragement by Australian canoeing at large. In actual fact, slalom has shown a marked decline over the last decade, with almost no C2, Mixed C2 and a big decrease in ladies, and C1. In 1977, there were 29 mixed C2 crews, and 43 mens C2 crews, paddling at Australian titles, this year not even 10 C2 crews, total, competed!

Australia's top paddlers are getting better, but our base is diminishing quickly, and some administrative re-thinking needs to take place quickly.

The next Australian Slalom and Wildwater titles take place in January 1991 at Tully, Northern Queensland. All wildwater selection events are being held at Tully, and the slalom selection events are being held for the first time at three different locations - the Mitchell River in September, 1990, the Tully River in January, 1991, and the Mersey River in Tasmania in March, 1991.

Victorian State Slalom and Wildwater Team for 1990 was:

Wildwater:

T. Krebs, J. Dolan, R. Macquire, J. Pinder, T. & D. Minns, R. Galloway
L. Ingram, A. Geelan

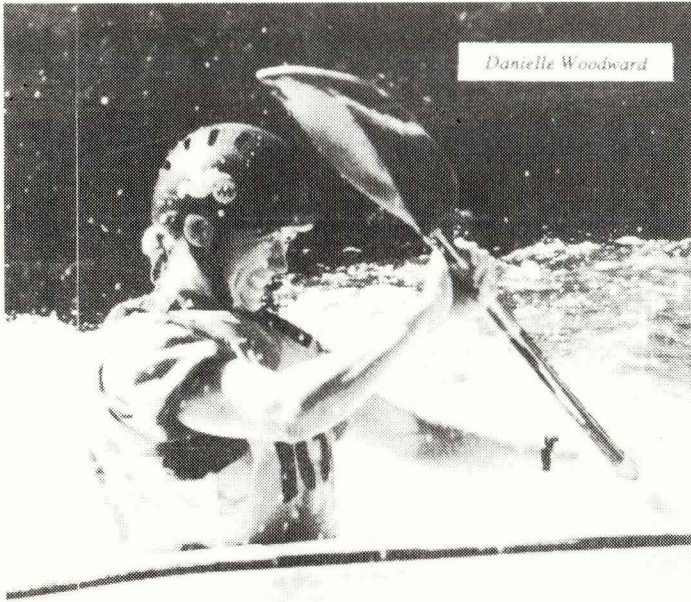
Slalom:

R. Macquire, P. Beattie, W. Thomas, E. Stackpole, C. Bartlett, K. Songberg, J. Hodge, A. Farrance, D. Heard, D. Woodward, M. Linden, R. Galloway, M. Farrance, C. Kesterton & R. Farrance

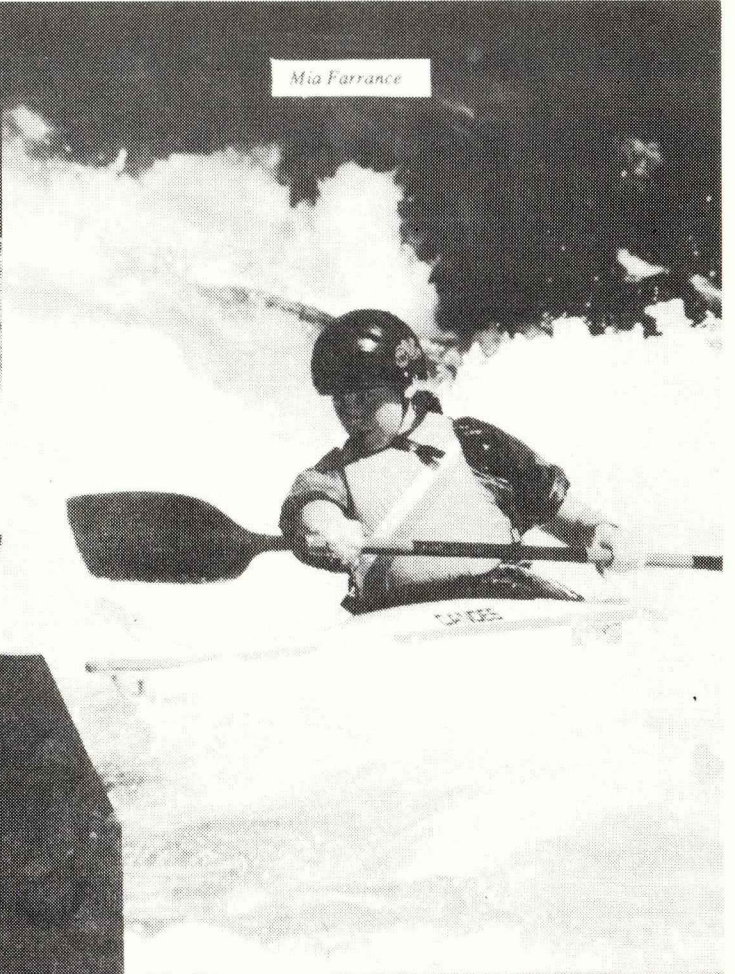
Team Manager: Tim Wilson

Winners of major trophies:

| | |
|-------------------------------|-------------------------|
| Whitebrook Shield | |
| (for State team) | Victoria |
| Victorian Canoe Centre Trophy | |
| (for States) | N.S.W. |
| Club Trophy | |
| | Canoes Plus Racing Team |
| Best Man | Richard Macquire |
| Best Woman | Danielle Woodward |



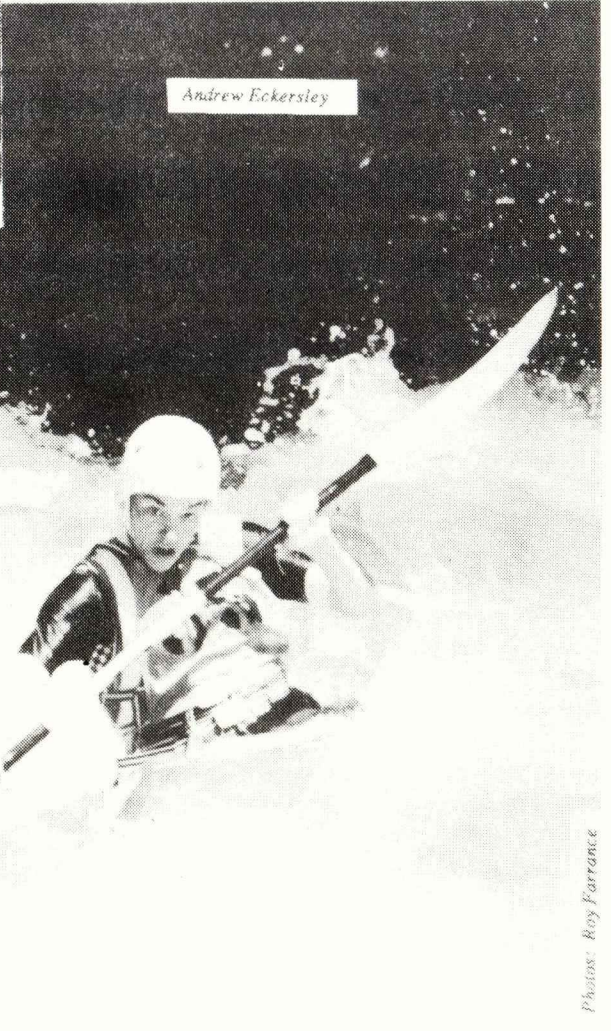
Danielle Woodward



Mia Farrance



Andrew Farrance



Andrew Eckersley



Beatrice/Stackpole/Thomas

1990 AUSTRALIAN SLALOM & W/WATER CHAMPIONSHIPS
RESULTS

SLALOM - OPEN MENS C1

| | | BEST RUN | |
|----------------------|------|----------|--------|
| 1. Robert McGuinness | NNCC | (Tas) | 205.80 |
| 2. Kevin Songberg | CPRT | (Vic) | 207.10 |
| 3. Peter Eckhardt | NNCC | (Tas) | 211.90 |

JUNIOR BOYS C1 (18 YRS)

| | | | |
|--------------------|-------|-------|--------|
| 1. Justin Boocock | TAMCC | (Tas) | 230.90 |
| 2. Andrew Farrance | CPRT | (Vic) | 231.40 |
| 3. Brian Cork | BRCC | (Nsw) | 289.00 |

OPEN WOMENS K1

| | | | |
|----------------------|------|-------|--------|
| 1. Danielle Woodward | CPRT | (Vic) | 213.80 |
| 2. Mandy Linden | CPRT | (Vic) | 222.00 |
| 3. Robyn Galloway | CPRT | (Vic) | 226.50 |

JUNIOR GIRLS K1 (18YRS)

| | | | |
|--------------------|------|-------|--------|
| 1. Mia Farrance | CPRT | (Vic) | 239.30 |
| 2. Cathy Kesterton | CPRT | (Vic) | 254.00 |
| 3. Helen McGregor | NZ | | 298.50 |

OPEN MENS K1

| | | | |
|----------------------|------|-------|--------|
| 1. Donald Johnstone | NZ | | 184.70 |
| 2. Paul Beattie | CPRT | (Vic) | 190.00 |
| 3. Matthew Pallister | ICC | (Nsw) | 190.50 |

BOYS K1 (18 YRS)

| | | | |
|---------------------|------|-------|--------|
| 1. Richard Macquire | CPRT | (Vic) | 183.70 |
| 2. Brian Plunkett | NZ | | 214.10 |
| 3. Jarod Pinder | CPRT | (Vic) | 215.70 |

BOYS K1 (16 YRS)

| | | | |
|---------------------|-------|-------|--------|
| 1. Brian Fitzgerald | NZ | | 232.00 |
| 2. Justin Boocock | TAMCC | (Tas) | 248.50 |
| 3. Damon Borgfeldt | NZ | | 254.50 |

OPEN C2

| | | | |
|---------------------------|----------|-------|--------|
| 1. M. Pallister/A. Wilson | ICC | (Nsw) | 238.20 |
| 2. G. Nelson/K. Songberg | ICC/CPRT | | 240.70 |
| 3. M. Newton/J. Wilde | CCC | (Nsw) | 259.70 |

MASTERS K1 (Course Modified)

| | | | |
|------------------|------|-------|--------|
| 1. Peter Martini | CPRT | (Vic) | 175.39 |
| 2. John Wilde | CCC | (Nsw) | 175.51 |
| 3. Roy Farrance | CPRT | (Vic) | 176.90 |

BOYS K1 (14 YRS) (Course Modified)

| | | | |
|-----------------------|-------|-------|--------|
| 1. Sam Birmingham | NZ | | 188.80 |
| 2. Piers Christiansen | BRCC | (Nsw) | 213.60 |
| 3. John Wilkie | THRAC | (Nsw) | 215.80 |

MENS K1 TEAMS

| | | | |
|------------------------------|----------|-------|--------|
| 1. Paul/Johnstone/Crocker | NZ | | 213.50 |
| 2. Pallister/Wilson/Gardiner | ICC/HVCC | | 216.20 |
| 3. Beattie/Thomas/Stackpole | CPRT | (Vic) | 218.30 |

LADIES K1 TEAMS

| | | BEST RUN | |
|--------------------------------|------|----------|--------|
| 1. Woodward/Galloway/Linden | CPRT | (Vic) | 252.90 |
| 2. Farrance/Farrance/Kesterton | CPRT | (Vic) | 285.70 |
| 3. Wright/Gilchrist/Prott | NSW | | 342.70 |

JUNIOR K1 TEAMS

| | | | |
|-------------------------------|------|-------|--------|
| 1. Macquire/Pinder/Farrance | CPRT | (Vic) | 224.00 |
| 2. Cork/Flaherty/Christiansen | BRCC | | 242.70 |
| 3. Plunkett/Thomas/Reovers | NZ | | 263.70 |

MENS C1 TEAMS

| | | | |
|--------------------------------|----------|--|--------|
| 1. Bartlett/Songberg/Pallister | CPRT/ICC | | 250.80 |
| 2. McGuinness/Eckhardt/Boocock | TAS | | 253.90 |
| 3. Hodge/Heard/Farrance | CPRT | | 279.10 |

WILDWATER - OPEN MENS K1

| | | | |
|----------------|------|--|----------|
| 1. Steve Muir | BRCC | | 21.24.50 |
| 2. Rob Housden | WBCC | | 22.00.75 |
| 3. P. Goodman | ACC | | 22.34.43 |

BOYS K1 (18 YRS)

| | | | |
|-----------------------|------|--|----------|
| 1. Bengt Christiansen | BRCC | | 22.59.49 |
| 2. Richard Macquire | CPRT | | 23.14.62 |
| 3. Shane Shuska | HVCC | | 23.28.02 |

BOYS K1 (16 YRS)

| | | | |
|-----------------|------|--|----------|
| 1. Stewart Kemp | TVCC | | 26.27.49 |
| 2. Brett Evans | HVCC | | 28.00.50 |
| 3. Chris James | TVCC | | 28.44.89 |

MENS C1

| | | | |
|------------------|------|--|----------|
| 1. Bernie Wright | NCC | | 26.54.42 |
| 2. Rod Fry | SCC | | 26.55.15 |
| 3. Chris Smidt | BRCC | | 27.24.09 |

WOMENS K1

| | | | |
|-----------------------|------|--|----------|
| 1. Leila Muir | BRCC | | 25.53.39 |
| 2. Robyn Galloway | CPRT | | 26.28.96 |
| 3. Glenda Pickersgill | PDCC | | 27.27.82 |

MENS C2

| | | | |
|--------------------|----------|--|----------|
| 1. Travis/D. Minns | CPRT | | 28.47.25 |
| 2. Ingram/Geelan | MUMC | | D.N.F. |
| 3. Songberg/Nelson | CPRT/ICC | | D.N.F. |

MASTERS K1 (Modified Course)

| | | | |
|-----------------|------|--|----------|
| 1. C. Suska | HVCC | | 22.06.39 |
| 2. Ken Skardan | HVCC | | 22.31.58 |
| 3. Gordon Kilby | BRCC | | 23.15.21 |

BOYS K1 (14 YRS) (Modified Course)

| | | | |
|-----------------------|-------|--|----------|
| 1. John Wilkie | THRCC | | 23.34.66 |
| 2. Piers Christiansen | BRCC | | 25.11.43 |
| 3. J. Payne | BRCC | | 25.20.81 |

MENS K1 TEAMS

| | | | |
|---------------------------|------------|--|----------|
| 1. Goodman/Long/Long | ACC | | 22.1.26 |
| 2. Muir/Campbell/Cavanagh | BRCC/THRAC | | 22.47.64 |
| 3. Gardner/Hasden/Dayle | HVCC/WBCC | | 23.24.51 |

BOYS K1 (18 YRS) TEAMS

| | | | |
|--------------------------------|-----------|--|----------|
| 1. Christiansen/Daniels/Shuska | NSW | | 24.21.24 |
| 2. Coutts/Dolan/Eckersley | TCC | | 28.14.36 |
| 3. Reitze/James/Flaherty | TVCC/BRCC | | 28.20.75 |

'UNOFFICIAL' 1990 AUSTRALIAN SLALOM RANKING LIST - SENIOR & JUNIOR

| MENS K1 | | | | OPEN C2 | | | |
|-----------------------|--------|-------|-------|----------------------------|--------|----------|-------|
| | POINTS | CLUB | STATE | | POINTS | CLUB | STATE |
| 1. Richard Macquire | 30 | CPRT | VIC | 1. M. Pasllister/A. Wilson | 29 | ICC | NSW |
| =2. Matthew Pallister | 20 | ICC | NSW | 2. J. Wilde/M. Newton | 25 | CCC | NSW |
| Kai Swoboda | 20 | CCC | NSW | 3. D. Woodward/R. Farrance | 21 | CPRT | VIC |
| 4. David Borojevic | 19 | DCC | TAS | 4. K. Songberg/G. Nelson | 19 | CPRT/ICC | VC/NW |
| 5. Paul Beattie | 18 | CPRT | VIC | 5. A. & S. Reid | 11 | CPRT | VIC |
| 6. Jon Males | 16 | HWC | TAS | | | | |
| 7. Peter White | 14 | THRAC | NSW | | | | |
| 8. Andrew Wilson | 8 | ICC | NSW | | | | |
| =9. Wayne Thomas | 5 | CPRT | VIC | | | | |
| Eugene Stackpole | 5 | CPRT | VIC | | | | |
| Jarod Pinder | 5 | CPRT | VIC | | | | |
| LADIES K1 | | | | JUNIOR MENS K1 | | | |
| 1. Danielle Woodward | 30 | CPRT | VIC | 1. Richard Macquire | 30 | CPRT | VIC |
| 2. Mandy Linden | 26 | CPRT | VIC | 2. Jarod Pinder | 26 | CPRT | VIC |
| 3. Robyn Galloway | 25 | CPRT | VIC | =3. Andrew Farrance | 22 | CPRT | VIC |
| 4. Mia Farrance | 20 | CPRT | VIC | Brian Cork | 22 | BRCC | NSW |
| =5. Cathy Kesterton | 15 | CPRT | VIC | =5. Todd Nettlefold | 13 | DCC | TAS |
| Jane Gilchrist | 15 | BRCC | NSW | Jamie McCrudden | 13 | ICC | NSW |
| 7. Kathy Payne | 10 | DCC | TAS | 7. Richard Copley | 11 | CPRT | VIC |
| 8. Bernadette Prott | 9 | BRCC | NSW | 8. Bengt Christiansen | 8 | BRCC | NSW |
| 9. Jane Farrance | 8 | CPRT | VIC | 9. Shane Shuska | 7 | HVCC | NSW |
| 10. Jane Wright | 4 | THRAC | NSW | 10. Ben Reitz | 4 | TVCC | NSW |
| MENS C1 | | | | JUNIOR LADIES K1 | | | |
| =1. Craig Bartlett | 26 | CPST | VIC | 1. Mia Farrance | 29 | CPRT | VIC |
| Peter Eckhardt | 26 | NNCC | TAS | 2. Cathy Kesterton | 28 | CPRT | VIC |
| 3. Rob McGuinness | 25 | NNCC | TAS | 3. Jenny Holbut | 15 | BRCC | NSW |
| 4. Kevin Songberg | 18 | CPRT | VIC | 4. Kim Wilkie | 14 | THRAC | NSW |
| 5. Jack Hodge | 16 | CPST | VIC | 5. Tracy Tomlinson | 13 | BRCC | NSW |
| 6. Justin Boocock | 15 | TAMCC | TAS | | | | |
| 7. Shane Richardson | 14 | ACC | WA | | | | |
| 8. Andrew Farrance | 10 | CPRT | VIC | | | | |
| 9. Matthew Newton | 8 | CCC | NSW | | | | |
| 10. David Hearn | 4 | CPRT | VIC | | | | |
| | | | | JUNIOR MENS C1 | | | |
| | | | | 1. Justin Boocock | 30 | TAMCC | TAS |
| | | | | 2. Andrew Farrance | 27 | CPRT | VIC |
| | | | | 3. Brian Cork | 16 | BRCC | NSW |
| | | | | 4. Stewart Kemp | 14 | TVCC | NSW |
| | | | | 5. Chris James | 12 | TVCC | NSW |
| | | | | 6. Ben Reitze | 10 | TVCC | NSW |

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1988 NSW STATE MARATHON TITLES
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2nd V45 TK1 3rd SJ TK1
1st VL45 2nd Open L TK1

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AUSTRALIAN WHITEWATER SPRINTS

by Robyn Galloway

RAPID RIVER RACING

As the name suggests, this event involves sprinting down a rapid as fast as possible. Each competitor completes 3 runs down the course with the sum of the best 2 runs resulting in their final score.

At Nymboida the course times varied between 70 and 90 seconds, depending on the boat class and the amount of control that one had over the boat. Another assisting factor was knowing the lines to take down the river. (See Steve Muir for a guided tour). Some slalom paddlers were at a definite **DISADVANTAGE** in downriver boats, and resorted to slalom boats for a more controlled run.

The course at Nymboida included some very famous rapids:

'The Tailrace stopper', which is renowned for breaking boats. (For more details see Robyn Galloway, or the 'repairman' Roy Farrance, if you have a boat is two distinct halves, and need to know how to repair it with a coat hanger and tape in less than five minutes).

'Rocky Corner' has a reputation for breaking paddles (see Aaron Martini) and;

'The Rock' in 'The Cutting', has made its mark on a few heads. (See Andy Farrance for the latest shaved look in hairstyles).

Ironically, after surviving all this, the biggest challenge was actually making the finish gate, which was only 2 metres wide, but in a very precarious position for out of control paddlers in downriver boats. (See Mia Farrance for details on how to do this gate clean).

All in all it was a lighthearted competition where fun was had by all. However paddlers should be warned that breathing is essential between start and finish, otherwise an oxygen debt occurs and you end up gasping for breath in the finish pool. (That is if you actually make the break-in in a downriver boat).

RESULTS

OPEN MENS

| | | | TOTAL |
|-----|---------------|------|-------|
| 1. | Steve Muir | BRCC | 141.8 |
| 2. | Ian Gardner | HVCC | 143.4 |
| 3. | Daryl Long | ACC | 144.5 |
| 12. | Torsten Krebs | MUMC | 157.2 |

BOYS 18 YEARS

| | | | |
|----|--------------------|------|-------|
| 1. | Richard Macquire | CPRT | 147.1 |
| 2. | Bengt Christiansen | BRCC | 148.8 |
| 3. | Shane Suska | HVCC | 153.9 |
| 7. | Andrew Eckersley | TCC | 194.7 |

MENS C1

| | | | |
|----|---------------|------|-------|
| 1. | Bernie Wright | NCC | 171.9 |
| 2. | Rod Fry | SCC | 172.0 |
| 3. | Chris Smidt | BRCC | 175.6 |

LADIES OPEN

| | | | |
|----|----------------|-------|-------|
| 1. | Jane Wright | THRAC | 169.9 |
| 2. | Robyn Galloway | CPRT | 174.6 |
| 3. | Mandy Linden | CPRT | 176.6 |

GIRLS 18 YEARS

| | | | |
|----|-----------------|-------|-------|
| 1. | Mia Farrance | CPRT | 186.8 |
| 2. | Cathy Kesterton | CPRT | 191.7 |
| 3. | Kim Wilkie | THRAC | 196.6 |

Torsten Krebs of Melbourne Uni. Mountaineering Club relaxes at Nymboida



Roy Farrance

AUSTRALIAN CANOE FEDERATION

CANOE POLO

JUNIOR TEAMS - NEW ZEALAND TOUR

It is proposed that a number of teams will be selected to tour New Zealand in the second half of next year. The tour will serve several purposes, in particular the strengthening of canoe polo in both Australia and New Zealand.

Tentative details are as follows:

- DATES:** 22nd September to 7th October, 1990.
- COST:** Very roughly \$1,000-1,200. This could change significantly as a result of things such as air fares, exchange rates, etc.
- TEAMS:** Probably Junior A, Junior Ladies and 'mini' Juniors (under 15?). A fourth team may be considered, depending on resources and response from New Zealand.
- ELIGIBILITY:** Must not have turned eighteen years old on the first of January, 1990. (Possibly fifteen in the case of 'mini' Juniors).
- SELECTION:**
- 1 Training Camp, Central NSW somewhere, Easter, 1990 *
 - 2 Australian Championships, Melbourne, July 1990
 - 3 Reference regarding attitude, contribution, behaviour etc., from state or regional controlling body.
- It is anticipated that teams will be announced at the conclusion of the Australian Interstate Championships.
- TRAINING:** Players selected for teams must be prepared to attend at least one further, centrally-located training session, and several sessions in their home state. Players will also be required to train regularly themselves, and to keep a training log in respect of personal training.
- TRANSPORT:** Fly to New Zealand, mini bus around, fly home.
- ACCOMMODATION:** Mostly billeted with New Zealand canoe polo players, or camping, cabins or hostels. Every effort will be made to keep costs to a minimum, without compromising the teams' competitive viability.
- ITINERARY:** Tentative plans are for major competitions in Auckland, Wellington and Christchurch, on the weekends 22-23, 29-30 and 6-7 respectively, with training, regional competitions and sightseeing (skiing? mud baths? touring?) during the weeks.
- NOMINATIONS:** Must be advised with the enrolment form for the Easter training camp. Further details to be advised.

FURTHER DETAILS, INFORMATION OR SUGGESTIONS TO/FROM YOUR STATE ACF DELEGATE, OR THE CONVENOR TORSTEN KREBS, 5 KING WILLIAM STREET, FITZROY, VIC 3065. TEL: (03)419-9237 H. (03)641-3220 W.

* The training camp will be open to all junior players, a desire to join the tour is not necessary.

RICH

by CPRT

It appears as though the Canoes Plus Racing Team have been able to get Richard to tell us a little about himself.

Name: RICHARD MACQUIRE

Age: 17

Favourite Event: K1 Slalom

How did you become involved in canoeing:

I started doing recreational paddling on the Yarra River, which is behind my house.

Who has had the most influence on your paddling career:

Roy Farrance introduced me to competition canoeing, and since then has taken me to all the big competitions, and also coached and helped me all the way.

What are your other interests:

4WD - surfing - skiing.

What are your favourite pastimes:

Sleep, T.V.

Work:

2nd year apprentice carpenter.

What are your current goals:

To make selection in the slalom team for the 1992 Olympics.

Food fads:

Mars Bars & McDonalds.

Best achievements:

In Australia, 1st 1990 Aust.Champs K1 overall
Internationally, 29th at 1989 Worlds

Where do you train:

I train on the Yarra River on flat water slalom gates behind my house.

What are your plans for the future:

To finish my apprenticeship and then to go on a big holiday overseas.

What are your thoughts on inspiring slalom in Australia:

To build a man made whitewater course, and to include slalom in the 1996 Olympics in Melbourne.

What are your thoughts on the AIS satellite in Tasmania:

Good for the sport, but I would have liked to have seen it set up for a longer time, and have other satellites throughout Australia.

What have you learned from overseas travel and competition:

It is great fun, and I have gained a lot of competition experience.

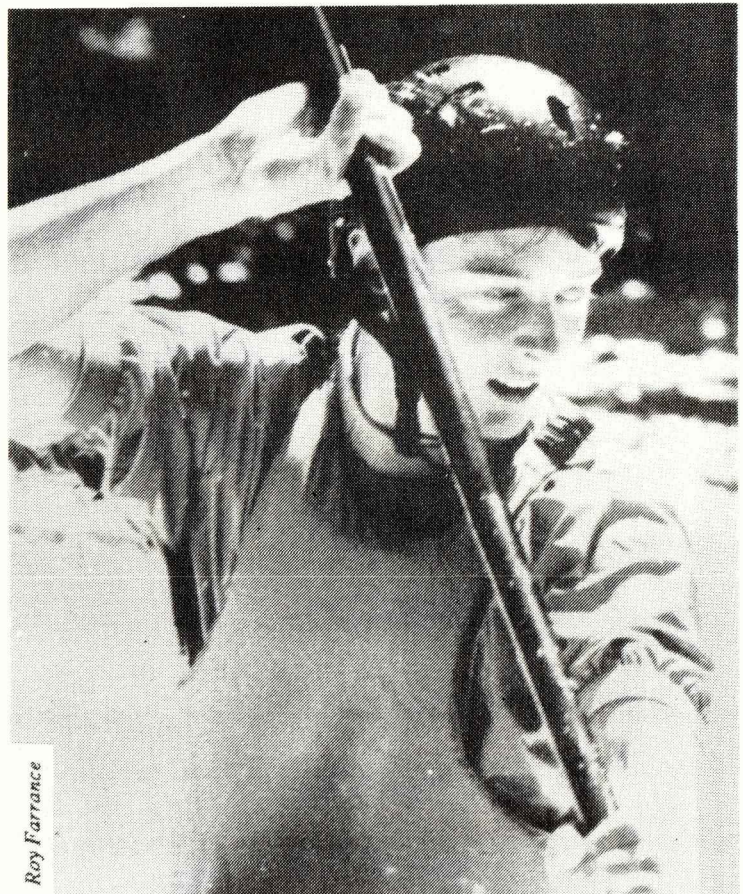
When are you likely to retire:

I have still got a few years ahead of me.

What is the most enjoyable aspect of canoeing:

Travelling, meeting people and paddling big water.

Richard Macquire



Roy Farrance

BRIEFLY

LAKE BARRINGTON 1990

An open letter to all sprint racing competitors from Martin Hunter.

Two weekends ago I was fortunate to be able to travel to Tasmania for the purpose of a look-see at the site for the 1990 Australian Sprint Racing Championships.

Lake Barrington, which is situated near Mount Roland in north-west Tasmania, would have to be the best course in Australia, and one of the best courses in the World. At about forty minutes drive from Devonport, one could say that the 'Lake' is in the country. And it is.

Built as part of the hydro-electricity scheme, it is approximately ten kilometres long, and is about 500 metres wide at the point of the lake where the competition will take place. The depth is not a problem, there will certainly be no 'bottom drag' on this course.

The mountains surrounding the course keep the wind down to an almost non-existent level, with all lanes treated as equals.

At the time of my visit the course was set up with only eight lanes, a ninth lane will be put in prior to the championships. The World Rowing Championships are to be held in 1990 on this very course. We will be racing in twelve metre lanes, buoyed every twelve and a half metres. With the system being used, the course will remain true throughout the entire championships. There will also be fixed pontoons for hand-held starts - the first time since 'who knows when'.

I would like to thank the Tasmanian Canoe Federation for allowing me to see and paddle on the course. The 1990 Australian Canoe Championships will be the best to date. It will be great racing.

(signed) Martin Hunter

1990 AUSTRALIAN SPRINT CHAMPIONSHIPS PROGRAMME

MARCH

- Tues 13 Civic reception (invitation only) 4.30 Devonport Council Chambers.
Wed 14 Training
Scratch meeting 3.00pm
Thur 15 Competition 8.00am
Official exams, evening
Fri 16 Competition 8.00am
Race committee meeting, evening
Sat 17 Competition 8.00am, finals.
Luncheon reception 12.00 midday.
Sun 18 Competition 8.00am, finals.
Early finish.
Closing function.

.....

AOF CANOEING GRANTS

The AOF Planning and Review Commission has recommended the following grants for canoeing in 1990:

- Sprint - 9 paddlers, 3 managers/coaches
\$86,942
Slalom - 3 paddlers, 1 manager/coach
\$28,920
There is also a contingency budget for boats of \$25,000.

.....

TREE CLEARING ON THE DELATITE RIVER

The YHA Canoeing Club is organizing a tree clearing day at the Delatite River, on the weekend of February 17 & 18.

Anyone interested in helping the club should contact;

Jack Lewis - Tel: (03) 329-1360

.....

SUPPORT FOR DIGHTS FALLS SITE

As most people are probably aware, Melbourne is presently playing host to many of the International Olympic Committee (I.O.C.) delegates who are coming to Melbourne to inspect our facilities and our city.

Early in January, I had the opportunity to meet with Mr. Sergio Orssi (President, International Canoe Federation), and Mr. Ron Emes (Vice President, I.C.F.), during their visit to Dights Falls as guests of the Melbourne Olympic Committee (MELOC).

As Chief Executive with the British Canoe Union during the years when Nottingham was planning their artificial course, Ron Emes was intimately involved in the development of that course, and has extensive experience in evaluating the potential of various sites for international standard slalom courses.

The enthusiasm with which he greeted the proposal at Dights Falls was very encouraging, and it was obvious that Mr. Orssi was similarly enthused. Their assessment of the potential for Dights Falls as an international slalom facility supported that of Dr. George Parr from the University of Nottingham, who during a recent visit remarked that if this site existed anywhere in the U.K. it would already be developed as a slalom course.

I expect that, as a result of Mr. Orssi's strong support for slalom to be included in Melbourne's planning for 1996, we are likely to see much keener interest in the proposal from MELOC. Whilst it is unlikely that slalom will be part of the official bid documentation, I expect that the planning, which has started with Dr. Parr preparing a concept design, will continue and result in the most advanced work yet to be done in this country on an artificial canoe slalom course.

- Cary Pedicini

CanoEd - FEATURE ARTICLES

UPPER SNOWY RIVER TRIP

After spending a very enjoyable Melbourne Cup Weekend paddling firstly the Indi River (Murray Gates) and then to my surprise a nicer more demanding stretch of the Thredbo River near Jindabyne, I decided that further investigation into our alpine rivers could prove most rewarding.

Having renewed an old acquaintance with Richard Nutt, whom I'd worked with some years previously in Europe, I decided to return in the summer between Christmas and the New Year and further explore the area. Richard, who now is heavily involved with the Alpine Paddlers Club based in the Jindabyne region, was to be my contact in the area, and I would give him a call closer to the time to find out if the rivers were still running. When I inevitably made the phone call, late as ever I was confronted with a problem, Richard had landed six weeks work in Vanuatu, a hard place for anyone to have to go.

What to do? I didn't have any idea on how to contact anyone else in the area, or how accurate they would be with their predictions. I contacted one of the Canberra based paddlers and asked about levels on the Murrumbidgee. For the past few years I've spent this same period there, and had some excellent river levels. The Childowlah rapid is the Canberra equivalent of the slalom rapid on the Goulburn River, and many N.S.W. paddlers can be found there throughout the summer months. It is also a convenient base camp for many of the other river trips in the area, and we hoped to meet up with other paddlers returning from one of these, but we didn't. Our choices were to stay with the Murrumbidgee and its dam controlled flows, which produce a days paddle from Barrinjuck Dam wall to the Childowlah rapid camp site. This stretch includes rapids of up to grade 4 and is a very pleasant paddle, the only catch being at present, there is maintenance work in progress around the dam wall, and there is some confusion over whether it is possible to gain access to the river at the dam wall.

Our other choice was to just go to Jindabyne and see what was happening with the Upper Snowy, the theory being that the stretch we wanted to paddle was fed by one of the many hydro power stations to be found in the area, and hopefully they would be producing power and releasing water. It was this option that we eventually went for.

Guthega Power Station to Island Bend (Snowy River).

It was this section which we had made a quick recce of on our previous trip in November. We had been told that it was a 2 to 3 hour paddle, with the river boasting many rapids of grade 3 to 4 standard, and a few larger ones as well.

The team consisted of 4 paddlers, Adrian Weedon, Grant Collins and myself from Victoria, and Steve Ellis from South Australia. All of us had paddled water of grade 4 standard before, Steve having swum some of

the better ones, and were looking forward to some challenging water, and this stretch did not let us down.

After a quick inspection of the first rapid on the way in, we launched into our first taste of the Upper Snowy. This rapid consisted of a fairly straight forward approach which led into a section of good grade 4 standard, its main feature being, a 'wait a while' stopper, at it's very end. Steve must have been getting a bit warm as he had decided to swim yet another rapid.

In our eagerness to get on the river we had not really scouted the first rapid thoroughly enough, which unfortunately we had paid for with Steve's swim, and his retirement to the car shuffle for the rest of the day.

Now with a healthy respect for the river, we paddled the 100 metre to the top of the next rapid. We disembarked to scout our next route, this again was of grade 4 standard. The main problem being a pourover and the stopper forming behind it was not the sort of place I'd wish to visit.

'In our eagerness to get on the river we had not really scouted the first rapid thoroughly enough'

Anyone attempting this stretch, who at this stage has second thoughts, should paddle back up to the bottom of the first rapid and walk back to the power station, about a 10 minute walk. Although the river is at many points close to the road, the vegetation is thick, making progress difficult, as we were to find out whilst scouting rapids further down.

The river continues to be of grade 2 and 3 interspersed with rapids of grade 4 standard. We decided to chicken shoot the next grade 4 on the left, as the right hand channel was doing some nasty things to a stick that I'd thrown in to check out an under cut. Adrian and Grant were both paddling confidently, so for most of the remainder of the paddle, they scouted from eddy to eddy.

We had been talking to a couple of N.S.W. paddlers, who claimed that there was a 5 to 6 metre water fall on this stretch. As the river appeared to be quietening down the further we paddled, it seemed that it may have been one of those sort of rapids which we had encountered earlier on the Indi, which are measured on the Groggin scale.

As we paddled on, we became aware of the faint rumble of falling water. On closer inspection the horizon line seemed to disappear, the sure sign of a rapid ahead. The main fall was on the left, a 1 metre drop onto an up-curved rock causing a rooster tail of water to fall over the drop.

The drop itself consisted of a 5 metre fall on a 60 degree angle through a jumble of rocks. Our route down was to run a set of two smaller drops on the right side, both looked to have fairly active stoppers. The first was enough to stop my Aquabat for a moment, the other had a strong kick to the right, making it a very interesting rapid. This was to mark the finish of the larger rapids, and an enjoyable paddle of grade 2 standard was had to our finish at Island Bend.

The trip from Guthega Power Station to Island Bend on the Snowy, is of an advanced nature, for experienced paddlers only. Although we were told that the day we paddled the river it was on maximum release, there was evidence around to give us the impression that the water may be a metre higher in the spring season.

Jacobs Creek to Running Waters Upper Snowy

The next day we set off for a day paddle which was to incorporate a short gorge situated below the Pinch River confluence. We were told that the gorge could be of up to grade 4 standard.

The drive in was long, and on arrival at Jacobs Creek we decided to keep going to the Pinch River to start. As the road follows the Snowy closely, we kept getting glimpses of the river. It looked to have long flat sections, so we drove down to the finishing point at Running Waters, where we came across a paddler in charge of a commercial trip. We inquired of the Pinch River section, to which he replied, 'you'd better be careful in there it's at least grade 4'.

'On closer inspection the horizon line seemed to disappear, the sure sign of a rapid ahead.'

We drove back to the Pinch River to run the gorge. I had too much sun the day before so opted out to do the car shuffle, and to sit in the shade.

I'd just settled down back at Running Waters when around the bend, Grant, Adrian and Steve appeared, it seems our friendly paddler had been using the Groggin scale as well. The river had sections of good grade 2, but again in spring could be quite interesting.

Out of the 5 days we were away, most of our time was spent trying to obtain reliable and accurate river information. We were disappointed at the amount of time we were actually paddling. But a lot of valuable information and contacts have been gained.

For anyone wanting to paddle in the Alps, I suggest you use the information gathered by us, and save yourself a frustrating time trying to decipher the ominous Groggin Scale.

For information on the Thredbo, and Upper Snowy River contact the V.B.C.E. Office.

-Mike Higginson

In the following article Adrian Weedon looks at the risks white water paddlers accept, understand and enjoy. He will also consider how they are viewed, and how they view themselves.

WHITEWATER : RISK RELATIONSHIPS

In recent months I have spent a lot of time considering the 'whys' of big water paddling. Why, for instance, would a person place themselves, intentionally, in a life threatening situation, where a mistake (or turn of bad luck) can mean serious injury, or death? Why does one person see a large rapid as a jumbled mass of shattered water, whilst another sees it as a source of endless motivation, and strength?

My thoughts, and convictions about such questions have been consolidated by an article from the States, that I read with great interest. Written by Pam Miller Withers, it asks similar questions, raising the issue of 'Risk', and the role it plays in big water paddling.

I believe the most important consideration in big water paddling to be the combined, long term, development of physical skills, and a 'mental attitude'. There comes a point where physical skill, in isolation, is insufficient to motivate or convince a person to paddle a rapid. It is at this point that a mental attitude becomes the controlling factor in the actions of the paddler.

Part of the mental attitude I speak of, involves self confidence, as leading American rock climber, Gavin Rowell says, 'Faith in one's honesty, confidence, and even immortality is gradually reinforced as climb after climb proves successful. Out of faith comes courage, not logic.' (*Canoe, May 1988 pg.75*)

Bob Carey is an American clinical psychologist, who paddles grade 3/4 rivers. From observations, and personal experience, he has identified three reasons why paddlers accept risk. 'First, there is social reinforcement : paddling with a group that shares certain values about pushing limits, increasing skills, and moving to higher levels of challenge, draws the individual forward. Second, there is a personal reinforcement : that strong feeling at the end of a challenging run. For some, this is a matter of reaching for perfection, always to overcome a self-imposed limit of skill or courage. Finally, there is a purely physical reinforcement commonly known as an adrenaline rush'. (*Canoe, May 1988 pg 74*)

I feel sure that most paddlers who have had a 'pressure build-up', psyching oneself to paddle a rapid, have experienced the euphoric sensation after the experience. This period is characterised by an emotional 'explosion', where the paddler howls and yells, fists are clenched and shaken in the air. Often I have seen other symptoms at this time similar to a person in mild shock; nausea, shaking and disjointed, muffled speech. Physiologically the period of pressure build-up stimulates the brain to produce endorphin - morphine like chemicals - that allow a person to think more clearly, act more vigorously, and function at two or three times his (their A.W.) capacity during the crisis'. (*Canoe, May 1988 pg 74*)

Another American psychologist used in Withers article, is Frank Farley. He has 'pegged' a 'Type T' personality. These are the thrill seekers, people who enjoy risk and adventure for excitement and stimulation. Others may call them 'adrenaline junkies', whatever their label, the Type T's are considered to be creative and extroverted, and according to Farley 'reach their strongest expression of these characteristics in their 20's. Withers also cites an unnamed psychologist who has 'shown a correlation between sex hormones and thrill-seeking'. (*Canoe, May 1988 pg.73*)

There is no doubt in my mind that big water paddling is a very personal, subjective experience. Often the so called 'extreme' paddlers are questioned and called upon to justify their reasoning and motivation for what they do. Due to the very personal nature of the experience, it is very hard to try and rationalise why the risks are taken. I consider the knowledge and acceptance of consequences to be of equal importance to justifying 'why'. Quoted from Withers article are the thoughts of one psychotherapist who describes risk-taking as 'a state of exquisite communication with your body that can alter your consciousness as powerfully as any drug'. (*Canoe, May 1988 pg.74*)

Risk is a dynamic element within our lives. Risk is relative, and indeed to a certain extent, controlled, by a number of factors. Factors such as experience, skill and of course, the development of a positive mental attitude. As famed extreme paddlers, Jeff Snyder says '...the relief of getting away with it, the challenge of decision making...the achievement of being comfortable in the water, having it as a friend rather than an adversary...learning to live with fear, getting past it, not letting it rule you'. As extreme a view as his paddling is, Snyder represents the leading edge of big water paddling. Obviously he has developed considerable skills, and a positive mental attitude toward his paddling.

If we accept that risk is relative, then it could be argued that 'those who paddle at the higher levels are skilled enough that they're merely seeking the same degree of personal challenges a beginner does on class II or III'. (*Withers in Canoe, May 1988 pg.74*) Along a similar train of thought could be the notion that 'familiarity breeds a non-event'. Where personal challenge needs to be facilitated by a certain degree of risk, in order to satisfy the individual expectations of the paddler.

Withers argues that white water accidents at the higher levels seem to be at least as rare as they are on lower levels, although she concedes that if things do go

'Risk is a dynamic element within our lives. Risk is relative.'

wrong, they do so more drastically. The safety chairman for the American Canoe Association, Charlie Walbridge has several interesting comments about the risks, and the risk takers in white water paddling. 'A certain number of people are always going to push the edge, but the sport is safer for the average person than it was'.

He goes on 'risk takers 'up' the paddling skills of the paddling population'. When discussing the desires of less experienced paddlers to emulate the feats of the elite extreme paddlers, Walbridge says, 'The up and coming paddler wants to make a name for himself (themselves A.W.). But to make a comparable splash

'Those who understand and accept the various challenges, and consequences of whitewater, will respect rather than fear the water they paddle.'

today, you have to do a lot harder stuff. The danger is that they may skip steps, and may get in over their heads'. (*Canoe, May 1988 pg.75*)

Serious, big water paddling will always entice a certain type of person, a person that has served an 'apprenticeship' and has developed a personal relationship with the water, as well as physical skills. Those who understand and accept the various challenges, and consequences of whitewater, will respect rather than fear the water they paddle. The person may develop such attitudes and beliefs into a sense of spiritual well-being akin to the philosophies of the martial arts. Actions will become automatic, subconscious responses to the water, paddling 'within' rather than 'on' the river. This may be the peak to which some paddlers at this level aspire to attain.

-Adrian Weedon

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JUNIOR PADDLE POWER AT AUSTRALIAN CHAMPS

After witnessing the recent Australian Slalom & Wild-water Championships in New South Wales, I was very impressed with the number of juniors participating on such big water, especially in the slalom event.

All of these young paddlers were an inspiration to watch, as they tested their concentration, speed and skills to the limit, on Goolang Creek's slalom course.

Fortunately in slalom canoeing the competitor has three chances to improve her/his time and performance. The first run is a practice run, and the next two are the real thing! Fifty seconds is added to their time if they miss a gate, or five seconds for each gate they hit.

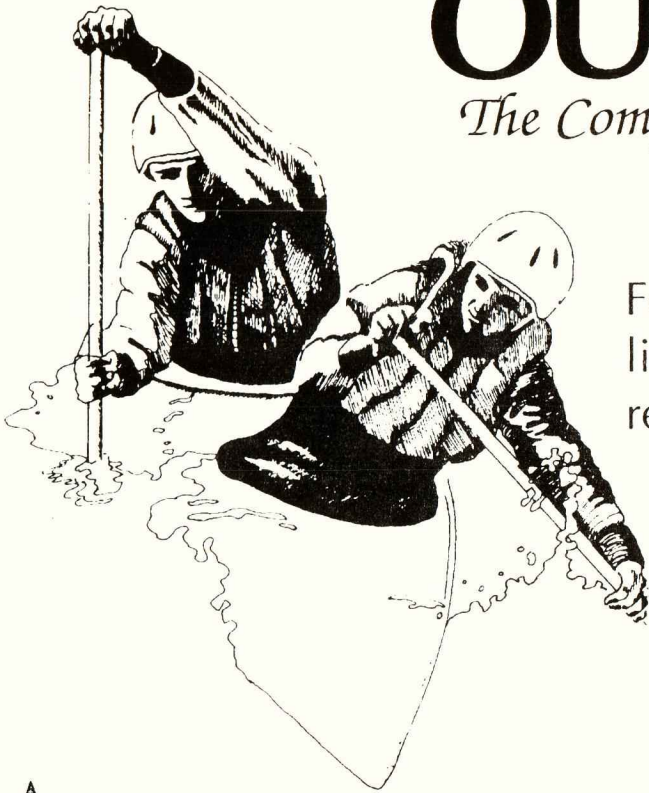
Before each race the competitor would move along the bank, memorizing every gate's position, visualizing and sometimes imitating with their invisible paddle, the manoeuvre they would use to negotiate the gate. An outsider may have viewed this ritual as somewhat odd.

All these juniors should be commended for their participation, and a special congratulations to this years winners; Girls Section, Mia Farrance; Boys Section, Richard Macquire who also beat all the open men.

-Liz Marsh

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CALENDAR OF EVENTS

| | | | |
|----------|---|--------------------|---------------|
| February | | | |
| 3 | Marathon - Saltwater Classic Footscray | Judy Clarke | 311-5226 |
| 3 | Slalom - Coaching Course Goulburn River | Canoes Plus | 817-5934 |
| 4 | Slalom - Goulburn River | Canoes Plus | 817-5934 |
| 10-11 | Sprint - Canoes Plus Sprint Challenge II NWSC Carrum | Canoes Plus | 817-5934 |
| 17 | Marathon - Mulwala Canal Race | Wendy Phillips | (057) 441-879 |
| 17-18 | Dragon Boat - Heats Yarra River | | |
| 24-25 | Marathon - Interstate Marathons Albury | John Barnes | (060) 217-886 |
| 24-25 | Sprint - Victorian Championships NWSC Carrum | Ellie Quick | 439-6262 |
| * 26 | Wildwater Racing - Canoe Factory Cup Race 1 | B. Roselind | 800-1363 |
| March | | | |
| 2 | Dragon Boat - Geelong Dragon Boat Festival Barwon River | J. Bell | (052) 795-244 |
| 3-4 | Dragon Boat - Moomba Dragon Boat Festival Yarra River | | |
| 4 | National Aquatic Festival Geelong | Peter Shorten | (052) 92-260 |
| 10-11-12 | Slalom & Wildwater - Tasmanian Championships Mersey River | R. Boocock | (003) 301-454 |
| 11 | Solar Region Ironman Shepparton | Peter Cole | (058) 211-242 |
| 12 | State Emergency Service Canoe & Raft Race Shepparton | John Glass | (058) 211-551 |
| 17 | Wildwater - Training & Coaching Day Goulburn River | Torsten Krebs | 419-9237 |
| * 18 | Wildwater Racing - Canoe Factory Cup Race 2 | B. Roselind | 800-1363 |
| 18 | Touring - Novice Tour Jumping Creek to Warrandyte Yarra River | Rod Jones | 723-5117 |
| April | | | |
| 1 | Triathlon - Eildon Triathlon | Kevin Songberg | 857-9602 |
| * 8 | Wildwater Racing - Canoe Factory Cup Race 3 | B. Roselind | 800-1363 |
| 8 | Sprint - Schools Sprint Championships Essendon | Frank English | 434-3093 |
| 14-16 | Marathon - Australian Championships Mandurah, W.A. | | |
| 15 | Marathon - Canoe, Yarrowonga-Mulwala Yarrowonga | Wendy Phillips | (057) 441-879 |
| 21 | Marathon - South Barwon Lions Club Race Geelong | | |
| 21-22 | Dragon Boat - Sydney Dragon Boat Festival Darling Harbour | D. Hooker | (02) 955-0272 |
| 29 | Marathon - VACA Race 1 Swan Hill | Sally Bodinnar | (050) 323-189 |
| * 29 | Wildwater Racing - Canoe Factory Cup Race 4 | B. Roselind | 800-1363 |
| May | | | |
| 5-6 | Slalom - Yarra Slalom Series Race 1 Yarra River | | |
| 19-20 | Slalom - Templestowe C.C. Wild Cherry Drive Yarra River | Phil Clark | 232-2877 |
| 20 | Marathon - VACA Race 2 Essendon | Nora Smith | 311-3402 |
| * 27 | Wildwater Racing - Canoe Factory Cup Race 5 | B. Roselind | 800-1363 |
| June | | | |
| 2-3 | Dragon Boat - Hong Kong Dragon Boat Festival | | |
| 3 | Touring - Novice Tour Jumping Creek to Warrandyte Yarra River | Rod Jones | 723-5117 |
| 10 | Marathon - VACA Race 3 Geelong | Peter Shorten | (052) 92-260 |
| 11 | Marathon - VACA Race 4 Footscray | Judy Clarke | 311-5226 |
| 16-17 | Wildwater - Training & Coaching Day Big River | Torsten Krebs | 419-9237 |
| 24 | Triathlon - Mid-Winter Triathlon Ballarat | Ann Blee | (053) 341-536 |
| 30-01 | Slalom - Yarra Slalom Series Race 2 M.U.C.C. | | |
| July | | | |
| 1 | Marathon - VACA Race 5 Cobram | Ian Docking | (058) 734-450 |
| 7-8 | Wildwater - 'Gut Buster' Wildwater Race | Kevin Mansfield | 428-6531 |
| 11-13 | Canoe Polo - Aust. Inter-Club Championships | | |
| 14-15 | Canoe Polo - Aust. Interstate Championships | | |
| 22 | Marathon - VACA Race 6 Yarrowonga | Wendy Phillips | (057) 441-879 |
| 28 | Marathon - Essendon Canoe Club Night Race Essendon | Nora Smith | 311-3402 |
| 28-29 | Peregrine Winter Classic Omeo | | |
| 29 | Touring - Novice Tour Jumping Creek to Warrandyte Yarra River | Rod Jones | 723-5117 |
| August | | | |
| 4-5 | Slalom - Yarra Slalom Series Race 3 | | |
| 11 | Marathon - Victorian Schools Championships Footscray | Dawn Mickelborough | 754-4292 |
| 12 | Marathon - VACA Race 7 City Sherbrooke-Knox | Craig Reece | 836-4061 |
| 18-23 | Slalom - Pre-World Slalom Championships | | |
| 19 | Yarrowonga-Mulwala Ironman Yarrowonga | Wendy Phillips | (057) 441-879 |
| 26 | Wildwater - Victorian Wildwater Racing Championships King River | Torsten Krebs | 419-9237 |

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