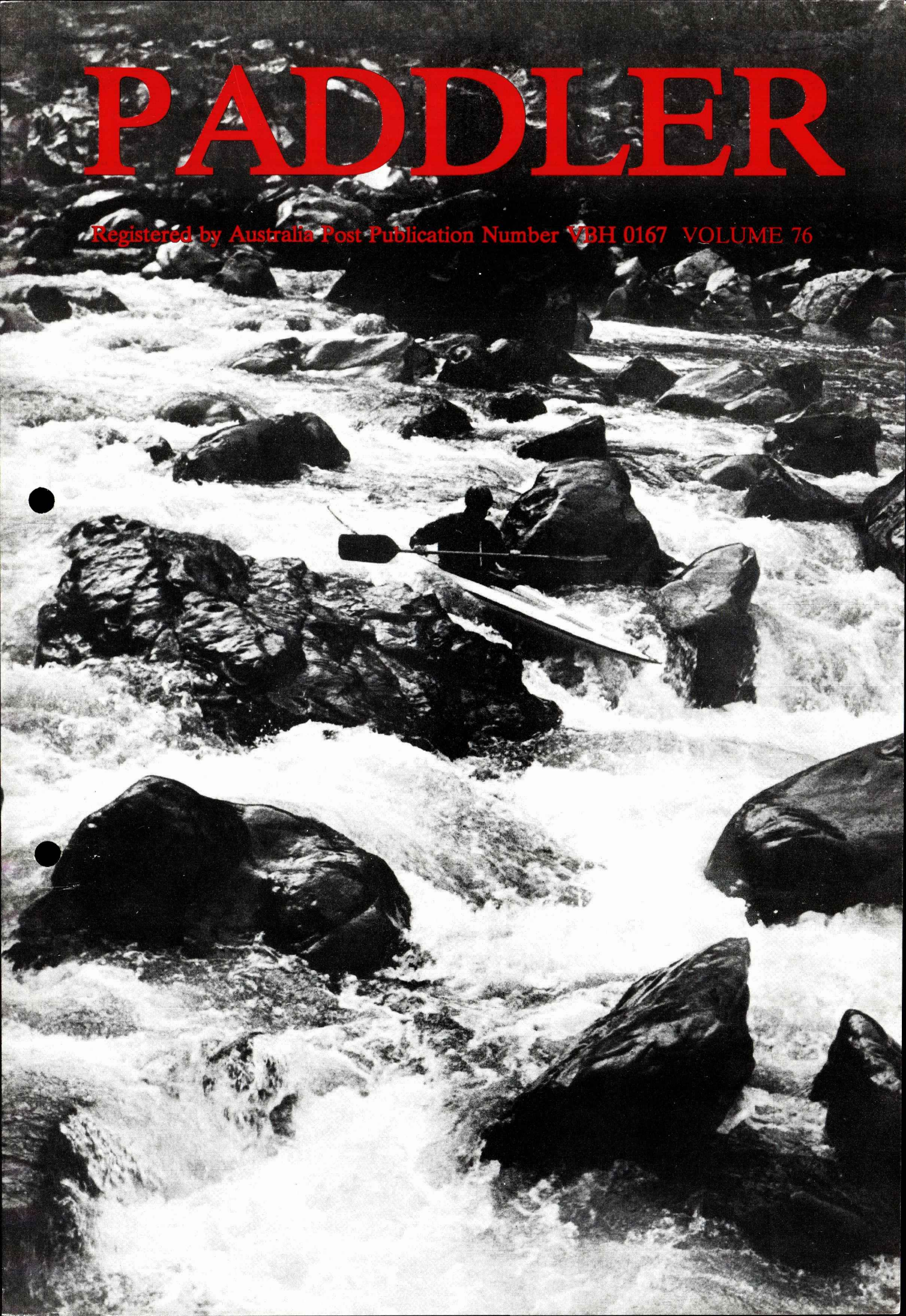


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Editor

Tony Prior
1 Byrne Court,
Cheltenham. 3192.

Telephone (03) 583-4260

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Contact Editor above

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FRONT COVER:

Peter Tunaley of Templestowe Canoe Club,
negotiating Gentle Annie, Tulloch Ard Gorge, Snowy River.
Photo: Phil Clark

EDITORIAL

V IS FOR VICTORY

The V.A.C.A has recently made an application for canoeists to be included in the first intake of the newly formed Victorian Institute of Sport, or V.I.S. as it is almost certain to be known. Those among us who are usually in the 'know', believe that we have a good chance of being accepted. The Victorian Institute of Sport is undoubtedly the best initiative to flow from our State Government Department of Sport and Recreation, and it should play a prominent part in Victoria's future sporting achievements.

The V.I.S. has adopted the principle of keeping the top athletes in the State and fostering their development amidst their family, friends, and in many cases, under the guidance of their own coach. This also serves to maintain the standard of Victorian competitions, as our champs can do their bit by setting a high standard and encouraging others to strive harder. Many of Victoria's top paddlers have rejected the cloistral lifestyle imposed by entry into the Australian Institute of Sport (A.I.S.), preferring to remain in Melbourne and continue with their successful formula, so reliant on their coach, family and established friends. Why should they change their winning ways?

The V.A.C.A.'s submission for canoeing is requesting a structure that is in many ways, similar to the ad hoc arrangement that exists between our top coaches and top paddlers today. This arrangement is proving very successful, and our recommending anything significantly different would be extremely foolish. However our recommendation of an improvement to the existing arrangement so that assistance is given to both paddlers and coaches, must be seen as a major benefit.

Unfortunately we don't yet know whether our recommendations will be accepted by the V.I.S. It is still early days for them, and they have an enormous responsibility to do what they believe is best for sport. Hopefully our argument for an improvement on today's arrangements, and the excellent results they have produced, will be compelling enough to have our submission accepted.

I don't believe that we should be looking for instantaneous improvement from our paddlers as a result of membership of the Institute. I can't see big gains coming from today's champions who are at the very tip of the pyramid. In most cases they are now getting all of the coaching they can absorb from World Class coaches. Their acceptance into the V.I.S. will only provide benefits in the support they receive. This will ease the financial burden and the psychological strain attached to it, but I doubt if it will raise the standard of paddling in the short term. Most of today's top paddlers are denying themselves the frills of life, so that they can save enough money to do what they need to stay at the top. However the next wave of top paddlers and their successors will be the ones to benefit.

If our ideas are accepted, our top coaches, the best in Australia, will at last receive some financial and physical support and enable them to stay in the sport and in Victoria. If they work with, and pass on their exceptional skills to, the next generation of coaches, the benefits our younger paddlers gain from coaching continuity will be soon become obvious.

I believe the V.I.S. is the best thing to ever happen to Victoria's athletes, it is unfortunate that only a small number can be accepted at the initial intake. The V.A.C.A. fully supports the V.I.S., as it's mode of operation is the same as that which has been advocated by our association for many years.

What is needed now is backing from the sporting community. I urge all canoeists to become familiar with the operation of the V.I.S. and support it at every opportunity. Strong public support will be needed if the V.I.S. is to attract substantial financial assistance from the private sector to help run its programmes. Sponsorship agreements with private industry are virtually a pre-requisite for continued growth of the Institute.

Let us all actively support the V.I.S. and help them to help our champions of today and tomorrow.

Tony Prior

ADVENTURE AUSTRALIA

by Capt. Andy Marsh

INTRODUCTION

Ex TUMBLE QUADRANT was a white water kayak expedition to Australia by six members of the British Army 28 Amph Engr Regt Canoe Club, led by Capt A.D. Marsh RE.

The expedition dates were 23 September '89 to 25 October '89.

The expedition paddled some 212 km of almost continuous white water on seven rivers in NSW and Victoria, up to and including Grade 4, and travelled over 4500 km by road.

The aim of the expedition was to canoe wild water unavailable in Germany and in arduous conditions.

LOGISTICS

General

Planning for this expedition took over one year. Many hours were spent in correspondence to Australia, in order to mass information on the suitability of an expedition, and the best time of year and area in which to operate. It was decided to go for October; Australia's start of the spring season, and to concentrate on their Alps region to guarantee water conditions.

Information

By the time we arrived in Australia the team were well armed with information and contacts. The process of gathering, however, never stops, and once in Australia more detailed facts were easily obtained from the many friends we made.

Guide books were also used to supplement local knowledge, although in some cases the Guides proved to be a little inaccurate. Local knowledge was always used first, once in the country.

THE TEAM

Capt A D Marsh

Expedition Leader. ACU Instructor, JSMEI (Summer), TR and A Supervisor, Unit Cave Leader, FRGS. Expedition Experience; Mexico, Norway, Canada, Morocco, Austria, Germany, Belgium, France, Malaysia, Borneo, UK.

Cpl L J Shaw

Expedition 21C. ACU Proficiency. Expedition Experience; Austria, Bavaria.

Spr I K Gardner

Rations Members. ACU Proficiency. Expedition Experience; Austria, Bavaria.

Spr J J Wright

ACU Proficiency. Expedition Experience; Austria, Bavaria.

Spr L E Evans

ACU Proficiency. Challenge Pursuit Experience; Bavaria.

Spr T D Keane

ACU Proficiency. Challenge Pursuit Experience; Harz, Vogelsang.

The team all came from 28 Amph Engr Regt Canoe Club, who have trained extensively for the past year.

Equipment

Canoes were hired at a very reasonable rate of \$100 each for the whole expedition from John Slattery of Canoe World. They were a Wild Cat Plastic Kayak.

Medical

The only injuries suffered were a scratched pupil, black eye, cut to the upper cheek and a variety of cuts, bruises and aches. All the face injuries were done on the river.

Australia does have potential for some serious medical problems and the remoteness would make evacuation extremely difficult.

THE ACTION

General

The objective was to paddle a good selection of rivers of Grade 3 and 4 standard. Mostly as day trips, but also to do at least one overnight wilderness trip. This was achieved including a beautiful, whilst arduous 3 day mini expedition on the River Snowy.

An emphasis was placed on learning safety and rescue skills as well as leadership and team work both on and off the water.

The Paddling

The rivers were all technical, quite often a series of drops, especially in low levels. All the rivers have been run, and guide books exist. A more up to date guide is being compiled at the moment to take into account the plastic kayak.

On some of the rivers the banks were covered in bush and bramble bushes, sometimes making bank inspections or portaging difficult.

All the rivers, less the Murrumbidgee, rely on snow melt and October proved to be a good time of year to paddle. The water is very cold and people should not be forced into a false sense by the hot Australian weather. Full wild water equipment is needed.

Australia has many other rivers to offer ranging from Grade 1 to 6, generally in NSW, Victoria and Queensland.

Adventure Australia (cont'd)

Access

Access to the rivers proved quite easy. In Australia by law everyone has access to roads and tracks even in private land, so the river can always be reached on marked tracks. Often it is courteous to talk to a farmer first to maintain the good relations that already exist.

Only the Snowy Creek and the Goob actually had a road following their paths. In general once on an Australian river you are committed, and a walk out could take many hours often out of a bush covered gorge.

There are no problems between fishermen and canoeists in Australia, unlike Britain.

Area

The rivers flow through some beautiful areas full of wildlife. The drive in will often last a few hours on a single 'unsealed road' (dirt track) through endless miles of bush. Spectacular views are seen and the massive space of Australia is quickly appreciated.

The team saw wild snakes, possums, kangaroos, emus, parrots, cockatoos, wombats, lizards etc., regularly, giving an added excitement to the expedition.

Drift wood is plentiful, and the team never needed to use their stoves. In any campsite wood is also easy to find. You can light a fire almost anywhere to warm up or cook.

People

Much of our trip was made possible due to the kindness, help and generosity of local paddlers. Many times we were joined by Australians. Their friendship and help was very genuine and their information proved very reliable.

They also offered to put us up and help in many ways. The team are indebted to many of the locals who made our trip such a success.

Only a small number of Australians actually kayak (many of whom have a British breeding) and as such their equipment and technical knowledge tends to be a couple of years behind that of Europe. It was an interesting comparison. Their enthusiasm, however, is second to none.

RECOMMENDATIONS

Australia is a fantastic adventurous training playground with everything from trekking to caving and wild water kayaking to skiing on offer. With imagination and determination it is possible to mount an expedition to the country.

Australia is a vast land, and it is very easy to misjudge the sheer size and expanse of the country. Care must be taken to research fully.

Local knowledge is the most useful form of information, although a number of opinions should obviously be obtained to gain accuracy.

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Rivers in Australia are similar to Alpine rivers, and should not be under-rated. The Nymboida, NSW, has recently taken 5 lives. In NSW and Victoria they are snow melt and are very cold, full wild water kit should be worn.

'Spectacular views are seen and the massive space of Australia is quickly appreciated.'

Many of the rivers are very committing and removal of a casualty would be extremely difficult. Any attempt of serious grades must be weighed up against the genuine risks.

Any expedition to kayak in Australia should only be led by an experienced river leader, who can appreciate and understand the waters involved. He should be backed up by a good team whom he knows and trusts.

DIARY FOR EX TUMBLE QUADRANT

22 September 1989

After nearly a year of planning the final touches were put to our kit, and one group left for England at 2230 hrs.

23 September 1989

The other group left for England at 0900 hrs, arriving in the evening ready to meet up at Heathrow the next day.

24 September 1989

The team met at Heathrow Airport feeling very pleased at finally reaching the point of no return. We collected our tickets and boarded the plane.

26 September 1989

After over 28 hours flying, we arrived totally shattered and disorientated, at Sydney Airport at 0800 hrs. It was cloudy and trying to rain. It was now that all the final details had to be tied down, and Capt Marsh spent a few hours with the ever so helpful Movement Office ringing around a variety of people. By that evening we had a vehicle on hire for \$480 a week, 5 canoes on hire for \$100 each to be picked up at Wollongong, accommodation at the School of Military Engineering and confirmed our first weekend's canoeing with the Rivers Canoe Club of NSW. We went to bed early in an attempt to recover from the jet lag.

27 September 1989

After a healthy lie in, we went out in search of food. We bought up supplies, maps, guide books and parts for a roof rack. After a successful shopping trip, it was back to the SME. The ASM of the Workshops kindly welded us a roof rack, and we were finally ready for the off. We left for Wollongong and the house of John Slattery, who very generously let us all stay at his house for the night.

28 September 1989

Feeling more refreshed after some superb Australian hospitality, we collected the canoes and some more maps and guides from John's shop. We then hit the long drive to

Tumut, our first stop. We arrived at 1700 hrs having seen some beautiful countryside. We camped on the bank of the Goobragandra near Stony Creek.

29 September 1989

Up at 0630 hrs, and after breakfast over the open fire, we put in on the 'Goob'. We paddled down to the Leys Lane take out, some 12 km away. The river flowed through many rapids of Grade 2, and one fun Grade 3 rapid at the 'Trout Farm'. The team quickly bonded, and we worked well together. Below the Trout Farm was the 'waterfall' a serious Grade 4 drop.

After a little discussion it was portaged, as at this stage of the expedition it was foolish to risk equipment and limbs. We continued to the finish. A beautiful river in a scenic valley, with water lizards about 2 feet long sunbathing on the banks. On the take out Capt Marsh gave a 30 minute chat about safety, equipment and rescue. We popped into Tumut to shop up for the bank holiday. A plain town with only 2 high streets, resembling something out of 'Crocodile Dundee'. Once stocked up, we returned to the tents to cook and try our hand at trout fishing. A recce party then went to find the Rivers Canoe Club. We met Pearl Johnson and arranged to meet in the morning at 1000 hrs.

30 September 1989

At 1000 hrs we were put into a group, and paddled from above Stony Creek. It was super to meet with the Club and join their trip, everyone was very friendly and made us feel welcome. We paddled again to Leys Lane another few kms from 29 Sept. This time at the waterfall Capt Marsh shot it. The river was up and he was immediately guided by the strong currents over the fall. At the bottom, the canoe was sucked under and spun 180°, forcing him to complete the run backwards. We saw wombats, a snake and water lizards during the day. In the evening we joined the Club members.

1 October 1989

Up to Mac's Crossing to paddle the 'Greasy Mac's' rapid, and then continue down to the 'Trout Farm'. A fun Grade 3 rapid to immediately test the team, scattered with boulders. Chutes and drops running continually down to the finale of the 'Trout Farm' rapid.

2 October 1989

An early start to prepare for a 4-wheel drive safari up to paddle the top section of the 'Goob'. Five 4-wheel drive jeeps loaded up with canoes and bodies crushed in to tackle the trip. A rough journey fording streams and rallying over deep ditches, it took 2½ hours to cover just 12 kms. We arrived at the 'put in' with good spirits, although somewhat shaken. Split down into groups we tackled this superb little river, with chutes, drops and fast currents. A constant stretch of Grade 2 and Grade 3 technical rapids. In some places the river reduced to a couple of metres wide of rushing water. We completed the trip feeling very exhilarated.

3 October 1989

After goodbyes to the Rivers Canoe Club we moved on toward Jindabyne. We had enjoyed a superb introduction to

Australia, and made some superb friends, but sadly it was time to push on. The drive took us over the Australian Alps, and a visit to the Yarragobilly Caves. We continued to Cooma to stock up on rations, and then moved on finally to Jindabyne. Here we went to our new home, the log cabin of Richard Nutt, President of the Alpine Paddlers.

4 October 1989

We met some of the other paddlers of the club, and headed for the Thredbo Gorge. We put in above the Trout Farm and paddled down to the lake. About 5 km of Grade 1 and 2. An interesting stretch in beautiful scenery. Paddled at gauge 0.6 m.

5 October 1989

Up for an early start we met more paddlers from the club, and then left for the Snowy River. An hour and a half spectacular drive into the Australian bush to Jacobs River Junction. We paddled 15 km down to 'Run-O-Waters'. A superb Grade 2 and 3 river in an isolated gorge. The climax of the trip being the 'Gorge' with 3 drops and chutes. One drop forced some of the boats to completely somersault as they entered the pool. The team spent hours playing on waves, and in stoppers.

6 October 1989

Various administration was done and rations bought. Kit was packed and the team were ready to head for the River Murray and 'the Gates'. A well known set of rapids sometimes referred to as the Indi. In the guide books it has stretches of continuous Grade 4, with some Grade 5, and in flood Grade 6. The team were well psyched up for this trip, isolated in a gorge, and with a wild reputation. The drive to our camp site was spectacular, deep into the Australian bush, passing kangaroos, emus, wallabies, parrots and cockatoos. The final drive down to grassy flats on a 4-wheel drive track, reaching at last our camp site on the waters edge. The river is paddleable both above and below our chosen section, with many more rapids, but we were advised to go for Grassy Flats for the junction with Little Bunroy Creek, about 20 kms of continuous rapids.

'The river then never stopped, with rapid after rapid, continuous good Grade 3.....'

7 October 1989

An early rise, and the team with our group from the Alpine Paddlers, prepared to tackle the Gates. We paddled down river somewhat apprehensive of what was to come. The level was 1.9 m at Tom Groggins, a reasonable level which would give us an excellent fun level for kayaks. As we hit the first rapid we quickly woke up and sharpened our reactions. The river then never stopped with rapid after rapid, continuous good Grade 3, with some verging on Grade 4. Our guide kept us going, only stopping to inspect 2 sets of rapids, keeping the pace racing and the adrenalin pumping. Many of the team took swims being smashed hard against rocks on

this very tight and technical river. Quick rescues prevented any accidents. The river was fast and powerful with many drops, standing waves and stoppers. This was one of the best rivers the team had ever run, and without a guide would probably have taken 2 or 3 days of constant recce. It was a superb experience, and the team felt completely exhausted. There was no time or energy left to play on any of the rapids, and by the last couple of kms we were glad when the river slowed a touch to easy Grade 3 and some Grade 2. Finally at 5 pm, after 20 km of almost continuous rapids, we met Cpl Shaw, our driver for the day. To finish the day the route into the take out had a huge tree fallen completely blocking it. We therefore had to take a large detour over a rough 4-wheel drive track in the minibus. The team was drained.

8 October 1989

After a lazy start and trying to motivate our aching bodies, we did our planning and shopping for the next week. On Monday morning we would start a very busy week, including a 3 day continuous trip. Food was prepared, bagged and issued out. Personal kit was prepared, and everything waterproofed ready for the trip. Personal admin and a spring clean of our van was carried out. Capt Marsh studied the maps and guides, and contacted people to confirm plans for the rest of the trip. A busy and essential day to help the smooth running of the next weeks ambitious programme.

9 October 1989

Up at 0600 the team left sharply heading for McKillop's Bridge on the River Snowy. The 'main' road to Buchan quickly deteriorated to a very narrow windy dirt track. The journey took hours, driving through an endless expanse of Australian bush and isolation. A strange contrast, from one minute being in a modern ski resort, to being on a track and scenery more suited to the jungles of Borneo. The views were stunning looking down into tree covered valleys, sometimes 900 metres deep. Towns marked on the map would consist of only a few wooden houses very isolated from real civilisation. There was a magical sensation of space and area. On the drive many animals were seen, from emus to kangaroos. At 1230 hrs we were fully packed and started on the Snowy. A sense of wonder at what lay ahead was on everybody's mind, as we entered the valley. The trip was planned to take 3 days to the next possible entrance for a vehicle, at Buchan River Junction. Complete isolation was on our minds. After an hour and a half we entered the first gorge and tackled its rapids, about Grade 2, and 3. The valley was beautiful, with no signs of civilisation or people. At 1700 hrs we stopped to camp on a raised beach near Devils Back Bone. We cooked our dried rations and prepared for a night out.

10 October 1989

Up at 0700 hrs and away by 0900, having repacked the canoes and eaten our instant porridge. We approached Tulloch Ard the second and most serious gorge. We played on many rapids, surfing on their waves, and practising our skills. Sadly, the sky started to darken, and soon the rain came down. We stopped for a break and warmed ourselves around a fire. We pushed on until we came to the A Frame. We then tackled the major rapids; George's Mistake, a double drop of 2

metres each with fast water inbetween; Washing Machine and Gentle Annie; a jagged rock garden. After lunch and another warm up session around a fire, we pushed onto the third gorge. This contained more rapids, but of Grade 2 and 3. By 1700 hrs we stopped to camp on a rapid near New Guinea. We cooked quickly and then prepared to test our bivvy bags against the continual rain. The team were very tired after a hard days paddling.

11 October 1989

Up at 0500 hrs and after breakfast warmed up with a play on the rapid by our camp. We then pushed on at 0900 to reach the fourth and final gorge. A beautiful area, with a few Grade 2 rapids. We finished the 60 km journey at the Buchan River Junction at 1200 hrs, feeling very satisfied but worn out. After sorting our kit we left for Omeo. At 1700 we arrived at the camp site, very much in need of the hot showers.

12 October 1989

Up at 0600 hrs, and after some food drove to our put in at the Bundarra River Junction on the Mitta Mitta River. Again the weather was cold and damp, the river was freezing from the snow melt. We headed off, and immediately the narrow river provided some excitement with a Grade 3 chute. After a short period of Grade 2 the river's pace quickened and, rapid after rapid of Grade 3 emerged. Each rapid had large standing waves, often obscuring completely the paddler in front. It was superb fun paddling. Only a couple of drops needed inspection from the bank, as we pushed deeper into the gorge.

It was a continual succession of chutes and drops, all with standing waves and just a safety eddy separating them. The climax was the last few drops, initiated with the 'waterfall' a healthy drop and very large standing wave. The 15 km section of river contained many good Grade 3 rapids, verging on Grade 4. The gauge at the take out at Hinnomunjie Bridge was 1.1 m; the optimum height. Once changed in the rain, we drove to Mitta Mitta Township, some 130 miles, again on dirt tracks and through some spectacular bushland.

'It was superb fun paddling.'

13 October 1989

Another early rise to tackle our final river in this gruelling week. We drove from our camp site in Mitta Mitta to the Walnuts in the Snowy Creek and put in. It was raining yet again, and the water was very cold. For this river, Capt Marsh let each member of the team take it in turns to lead, in order to broaden their experience. The river was very narrow, with small rapids normally involving drops. At times the river flowed through gaps of only a couple of metres. Trees often lay on the river from the recent high water. We paddled to 2 km short of Mitta Mitta for the take out. A small river with generally Grade 2 and some Grade 3. Once finished on the river and changed, we drove back to Jindabyne over the Alps. The weather was terrible, and the

roads even worse. After a 6 hour drive we reached Jindabyne completely exhausted.

14 October 1989

After a well earned lie in, the afternoon was spent on cleaning, washing and administration. All our kit needed thoroughly cleaning from the mud and constant fires of the week. By evening we felt somewhat ship shape again.

15 October 1989

Up to now we had worked hard, and the past week had been very demanding. It was decided to have a day off to relax and contemplate on what we had achieved, and to consider our next challenges. It was a time to simply enjoy the beautiful scenery and atmosphere in which we were surrounded. A time to give both body and mind some time to unwind. In the afternoon some of the team went fishing on Jindabyne Lake and caught a 2 lb trout.

16 October 1989

Said our farewells to Jindabyne and headed for Canberra. We put in at Bredbo on the River Murrumbidgee, and paddled down to the Bredbo Gorge. The sun was hot and sadly the water was low, the flood level could be seen at least 10 foot above the present water level. The gorge, quite isolated, had rock carved by the river strewn along its path. Most rapids were not up and the only real excitement were a number of drops, one about 7 foot. At one point the team had to portage a rapid with a 12 foot waterfall, as there was no depth below it. It was a pleasant day in the burning sun, and is a gorge full of wildlife. The team saw wallabies, a 4 foot black snake, many water lizards up to 2 foot long, emus and various birds. In high water this gorge can produce Grade 4 and 5. The paddle was about 12 km and took 5 hours. In the evening we camped at Cotter.

17 October 1989

We met the Alpine Paddlers at Tharwa and then moved to Angle Crossing, still on the Murrumbidgee. The water was low, but the river offered some very technical rapids in the gorge section. At this level it was often difficult to define the line and a number of swims were taken. In the gorge there were about 5 rapids of Grade 3 and, one particularly technical drop which some of the team had to portage (Grade 4). Again the flood level could be seen at least 10 feet higher. After a demanding paddle we went to Canberra to stay the night.

18 October 1989

Moved to Pine Island ready to paddle the Kambah Pool, through the Red Rock Gorge. Again the River Murrumbidgee was low, with a number of flat sections, however, interspersed with some good drops and technical rapids. Many of the rapids again needed a good inspection, and thought given to the correct line and approach. The Red Rock Gorge itself, even at low water, was too demanding for the group and everyone portaged it. Only a few people have paddled the gorge, about 200 of severe cataracts and dangerous currents. This gorge was Grade 5 or 6. On one of the last rapids the team played in, and achieved vertical pop outs. After an excellent final river trip we drove east to Batemans Bay.

'Australia is a fantastic adventurous training playground.....'

24 October 1989
Final packing and goodbyes. Caught taxis to airport and flew out at 1315 hours.

23 October 1989
At last a day for sightseeing. All the classic sights were done from Centre Point to the Opera House. Sydney proved to be a fascinating city.

22 October 1989
Cpl Shaw joined Helen McCourt on a bush walk through Eagle Rock south of Sydney. The rest of the team went to Narrabeen Lakes to windsurf, play canoe polo and practise rolling. Later we moved to the beach for some more surfing. At 1700 hrs we met the University of Sydney Canoe Club for a friendly canoe polo. We were split into mixed teams and enjoyed some very tough games.

21 October 1989
A day of intense admin cleaning our canoes and handing them back. Stripping down our roof rack, and giving the minibus a complete clean out. Our kit was repacked and by 1400 hrs we left for Sydney, and the house of Helen and Toni McCourt. Once we arrived Cpl Shaw and Capt Marsh left to hand back our minibuses and settle the bill. In the evening we sampled Sydney's China Town.

20 October 1989
The team hit the surf of Woonona with vigour, having on the 19 October, for most, discovered a new side to canoeing. Very quickly all were bonging, popping out, riding the tube and pioneering. A superb sport in such a beautiful setting. In the last afternoon some of the team went snorkelling to the reef across. In the evening we enjoyed a farewell barbecue and banquet with John and Ronnie Slattery, who had so kindly put us up again.

19 October 1989
After a challenging and demanding time up to now, it was time for the expedition to unwind its pace. The plan was to finish on 2 days surf kayaking on the sea, and 2 final days in Sydney enjoying Australia. We moved to Peppy Beach and got stuck into the superb surf. After so much paddling we were well tuned in and produced some fine moves, including a pirouette or two. The surf was continuous throughout the day and the team were yet again worn out. We finished the day by driving to Wollongong to the home of John and Ronnie Slattery.

After a 3 hour drive we arrived on the coast and camped on the beach.

Adventure Australia (cont'd)

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TRIP REPORTS - for the Canoe Victoria Project

by Laurie Atkins

BACKGROUND

Some time ago the VACA Touring Committee embarked on a project to describe the canoeing resources of Victoria in a way that could be useful to natural resource and recreation planners and managers. This project was called the Canoe Victoria Project (CVP).

A large amount of information has been gathered on the physiographic characteristics of canoeing resources based on the 1:100,000 topographic map series, such as the length of canoeable stream sections, and gradients. In addition, map references on points of interest such as access points, major rapids, items of natural or cultural importance have begun to be collected. The flow record at several stream gauging sites have also been collected with the intention to collect many more. This kind of information helps to define absolutely the components of canoeing resources and once analysed can make a great deal of sense to resource management agencies. For example, a submission to the Land Conservation Council's Rivers and Streams Special Study provided a list of streams and categorised them into water bodies of national, state, regional or local significance in relation to each discipline of canoeing.

Many canoeists have supported the CVP with information on their canoeing experiences to date. However, to provide information which is, firstly, truly representative of the canoeing community, the project needs input from many more canoeists of all levels of skill, paddling waters of all levels of difficulty, and secondly, for the information which is provided to be reliable, contributors must apply a common rationale to describe their canoeing experiences. A key strength of the CVP is that the resulting description of streams will be based on many observations from a number of canoeists rather than that of perhaps a single visit by one canoeist.

The collection of perhaps 10 to 50 trip reports from, say around 1000 canoeists, is a long-term task. This is a demanding exercise which requires a high level of rigour to be applied to the information or the exercise might be useless. The following descriptions summarise the type of information required routinely by the CVP.

INFORMATION REQUIRED

The information required is very specific. Some people have suggested that it is so specific as to be impossible to provide. However, I hope that the following summary and examples will demonstrate that although demanding, the CVP Trips Report can still be completed reasonably easily. Individuals can assist by firstly maintaining a

comprehensive trips log of every trip they make, and secondly by adopting the CVP methodology in their recordings.

The information falls into two categories. The "Trip Report" represents a factual report on an actual canoe trip that an individual has completed. The details are preferably noted soon after the trip or based on a log so that the information can be regarded as fact. In this part of the report the canoeist is asked to provide canoeist and trip information and assess the waterbody's canoeing characteristics according to a number of multiple choice questions. The second type of information is "Estimated Conditions for Canoeing". This part of the report provides an opportunity for an interpretation of the canoeing conditions which occur on the waterbody concerned, based on the canoeists paddling experiences on the same waterbody on other occasions.

TRIPS INFORMATION

Trips information must relate to a specific trip that the respondent has undertaken on the waterbody in question.

The respondent information includes; name, a contact point for possible clarification of the information provided, usually an address and/or phone number, and an indication of whether the information provided reflects the viewpoint of a beginner, experienced or expert canoeist (the definitions of certain terms are included on the actual Trips Report Form).

The trip identification information includes; the name of the waterbody and the start and finishing locations, the date or dates of the trip (note that the date information is critical to validating the flow conditions), the flow or gauge level occurring during the trip, and name of the gauge if known.

The assessment information includes; a question of whether the respondent found the conditions easy, challenging, difficult or impossible, an assessment of how other types of canoeists might cope with the conditions, and an assessment of whether the respondent might attempt the trip again under the same conditions as described in the trip report.

THE ESTIMATED CONDITIONS FOR CANOEING

This is basically a table which sets out critical levels associated with canoeing streams. The respondent completes the table based on their overall experience of

continued on page 9

CANOE HISTORY

by Laurie Atkins

Seddon, G. 1989 *The Ballad of Bunjil Bottle, A W Howitt's exploration of the Mitchell River by canoe in 1875*; Centre for Gippsland Studies, School of Social Sciences, Gippsland Institute of Advanced Education. 20 pp., 3 photo., 7 illust.

This small book contains biographical notes on A. W. Howitt and places the early canoe trip of the Mitchell into the context of scientific exploration of the time.

Howitt was interested in particular problems of geographic succession, including the age of the Buchan and Bindi Limestones. He turned his attention to the middle Mitchell River to extend the geological knowledge he had acquired in the goldfields of the upper Mitchell (Dargo, Vonnangatta and Wentworth Rivers).

Seddon includes the original passages from Howitt's journal describing aspects of the canoe trip, the discovery and naming of the Den of Nargun and comments about the geology, vegetation and wildlife; and provides explanatory notes to clarify the points raised by Howitt.

Howitt's tour commenced at the junction of the Mitchell and Wentworth Rivers in January, 1875. The party comprised Howitt and two aboriginals, Bunjil Bottle and Turnmile.

The party soon became uncomfortable about the sound of rushing water. The practice soon became established that Bunjil Bottle and Turnmile would walk the canoes through

the rapids while Howitt made his way on foot. The difficulty of the rapids or perhaps the low summer water level caused these early canoeists to portage the Amphitheatre. Finally, the rapids below the Amphitheatre caused the loss of one of their canoes.

The party left the Mitchell by walking up the Woolshed Creek bed to the ridge until they met the Tabberabbera Track. This was how the Den of Nargun was discovered.

Howitt's sketch of the Den, some 115 years ago provides a comparison with the Den as it is today. Passages also comment on the vegetation and bushfires raging in the vicinity of the Mitchell.

The subject of canoeing, so prominent in this little book, might at first surprise the reader that such a noted academic should see merit in publishing Howitt's canoeing activities. However, it is not so surprising when one knows that Seddon is a canoeist who has toured and written about a number of our rivers (*Cruising the Snowy, Wild 15, 1985*). Unfortunately, the *Canoeing Guide to Victoria* has not been raised, itself, to an academic work as Seddon refers to the Guide in a footnote rather than include it in the Bibliography.

Next time you paddle the Mitchell, make a stop at Woolshed Creek and walk up to the Den. When you sit at its mouth, look across to the opposite hill-side and imagine Howitt sketching, and Bunjil Bottle and Turnmile shading from the summer heat and hope that, by the time you return to the river, the "mrarts" have not found your boat.

Trip Reports - for the Canoe Victoria Project (cont'd)

paddling the waterbody under study. For example, the table has the Minimum and Maximum flow for canoeing, the optimum range (the definitions of certain terms are included on the actual Trips Report Form) and the respondent is asked to insert either an example gauge level, flow rate or date to indicate the flow conditions which relate to the critical flow rates.

TO OBTAIN TRIP REPORT FORMS

A report form is available from:

Mr. Richard Manzin,
Secretary, Touring Committee,
69 Glenvale Road,
Ringwood, 3134, or

Mr. Laurie Atkins,
3 Amundsen Street,
Belmont, 3216.

A stamped, self-addressed envelope would be greatly appreciated, to minimise both the cost and work associated with this exercise.

CANOEING REVIEW - SNOWY RIVER

by Laurie Atkins

Alan Jeffery and Ken Judd, 1990 Snowy River National Park - River Use Survey (27/12/90 to 16/1/90), Department of Conservation Forests and Lands, Victoria.

BACKGROUND

This report was provided to the Touring Committee by the Senior Author after the Committee registered an interest to participating the formulation of the Management Plan for the Snowy River National Park.

SUMMARY

With the development of National Parks along much of the upper reaches of the Snowy River in both NSW and Victoria (Kosciusko and Alpine National Park), a more detailed understanding of river use is timely and essential for management agencies.

River use was studied using a number of methods including interview at embarkation/disembarkation, at McKillops and Buchan respectively

between 27/12/89 and 9/1/90, a helicopter 'census' from Buchan to Willis 28/12/89, and a follow-up survey of river-side interviewees.

During the period 16/12/89 to 16/1/90 a total of 274 people in 182 craft descended the Snowy in 28 groups. One hundred and seven (39%) were in groups with canoe club affiliations (Club), 84 (31%) were in non-affiliated groups (non-Club) and 83 people (30%) were on commercial tours.

The average size of the groups was 18 for Club, 14 for commercial and 6 for non-Club.

The type of craft used varied with the nature of the group. The craft used by Club groups comprised 88% kayak, 10% canoe and 2% raft; the commercial groups used 100% raft; while the non-Club group's craft consisted of 35% kayak, 22% canoe and 26% raft.

The duration of the tour, measured in the number of overnight camps, varied with the type of craft used. On average the Club groups stayed

three nights and the non-Club and commercial groups stayed five nights.

Estimates of the number of people on the river each day commenced at about 50 on the 26/12/89, peaked at about 156 on the 29/12/89 and fell away to about 25 by the 6/1/90.

Sixty-eight per cent of trips commenced at McKillops and a further 18% commenced near the border. Ninety-two per cent of the groups finished their tour at Buchan.

Eighty-two per cent of the groups were from Victoria and 89% of the groups had made their way to McKillops Bridge via Buchan.

CONCLUSION

This work is of particular value to canoeists because it is one of the first quantitative studies of river use published in Australia for some time. The report verifies the numbers and affiliations of canoeists on the Snowy which previously had only been 'guesstimates'.



Members of Templestowe C.C. helping to swell the numbers on the Snowy River

BRIEFLY

WINTER CLASSIC - 1990

The 'Classic', claimed to be Australia's most famous mountain endurance will be held on Saturday 28 and Sunday 29, July. Entry forms containing details of the event, equipment requirements, and race rules, are now available and can be obtained by ringing Peregrine Adventures on (03) 663 8611. Entries close on 23 June.

The V.A.C.A. Slalom and Wildwater Committee are conducting several instructional sessions for persons wishing to brush up on their white water skills. If you don't want to come to grief on the Pinball Rapid, come along for some coaching.

Beginner or Any Standard.

Every Thursday on the Yarra River near Ivanhoe-Northcote Canoe Club (Fairfield) 6.30 pm until 7.30/8.00 pm. Free coaching by leading state competitors in stroke technique, boat handling and fitness.

This coaching is suitable for newcomers to downriver racing. You need not have high aspirations. For further information, contact Torsten Krebs on 419 9237 AH.

Intermediate/Advanced Standard.

June 16-17 Big River. Coaching by leading National competitors, especially river running, water reading and advanced boat handling - \$35.00.

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YARRA SLALOM SERIES '90.

The 1990 Yarra Slalom Series started with a boom. Well over eighty people attended the first race of the four race series.

Each class had a greater number of competitors than any Yarra Series gone by. Why? - could be because of many reasons:

- There are novice classes for both men and women. These events are for first time competitors at a slalom event.

- There is now a plastic boat class, so there is no need to own a competition boat.
- Your entry fee now covers as many events as you like to enter at the one cost. So, grab a partner and join in the fun with the other C2 crews, or try C1.
- Each event you enter gains points for you. The person with the most points in each class, at the end of the series, will win.
- Prizes will be awarded, so remember, you receive points for each event in which you compete.

The first Yarra slalom was a great success, so come along and make the others even better. See you at the next race, enquiries and suggestions are welcome.

July 1	Dight's Falls	
	Andrew Reid	722 1587
Sept 2	Fitzsimons Lane	
	Andrew Farrance	857 5303
Nov 11	Warburton	
	Richard Macquire	844 3366

- Richard Macquire

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SLALOM & WILDWATER RACING COACHING

Lack of light in the afternoon has made it difficult (impossible?) to coach slalom - you need to be able to see the poles! Consequently the Monday afternoon sessions have been cancelled until the resumption of daylight saving. The coaches, Richard Macquire and Tim Wilson advise that they are still available to coach by arrangement (844-3366 and 844-3360 respectively). They are most interested in doing sessions on the Saturday before competitions, the idea being that prospective trainees show up to assist setting up the course, and then receive some coaching for their trouble.

Wildwater Racing does not encounter the same difficulties. Many com-

petitors end up training in the dark anyway - it is not a problem so long as you know there are no rapids, rocks or other hazards on the stretch of river involved. Fairfield is usually reasonably safe. The coach, Torsten Krebs, is not worried by the dark and is comfortable that coaching can be reasonably effective. The sessions at Fairfield (6.30 pm Thursdays) will continue so long as there is a need. With the Winter Classic approaching, the need is possibly greatest in the next few months. Contact Torsten on 419-9237 AH.

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BOATS

The Slalom and Wildwater Racing Committee is still receiving enquiries for prospective purchasers of second hand downriver racing kayaks and slalom C2s. Anyone with a fleet which includes ageing, superseded or rarely-used boats, is urged to contact Torsten Krebs on 419-9237 AH.

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VICTORIAN RAFTING GRAND PRIX

At the suggestion of Peregrine Adventures, and after a bit of thought, the Slalom & Wildwater Racing Committee has decided to hold the inaugural Victorian Rafting Grand Prix. This will be strictly a fun event; serious, competitive attitudes will result in immediate disqualification. The race will be on the King River on Sunday 26th August, at 3.30 pm. That is, in conjunction with the Victorian Wildwater Racing Championships, after the teams races. Details are still very sketchy at this stage, but it is likely that Peregrine will assist in promoting and running the event, possibly including the provision of rafts. It would be excellent to see an entry from each rafting company, from each canoe club and each outdoor's shop. Watch out in the next PADDLER for more details.

- Torsten Krebs

LETTERS

Mr Tony Prior
Editor
PADDLER

Dear Tony

Having read with interest accusations and opinions regarding the A.I.S. and the A.C.F. expressed in PADDLER in the last two issues I felt it was time that certain facts were put forward in your magazine. These facts I would add have always been available from me prior to publication.

The Australian Institute of Sports is only one section of the Australian Sports Commission. The programs the Institute operates at the Gold Coast (Sprint) and New Norfolk (Slalom) are only two examples of the A.S.C. and A.I.S. commitment to canoeing nation wide.

The A.S.C. including the A.I.S. also provides assistance for:

Administration and Wages for the A.C.F.

S.T.E.P. Grants made available to paddlers throughout Australia to allow these athletes to continue their training and competition. In 1990 this amounted to \$96,000.00 approximately \$30,000.00 to Victorian athletes at this time.

Assistance to athletes selected in National Teams to compete overseas 1989-90 \$40,000.00.

Conduct of Level one and two coaches accreditation courses 1989-90 \$8,000.00.

National Sports Program Training Camps \$40,000.00.

Assistance to Elite Coaches working outside State or National Institutions, Reg Hatch, Roy Farrance, Jamie Walker, these coaches are actively involved in training Victorian athletes \$7,500.00.

State Intensive Training centres \$40,000.00. South Australian Institute of Sport, operating now and the New South Wales Academy of Sport to commence in 1990.

The A.C.F. is submitting a proposal to the A.S.C. for the development of a comparable program for Victoria in the 1990/91 financial year. Under the existing criteria this was not possible prior to the inception of the Victorian Institute of Sport.

Canoeing as most of your readers will be aware, has been selected as one of several sports to receive funding priority to help achieve the A.S.C.'s final goal, this being additional medals at the Barcelona Olympics in 1992.

It is the A.C.F.'s aim to direct these funds to the development of a total national training and coaching system of which the Institute programs will be but a part. It is my belief that this is already coming to fruition.

To answer specific arguments arising in these issues, I provide the following information:

1. The A.C.F. is invited to be present at all interviews for canoeing staff.
2. All staff are selected, appointed and employed by the A.I.S. Statements that the A.C.F. appoints and employs these coaches are totally erroneous.
3. Any staff either coaching or administrative employed by the A.C.F. will be selected on their proven ability, experience and qualifications regardless of 'where they come from'. The inference that the A.C.F. is being taken over by any one group, I find totally laughable.

In regard to Victoria's non selection for a training centre for canoeing. I can only reiterate the Australian Sports Commissions guidelines that each program must meet certain criteria, these include, a required level of State Government support both in finance and resources and an established target group.

In October 1989 the A.C.F. submitted the following sites for consideration, Perth, Melbourne, Nymboida, New Norfolk, Sydney, and Adelaide, at this point in time only two of these programs have been accepted. New Norfolk and Adelaide.

The A.C.F. will continue to pursue the development of training programs in other States taking into account changing situations eg. The development of the Victorian Institute of Sport.

I take exception to Roy Farrance's statement that the A.C.F. is ignoring Melbourne. The A.C.F. can only operate and attempt to gain all possible for canoeing while working within the existing guidelines set by the powers that be. If we are unsuccessful, prejudice is not the reason. If this were the case many Victorian athletes and coaches who now receive assistance would not be doing so.

In conclusion I would point out to all involved in canoeing in Australia that the phone number of the A.C.F. is not unlisted. If confirmation or information is required on any subject please feel free to contact me on (02) 247 2933.

Yours faithfully,
Col Wilson
National Executive Director
Australian Canoe Federation Inc.

LAKE BARRINGTON WASPS

by Robyn Breame

And there were a few of us that felt the sting. The sting, that is, of elimination. The wasps that patrolled the onlookers and raided the rubbish bins were just as threatening to the spectators as were my opposition to me as I sat on the start line.

The days leading up to the 1990 Sprint Championships were unusually relaxed. Maybe it was the Tassie lifestyle or was it that the perfectly straight, buoyed course was looking pretty fast, and definitely the best course most Aussies have paddled on. It didn't leave much to complain about. Lane draws not being a nightmare, meant that learning who you were next to, was your major concern. The cold mornings, changeable weather and wind conditions, reminded us that we were down south and subject to mother nature's strong hand.

There was no queue waiting for the weigh-ins this year, with everyone casually doing it in their own time and looking around for friendly objects to accompany them in their boats for the next four days.

Letters (cont'd)

the Editor of the PADDLER

Through the PADDLER magazine we would like to congratulate Jane Luttrell on her new position as Marathon Publicity Officer. It was great to read all the marathon articles in the last edition of the PADDLER. Well done Jane.

We would also like to congratulate Tony Prior on his hard work with producing the new look PADDLER. Well done Tony.

Yarrawonga-Mulwala Amateur Canoe Club Inc.

While the state representatives had the arduous task of searching through scratchings, the competitors made light conversation with one another, being careful not to enter into any psych-out games. The word spread fast that Martin Hunter had a new type of paddle and everyone was breaking their necks to try and get a good look at it, but all those using the new torque shafts were quick to smuggle them back into hiding until money was to be made.

Boats were polished and last minute adjustments were made before the start of the 1990 Australian Championships. Day one and two saw great talent in the heats and semi-finals. Dreams were reached and new goals set. Being a female competitor, I was pleased to see some hot competition and some good international talent for our top girls to race against. The mens events saw the more experienced paddlers controlling the races, making their required places with amazing ease.

Saturday, with the first of the finals, saw nervous competitors and coaches pacing around and psyching up for their big events. The men had their 1000 K1 and K2 finals dominated by Martin Hunter. Many smiles surrounded the Reg Hatch squad after the K1 1000, Martin's first 1000 metre title at Australian Champs. These smiles broadened further when Martin and his partner Michael Pond (who last year moved from WA to train with Reg) easily won the K2 1000. The ladies also had 1000 metre K1 and K2 events. Anne-Marie Cox confidently won the K1 event and the AIS crew of Joanne Patterson and Denise Cooper were too strong for the rest in the K2.

Another interesting event for the day was the junior boys school K4, which was convincingly won by the Ivanhoe Grammar School boys who train

under Reg Hatch. With good performances put in by the other two teams, a great experience was had by all.

The mens under 18 years events were dominated by Clinton Robinson, leaving lots of his competitors in both under 18 and seniors, wondering what this boy is going to produce in the next couple of years.

The 500 metre events were just as spectacular to watch as the 1000's and although the semi-finals saw me out, I was just as nervous for everyone else, as I was when out there myself.

Martin Hunter with his turbo charged start left no doubt in anyone's mind why he is number one in the World over this distance. I'm sure a lot of his competitors went home thinking of working on their starts. Martin paired with Michael Pond to take out the K2 500. The ladies K1 500 saw Anne-Marie Cox looking very comfortable as she took out the title, and then team with Shelley Oates to beat Joanne Patterson and Denise Cooper for the K2 honours.

It was a wonderful regatta, and like all championships it left one with a feeling of 'let's go home, start training for next year, and go out and blitz everyone'. Good luck to all who will be representing us overseas this year, may all your hard work be rewarded. And for us left to suffer Australia's winter - get out and train.

See you all in another year.

THE REG HATCH METHOD

by Reg Hatch

This team is continually successful. Some will glibly file it away as 'just lucky'. Others will say they are just better athletes, to which other athletes may justifiably argue.

Better equipment and the latest technology - true, but most of this is developed within the squad.

Traditional methods of training tell us, in canoeing anyway, that to be successful you must have a long solid base from which you build speed. The complexities of converting endurance based training to speed, are ones I have never been able to come to grips with, but like a sheep, I initially followed.

There are many terms that go into great scientific explanations about what steps should be taken and what periods of time should be spent in each area.

There is nothing easy about coaching, what you put into your athletes is what you get out of them in return. For example, it is easy to write the programme and send it out, but it is another matter to oversee the programme and to make necessary changes as the need arises.

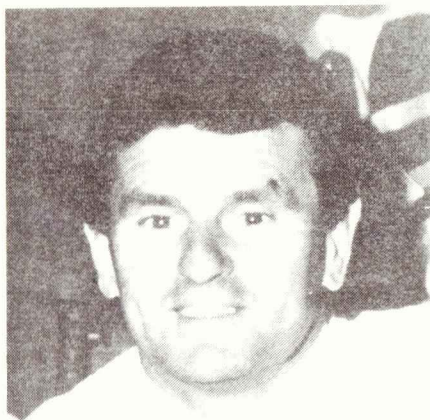
Predominantly, my group works within five energy systems, with the object of taking the best from each athlete while charting progress. Each step must have a period of consolidation and to this end the time is almost the same for each athlete in each period. No matter what the stimulus, the body will adapt, and it is my job to optimize these stimuli.

The programmes for my squad have been worked out for the year and upgraded from the previous year. This is in the hope that they remain progressive. The programmes are designed to work in with weight training requirements. The prog-

ramme takes into account individual differences. When setting down the programme I have moved away from the 'monitored heart' method and gone back to reliance on the individual's subjective feeling of the effort required. I believe in the honesty of my athletes and argue that their adaption and regeneration is far greater as a result of their self governed efforts. Training in this fashion allows for the compensation phase and lets the central nervous system adapt to the actual requirements of the racing phase.

For us, one of the most worthwhile periods is in the weight room and this is an integral part of assessment for the athletes and coach. All progress here is objectively measurable. There is no work completed in the area of fitness in the weight room, and all work revolves around the strength - power phase, in search of muscle hypertrophy and connective tissue strengthening.

This group of athletes employs high intensity, competitive levels of training in some ninety percent of sessions. There is eight hours between the first and second sessions, and fourteen hours before the next. We employ the athletes for four hours a day.



Our programme is designed to produce one peak in the year. For the likes of Hunter, Pond, Griffiths and Nielson this means being well enough prepared to qualify for the National team. I am the first to admit to the inherent risk involved, but getting World results is essential for our athletes as it is these that generate grants and support. I am also aware that up to two and three peaks are able to be obtained in any one year. When we have attempted this there has been nothing of a positive nature to report at any one of the peaking phases, so, we work with what we know best.

We commenced preparation for the Poznan World Championships on September 11, 1989. Our initial period was spent using a combination of speed and speed endurance. This covers from 80 metres to 500 metres. Our work is quite short and for those scientifically oriented it works us on the fringe of two major systems. The theory at this time is to develop the system which demands glycogen to be present with oxygen, and for it to be completely burnt without producing lactic acid. This is a complex development, but one with which we are achieving good results.

We combine lactate tolerance and ATP/CP (adenosinetriphosphate and creatin phosphate) systems. A strange mix, but in reality they are quite compatible. The ATP/CP system is almost solely responsible for the initial burst out from the start. It is this system that takes us to the first transition. The system operates around the 100 metre area. From this transition we challenge the lactic acid system and this involves distances up to 200 and 300 metres. Two developments are taking place at this time. We are developing the blistering speed required at the start, and also the physiology and psychology to later tolerate the pain as-

sociated with this work. My theory is that the learning involved with adapting to this system enhances the amount of work that can be done at the end of the race. The psychology comes with the confidence gained in this work.

At this stage our base is developing very soundly and is one of speed. There are no long rests involved. I am aware of the acidosis occurring as a result of this work. Interestingly, the major area affected during this work is the forearms. We often take this period and include intervals that require periods of work up to three minutes, it is this system that encourages oxygen utilization at high levels of activity, but if speed drops off too much as a result of the aforementioned acidosis, the athletes affected will cease the session. This system also effectively develops aerobic power under extreme conditions. There is little evidence of trauma, maybe as a result of the good early base.

We now attack on the lactic acid system with work like 20 x 250 metres on each two minutes, for the elite athlete in our sport this can be 20 x 250 metres on every one minute thirty. Very demanding work which gives a work ratio of 1:1. The recommended rest period for this work is twice the effort time. Our aim at this stage is to keep the ATP/PC system depleted to emphasise our dependence on lactic acid production. Movement between each effort is highly recommended. This system can also be taxed by the occasional time trial situation followed by a longer recovery with minimal activity. Care must be taken with this system as it is quite easy to overtrain and introduce the likelihood of injuries.

Out of this system comes a break of sorts, a maintenance period where the intensity is dropped off, but, rest times are still short. Our rest periods are usually governed by the last group finishing that facet of work. It is during this phase that race plans

are being developed. It is also a time to discover the capabilities of the athletes.

From this comes a natural progression to anaerobic threshold training. We now have enough information about our athletes to seriously set work loads suited to the individual. This is a very demanding training phase and is not one in which we spend a lot of time. In the past it has taken far too much from the athletes and enormous amounts of time were required for recovery. Work like 20 x 500s on 1.55.00 seconds or 15 x 750s on 3 minutes or for something less. On one occasion and in some cases we won't use the 10 x 1000s on 4.30.00 as it is far too demanding both physiologically and psychologically. This work is too hard for what is a sprint oriented programme.

Out of this comes work at 100 percent and covers distances of 80 - 100 metres or 15 seconds. This is back to the phosphate system. This training also has the spin-off of enabling an increase in the ATP\CP phase. Again, flying in the face of convention, we allow very little time for recovery and attempt to supplement the lactate system in the last throws of the session. Connected with this training is some local pain as a result of fatigue. This is local fatigue and involves primarily the teres major/minor, triceps and forearms.

There is some revolt among traditional coaches, but we find in our group it works well for us on the national and international scene. John Jacoby, (five times World Champion) and his marathon squad follow this system up to six weeks prior to big events and then it is simply something of an extension of the work periods. More time is spent in the anaerobic threshold period of training.

In regard to supplements, this group operates on a low fat, high carbohydrate diet and ingests nothing in the way of ergogenic aids in the

quest for more speed. Weight training is one of our breakthrough areas and we now take this aspect right up to one day prior to racing. The experiment was used only on Martin Hunter this year, but the procedure will be utilized by the whole group next season. We are encouraged by the results and will further refine the method for the World Championships in Poland.

I received a letter from Bill Endicott, the great American whitewater coach, backing up my feelings that good coaching really comes back to the experienced 'seat of the pants' method and that coaching is an art buttressed by some science.

Good luck to the representing athletes. To those who didn't make it this year, just remember it some ten years of incremental loading to bring Martin Hunter to his present form and we can still expect further development. So, please don't be despondent and give up, you have the same chance, just make the best use of it.

This story is simply to give you an insight to what happens in our group on the water. As indicated in the beginning, it works for us.

"Good luck to the representing athletes. To those who didn't make it this year, please don't be despondent and give up"

ATTENTION PLEASE....GO!

by Reg Hatch

How do we get the same support as the Dragon Boats? We don't seem to be able to match their financial input, so how do we gain the same exposure? We offered Moomba an exciting and progressive programme this year, but after getting to home base we were given out. We desperately need this illumination. Can someone please help me make next years proposal more professional and maybe find a sponsor with some political clout.

John Jacoby is halfway down the east coast and heading for home.

It was interesting watching the AIS athletes racing for their existing clubs at the Nationals - seems someone forgot to register them as a club.

The National Sprint Championships have been and gone, and Victoria was well represented by the Ivanhoe Northcote Canoe Club. Look through the results and you'll notice that the club figured in every final.

There will be a few additions to the Victorian paddling ranks shortly. Kieko Muto from Japan is here for one year in an attempt to qualify for the Japanese national team. Kieko represented Japan as a junior at Nova Scotia last year. Karl Russell, the outstanding Tasmanian, has leapt Bass Strait and settled into some great work. Mike Mills-Thom will move from Sydney to work in Melbourne with wife Gayle. Mike will add depth to an already strong squad. Robert Nelson from South Australia is considering a move east. Robert has great ability and will go very well in the company of the Melbourne squad. Peggy Loker from New Zealand will fly in for some intensive work in the near future.

Dean Waldhauser the ex-Tasmanian who spent some time at the AIS has prematurely retired. Dean has great ability and I'm not sure that he ever realized his full potential. Maybe he will return to the little state down under and pass on his knowledge to others.

Jeremy and Adrian Norton; A word for their enthusiasm and dedication to canoeing. These two took on and ran the best 'Nationals' I have ever attended - yes, they had a great race venue and that made it even greater. These two also actively race, coach extremely well and clean offices to help pay for the German K4 they have. With interest rates so high at present, they are simply marking time. If anyone out there would like to help this dedicated duo it would be most appreciated. Maybe you could get your office cleaned.

The sprint championships produced a new light on the horizon. Clinton Robertson will be one to watch in the next two years. He appears to have great physical ability and with some technique work to complement this, he will do well.

My old fashioned ways tell me that a body of canoeists should be looked at and admired for their ability, demeanor and appearance. The larger the profile in that sphere the better. We don't need the ocker behaviour that brings our sport into disrepute.

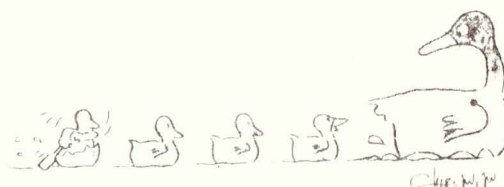
Greenhalgh, Cannard, Fraser J, McMullen. - We are destined to hear a lot of this talented group. Add to this list, Matthew Campbell, Clinton Robertson and Luke Armstrong. People already know Patrick Hayes and he is improving rapidly.

Norm Bellingham, gold medallist at Seoul in 1988, has entered Har-

vard University to study. Norm has taken it upon himself to row for Harvard. It is interesting to note that Bill Endicott, the well known U.S. slalom coach, also rowed for Harvard in the old days. Good luck to Norm in the most backward of sports.

What about the statement by AIS coaches that they only have a second rate team. There are athletes at the Institute that have the ability to be in the top four in the World. Maybe, instead of making excuses, they should give the athletes a go. Michael Pond is a good example, told he basically had little future in our sport and denied re-affiliation with the AIS, he left the 'Nationals' with three gold medals and a finals spot in the K1 1000. Maybe they don't have the best athletes.

Maybe this is how Richard Zillman got his enormous back seat ability.



"He doesn't want to get his feet wet."

Q. Could you tell me the name of the first Australian female medallist in canoeing at a World Championship?

Whew - Michael Pond received a priority paid letter on 11.4.90 inviting him back into the AIS fold. Seems Michael does have some talent.

Shane Dalziel's win in the single ski at the surf nationals must have upset a few. Well done Shane.

The Canoe Polo development camp held recently at the Charles Sturt University, Wagga, went well. The camp was expertly organized by Julian Carter and there were forty plus people in attendance.

The Victorian All Schools Championships for sprint canoeing were held at Essendon on April 8. Some ninety competitors attended a really well organized regatta. Ivanhoe Grammar School won the day from a determined and improving Yarra Valley. Three awards for outstanding achievement were made and these went to Tom Quick, Rohan Sabri and Jarrod Fraser. All have great futures. Mention should be made of the efforts of Frank English and Dr. Marshall in making the day a pleasant one for all concerned.

The Australian Canoeist and Paddle Power will amalgamate in the near future. Will it be called Australian Paddler or Canoeist Power?

Rumour has it that Victoria's jocular commentator has not been asked to next years Nationals at Adelaide. Maybe Jon was hurting some people by approaching the hard truth.

I am absolutely rapt that Anne Marie Cox is paddling for Australia, I think she is a delightful girl. I am confused as to how someone this good can come to our country and paddle for us, within three months of being here.

Welcome aboard to Jane Luttrell. Quite possibly one of our most important people in the publicity scene. It is great to see the coverage of 'Marathon' being advanced. Good luck and I hope you get plenty of help.

A. Kym Purdy received a bronze medal in the slalom mixed C2 at Spittal/1977. She was partnered by Stuart Dry. Both Victorians.

CANOE FACTORY CUP - DOWNRIVER RACING SERIES - 1990

Portion of the Results for Races Three & Four & Progressive Results

Class/Competitor	Race 3 - Yarra			Race 4 - Goulburn			Progressive Points
	Time	Place	Points	Time	Place	Points	
<i>Mens Open K1</i>							
Torsten Krebs	22.36	1	10	27.48	1	10	40
Jeff Stagg	22.56	3	8	29.09	4	7	33
Wayne Thomas	22.28	4	7	29.37	6	5	26
Trevor Reid	22.48	2	9	28.53	3	8	25
Dave Dougan	24.56	5	6	30.46	8	3	15
Michael Wentworth	DNS	-	-	DNS	-	-	12
Hamish Christie-Johnson	25.01	6	5	DNS	-	-	11
Dominic Scarfe	DNS	-	-	28.12	2	8	8
Warren Elms	DNS	-	-	DNS	-	-	7
Tony Misfield	DNS	-	-	29.19	5	6	6
Kevin Mansfield	DNS	-	-	DNS	-	-	5
Mick Renshaw	DNS	-	-	DNS	-	-	4
Hamish Scott	26.14	7	4	DNS	-	-	4
Eugene Stackpole	DNS	-	-	29.54	7	4	4
<i>Mens U/18 K1</i>							
Andrew Eckersley	23.52	1	10	30.49	4	7	34
Richard Macquire	DNS	-	-	27.27	1	10	30
Chris Stagg	DNS	-	-	29.48	2	9	18
Don Couitts	DNS	-	-	31.40	5	6	14
Ian North Coombes	DNS	-	-	33.02	6	5	12
Travis Minns	24.29	2	9	DNS	-	-	9
Andrew Farance	DNS	-	-	30.16	3	8	8
John Dolan	DNS	-	-	DNS	-	-	7
Scott Marshall	DNS	-	-	33.17	7	4	4
<i>Mens U/16 K1</i>							
Marcus Ramas	DNS	-	-	DNS	-	-	10
Aaron Martini	DNS	-	-	32.53	1	10	10
Brendon Marshall	DNS	-	-	34.26	2	9	9
<i>Veterans</i>							
Phil Naud	26.15	1	10	32.17	1	10	38
Val Kalns	27.48	2	9	32.54	2	9	28
Bob Osburn	28.27	3	8	DNS	-	-	26
<i>Ladies Open K1</i>							
Kay Truscott	26.17	1	10	32.26	3	8	36
Jenny Hourigan	27.57	2	9	34.31	5	6	30
Nicole Garniston (U/18)	31.46	4	7	38.56	9	2	19
Liz Marsh	DNS	-	-	DNS	-	-	18
Helen Snibson	29.45	3	8	36.12	7	4	12
Julie Patello (U/18)	DNS	-	-	DNS	-	-	11
Robyn Galloway	DNS	-	-	DNS	-	-	10
Maryanne Frei	DNS	-	-	29.26	1	10	10
Daniel Woodward	DNS	-	-	31.14	2	9	9
Mia Farrance (U/18)	DNS	-	-	33.01	4	7	7
Liz Keily	DNS	-	-	19.22	5	6	6
<i>Open C2</i>							
E. Stackpole/A. Macleod	DNS	-	-	DNS	-	-	10
S. Reid/A. Reid	DNS	-	-	34.20	1	10	10
K. Pinder/D. Heard	DNS	-	-	DNS	-	-	9
<i>Schools C2</i>							
D. Brackley/E. Godden	36.51	1	10	44.32	2	9	38
J. Kallman/N. Tse	DNS	-	-	48.02	3	8	16
J. Dolan/D. Couitts	DNS	-	-	DNS	-	-	10
Thompson/Freemantle	DNS	-	-	39.48	1	10	10

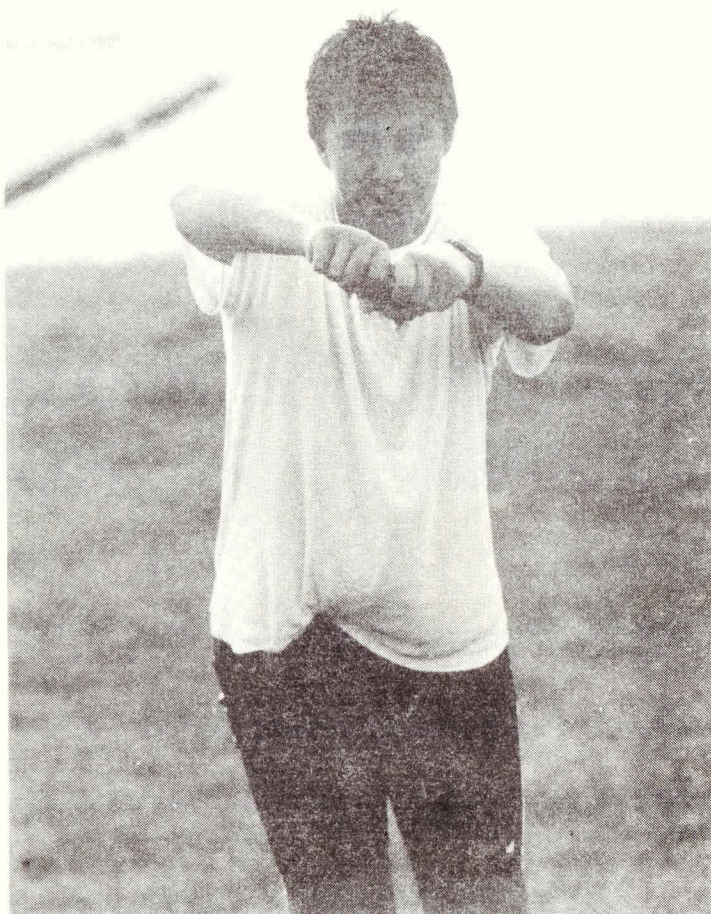
HOW IT SHOULD BE

by Reg Hatch

Patrick Hayes: The one person most responsible for keeping harmony between groups at the National Sprint titles. Patrick was able to do this through his unbridled enthusiasm and friendliness. He had the ability to gain the respect of all by his genuine attitude and extremely good humour. Patrick was able to get away with things that anyone else, except Jon Mayne, would still be paying for. He made the AIS athletes relax a little more, and interact, to their advantage.

I hope Patrick's affliction is contagious and we are all able to catch the innocence and good humour that goes with this young man from Ivanhoe Grammar School.

He also got great enjoyment from meeting in person, all those he had, up till then, only read about. He made sure he met everyone and gained an immediate life long friend, in Patrick's view. He also got great excitement from his races, and there was nobody else there at the fantastic Lake Barrington who got more pleasure from his efforts than Patrick. He was also extremely proud of his new found and genuine long term friend, Andrew Trim. Andrew gave Patrick a small amount of time for which we are all grateful. Patrick has some fabulous role models in his group, Martin Hunter, Helen Griffiths, Thor Neilson, and Michael Pond, and he is a genuine copy of what they are really like. Fair, friendly and fiercely competitive. I am hopeful that there will be some more Patricks to make our fabulous sport even greater.



Reg Hatch

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Please photocopy & return to: Tony Prior, 1 Byrne Court, Cheltenham. 3192.

WHAT IS HAPPENING IN MARATHON?

by Reg Hatch

You might ask the same question that I did.

Now, I wasn't at the race in Western Australia to actually see what happened, so my opinion may well be somewhat clouded. BUT...How is it that our second and third placed paddlers in K1 are to be teamed as a double, even though, from all reports, they have never paddled together before, and our fourth and fifth placed competitors will represent the country in singles.

"The gung-ho attitude of the marathon selectors requiring all competitors to paddle both singles and doubles on two consecutive days.."

Why spend one year working to maximize a team boat performance, when the results meant nothing. Let me explain. The gung-ho attitude of the marathon selectors requiring all competitors to paddle both singles and doubles on two consecutive days then taking no notice of the results on the second day, is ludicrous.

Two of the national representatives in the two man kayak didn't even finish the doubles race but were selected on the merit of K1 performances. Granted, the two were placed third at the last Worlds, but obviously could not handle the enormous work load imposed on them by our incumbent leaders. It is time for the selectors to step out from behind the veil of stupidity and give competitors a real chance to represent Australia in the event of their choice.

Peter Hogg and Jason Rantall trained specifically to do their best in two man kayaks. Given that they did the best, and paddled the whole distance of the singles event the day before,

surely meant that they should have been awarded a spot in the team.

What a complete waste of time it was for anyone training specifically for an event. I can hear a couple of people saying that paddlers should be good enough all round - to that I say, 'absolute rubbish'.

I coach Lars Koch and Thor Nielson as well as many Australians. Last year Lars entered both singles and doubles at the World Cup, as a matter of his choice, simply to see what it was like. He won the singles and could have won the doubles too, but admitted that it was just too hard to come back up.

It is my opinion that many people were poorly done-by at this years Nationals. I also believe that home knowledge helped quite a bit. If marathon racing is to regain it's credibility to both competitors and the general public, it must either choose to select people on the per-

formances put forward or team crews that can win. They must not mix and match on a whim.

From a coaches point of view, I wasted a lot of time helping and specifically programming to gain a team boat result. In fact I coached the first two teams across the line. 'So what' you say. Well, the time spent with these people might well have been better spent encouraging them to participate in a sport where you are recognized for your achievement and selected accordingly.

This story is not directed at the competitors and is no slight on their character. The competitors simply apply for a place in the team and race at their best. It is the sport that needs to rethink its strategy and abide by a policy that is fair from all points of view. I wish the very best of luck to those fortunate enough to be selected. My heartfelt commiserations go to those who should have been selected.

A portage at this year's Australians - Robin Belcher leading Gavin Fraser.



KAYAKING THE DANUBE

by Frank and Doreen Whitebrook

We had kayaked on the Rhine many years ago and had always wished to be able to do the same on the Danube. Both the Rhine and the Danube start almost alongside each other, but on different sides of the watershed. The Danube flows through 8 countries and is saturated in history along its entire length, and with semi retirement came the chance to be able to have the unique experience of paddling almost its complete distance from the Black Forest to the Black Sea.

We started at Ingolstadt in Bavaria on 25th June with two other Australians whom we had spoken to about the trip whilst instructing in Katherine NT, Emma Dennis and Valerie Michelle. Two thousand and eighty two kilometres and 63 days later we arrived at Silistra in Bulgaria, not far from the Black Sea. Silistra was the last town in Bulgaria before the river turned north through Romania and Romania wasn't keen at that time to have kayakers moving into its territory.

'Just as we were about to beach the klepper two Romanian soldiers with automatic rifles emerged from the bushes.'

The kayak chosen for the trip was a Klepper Aerius II and it was an excellent choice. The kayak itself weighed about 40 kg and the load we had of camping gear, food, gifts and trolley, came to about 70 kg. The trolley was an absolute necessity. I had owned such a boat in Australia in the 1960's complete with sails, leeboards etc. It is extremely stable, has inflated sponsons and packs away into two bags which sit on the trolley quite easily for transport to railways or bus.

Its only rival we saw on the trip would be the French Nautirair line of folding boats. I believe they supply the British with Commando kayaks. Dr. Hannes Lindemann used a Klepper for his trans Atlantic trip in 1956/57, after his dugout crossing in 1955/56. A new Klepper is not cheap, to get one would cost in the vicinity of \$5,000. We bought ours when the Deutchmark was four to the dollar.

We read as much as we could before the journey and found that the equipment and food we chose was quite satisfactory. Nine weeks of continual wear and tear on boat, tent, sleeping gear etc., can leave its mark, but our gear stood up to it well, even in gales and thunderstorms.

We made many friends on the way and learned a great deal about the folk who lived along the river bank. They invariably made us very welcome, brought gifts, and at one place, Stari Slankamen in Yugoslavia, the hospital kindly washed and

dried our clothes. We had paddled all day in the rain, over 50 km, and it was still raining when we pulled up in front of a sodden, mud surrounded improvised camping spot. The village folk also brought us a gift of hot soup and bread as well as fruit which cost us next to nothing.

From about half way along in Yugoslavia, Romania was on the northern or left hand bank. We were not permitted to land on Romanian soil or any of the many islands in the river which belonged to Romania. Our maps clearly showed which ones

belonged to Romania, Yugoslavia or Bulgaria.

The last lock, (there were about 14 altogether) belonged to Romania. Again we had to paddle in the rain for 30 km without a stop - we would have frozen if we had pulled up - we needed a toilet stop and Bulgaria was a very long way across the river from the lock. We, with a couple of Germans decided to just pull up quickly, attend to our personal needs and get going again. Just as we were about to beach the klepper two Romanian soldiers with automatic rifles emerged from the bushes. While we were on the water we were safe as the Danube is, by international law, an international waterway. Fortunately I was able to swerve the kayak away from the bank. It still left us with the problem of our personal needs. With the aid of a bucket, I succeeded without much trouble, but Doreen had a bit of a problem. I managed to keep the Klepper upright with a massive sculling brace!

Our longest paddle was 62 km in one day and the shortest about 16. The average was 42 km each day. This is not much to marathon paddlers, but day after day for 63 days is quite a haul. It was much more than my training assignment for the World Masters Games in 1985.

The Danube does not always flow fast. The enormous dams across the river have backed it up considerably and more often than not it was a slog, and usually against the wind. The fastest kilometre we travelled was 3 mins 28 secs. (the bank is usually marked off in km, so timing is not difficult), the slowest and hardest took 10 mins 20 secs. The average would have been about 7 mins 30 secs.

It is not a beginners trip. There were accidents in the fast flowing

sections. A Russian pair couldn't clear a buoy and smashed the boat, one finishing up in hospital at Bratislava in Czechoslovakia. Another pair couldn't clear the wharf at Hainburg and suffered the usual capsize and breakup around a pier. Camp accidents also took place, a pressure stove explosion and third degree burns; a fall and broken femur, another fall onto a tent peg and multiple stitches, and bare footed swimming resulting in lacerated wounds and severely damaged tendon with the leg having to be put entirely in plaster.

'The experience has whet our appetites for more international touring.....'

Participants should be well versed in handling extremely heavy craft in fast moving voluminous water. Doing a ferry glide in a boat which weighs all up, over 250 kg is a different matter from doing it in a snappy little slalom craft. Losing your angle, forwards and backwards can have unfortunate results.

The most spectacular scenery was contained within the Golubac Gorge where the southern Carpathian Alps meet the northern Serbian mountains. The entrance is guarded by the ruins of the Glubac Castle and then follows over 100 km of magnificent, stimulating, history soaked, Blue Danube wonderment. Weltenburg Gorge in Germany, is also exciting, but hasn't the length of the Golubac.

I had visited all of the countries paddled before, whilst serving on the Management Board of the ICF, but the experience of this journey, with the real friendships made with touring paddlers from 14 other countries was a massive formative influence

for both Doreen and myself. I would be so bold as to suggest the same held for Emma and Val.

The experience has whet our appetites for more international touring and other plans are now on the drawing boards at home. We would like to acknowledge the assistance of 'Australian Geographic' and Fuji Film in this endeavour. We were certainly encouraged by their interest.

.....

Editors Note:

We noticed the above article in 'Qanoë' the magazine of the Queensland Canoe Federation Inc. We wrote to Frank Whitebrook and obtained permission to print it in PADDLER. Hope you enjoyed it, good touring articles are scarce.

Frank has advised us that there will be an edited account of the journey in No.20 of the 'Australian Geographic', later this year.

Some of his future projects are, an expedition to the Cobourg Peninsula in June, participating in the Katherine Marathon once again, and maybe canoeing some of Coopers Creek on the way home. Then to Hawaii to do some sea kayaking around the islands, as well as taking part in the 3rd World Corporate Games in October. The 4th WCG is to be held in Lille in France next year. There are age classifications of course, in all of the 20 sports.

PROFILE

Frank Whitebrook, the author of this article, is a most respected canoeist. A few selected events from his life form this very interesting profile.

1944 - first canoed using New Guinea outriggers to move from American PT boats investigating islands of the northern coast.

Military Cross, Bougainville, 1945.

1948 - foundation member Cruising Canoe Club, Sydney.

Manager - Coach, Australian Canoe Team, Olympic Games, 1956.

Fulbright Scholar, University of California at Los Angeles, 1957-58.

Scandinavian Fellowship, Denmark 1958-59.

Established the first human performance laboratory in NSW, 1960.

Past President, NSWCA and Life Member.

Past President, Australian Canoe Federation and Life Member.

Foundation member of 5 canoe clubs in various parts of NSW.

Founder of the Nymoida Slalom and Wild Water course.

Past President of the Commonwealth Canoeing Federation.

Member of the Board of Management of the International Canoe Federation from about 1968 till 1980 and Vice-President from 1980 till 1984.

Several place medals in Australian Championships.

Six first place globes in the first World Masters Games at Toronto in 1985 against and with Gert Fredriksson of Sweden.

Three first place medals in the first World Corporate Games, San Francisco, 1988 (sprint and sea kayak).

First place medal in second World Corporate Games, Concord-San Francisco, 1989 (sea kayak).

Foundation member, Sports Medicine Federation (NSW).

Coached 5 Olympian canoeists and many Australian champions.

Qualified as ICF judge in Sprint, Slalom and Wild Water as well as Marathon.

Member of the ICF steering committee for initiating marathon.

Second in the first 100 mile marathon on the Hawkesbury River, Penrith to Brooklyn.

Touring: Wollondilly, Warragamba, Nepean, Hawkesbury and coast, (Bimlow to Manly wharf); Shoalhaven, Murrumbidgee, Northern Rivers, Fitzroy, Katherine (Grace Creek to near Daly); Lake Argyle and Ord River, Gregory River, Orara, etc.

Overseas: Rhine, Danube, Thames, Wye, Brandywine.

Established physical education courses at Wollongong Teachers College (now University) and Sport Science program at Northern Rivers CAE (now University) - at present Esquire Bedell of the University of New England-Northern Rivers and lecturing in Gerontology.

At present, President, World Advisory Council, Sport for Life Corporation.

1990 AUSTRALIAN MARATHON CHAMPS

by Jane Luttrell

One way or another the miles were covered. By air and road the Nullabor was crossed for those all important National Canoe Marathon Championships.

It's only one year in every five that the West Australian Amateur Canoe Association extends its hospitality to us 'Easterners'. This year they did so with a great deal of professionalism. Congratulations to the Peel District Canoe Club, and to the organising committee of Greg Kaeding (President of ACAWA), Sally Blanc, Sandra Boocock, Charles Luckman, Ramon Andersson and Chris Roll. Their efforts in presenting a well organised event was noted by all patrons.

The 42 km course held in and around the brand new 'city' of Mandurah (54 kms South of Perth) provided a great challenge for all, especially those unfamiliar with the unique characteristics of the Mandurah estuary, and the Murray and Serpentine Rivers. This gave the locals a distinct advantage, however, most of the keen folk who were vying for overseas selection arrived a week or two earlier to familiarise themselves. I paddled a mere 5 kilometres once before the big race in a K1 and decided there and then that I'd leave the hard stuff to the pros.

A vastly different course to any marathon held in the 'Big Vic', although the 'Bridge to Bridge' in Geelong springs to mind. A rough mixture of open water, shallows, tidal currents, boat traffic and fairly long portages, soon sorted out the heroes.

The current Australian K1 marathon champion, Ramon Andersson, showed his prowess yet again, delighting his home crowd when leaving the pack behind only ten minutes into the race. It surprises me that he elects to paddle in the

National Sprint team, when he has so much potential in International Marathon competition. I suppose he has been there and done that already, and after all Barcelona isn't far away.

If you haven't already heard, here is the team who will be representing our great land on Lake Bagsvaerd, Denmark in July:

K1 Mens Open: Peter Hogg (Vic) & Damien Waites (Vic, Now Qld)

K1 Ladies: Jane Hall (NSW)

K2 Mens Open: Robert Edgar and Chris Barnett (Qld)

Keith Burridge and Matt Reynolds (WA)

C1 Mens Open: Paul Lancaster (NSW)

Reserve: Robin Belcher

Our illustrious team manager Peter Hogg certainly pulled one out of the bag when he crossed the line in fourth place. Lucky for him Keith

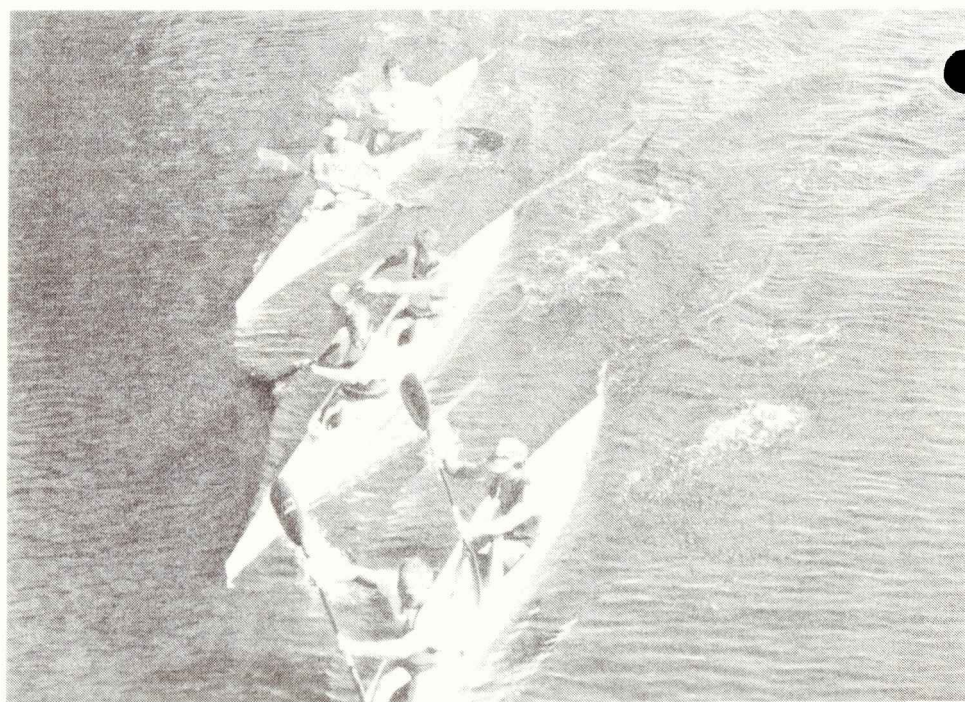
Burridge, who pipped him at the finish, was later disqualified for paddling too far into a compulsory portage. Too bad for Keith, but by golly Peter was very happy!

Our 'Swan Hill kid' (just or the record, he is younger than me!) now claiming to be a Queenslander, having been posted there with the Australian Regular Army for the past few years, was disappointed with his performance. However, the conditions on the day were extreme, and selectors did well to see Damien's potential in the international scene. Selectors were Greg Kaeding, Julie Robertson and (good to see ya!) Jim Sloan.

The other 'Vicky' competitors who actually won or attained a place, led the state into second place in the club championships. No guesses for who won. Yes, WA had the numbers, but it was close WA: 151 points to VIC: 136 points, NSW came third (I've forgotten their score).

Day two was Victoria's day, with Peter Hogg and Jason Rantall, to-

Damien Waites/Paul Gardiner, Robin Belcher/Gavin Fraser, Peter Hogg/Jason Rantall



WHITEHORSE CANOE CLUB INC. , OUTSPORTS and SUBARU

present



THE WHITEHORSE BUSH TRIATHLON

SUNDAY SEPTEMBER 9th

Sponsored by

Licola, Victoria

OUTSPORTS

The Complete Wilderness Centres



SUBARU

- 10 km Whitewater Canoeing
- 20 km Mountain Road Cycling
- 8 km Cross-country Running

Along the scenic Barkly and MacAlister River valleys.

QUALITY PRIZES.

Spot prizes for unplaced competitors.

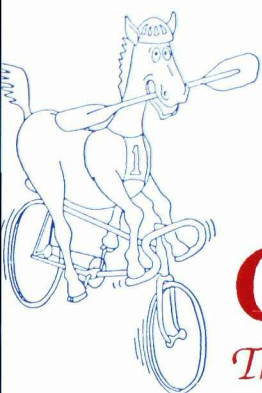
Teams of 2 to 6 persons, in the following classes:

- OPEN MARATHON (two persons, male or mixed)
- WOMEN'S MARATHON (two women)
- OPEN TEAM (3 to 6 persons, male or mixed)
- WOMEN'S TEAM (3 to 6 women)
- JUNIOR TEAM (3 to 6 persons, 16-18 yrs, any sex)



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VICTORIA'S PREMIER

BUSH TRIATHLON

OUTSPORTS

The Complete Wilderness Centres



SUBARU

RACE TIME and VENUE

9am Sunday September 9th at the Glencairn road bridge over the Barkly River (20 mins. past Licola).

SCRUTINEERING

From 7.30 am to 8.30 am at the start area, or the windmill (bikes only), on race day.

Canoes and kayaks must be in sound condition and will be checked for fixed buoyancy and hand-loops. Hand loops must be large enough for the paddler's hand to go completely through and must be of rope of at least 6mm diameter.

Bicycles must be in sound condition; brakes, cables, headstems and wheels will be examined.

Personal gear checked will include buoyancy vests and crash helmets. Crash helmets must be worn on both canoeing and cycling sections. Buoyancy vests must be worn on the canoeing section. Skull caps or cycling helmets without adequate drainage are not considered suitable for canoeing.

Each competitor must carry a serviceable whistle and compass while racing.

BRIEFING — 8.40 am at the start area on race day.



**340 B Hawthorn Rd.
Caulfield, 3162
Ph. (03) 523 5727**



**36 Young St.
Frankston, 3199
Ph. (03) 783 2079**

SUPPORT CREWS

Support crews are required to provide competing teams with bicycles and pick up canoes at the first changeover. The second changeover will be at the start finish area.

PRESENTATIONS

Prizes will be awarded for 1st to 3rd placed teams in each class¹ and pennants to each entrant at 3.30 pm, or after the course has been cleared by race officials.

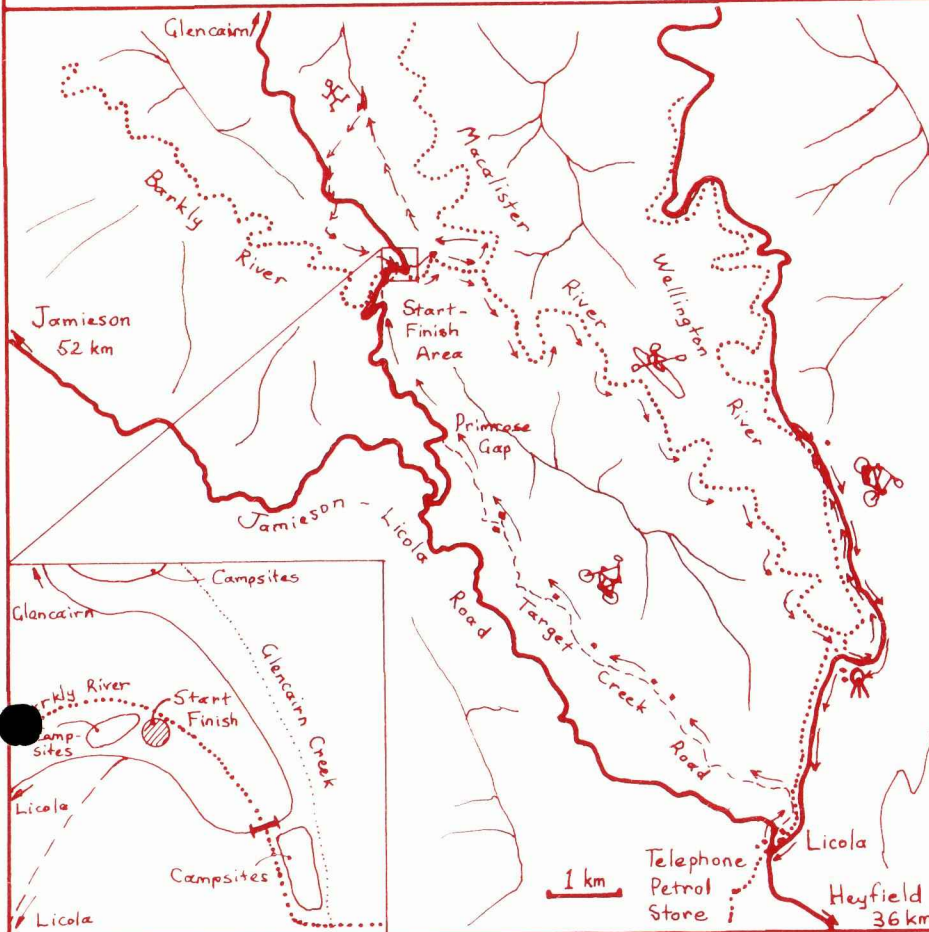
RACE RULES AND CONDITIONS

1. Competitors **MUST** render all possible assistance to any other competitor who is in distress or danger.
2. Competitors must be 16 years of age or over on race day. Competitors under the age of 18 years must have the declaration on page 3 signed by a parent or guardian.
3. All equipment must be checked by WHCC Inc. scrutineers before competitors may start. It is the competitor's responsibility to ensure that buoyancy vests, helmets, boats and bicycles are in a serviceable condition and are checked (see "SCRUTINEERING").
4. Two team members must complete each section, remaining within 30 seconds of each other throughout the section. Failure to do so will incur a time penalty. Changeover of team members may take place only at the end of sections.
5. Support vehicles will not be allowed to accompany cyclists along the cycling route. Cars must not enter the section Licola to Primrose Gap (Target Creek road) while the race is in progress (9.00 am to 3.00 pm). It is suggested that cyclists be self-sufficient and be prepared for any roadside repairs.
6. Any competitor found to be demonstrating unsportsmanlike behaviour will be penalized or disqualified.

¹WHCC Inc. reserves the right to restrict classes if insufficient entries are received in a class.

WHITEHORSE BUSH TRIATHLON - LOCALITY AND COURSE

HOW TO GET THERE



Licola can be reached via the Princes Highway through Traralgon or Rosedale, then north to Heyfield and Glenmaggie. The triathlon Start/Finish area is accessible from Licola via the Licola to Jamieson Road. The three sections of the triathlon course are marked appropriately on the map and detail of the Start/Finish area is shown in the inset. A detailed map will be issued to competitors on race day.

Refer to : NATMAP
1:100000 MAFFRA (8222)

ENTRY FEE — \$18 per person (or \$84 per team, whichever is the least).

Entries should reach WHCC Inc. by Friday 31st August.

Post entry form (page 4), with entry fee made payable to Whitehorse Canoe Club Incorporated, to one of the following. Entries will also be accepted in person at either of these two Outsports stores.

WHCC Inc. 1 Lynne Court Nunawading 3131	Outsports 340b Hawthorn Rd. Caulfield Sth. 3162 (03) 523 5727	Outsports 36 Young St. Frankston 3199 (03) 783 2079
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COMPETITOR'S DECLARATION

In consideration of and as a condition of the acceptance of my entry in the Whitehorse Bush Triathlon I, the person whose signature appears on this entry form

1. Hereby waive any and all rights of claim for damage I may have against Whitehorse Canoe Club Incorporated, the race sponsors and representatives of all persons associated with the event.
2. Hereby attest that I am aware of the course and verify that I am medically fit and able to take part in the event.
3. Hereby agree to abide by the rules, instructions and directives of Whitehorse Canoe Club Incorporated and of the event's officials.

DECLARATION BY PARENT OR GUARDIAN

If you are under 18 years of age on the day of the race this additional declaration must be signed by your parent or guardian.

I certify that I am the parent/guardian of
who will be years of age on the day of the race and that he/she has trained for and has my consent to compete in this event.

(Signed)

NOTES FOR ENTRANTS

- Drivers are requested to **DRIVE SLOWLY AND CAREFULLY** on the narrow dirt roads in the Licola area. We want all competitors to at least reach the start.
- Detailed maps will be issued to competitors on the race day.
- The canoeing section is not normally very difficult; rapids are of grade 2 to 3. At high levels however the section on the Barkly can be very fast, and the MacAlister can provide boisterous fast paddling, with significant standing waves. Competitors should be competent to paddle water of grade 3 standard.
- Canoes, kayaks and canoeing gear can be hired from OUTSPORTS.
- The cross-country running section will be well marked. Navigation will not be difficult.
- The National Mapping 1:100000 MAFFRA map covers the course. The start/finish area is at 618428 the windmill at 675377 and Primrose Gap at 624406.
- WHCC Inc. will attempt to match up prospective competitors who cannot form a complete team. Please contact us if you are in this situation.
- We would appreciate early return of entry forms to help with our planning.
- The Licola to Cheynes Bridge section of the MacAlister or the upper Barkly river are good for a paddle on Saturday. Alternatively you can cross-country ski at Snowy Plains.
- The "Other Whitehorse Triathlon" for young kids (egg and spoon, etc) will be run after the main event.

CAMPING AND ACCOMMODATION

- Camping is permitted on the Barkly River near the start/finish area and along Glencairn Creek. Local regulations prohibit camping on the MacAlister River close to Licola. Licola has a general store with petrol. Accommodation is available in the Caravan Park or the Lions Club camp. Otherwise the nearest accommodation is at Heyfield (36km).



340B Hawthorn Rd.,
Caulfield, 3162
Ph. (03) 523 5727



36 Young St.,
Frankston, 3199
Ph. (03) 783 2079



SUBARU

ENTRY FORM — Cut this section off.

REMEMBER TO SIGN THE DECLARATION ON THE BACK OF THIS ENTRY FORM.
Please print clearly. Payment must accompany entry forms.
Each competitor must sign below.

Team name : Class :

Name	Signature	Address	Phone
1.			
2.			
3.			
4.			
5.			
6.			

All correspondence will be sent to the first named team member.

gether with Robin Belcher and Gavin Fraser taking out first and second honours in the K2 Mens Open. And then there was the 'Swan Hill babe', Anthony Waites, who paired up with Andrew Stimpson, the hot shot from Canberra, they romped it in in the K2 Junior class. Our older gentlemen, Andy Mangan and Chris Le Dieu also did fantastically well, taking out the TK2 Mens 45+. (Where's Robert Schram and Geoff Findlay when I need them!).

That fiesty duo 'Doc' and 'Bondy' (alias Ian Docking and Tony Bond), weaved their magic, leaving Ray Holt and Rod Fry behind, you could say they stopped and fried! (ha! ha!). Don't worry, I'll stick to narrative pieces rather than comedy! Last, but not least, Dave (Dave Hiatt) and I upheld the mixed TK2 class.

Sadly to say, Footscray members Rod and Judy Clark, who had been giving the likes of Col Kelly and Rob Merbach a hiding in the TC2 class, came to grief. Into the gymnasium with you Jude! Really, it's no great shame that a young lass should find a humungous water-logged TC2 a little bit too heavy to carry along a 200 metre, slightly rocking pathway, during a portage with the competition in hot pursuit. The story goes that Rod couldn't hang round and succeeded in carting it on his back. Totally unaware of any damage, they returned to the water, full pelt. Once the boat was half full of water Rod suspected something had gone amiss. They were in the

lead at this stage, so when they stopped to check, they were heart broken to find a six inch hole down the back. Rod raced to the closest house and started his door knock. Fortunately, he found a local who just happened to have the right kind of tape to make a hurried repair. But alas, the opposition had passed by. They finished 24 minutes behind the winners, a grand effort to say the least guys!

Presentations were held at the Mandurah Yacht Club alongside the water's edge, on the Sunday evening. I had illusions of grandeur, with the suggestion of a 'Yacht Club', however, it was not to be. I realise that the most important aspect of an Australian title is the actual event, and not the niceties of a spectacular presentation night, as that would seem to be far too expensive and too much trouble. But I do believe that a better approach for a national occasion can be adopted, after all there is no harm in making the night one to remember, by all those there. It would be refreshing to have everyone stay around after the actual presentations were made. You know if they handed out the medals and certificates before dinner, the caterers would be out of a job!

While on the subject of suggestions I would like to air a few from our Presidente, Robin Belcher. It's not difficult to see some discontent amongst our top paddlers and coaches alike, concerning the selection process. Robin has asked me to share his ideas for your con-

sideration. Presently, selections are made on the performance of the individual in the K1 Open class, regardless of that person's intention to paddle K2 only. Therefore, it is required that a K2 applicant must compete in the K1 field demanding 84 kilometres of maximum effort. Giving this maximum effort is not the major issue, but rather the process of K2 selection. Robin's suggestion is that the doubles are held on day one, and the singles the following day. This would determine who are the better K2 crews in a fairer manner, and for those who do just as well the next day, the better K1 paddlers. Does not the chemistry between two paddlers, who perform outstandingly as a pair rather than individuals, give us a better representation in that class?

The second of Robin's suggestions is definitely a matter for debate. It has been tried and proven successful in other countries. A person's ability in marathon kayaking is determined over a distance within certain boundaries. Robin is suggesting that the course be shortened from 42 kms to around 30 kms, bearing in mind that K1 applicants must compete in both days of competition. Can a paddler do just as well over a 30 kilometre course as he or she could over a 42 kilometre one? This is food for thought indeed.

Next year's championships are scheduled to be held in New South Wales. Attendance is expected to be tremendous, especially after the previous two years when they were held in South and Western Australia, thus creating some difficulties for the east coast participants.

Congratulations to all those who competed, it's an encouraging thought that the titles will be within reach of the majority next year, so give it a bash, you'll enjoy it!

Keep our team in mind on July 28-29, when they compete in Denmark at the World Championships - ALL THE VERY BEST TO THEM!!

RESULTS

K1 MENS SENIOR

1.	Ramon Andersson	WA	3:23:07
2.	Matt Reynolds	WA	3:30:01
3.	Peter Hogg	VIC	3:30:22

K1 LADIES SENIOR

1.	Jane Hall	NSW	3:54:17
2.	Denise Cooper	QLD	3:58:17
3.	Liz Harvey	QLD	4:18:46

K2 MENS SENIOR

1.	Peter Hogg/Jason Rantall	VIC/VIC	3:12:58
2.	Robin Belcher/Gavin Fraser	VIC/VIC	3:13:20
3.	Paul Gardiner/Damien Waites	QLD/QLD	3:14:47

RECENTLY

AUSTRALIAN UNIVERSITIES CANOEING CHAMPIONSHIPS

The members of the Melbourne University Mountaineering Club recently returned from Goolang Creek near Nymboida, in Northern NSW, having made a clean sweep of this event. Although only a handful of individual first places fell to Melbourne University, the club performed strongly enough in the places in each class to be overall winner in each of the categories - Slalom, Wild-water Racing, White Water Sprints, and Canoe Polo - and to become overall winner. The prize of a new 'Wildcat' plastic touring boat is a welcome addition to the club's fleet.

The competition was organised by the University of Sydney Canoe Club, and held in the week immediately after Easter. Continuous rain turned the campsite into a swamp under the feet of the almost one hundred competitors from nine Universities, including distant Adelaide and Tasmania. Mention should be made of the Men's Canoe Polo team from the University of Adelaide, who broke a tie to win the grand final from the M.U.M.C. team (which included Victorian 'A' grade players), by a long shot at goal - well done!

Congratulations to Sydney University on a job well done. Next year the competition is to be organised jointly by MacQuarie and New England Universities, and will be held in September, again on Goolang Creek.

- Torsten Krebs

.....

SLALOM SATELLITE OPENED

The seven canoeists in residence and the head coach were welcomed to the Satellite by the Tasmanian Minister for Sport and Recreation, Hon Harry Holgate, during a media presentation in Hobart at the end of April.

The Minister outlined how the satellite was the fulfillment of a dream for both Sport and Recreation and the Tasmanian Government which had taken many years to realize. He spoke about the level of funding by the State Government and assured those present that he anticipated being able to increase that funding as the Sports Commission jointly increased their input.

Head Coach, Rob Crick, outlined the programme involving the canoeists which utilized resources in various parts of the State. Visiting canoeists reside in Government residences in the town of New Norfolk on the outskirts or Hobart and train several times daily at the Broken Bridge course, eight kilometres from the town. Slalom courses in

other parts of the State are utilized at regular intervals to maintain a constant variety of fields.

The canoeists present at the ministerial offices for the function were, Kai Swoboda, Matthew Pallister, Jane Gilchrist, Cathy Kesterton, Peter Eckhardt, Rob McGuinness and David Borojevic.

Dr Ross Smith, Acting Director of the AIS, Colin Wilson, Executive Director of the ACF, and Julian Carter from the Tasmanian Canoe Association were also present.

- Julian Carter

.....

GRANTS TO VICTORIAN CANOEISTS

Congratulations to the following juniors, obviously the results are not going un-noticed.

MLC Grants:

Richard Macquire	\$1000
Mia Farrance	\$1000
Jarrold Pinder	\$1000
Cameron McMullen	\$1000

V-Line Sports Training Scheme:

Andrew Deller	\$250
Anthony Pierson	\$500
Blake Rogers	\$400

The VACA extends its thanks to the MLC and V-Line for making this money available.

.....

MILDURA CANOE CLUB

Greg Skewes of the Mildura Canoe Club has advised that their boat shed is at last finished. It looks great and should hold 50 boats or more.

Ten club members recently hired a 20 seater bus for the long drive to Mandurah for the Australian Marathon Champs, - 'Good Fun' was the closing remark.

.....

AROUND/ACROSS AUSTRALIA

We have just heard that Terry Boland of Western Australia was to commence a trip around/across Australia on Sunday 20 May. Terry plans to sea kayak, run and cycle on his journey.

Terry is a well known canoeist in W.A. and was the winner of the inaugural 'Olegas Truchanas Award' for canoe touring.

Recently (cont'd)

LADY DRAGONS
(Canoes Plus Ladies Dragon Boat Team)

Venue: Darling Harbour, Sydney
Date: 22 April 1990
Event: Australian Dragon Boat Championships.
Result: Silver Medal, International Womens event.
Photo across shows Canoes Plus a boat length behind Manly at the finish.



.....
JOHN SUMEGI has started winning Gold Medals in another form of canoeing. John and his outrigger racing canoe won the Australian Outrigger Canoe 42 km event in North Queensland, the first weekend in May. His next plan now is the Molaki race in Hawaii in October.

.....
Well known slalom paddlers and current World Champions, Richard Fox and Myriam Jerusalem, recently announced that they are to be married in September.

continued on page 36

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Winner of
1989 Australian
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The fastest TK1 (one person touring Kayak) in Australia. Exclusive to Ultra-Endurance-Sportz.

**THE GUN'S
RECORD:**

1988 AUSTRALIAN TITLES
Open TK1 - 1st, 2nd
V45 TK1 - 1st
1988 NSW STATE SPRINT TITLES
10,000 OPEN TK1 - 1st, 2nd, 3rd, 4th.

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

STOP PRESS

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VT K1 - 1st 500m, 1st 1000m, 1st 10,000m

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EILDON TRIATHLON 1990

by Jane Farrance

The second Eildon Triathlon was held on April 1, 1990. Again Kevin Songberg was the driving force, and again he deserves the credit for such a successful and popular event. Last year 200 competitors, this year 400, next year ???

The event was run under the auspices of the V.A.C.A. But it was the support and work of the people in Eildon, particularly the Lions Club, who provided the man power and impetus to actually make it happen.

The triathlon started with a 4.7 Km run, followed by a 6 Km paddle and finished with a 16.8 Km bike ride. There were classes to suit every age group, pairs, teams and all manner of equipment is allowed. The run began simply enough, everyone just ran, and naturally, some faster than others. Being at the back of the field I had a good view of the spread and attitudes of the racers. The front runners were in it for real, they wanted to win and they went out hard. Then there were the fit, but not so competitive, who took the opportunity to chat, as they passed or were passed. Finally there were the back runners, and they fell into two categories. Some were making it a very social day, having a really good conversation with their mates. The others were just not fit enough to keep up with the pace or fit enough to talk while running, as all their air was needed just to keep going.

The change-over to the paddling leg was most interesting as everyone wanted to get into their craft quickly. Some left their shoes on, some went bare foot, and one person actually ran with his buoyancy vest on, to save time at the change-over. Some wore spray covers, whilst others took the risk, and opted out. All manner of boats were used, sprint racing K1s, downriver racers, TK1's, and all types of plastic kayaks. There were

also a few C2's, a few K2's and even a couple of surf skis.

Once on the water the placings began to change as the canoeists surged ahead of the runners. People who were having their first attempt at paddling were doing all sorts of circles and weaves on their way down the river. A couple of capsizes occurred, but nothing of consequence. The water was much higher this year, making the paddling leg much quicker. From my position at the back of the field, I found that following the fastest water quite useless, as numerous out-of-control plastic kayaks made the course more like a dodgem car rink. The fastest route for me was to go wide around all bends, and keep away from other paddlers as much as possible, but as you can imagine, this was not always easy.

'My legs wouldn't work, my lungs felt on fire and I really questioned why I was doing this at all.'

Perhaps the V.B.C.E. could offer a short course, just for the triathletes, in the weeks preceding the event. This could easily be advertised on the triathlon entry form. Alternatively the V.B.C.E. could hand out Basic Skills course brochures after the event. I was chatting to another competitor who runs and rides 10 hours a week, but had never been in a kayak before. It did not take much talking to convince him that it takes practice and training to paddle well, and he agreed that doing a Basic Skills course might not be a bad idea. At the end of the paddle, the boats had to be dragged high up the bank, out of the way.

For me, the hardest section of the whole course, was now about to begin. A five minute run to the bikes. My legs wouldn't work, my lungs felt on fire and I really questioned why I was doing this at all. Fancy running through a caravan park with a helmet on, while sensible people, with drinks in their hand, relaxed in the shade of their vans and watched with a mixture of amazement and amusement.

The bike leg also had a great variety of bikes, from the hi-tech racing bikes, to mountain bikes, to what ever could be scrounged. There was even a tandem in the race. I am not a good rider, but I enjoy it. Once I recovered from the stress of that short run I settled down and rode to the best of my ability. I had gained a lot of ground during the paddle, and was quite happy with my position although I had long ago lost

all sight of the front runners. Soon I heard that familiar whoosh and a bike came whizzing past me, not just once or twice, but all the time. Many of the non-paddlers I had passed were now on their bikes and were they going fast? I was going as fast as I possibly could, but I was no match for them. They all made it look so easy, maybe they felt the same when I passed them on the canoeing section. The ride is gently undulating to flat, so is not difficult and one can settle down and enjoy it. One of the notable things about this race is that so many people will give encouragement as they pass you by, 'come on your doing okay', 'g'day, see you at the finish', and many other happy comments. I

don't know if this happens up the front of the field, I was never there, but it certainly does in the middle and at the back. It's a great feeling. Finally, I peddled down the last hill as fast as my bike and my legs would go. Around the corner was the finish and another problem. How was I to get off my bike and run across the finish line? A quick look over my shoulder, and luckily there was no one just behind, so I could go a little slower and more carefully. Gently I eased off the bike, and leaning on it heavily, as my legs would not support me, I ran(?) over the line. It was over, I was really tired, but I'd had a good race and an enjoyable one.

I feel this event will serve a double purpose, it will get paddlers running and cycling more, and it will get more runners and cyclists into paddling. Next year this triathlon will be even bigger and better, as all this years competitors will be back for more and as the word spreads, many others will give it a go.



Roy Farrance

RESULTS

Ladies 16 yrs & Under

1st	Leah Gilmore	1.54.05
2nd	Kimberley Holley	1.56.58

Ladies 17 - 19 yrs

1st	Caroline Vietz	1.40.04
2nd	Louise Aufflick	1.40.08
	Julie Patullo	1.44.01

Ladies 20 - 29 yrs

1st	Liz Marsh	1.27.26
2nd	Robyn Breame	1.31.06
3rd	Jenny Hourigan	1.36.20

Ladies 30 - 39 yrs

1st	Jenny Hogan	Fastest Female	1.25.34
2nd	Jeanette McLaren		1.37.53
3rd	Mandy Linden		1.39.10

Ladies 40 yrs & over

1st	Jane Farrance	1.34.17
2nd	Annette McDonald	1.42.00

Mens 16 yrs & Under

1st	Geoff Vietz	1.22.11
2nd	Cameron Morton	1.23.08
3rd	John Yacoub	1.29.15

Mens 17 - 19 yrs

1st	Malcolm Steer	1.21.47
2nd	Travis Minns	1.23.24
3rd	Travis Newman	1.24.12

Mens 20 - 29 yrs

1st	Paul Beattie	Fastest Outright	1.17.02
2nd	Greg Barrett		1.17.37
3rd	Kiaran Lomas		1.19.17

Mens 30 - 39 yrs

1st	David Alder	1.18.40
2nd	Bruce Straw	1.20.19
3rd	Michael Wentworth	1.21.01

Mens 40 yrs & Over

1st	Eric Davidson	1.21.50
2nd	Valdis Kalns	1.28.40
3rd	Mick Bailey	1.29.23

Open Pairs

1st	J. Kelsall/D. Saund	1.23.23
2nd	C. Ellingworth/H. Scott	1.24.33
3rd	I. Rogers/I. McCutchan	1.29.11

Teams 18 yrs & Under

1st	Eckersley/Mann/Donaldson	1.16.51
2nd	Marshall/Stagg/Scillio	1.16.53
3rd	Mitchell/Greedy/McConchy	1.26.40

Teams Open

1st	Pinder/Jones/Sinatkovich	1.13.50
2nd	Steer/Thomas/Steer	1.16.44
3rd	Atkins/Beagley/Beagley	1.19.39

SOLAR REGION IRONMAN

by Rod Clark

The Shepparton Canoe Club held its inaugural Ironman race on Sunday 11 March, 1990. The early Autumn weather was a little too windy, causing much difficulty during the paddling section on the lake. I paddled TC2 with my wife Judi. When we did the first run section it was interesting watching the Vet 35 K1 winner, Kevin Phillips battling into the headwind. We yelled, trying to get Kevin to look in our direction but he kept his eyes straight ahead. We thought, that if he looked, he might fall out, which was the only way we were going to catch him. A highlight of the race was Vet 35 K1 paddler Tony Bond's full lycra pink bodysuit. I have only one suggestion Tony, that is not the place to put your socks.

Judi and I had the honour of starting first, but we still finished last, mainly due to our astonishing footspeed. Rob De Castella can do the run legs for us from now on. A mixed field

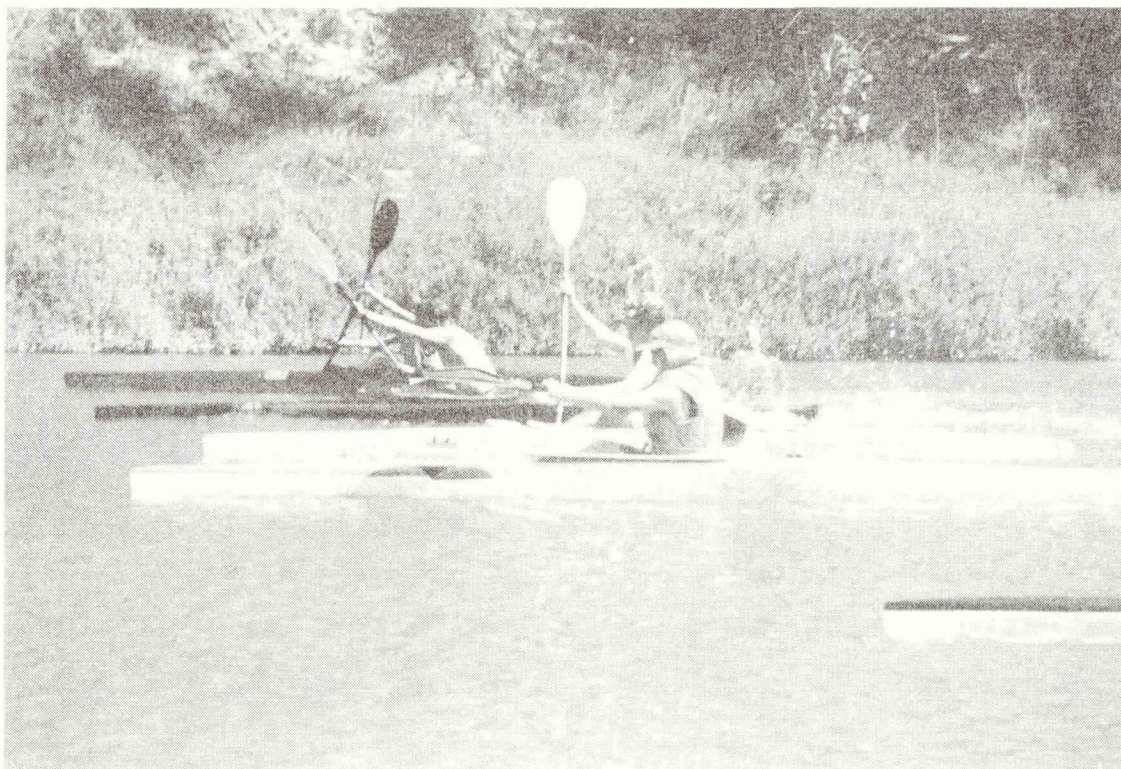
turned out for the race which consisted of a 15 Km paddle, 5 Km run, 10 Km paddle and 2.5 Km run. The aim of the race was to raise money to go towards rooms for the club, adjacent to the ski club. The blue ribbon K1 mens open winner and the fastest outright time was Rene Mol of Shepparton Canoe Club, in 1hr 48min. It took us just under 3 hours. After the race a group of Footscray paddlers went to Margaret Rose's place in Shepparton for a barbecue. We sat around the T.V. to watch the regional news on GMV6. The report on the race featured Rene Mol and his son competing in the race. We had a good laugh because the boy on the telly featured as Rene's son was Brad Hunter, a member of our club.

Last year Shepparton staged one of the VACA winter series races in flood conditions. This race was held in vastly different conditions with the water level 20 feet below the bank.

Both races were well run and it shows that Shepparton Canoe Club can stage a successful marathon race on the Goulburn River regardless of river height.

I am sure Shepparton Canoe Club can expect a larger field next year, as the course offers a challenge to the paddler/runner with a river and lake course and a picturesque run around the lake. There are many good vantage points for the spectators. If you like this type of racing, do not forget that Footscray has an Iron-person event later in the year with a swim, run and paddle.

The boys light up the Goulburn River.



CLASSIFIED ADS

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

FOR SALE WOODEN KLEVER

With Adjustable Height Seat
Just Revarnished
In Excellent Condition

PRICE: \$1,400 or nearest offer

CONTACT: Rene Mol
Tel: (058) 219192

FOR SALE

ACHERON K1

Kelar Hull, Glass Deck
Good Condition

PRICE: \$250.00

CONTACT: Wayne Hill
Tel: (059) 865541 (Rosebud)

FOR SALE

CONVENTIONAL KAYAK PADDLE

Right Handed 220 cm
"Canoe Sports" (N.Z.) As New

PRICE: \$130.00

CONTACT: David Archer
Tel: (03) 817-2011 A.H.

FOR SALE

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Red & Yellow - Used Three Times
Flat Water

AZZALI TURISMO Laminated
Metal Tipped Paddle

Both In Excellent Condition As New
MUST SELL \$450.00 ONO

CONTACT: Richard McLeod
Tel: 861-5807 After 5 pm

PADDLER SUBSCRIPTION TO RISE

Unfortunately the cost of a subscription to PADDLER must rise, unless we are able to attract more advertising and sell a lot more copies. The current price of \$2.00 per copy was established three years ago, when the magazine contained 30 pages. Now, with 50 pages, the cost of publication is exceeding the subscription.

A realistic price to break even would be \$3.00. PADDLER would still be cheaper than other canoeing magazines, and contain more pages of stories.

Hopefully, we may be able to find somebody to obtain more advertisers, which will allow us to keep the price down.

WANTED

Person with ability to gain
advertising for inclusion
in PADDLER

Hours to suit - reimbursement
for postage & telephone costs

Please call:
The Editor: Tony Prior
Tel: 583-4260

CANOE POLO

JUNIOR CANOE POLO CAMP - WAGGA EASTER 1990

A total of 30 junior athletes from all around Australia gathered at Wagga's Charles Sturt University for a four day training camp. The camp was specifically for those junior athletes nominating for selection into the Australian Team to tour New Zealand. It gave selectors, coaches and players time to get to know the ability of one another, through training, match practice and out of water activities.

The camp began on Good Friday, and continuous training from morning night followed for the next four days. The 30 athletes were grouped by age into small groups, and trained together for the duration. The program consisted of match practice, ball skills, paddle skills, weight training, tactics, defence and offence plays and specialist training conducted by players from the Australian team who toured Europe in 1989 - Phil Doddridge, Duncan Cochrane and the spirited Paul Carter.

A combination team of juniors defeated such players in a Juniors Vs Seniors scratch match in amazing fashion, scoring in the last second to win. Showing just how strong the junior Australian team will be this year.

Lectures to conclude an evenings proceedings were conducted by Reg Hatch, Johnno and Julian Carter, on periodization, weight training and nutrition. Reg's insights on the training programs and habits of world champions, such as Martin Hunter and John Jacoby, showed us just how much further we and the sport could go in Australia, with consistent serious training routines and nutrition. Other highlights included Johnno's corner and the Julian Carter talks, who each night assured us of revealing the price of the New Zealand tour, but for some reason did not!

Throughout the camp, nutrition was a major topic, and how important it is to athletes and their performance, but as meal time came things changed. Every meal was served with chips, bacon, sausages, bread with butter (Reg Hatch trademark), and an unidentifiable stew, that saw the bottom of the bin more than any bottom of a stomach. Talking about it was easy, but putting it into practice was another thing, not just for players, but coaches alike.

Junior athletes from Victoria and Tasmania really showed who would be the strong teams in the Australian Junior competition in Melbourne, with these players being the stronger on the camp, and certainly pushing for Australian selection.

It was stated throughout the camp that the junior players of today are the senior players of tomorrow, and with Victoria's juniors at the moment we are assured of a strong polo state for the next few years. However, there are only a few competing junior polo players at this present moment playing in Melbourne, therefore Victoria's long term future doesn't look good. Efforts need to be made into building the junior contingent and securing the future of canoe polo in this state.

- Travis Minn

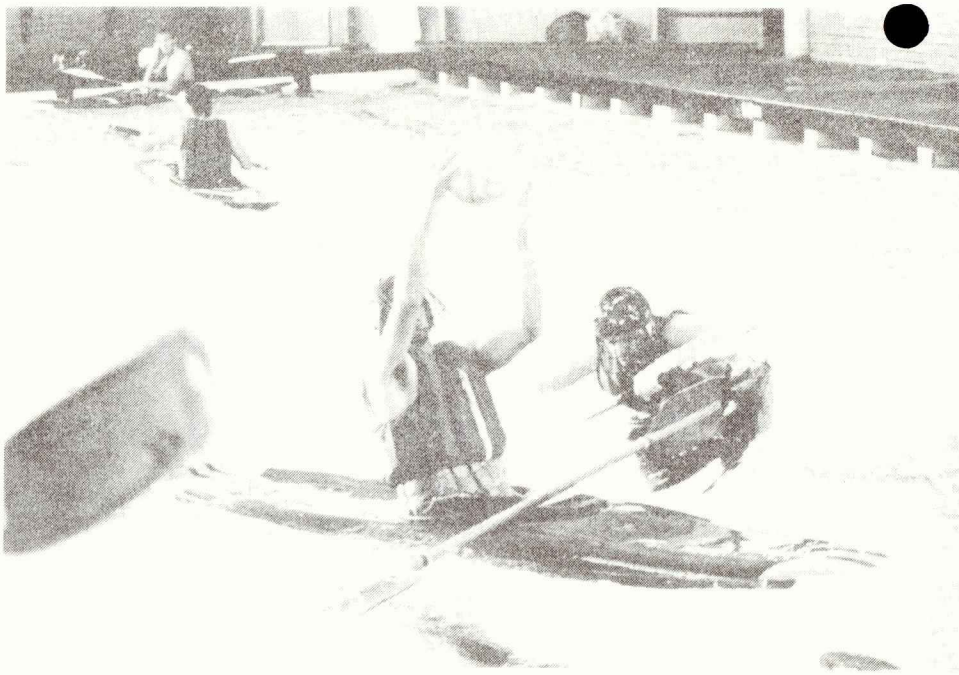
AUSTRALIAN CANOE POLO CHAMPS

Melbourne will host the 1990 Australian Interstate and Australian Interclub Canoe Polo Championships in early July.

The championships will be held from July 8 to July 14 at the State Swimming Centre in Batman Avenue, Melbourne. July 8-10 will see the Australian Interclub Championships, and July 12-14, the Australian Interstate Championships. The competition in mid-July coincides with school vacations in 5 States and this should make it a little easier for students and teachers to be involved.

Photo courtesy LaTrobe University

Some of the action at the camp



Canoe Polo (cont'd)

The competition is to be conducted in five categories, junior men and women, open men and women, and veteran men. The first two days of each championship will be round robin competitions, while the third day in each will be the finals.

Teams for the championship are expected from every State of Australia, making the competition one of the best ever seen in this country. The Interclub Championships are a competition between official Australian Canoe Clubs, whereas the Interstate Championships play the best players from each State in the same team.

The championships will also be a selection venue for the Australian Junior Canoe Polo Teams who will be competing in championships in New Zealand later this year. It is anticipated that three junior teams will be selected. One, of high performance junior athletes, who will work to provide competition for New Zealand senior players. The other two junior teams will play against N.Z. juniors of similar ability.

Major sponsors for the events are Outsports, and the Institute of Health and Fitness. Outsports are situated in Caulfield and Frankston and cater for the outdoor adventurer. Give Outsports a try for all canoeing and lightweight camping gear. The Institute of Health and Fitness is a sports medicine centre that provides services such as developing fitness programmes, sports psychology, nutrition and massage. Give them a ring on 578 8905.

The championships are open to spectators from all branches of canoeing as well as the public. Set an evening, or a day aside, come to the State Swimming Centre in Batman Avenue and cheer yourself speechless. Make a point of coming to the finals on Saturday, 14 July and see some great competition.

Enquiries for the championships:

John Bissett (03) 589 4584

Enquiries for the N.Z. Tour:

Torsten Krebs (03) 419 9237 AH
(03) 658 5588 BH

- Julian Carter/John Bissett

.....

A.I.S. CANOE POLO TRAINING CAMP

The week of the 7th to 13th May saw LaTrobe University Sports Centre overrun by seventeen canoe polo players and their coaches. This was the venue for the inaugural National Sports Programme, Intensive Training Camp for Canoe Polo.

National Sports Programme camps cover a wide variety of recognised sports, and are funded through the Australian Sports Commission. The camps are provided generally as part of the preparatory process for most Australian representative teams; thus a number of junior players who are planning to tour New Zealand late this year, attended the camp as part of the lead up to that tour. However, as Australia is not sending any senior teams overseas this year, the camp was run with the aim of general development of players' skills at this level.

Canoe Polo as a relatively new sport, has not seen this type of programme implemented before, and so it was a great opportunity for the participants to improve their personal ability in such an intensive environment, not before available to them.

Those attending were selected from around Australia, with participation in future Australian teams in mind. While this means that player standard was generally very high, it was not the only criterion for selection; perceived potential for improvement and age were also considered highly important. Regional areas were well represented at the camp; not just the larger centralised competitions.

The camp lived up to its title; and by the end of the week all those involved were thoroughly exhausted!

The seven days spent at LaTrobe covered many aspects of development required for high level canoe polo competition. This included a total of 24 hours of on-pool training, working specifically upon boat skills and game play, e.g. attack and defence strategies. Our resident coaches, Phil Dodderidge (SA) and Steve Hemsley (NSW), planned each session to concentrate on different skills. Canoe Polo, with its combination of boat and ball skills, requires a wide variety of individual skills to be worked on.

Weight sessions were also covered. Reg Hatch introduced the topic to the group in a lecture, and Martin Hunter and Jamie Siddons came along to take the group through practical sessions. No one serious about physically active sport can afford to neglect this important aspect of training - the programme presented to the group highlighted this, and targeted sessions to the needs of Canoe Polo players.

Many other aspects of the training programme were presented, including a lecture on nutrition by Dagmar Kopecek, and another on the process of periodisation, or peaking for major competition, by Reg Hatch.

Philip Institute of Technology's facilities were also utilised during the week, and it was here that each participant was subjected to a fitness test to obtain some base line data for future comparison of Australian teams, and also to gauge individual improvement. Darren Minns was on hand to help out with the testing, and also to interpret the results

Canoe Polo (cont'd)

in terms of what is expected of athletes in high level competition, laying down the gauntlet as it were.

Throughout the programme particular emphasis was placed upon giving each individual exposure to an array of high level training techniques. So, while most of us were too exhausted by the end of the week to show any measurable signs of skill development, I believe the camp achieved its aims by providing a 'springboard' from which those involved will surely continue the process of improvement. All can take what they have learned back to their states and clubs, and work towards a generally higher skill level in top line Canoe Polo.

It's fantastic to see Canoe Polo recognised the way it was through the organisation of this camp. Programmes such as this can only improve the standard of the sport in Australia, and I believe, the future of Canoe Polo as a sport in its own right, looks promising.

An official World Championship event is on the cards, and an Australian National League has been mooted! Whether you believe this has merit or not, it serves to show that Canoe Polo is going somewhere at the top level - so let's get involved at the base level and give more people the opportunity to be involved in the game. Go for it!

Participants on the Camp:

*Leigh Wighton, Mark Morlock - Tas.
Aaron Fleet, Michael Rogers, Chad Dodson, Alysha Tonkin - SA.
Duncan Cochrane, Adrian Foote, Brett Houghton - NSW.
Chris van Genderen, Alan Kestevens, Sue Price - Qld.
Andrew Waters, Jenny Hourigan, Mark Waters, Travis Minns, Ian Shelton - Vic.*

Coaches:

*Stephen Hemsley - NSW.
Phil Doddridge - SA.
Chris van Genderen - Qld.
Darren Minns, Matthew Lawler, Reg Hatch, Martin Hunter, Jamie Walker, Michael Wilson, Ricky Smythe, John Pearson - Vic.*

Co-ordinator:

*Julian Carter - Tas.
A special thanks to Julian for all his work in organising the Training Camp.*

- Andrew Waters

Practising attack and defence strategies

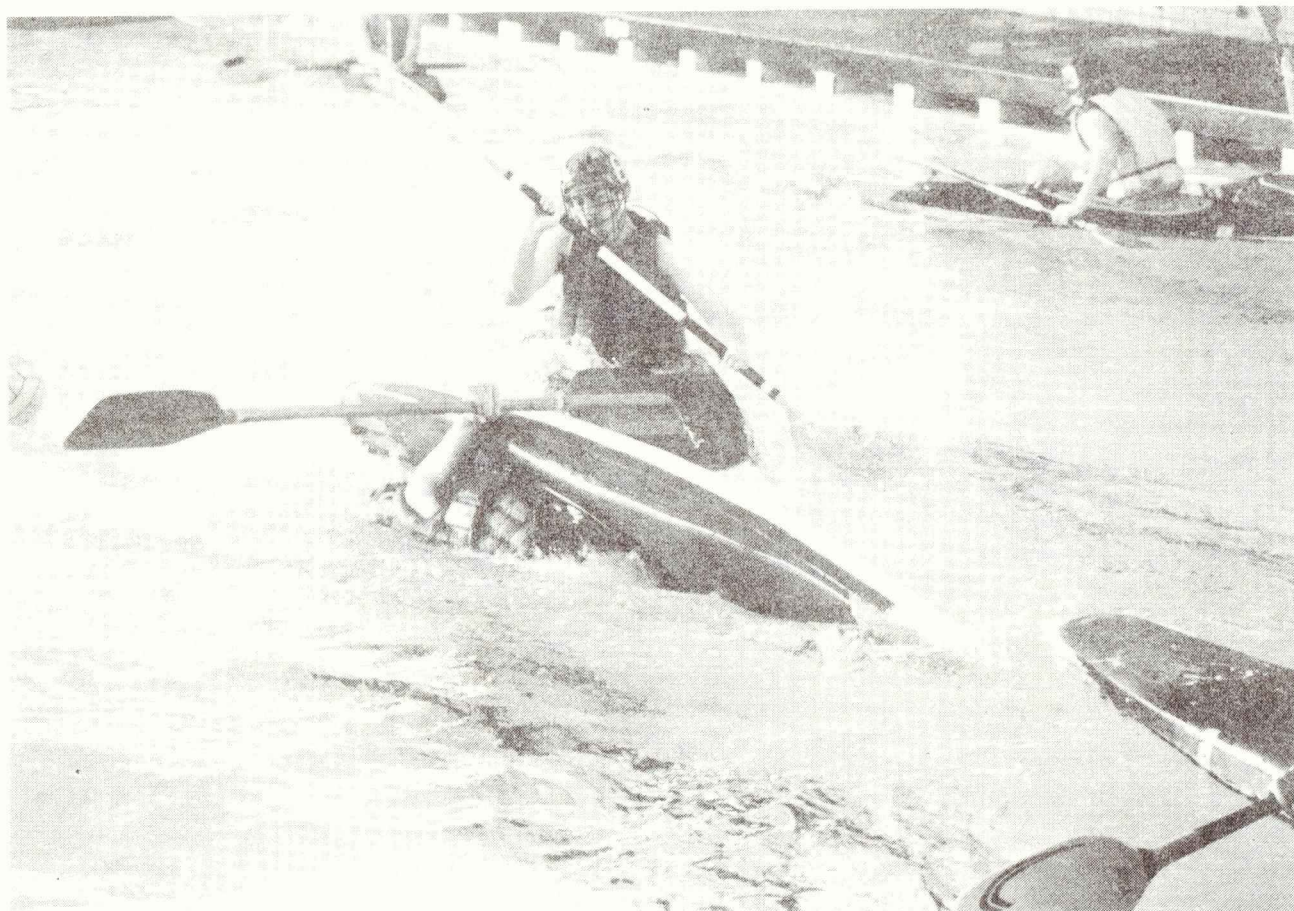



Photo courtesy La Trobe University

Design Features

Dancer



Dancer XT

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

Specifications

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

All Dancers are made of tough top quality linear polyethylene.

The Original

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

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

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

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

Specifications

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

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

Keepers footrest and ultralite foam pillars are standard fittings.

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

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

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WILDWATER RACING - MAY 1990

by Torsten Krebs

Since the last issue of PADDLER, the Canoe Factory Club have run two more out of their series of five races for this year. Both were on the Yarra, from Homestead Road to Witton's Reserve, and from Warrandyte Bridge around Pound Bend, respectively. Low water levels discouraged many competitors from the first of these races, which is unfortunate, but understandable - I did some damage to my boat, which I could happily have lived without!

The second race, around Pound Bend, attracted the largest crowd yet, including three competitors from Bendigo. Perhaps this was because of the high water level, or perhaps because of the approach of the more serious part of the white water canoeing season. Either way it was good to see new entries in C2, Ladies K1 and Boys K1. Unfortunately, although there are (theoretically) now five downriver C2 crews in Victoria, we have yet to see more than two of them on the water at the same race. A similar problem is plaguing the Veterans class this year. Hopefully the final race, on Big River - 27th May, will see a good water level attract all competitors for a good race.

I had been told that there were five or six people in Bendigo training together reasonably regularly, with a view to competing in a few of the Canoe Factory Club races, and the Winter Classic. I was therefore pleased to meet Jenny Hogan and Tony Misson at the fourth race. After some discussion on ways in which the committee could assist, it was decided to see if enough interest could be generated to run a training day. We chose

Sunday 13th May. What did we forget? Mother's Day - silly us. In the end there were not enough people prepared to make a commitment to be there for it to justify the effort of sending a coach. I would have been happy to make the trip for five people. I still will if it can be arranged.

I was also interested to follow up information I had concerning the suitability of a section of one of the rivers there (I'm not sure which one) as a race sight. Many of us have heard of the one major rapid (at the Mill race). Apparently there is also a stretch of some three to four kilometres with fast Grade 1 and 2 water - when there is water in the river. When is that? Summer - it is controlled by a dam which releases water for irrigation. So maybe next year, if this checks out alright, we might have one less channel hunt on the Yarra. Bendigo is hardly any further than the Goulburn. Any comments on this matter would be appreciated.

I was recently fortunate enough to be able to attend the Australian

exhausting days saw us work intensively on improving lines and control, and thus speed, down several of the major rapids; review paddling technique with the aid of a video camera; talk at length about preparation for major competitions; work with sports psychologists and physiologists from the University of New England; run time trials; work on boat-handling and technique; try out new equipment and generally learn heaps. Participants in the Thursday afternoon sessions can look forward to hearing all about it!

Finally, a reminder about the winter water racing training camp on the Big River, 16-17 June. Peregrine Adventures kindly assisted in promoting this and other events by including an information sheet in the entry form for the Winter Classic. For some years it has amazed me how many people roll up to compete in the canoeing legs in that event in downriver racing boats; we never see even half of them any other time, and many of them could do with some instruction. Maybe this way we will get through to them. Several of Australia's top paddlers have agreed to coach. Accommodation can be camping at Chaffey's Creek at the Big River camp for those who want it (HOT SHOWERS!!) A copy of the application form is on page ??? of this edition of PADDLER.

"Four exhausting days saw us work intensively on improving lines and control, Participants in the Thursday afternoon sessions can look forward to hearing all about it!"

Institute of Sport's training camp for Wildwater Racing. Held over four days on Goolang Creek at Nymboida in northern NSW (again!), the camp was run by Australian coach Jim Murdoch, and Junior World Champion Andrew Tribe, both of whom are from that area, with assistance from several others. Four

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Ph. (03) 783 2079

1991 AUSTRALIAN SLALOM & WILDWATER CHAMPIONSHIPS

Queensland has been selected to host the 1991 Slalom and Wildwater Championships. The events will be held on the Tully River, where a hydro-electric dam is used to provide a guaranteed water flow.

The championships will be held over a 12 day period, January 2-13 inclusive. The first 5 days are set aside for training.

The slalom course on the Lookout Rapid is continuous Grade 3, containing rock obstacles, chutes, and good eddies. The 500m section has one major drop about one third of the way down, with smaller ones near the top and bottom.

The wildwater course will be located on a six kilometre section, commencing upstream of the Picnic area and finishing below the Lookout Rapid. This stretch contains some very technical rapids.

Classes: Slalom and Wildwater

Individual: Master K1
Open K1 LK1 C1 C2 LC1 LC2 MXC2
18 years K1 LK1 C1 C2
16 years K1 LK1
14 years K1 LK1
Plastic* K1 LK1

Teams: Open K1 LK1 C1 C2 MXC2
18 years K1 LK1 C1 C2 MXC2
Plastic* K1 LK1

(*) This is not an ACF recognized event.

A competitor may enter only 2 individual and 2 team events in slalom.

A competitor may enter only 1 individual and 1 team event in wildwater

Age Groups:

The age groupings are taken as at January 1, 1991, therefore:

18 years & under = born during or after 1973.

16 years & under = born during or after 1975.

Masters = born 1956 or before.

Entries:

Close 1 December 1990.

Entry Fees:

Aust. Champs

\$10 per event

Selection events

\$10 per event

Late entries will be accepted until January 5, at double the normal fee.

PRODUCT INFORMATION

EDDYLINE

Splashlite Standard Spray Skirt

These spray decks are designed for touring craft of all types. They come in five different deck sizes, 10, 20, 30, 40 and 50 denote the sizes from smallest to largest. 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*.

Splashlite spray decks are manufactured from a PVC coated 70 denier taffeta nylon. This fabric has good durability, is waterproof and is supple enough for a paddlers requirements. All major seams are double stitched and then taped. These french seams ensure durability and strength while the taping gives a watertight seam.

Sewn into a sleeve at the top of the trunk is 25 mm 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, which in turn helps to avoid 'pooling' on the deck section. 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. A key ring is conveniently located at the top of the trunk section.

The 7 mm heavy duty shock cord which enables the deck to grip the craft is easily adjusted for tension. The removal loop is bar tacked to the under-side of the deck to improve performance.

They are produced in one colour per item with colour options being, red, yellow, royal and navy.

The Splashlite spray decks are products under the EDDYLINE brand and as such are available at canoe shops across Australia. They are designed and manufactured in Australia and come with the usual product lifetime guarantee.

Recently (cont'd)

'PADDLERS WORLD'

We have recently been in contact with Pete Salisbury of the International Long River Canoeist Club, U.K., which publishes 'PADDLERS WORLD'. This is a club magazine for those interested in expeditions and worldwide canoeing and kayaking. It is an excellent publication with lots of interesting articles.

The Oct-Nov issue contained a brief extract on paddling in Australia by Capt. Andy Marsh. Pete kindly sent us the full trip report and advised us that there was no restriction on its publication. We have extracted most of the information for our article in this issue titled 'Adventure Australia'.

RICHARD FOX ISOKINETIC PADDLING MACHINES

One of the most advanced home paddling machines on the market, designed by Richard Fox on isokinetic principles. The ideal paddling machine for winter weather, easy to install, with variable resistance. Available in two models, one for kayak paddlers and one specifically designed for canadian paddlers.

For sale at \$850.00 for the canadian model and \$1,100.00 for the kayak model. An essential item for any well equipped work-out room. Limited numbers only from CANOES PLUS.

.....

NEW NEW NEW - HUNTER BLADES

These blades are designed for sprint and marathon paddlers. Martin Hunter's latest propeller sprint blade is soon to be released in carbon-epoxy. These blades will probably be the most advanced blade made in Australia, and are intended only for the serious paddler.

The total 'HUNTER PROPULSION SYSTEM' will be;
Carbon-epoxy Hunter Propeller Blades on a Wildwater
Double Torque "Crank" shaft.

Each paddle will be individually angled and assembled, as the angles and fitting of blades to the crank shaft is vitally important to get the most speed. Hunter Blades on Torque shafts should be purchased made up to your individual requirements. These high tech paddles will be available early June.

Initial release price will be from \$460.00 to \$490.00. Only for the serious competitor, but if you are serious you can't afford to be without one.

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Kew. 3101. Tel: (03) 817-5934

Canoeists interested in joining the International Long River Canoeist Club should contact Pete Salisbury :

Catalina Cottage
Aultivullin
Strathy Point
Sutherland
SCOTLAND KW14 7RY

Fax. (06414) 314.

.....

Well known Marathoner JOHN JACOBY is back in town and don't be surprised to see John in a new role, and being televised in a few major events involving surf, and a well known breakfast cereal!

WILD CHERRY DRIVE SLALOM

by Roy Farrance

The slalom (run by Templestowe Canoe Club) was held on Sunday 20th May. In previous years it was held on the second Sunday in May - Mothers' Day. This year the third Sunday avoided the clash, and the attendances proved it to be a change for the better. With over 120 entries being received before the day, and many more late entries accepted on race day, it was one of our better attended slaloms.

Early in the morning the sun shone brightly, promising a beautiful day, after a very wet night. The rain brought both the good and the bad. The river level had risen overnight covering rocks, strengthening the current, and generally improving the water. On the down side, it created great areas of mud. Most of the early cars had to park a good half kilometre away from the site and walk the rest of the way, carrying boats, gear, and all manner of things. A long stream of people marching across open paddocks looked quite a sight on a bright Sunday morning.

Fortunately the rain held off all day, although it threatened several times, and the paddlers and organisers could get down to the business of paddling without worrying about the weather. The course was of a unique design, causing a lot of thought, and for some, concern. There were many beginners, and the tricky course proved a bit too much for some. The numerous swimmers throughout the day found the water very cold.

Events were held in a wide range of classes, and it was great to see the novice classes and plastic boats in great numbers. It is not often we have a ladies novice class, we hope it continues. Other classes were, masters in two age groups, the over 40 and over 50 groups, ladies C2, and masters mixed C2. Canoeing is a great family sport, and this slalom was clearly that, with many parents and children taking part.

Templestowe should be congratulated on a well run slalom, particularly appreciated was the food tent, selling a variety of drinks, hot food and best of all, lots of home made cakes, biscuits, and other goodies. This tent was busy all day, I trust the hard work was rewarded, and the club made a good profit. A raffle was conducted to raise money for the Junior Polo teams going to N.Z. later this year. It may seem strange raising money for polo at a slalom, but I believe it is great that one side of the sport can unselfishly support another side of the sport.

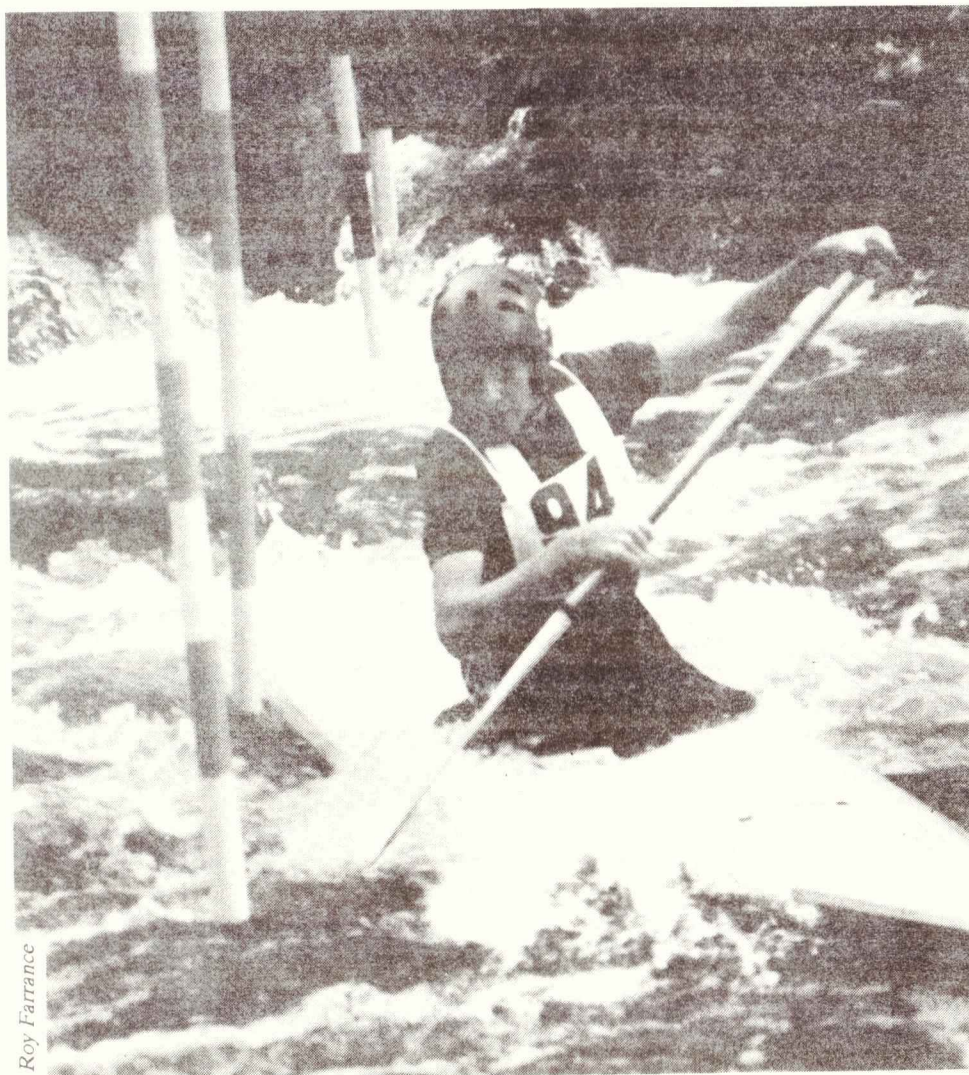
Ken Goodison, a long time member of Templestowe Canoe Club celebrated his 50th birthday with a win in the masters class, with Bill Reynolds, from

Canoe Factory Club a close second. A result which raised a few eyebrows was Andrew Waters (of polo fame), winning the novice class - perhaps the concept of 'novice' needs re-defining. Second place in this class went to the very keen newcomer Robin Saunders.

The presentation was an event in itself, sometimes looking more like a football match, as the ruckmen went up for the prizes - Cherry Ripes.

All in all, it was a very enjoyable day. The Templestowe slalom, by now an institution was one of the best on record, and all who attended will be back next year. Phil and Peta Clark, Warren Elms and all of T.C.C. - Well done.

Brian Jones - Kirinari Kayak Klub - in his new C1



Roy Farrance

SLALOM & WILDWATER RACING COMMITTEE

WILDWATER COACHING CAMP

VENUE: Big River, based at Chaffey's Creek Campsite

DATES: Weekend of the 16th & 17th June, 1990

COMMENCE: 10.00 am Saturday morning

COST: \$35.00 per head (\$45.00 for C2 crew)
(students etc. \$20.00)

STANDARD: Intermediate and Advanced. Beginners are referred to the Thursday evening sessions

COACHES: Rob Housden, Tim Doyle, Kevin Mansfield (to be confirmed)

ENROLMENTS: TORSTEN KREBS, 5 KING WILLIAM STREET, FITZROY, 3065.
PHONE: AH. 419-9237, W. 641-3220
On the form below, accompanied by fee.

WILDWATER TRAINING CAMP

I/We, (Name/s) _____

Address _____ Postcode _____ PH _____

Enclosed herein the SUM OF \$ _____ to apply for enrolment on this camp in K1 C1 C2 (circle).
My DATE OF BIRTH is _____
My level of experience in Wildwater Racing is (detail briefly).

In consideration of the acceptance of this application, I/we, for myself/ourselves individually and for my/our executors, administrators and assigns, hereby advise and acknowledge that I am aware of the nature of the sports and activities involved, including the risks of damage to property and of personal injury and that I entirely accept these risks and hereby release and forever discharge the Association and the organisers from any liability in respect of all claims or liability whatsoever which may in any manner arise out of or result directly or indirectly from my participation in this camp. I further consent to receiving such medical treatment as may be considered necessary or desirable during or after this camp.

Signed: _____

(Parent or Guardian to countersign if under 18):

Dated: _____

UPSTREAM

Safety Symposium

The Symposium was held over the weekend of the 21st and 22nd of April. The theory was based at the Rubicon School camp, and the practical supposedly over on the Goulburn River at the Outdoor Activity Centre. The course was attended by 25 participants from a broad cross section of river users, and some very interesting issues were discussed.

The V.B.C.E. will be compiling a report and will include it in our next edition of CanoEd.

Polo

I discussed the idea of entering a B grade polo team in the Autumn competition with a few of our instructors that I have had contact with over the past few courses. The main idea was to involve instructors who, because of work in the field, find it hard to commit themselves to a club team each week for a whole season, but would enjoy to play in a composite team when available. The idea was sound, but a few things would have to be checked through the Polo Committee before continuing. Unfortunately we didn't make it over the first hurdle, entries had closed for teams in the Autumn competition. So any Polo teams out there looking for the odd player to make up a team please contact me. We have a few possibilities.

Womens Basic Skills Course

Liz Marsh

This two day course was held in March on the Yarra River. The group consisted of thirteen participants. There were three instructors, Jennifer McCutchan, Madeline Chandler and myself, plus two very competent trainee instructors, Monica Green and Donna Owers.

Day one, Saturday, consisted of water confidence games and flat water skills.

Day two, on Sunday morning we progressed to 'moving water', i.e. breaking-in and out, and ferry glides. For Sundays lunch we pooled our food together and indulged in a feast on the river bank. Someone even suggested we would need two buoyancy vests to keep us afloat after lunch. In the afternoon a downriver trip was organised to test the participants skill level, and to give them an understanding on how river tours are conducted by the Instructors. During this trip they were tested for their Basic Skills Certificate.

Tuesday evening included videos and discussions on all aspects of canoeing and on pursuing the sport further.

Firstly the course was not an anti-male course as some male instructors thought. I must say sorry to all those male instructors who rang wishing to work on this course, but you did not pass specific criteria - good try anyway!

The reasons why the course was made available are:

- When learning any sport or recreational activity for the first time, it should be safe, fun, a little challenging and most importantly taught around people they feel comfortable with.

- It is inevitable that individuals have different levels of confidence, skill and determination or competitiveness. When teaching 'Basic Skills' canoeing I have found this to be the case.

- In addition, I have found men on average show more confidence when learning the skill for the first time. Sometimes this can be intimidating for the less confident participants, which generally are women, on these courses.

- Women, especially older women, have led less active sporting lives than men. Generally as children and teenagers they were not encouraged or exposed to sport and adventurous activities as much. Certainly not to the extent men were involved, it seems many were expected to play sport through their young lives.

- Today girls and women are encouraged to pursue sports and recreational activities to their fullest, also there is not as much stigma attached to women competing, or attempting adventure activities, such as canoeing. However there are still some barriers that need to be broken down to allow women to feel more comfortable learning these skills.

- There are still many women who need the initial support and want to be nurtured through the beginning. Hopefully after learning the 'Basic Skills' in canoeing it will enable these women to feel more confident to join mixed groups on an equal footing.

- Two older women on the course said they wanted to learn the skill at their own pace without feeling they had to keep up with men similar to their son's age.

- One young woman admitted she lacked self esteem when it came to learning adventure activities and said she felt less embarrassed 'falling out' of her kayak in front of women.

- Others claimed they thought it would be more supportive and personal, learning in a small group.

- It was felt by the majority of participants that they may not even have taken the step to enrol in this course, had it not been exclusively for women, and so would have missed out on this opportunity.

My aims and objectives were simple. Basically I wanted them to enjoy the two days canoeing, boost their confidence and therefore interest them in pursuing this sport further. The feedback I received Tuesday evening after the course was very positive. Many of the women were keen to join clubs and do a 'Skills Improvement' course on the Goulburn River. One woman expressed interest in tackling the mighty Murray Marathon.

Hopefully through courses like this one, more women will become involved in this great sport. Certainly one way of getting their involvement is through other womens enthusiasm and support.

Maribyrnong River

Mike

After spending the weekend of 21st 22nd April on a safety course based at an almost dry Goulburn River, while it seemed the rest of Victoria was submerged under torrential rain, I could only surmise which rivers would hold their level for an Anzac Day paddle, and hope that the destructive force of the water could be contained by those townships under threat.

Unfortunately the flood damage was immense and after a call to the Bureau of Meteorology, the prospect of good white water within close reach of Melbourne seemed in doubt, the Mitchell River had a reading of 5 metres for Monday and had dropped to 2.8 by Tuesday. What to do?

I'd heard a lot about the Maribyrnong River and its potential for good water after rain, so I made some enquiries. The river level we obtained from the Bureau was 0.52m for the river higher up, at Darrawood, which didn't seem to correspond to anything I'd been able to read about the river.

It seemed you had to go to the start of the white water section and check the level of the water over the weir, just below the Bulla-Sunbury Road bridge. There is a small reserve here from which a trip can start. Last autumn I went to the Reserve at Bulla as instructed, but could not locate a weir, nor could I, by surface turbulence, locate an area where a weir may be submerged, but within 100m of the weir and directly below the road bridge is a river level gauge which read 0.8m on Anzac Day.

I've since been informed to ask for the river levels at Keilor when you phone the Bureau. A minimum level is 0.65m, flood conditions exist from 1.45m.

Now the big question, is the river worth paddling? Yes and no.

Yes, the white water section has a lot of potential, unfortunately 0.8m at Bulla is below minimum paddling level, a level of 1.3 would be more realistic, but for our purposes 0.8 was a scrape, but informative.

We entered below the weir paddled around the corner straight into a mass of tea trees, over grown and choking the river. Even at low levels it is a nasty way to start your descent of the river. I suggest that it would be smarter to put in below this obstacle and avoid any unneeded stress.

You weave your way through tea trees, and I would think with more water, rapids of easy grade 2 for approximately 1/2 hour, before a footbridge across the river appears warning of the first major rapid, a little further downstream. It took us 2 hours to paddle and scrape our way through this section, but as I mentioned before, it was more a fact finding, than pleasure trip.

The rapids in this, the major rapid section, consist of large boulders and narrow chutes, which at high water could form stoppers with quite an appetite for hesitant canoeists. The tea trees didn't seem such a problem in this section, and most rapids had areas below them where, if needed, a group could recover a swimmer, although swimming in such water is not a recommended recreational pastime.

Whilst scouting a rapid I looked down river, and spotted what could have been the small quarry noted as the end of the white water section in the Touring Guide. Unfortunately it was, and we were soon back into bashing our way through tea trees. On the right a little further down stream, is a possible exit point at Loemans Road, it's about a 3/4 km walk up to the top of the ridge and Loemans Road from the river, but cuts off

the last 12km. Anyway we missed it, so people should be on the ball if using Loemans Road as a finish point.

This two hour section would consist of rapids of grade 3 to 4 standard at levels above 1.3 at Bulla, and is an excellent white water playground, if at the end you could easily walk up to Loemans Road and leave. Unfortunately due to signs saying KEEP OUT TRESPASSERS PROSECUTED, and one of the local land owners who we asked for permission to cross his land refusing, this may not be the case.

If anyone has more information as to who owns the land at the Loemans Road exit, and if it is OK for access, could they please let me know.

The last 12 km were very unpleasant, it took me a long time to find a word to describe this section which didn't give it an X rating, the tea trees in areas choked the river so badly as to make it impassable at higher levels. Gum trees had blocked the whole river in other areas, and there was a barbed wire fence across it just to keep you on your toes, then to finish off a not so entertaining 2 hours, you have to paddle the back waters caused by four weirs before reaching the Arundel Road bridge.

Although the rapids would be demanding I feel a real danger lies in the stretch below the major rapids to the top of the first weir, where it would be easy to be swept onto, and pinned against one of the many trees cluttering the narrow river.

Before deciding whether or not the Maribyrnong is worth all the effort, I will have to paddle it at a higher level. It will have to be something special to run on a regular basis, if you have to bash your way through those damn tea trees to Arundel Road each time. The Loemans Road exit would be more favourable, but confirmation of access will be a problem.

DOWNSTREAM

Advanced River Trips

Anyone interested in paddling grade 3 and above? Have you a trip planned this winter or spring, but would like more paddlers? Is your club looking for people to paddle grade 3 and above?

I'd like to start a list to cover all the above, if you would like to be included contact me either at work on 459 4251 or at home on 457 5627.

Mike Higginson

Attention Clubs!!

On the 7th of October the V.B.C.E will be conducting a 'Junior Paddle Power' day. This event will be held below the Ivanhoe-Northcote Canoe Club area, because of its central location and the natural amphitheatre.

We wish to introduce three facets of canoeing on the day, Sprint, Slalom and Canoe Polo.

The aim of this big promotional day will be to attract young people/juniors, from all over Melbourne and Victoria, to try competitive canoeing. Therefore encouraging participants to join a club and continue in an area they enjoy the most.

The original objective of the 'Paddle Power' scheme was to entice juniors to join clubs, however the transition from learning the basics of canoeing to joining a club and competing has not been a common occurrence.

Hopefully this day will encourage some young participants to join a club or to get involved in a facet of canoeing. We have chosen three facets of canoeing because it is not feasible to run any more on the day, plus certain aspects such as Marathon canoeing is similar in its beginnings to Sprint paddling. Wildwater racing often follows on from Slalom canoeing, and Touring is a recreational form of all these competitive facets.

At the moment we need your brilliant ideas for this event and most importantly your support on the day. This could include for example, people from your club helping to coach and officiate on the day. Some equipment, displays and information about your club would also be useful. In addition, we especially need ideas on how country participants can be enticed to this event.

Once again Canoes Plus have generously offered to supply some of the prizes on the day.

I look forward to hearing your response.

Liz Marsh
332 Banyule Road,
Viewbank. 3084.
Ph: (03)459 4251.

Instructors I Need You!

Qualified Instructors or Trainee Instructors are needed for the 'Schools Programme' held Monday to Friday at all different times.

Half a days pay (usually 2 hrs)	\$47.50
Full days pay (usually 4 hrs)	\$95.00

Contact Liz for further details at the V.B.C.E on 459 4251.

COURSES

Instructor Skills Weekends

No 1 - August 11th, 12th No 2 - September 8th, 9th
Are to be held on the Mitchell River slalom rapid, they are aimed at Trainees needing white water experience leading up to assessment, or for Instructors who want to brush up on some of their white water skills - COST \$90.

Instructor Assessment

The Instructors assessment for 1990 will be held over 2 weekends in September. The theory and flat water practical is to be held over the weekend of 15th 16th, and the white water practical on the 29th and 30th.

Advanced Course

To be held at the slalom rapid Mitchell River on the weekend 6th and 7th October, and is the lead up training weekend for the Advanced test, to be held also on the Mitchell River, on Sunday the 21st October - COST \$110.

FEATURE ARTICLE

SEA KAYAKING - by Peter Carter

Peter is an ACF Senior Instructor from South Australia

If there is one thing that distinguishes sea kayaking from paddling on the river it is this; one cannot turn left, paddle three strokes and be on the bank. At sea, one may be literally hours from the nearest landing. That leads to a very different philosophy of paddling and because the sea is a very demanding environment, to specialised craft and interesting techniques.

Regarding safety, it may be summed up in the statement, 'you got yourself into this, you get yourself out of it'. In one word, self-sufficiency.

Sea kayaking is a rapidly developing field with new ideas constantly being tried and endorsed or rejected. There is a range of opinion on many aspects and lively discussion on many questions in the literature. What follows is a reflection of my own idiosyncratic views, firmly held but not necessarily in agreement with what you may read or hear elsewhere, in the books listed at the end for instance.

For South Australia, sea kayaking is an ideal aspect of canoeing since we are without whitewater. We do have some interesting coastline and of course the Lakes and Coorong for which sea boats are most appropriate. There have been some significant expeditions, two circumnavigations of Kangaroo Island, a Port Lincoln to Adelaide crossing, a visit to Althorpe Island, several to the Sir Joseph Banks Group and Backstairs passage crossings are almost commonplace.¹ As well, the entire coast was traversed in 1982 by Paul Caffyn during his circumnavigation.

EQUIPMENT

Boats

You can begin sea kayaking with whatever you have (within limits) but before long you will need to consider a sea boat. Sea kayaks range in length from about 4.5 m to some 5.5 m, the bigger boats often being referred to as expedition kayaks. They must be able to run straight, yet be manoeuvrable, be fast but capacious, stable but responsive, buoyant to rise over waves but unaffected by winds. The requirements are conflicting, and the design of a sea kayak reflects many compromises, some more successful than others. About the only common feature is the deep V sections at bow and stern, usually with some flare at the bow to give lift in waves.

An essential characteristic is a low volume cockpit, so that the boat can be paddled with the cockpit flooded. That's important for safety reasons. For some years, bulkheads have been used, dividing the boat into three (with side bulkheads, five) compartments, with hatches for access for stowing gear. Another way of reducing the cockpit volume is with the integrated cockpit.² Experiment and experience in service has shown that the integrated cockpit is superior, but to date few

manufacturers have been prepared to tackle the different assembly procedures required.

The kayak will always be packed, either with equipment bags or buoyancy. An empty kayak is a kayak at risk.³

Manual pumps were once in vogue to aid rescues, but have proved to be useless when needed most. Electric pumps allow no hands pumping, but carry considerable cost, weight and maintenance penalty. Dinghy self bailers with vortex generators are proving satisfactory in conventional cockpits although of course one cannot sit still and pump. Pumps are not required in integrated cockpit craft, although foot pumps can be used for comfort rather than necessity.

Paddle any kayak downwind and it will tend to wander. With the right technique you can manage to keep straight for a while, but not for the hours a sea journey may take. The problem is caused by the centre of lateral area moving ahead of the centre of gravity, especially when the bow buries.⁴ The usual means of overcoming the problem has been the use of a rudder, *not* for steering, but as a trim surface. The rudder however treats the symptoms, not the cause, and requires a tiller bar or pedals as well, with four control cables. The retractable fin is far more efficient because it moves the centre of lateral area back, restoring balance. It causes minimal drag because it is not turned from side to side, and is always immersed, unlike stern mounted rudders. A fin equipped boat runs straight downwind because it is stable, not because it is being forced into line.

To help keep a firm grip on things an all round deckline is needed, at least 8 mm diameter, secured at intervals and taut. There should be toggles at each end and shock cords for holding charts. The only thing needed on deck is the paddle park. Everything else should be stowed below decks, if it's on deck it may be washed off, and if it isn't it will only get in the way.

The only exceptions are a sail rig in its tube and spare paddle. Some experts advocate the carrying of a conventional paddle split. When you need it most, it's either only half a paddle or has to be assembled.⁵ A single blade paddle or West Greenland storm paddle is ready for use as it is. True, the techniques are a little different, but are worth practising anyway. There's nothing new about single bladed paddles in kayaks, some of the Alaskan and Aleut peoples used nothing else.

Paddle

About the only agreement is that the paddle will be longer than for inland, especially whitewater paddling, partly because more leverage is needed with the longer boat, partly because of the difference in cadence when paddling for long distances. Whether it should be feathered or not, have wide or asymmetric blades, or long narrow Inuit style ones is a matter of argument. Try them all and find what best suits your style.

PFD, Clothing etc.

Just like what everyone else wears/uses although a PFD with pockets is useful. Buy good quality in bright colours and look after it. At first, it will pay to dress too warmly. It's easier to cool off than warm up.

Complexity

Sea kayaking is more hardware oriented than other forms of canoeing. A sea kayak is clearly a more complex craft than a simple inland touring boat, but the complexity makes simpler techniques possible, for rescues for example. However avoid the temptations to add all manner of gimmicks to the boat. The whole thing must work as a coherent unit, and be maintainable on remote beaches.

TECHNIQUE

The essential skills of paddling are the same as those of inland paddling. The main difference is that the forward paddle stroke tends to be rather low, largely to keep the top blade down out of the wind. You will need to develop an easy, relaxed style, remembering that power comes from the body muscles, not those of the arms. Sweep turning is done on the tops of waves, and lean steering (i.e. lean the boat left to turn right, otherwise known as edging) is used wherever possible. Leaning helps increase the effective rocker by lifting the deep V bow and stern.

Bracing and support techniques are obviously important, especially in breaking waves and surf, and they must be instinctive. You will soon learn to lean into wind and wave, and to watch and feel the waves. Although you can begin sea paddling without the ability to roll, you should make it a priority to learn as soon as possible, for your own safety and that of others.

Launching (seal launches are the norm) and landing require timing because of the waves, especially if they are of the dumping kind, or if you are working off rocks.

For landing, wait outside the break and watch. When you understand the pattern, choose a wave and paddle hard on the back of it. On the front of a wave the boat will inevitably broach and you will have little control. It may even loop, spectacular, but not desirable.

Upwind paddling can sometimes be a slog, travelling downwind can be either fun or frustration, depending on skill or conditions. Particularly if you can pick up some waves you will be able to make good speed. When you can feel the stern lifting, apply more power. Ease off when the bow lifts, There's no point in paddling uphill. The key is control and this is where the fin comes into its own.

Keep the group close together, within speaking distance at all times. In heavy conditions the distance will be about the same, although it will now be shouting distance. Too close is to risk collision, but you need to be within reach of everyone at all times.

THE SEA

Weather

As ever the wind is the critical factor. It is essential to have adequate forecasts before setting out. An expedition will have some means of hearing coastal waters forecasts (and will be sceptical of them). Learn the effects of wind on wave, and their combined effects on the way your boat handles.

Tides

Tides in the S.A. gulf are a little odd. The flows can usually be ignored but heights can cause problems on some beaches.⁶ Along the north coast of Kangaroo Island and in Backstairs and Thorny Passages, the flow must be taken into account when planning, tide tables are essential. Where tidal currents are restricted, by narrow channels for example, tide races form. There's a good one near Cape Jervis, and others in Thorny Passage. Overfalls occur where the current crosses reefs and the like, and can be equally interesting.

Waves

Waves normally don't cause problems unless they are breaking. Some of them will have been generated locally, others, the swell, will have travelled thousands of kilometres from storm centres. If there's a strong High around, seas will be slight, except where sea breezes stir things up, while a deep Low will produce heavy seas.

Sea waves obey all the laws of reflection, refraction, diffraction and interference. The odd thing about them is that their speed is related to wavelength, the longer the λ the greater the velocity, so the sea is never regular.⁷ Paddle too close to a cliff with a decent sea running and you may wish you hadn't. When you're looking for landing sites, look in the ends of bays, behind rocky points.

NAVIGATION

Most sea kayaking navigation is really piloting, moving from one landmark to another. Both nautical charts and topographical maps are used, as appropriate. An orienteering compass can be used for sighting, but for long crossings, especially at night, a marine compass mounted well forward is a better choice.

Long crossings are timed so that tidal influence is either minimal or produces known drift that can be allowed for (rather like aerial navigation). Each member of the group takes it in turn, about 15 - 20 minutes at a time to lead, because following the compass requires considerable concentration.

Timers are useful for short crossings and general position fixing. It often pays to keep a log of progress.

Some writers make a big thing of buoy systems.⁸ Follow your nose. For shipping, there exists a whole set of collision regulations, for us the rule is: if it's bigger, faster, or more expensive than a kayak, keep out of its way.

SAFETY

Safety to the sea paddler does not depend on flares, EPIRB's and that sort of thing⁹ (we don't carry them), but on a positive attitude and the correct equipment and skills. The sea paddler must know how to attend to problems with boats and people on the spot. Outside aid can *never* be relied upon. The group (or solo paddler) must be self-sufficient and prepared to give up or turn back if necessary.

Let me give you two examples from my own experience. We were returning from an overnight stay near Cape Willoughby but conditions were much heavier than forecast, 25 km winds

and 2 m seas. One paddler capsized and because it had no bulkheads, the boat was swamped. By the time we had rescued it another boat had a partly flooded stern and could not go upwind. We rafted up and used an improvised sail to make a forced landing in Antechamber Bay. Singularly uncomfortable, but we solved the problem ourselves.

The second involved a flooding bow compartment near Cape du Couedic. It clearly had to be emptied, but the hatch was broken in our attempt to open it. Winding tape round and round the boat to secure the hatch, got us safely back to shore. Again, on the spot, problem solving.

Rescues

There is only one viable rescue for the sea kayak, right the boat, put the paddler back in and go, letting the pump/bailer do the work. Alternatively, put the paddler back into the inverted boat, let him or her do an eskimo rescue, and depart the scene. This variation obviates the need for climbing out of the water and scrambling about on deck.

Should you ever need a conventional rescue for some reason, what we call the wedge rescue, can be used, whereby the capsized boat is righted, contrary to normal practice, and then pulled, not lifted across the rescuers deck. The timing has to be right to reduce the effort and reduce the risk of injury. The shape of the bow will do the lifting and tilting of the boat to one side. When the cockpit is clear of the water it will be empty, and the boat is then pushed back and stabilised for re-entry of the paddler.¹⁰ This rescue can be adapted for the drastic measure of emptying a flooded compartment.

Self rescue is vital for the solo paddler, and valuable for the member of a group. Some writers suggest the use of a paddle float, but consider it has to be unstowed, inflated and attached to the paddle, which must then be secured to the deck. After the paddler is aboard again, it all has to be dismantled and restowed in the conditions which caused the capsize in the first place. The workable method is the re-entry and roll, using the cockpit handrails. It assumes reliable rolling, but requires no extra (and redundant) equipment.

Unfortunately there are still some people who do not believe in minimum volume cockpits, but place their faith in a whole repertoire of lifting rescues, paddle bridges, and that sort of thing, all unworkable outside calm practice sessions, and therefore dangerous. Some writers are even advocating the archaic H rescue for doubles.¹¹ There is only one way; up, in, go.

Equipment

It goes without saying that there will be the appropriate repair and first aid materials aboard and the knowledge to use it correctly.

Communication

A long expedition will have a contact at home who will know the group's plans and will be responsible for all communication with media and authorities. Apart from the group itself only the contact has the right and responsibility to call for assistance. Radio? Did the group miss the scheduled call because they were a few minutes late, because the radio had failed or because the boat carrying it had been lost?

CONCLUSION

As with every complex set of skills, there is no substitute for experience and regular practice. You cannot begin to imagine what it is like to be at sea on a calm starry night or in Force 7, until you have experienced it. Only many hours at sea in the company of experienced people at first, will make all the strokes and other techniques instinctive. There's a lot to see and learn.

There is freedom and reward in sea kayaking. There is also very real discipline.

NOTES

1 The first was in the late 1940s; two Scouts in a PBK. They landed at Cuttlefish Bay and came home on the Karatta.

2 'integrated cockpit' A kayak cockpit in which the seat and bulkheads are combined in one unit and sealed to the deck to form a cockpit which is isolated from the rest of the internal space in the boat. The concept was devised and promoted by Alan Byde, whose initial motivation was to reduce 'fold and hold' accidents in whitewater, but the main application has been in sea kayaks. Examples include Sea Tiger (UK), Nimbus Puffin (Canada), and Voyager (Aust)

3 If you come across a Cleopatra's Needle, you can be sure the owner didn't really want the kayak, or it would have had adequate buoyancy. I'd be tempted to rescue the paddler and leave the boat. It might well be too exhausting and risky to attempt to retrieve it.

4 Which is one reason why the long overhanging Greenland style bow (og Nordcapp and Selkie) is a poor design feature.

5 There is a place for the split paddle, one per group. Set up unfeathered, it can be used by someone with wrist problems.

6 Especially at 03:00

7 Ocean wave studios might well be an application of Chaos Theory.

8 Unless you plan to paddle at night, you have as much need to know about buoys etc. as a hang glider pilot needs to know the ILS procedures for runway 23 at Adelaide Airport. Mind you, you do need to know the area in which you are paddling.

9 All they do is help the bureaucrats pick up the pieces after it's all over.

10 The builder of any kayak which cannot be rescued by this means might be considered criminally liable.

11 Double sea kayaks will become more common. The Aleuts (urged by the Russians) used double (and triple) baidarkas along almost the entire west coast of Nth. America. Very different craft from the doubles of impetuous youth groups.

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PERIODICALS

- Advanced Sea Kayak Newsletter* 7 Miller Close Newport Isle of Wight
(bimonthly)
A British journal with letters and articles from worldwide.
- Sea Canoeing* Tasmanian Sea Canoeing Club P.O. Box 599F Hobart 7001
(quarterly?)
- Sea Kayaker* 1670 Duranleau Street Vancouver BC (quarterly)
A high quality North American publication.

In the next edition of PADDLER we will include an accident report questionnaire which was recently prepared by the A.C.F. Board of Canoe Education. This will enable the 'Board' to compile a comprehensive data base on canoeing accident details. The questionnaire is available now from the VBCE office if anybody specifically requires a copy urgently.

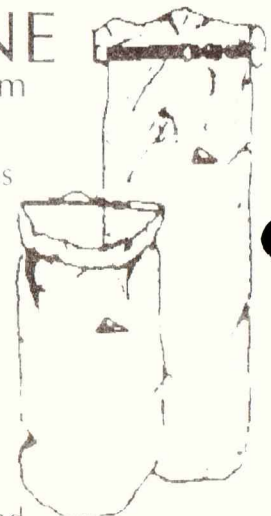
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CALENDAR OF EVENTS

June

1	Canoe Polo Committee AGM	Elizabeth Tunaley	762-1347
2-3	Dragon Boat - Hong Kong Dragon Boat Festival		
3	Touring - Novice Tour Jumping Creek to Warrandyte Yarra River	Rod Jones	723-5117
7	V.B.C.E. AGM - 332 Banyule Road, Viewbank 8 pm	Mike Higginson	459-4251
10	Marathon - VACA Race 3 Geelong	Peter Shorten	(052) 92-260
11	Marathon - VACA Race 4 Footscray	Judy Clarke	311-5226
14	V.A.C.A. Annual General Meeting - Hawthorn Recreation Centre	Christine Matthews	387-7576
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.	E. Stackpole	481-1021

July

1	Marathon - VACA Race 5 Cobram	Ian Docking	(058) 734-450
7	Wildwater - 'Gut Buster' Wildwater Race Homestead Rd Yarra River	Kevin Mansfield	428-6531
8-10	Canoe Polo - Aust. Inter-Club Championships State Swim Ctr	Frank Magee	314-3887
12-14	Canoe Polo - Aust. Interstate Championships	John Pearson	397-2583
13-22	Slalom - Junior World Championships Grisons, Switzerland		
22	Marathon - VACA Race 6 Yarrawonga	Wendy Phillips	(057) 441-879
26	V.A.C.A. Council Meeting - Hawthorn Recreation Centre	Christine Matthews	387-7576
28	Marathon - Essendon Canoe Club Night Race Essendon	Nora Smith	311-3402
28-29	Peregrine Winter Classic Omeo	Peregrine	663-8611
29	Touring - Novice Tour Jumping Creek to Warrandyte Yarra River	Rod Jones	723-5117

August

4-5	Slalom - Double Header Howqua River	Canoes Plus	817-5934
11	Marathon - Victorian Schools Championships Footscray	Dawn Mickelborough	754-4292
12	Marathon - VACA Race 7 City Sherbrooke-Knox	Craig Reece	836-4061
19	Slalom - Yarra River	Outdoor Act. Group	878-1943
18-23	Slalom - Pre-World Slalom Championships		
19	Yarrawonga-Mulwala Ironman Yarrawonga	Wendy Phillips	(057) 441-879
26	Wildwater - Victorian Wildwater Racing Championships King River	Torsten Krebs	419-9237

September

2	Slalom - Yarra Slalom Series Race 3	Andrew Farrance	857-5303
2	Marathon - VACA Race 8 Echuca	Trevor Herbert	(054) 824-515
9	Triathlon - Whitehorse Bush Triathlon Barkly River	Geoff Greenwood	387-7680
15-16	Slalom & Wildwater - Victorian Schools Championships Yarra River	Canoes Plus	817-5934
22-23	Marathon - Victorian Championships Mildura	Dawn Mickelborough	754-4292
22-23	Slalom - Victorian Slalom Championships Mitchell River	Canoes Plus	817-5934
29-01	Slalom & Wildwater - NSW Championships Goobragandra Creek	B. Pallister	(042) 616-739

October

* 6	Marathon - Barwon Mini Geelong Red Cross	Jenny Mayne	848-1653
6	Marathon - Bendigo Cup Bridgewater Bendigo	Tony Misson	(054) 411-170
7	Sprint - Bendigo Cup Bridgewater Bendigo	Tony Misson	(054) 411-170
13-14	Slalom - Mitchell River	Canoes Plus	817-5934
20	Marathon - Echuca Mini Echuca Red Cross	Jenny Mayne	848-1653
28	Wildwater - Race Howqua River or King River **	Michael Wentworth	717-3550

November

3-4	Slalom - NSW Southern Zone Canberra	R. Crick	(062) 30-1454
4	Marathon - Canoe Swan Hill	Sally Bodinnar	(050) 323-189
10	Marathon - Yarra Marra Healesville Red Cross	Jenny Mayne	848-1653
11	Slalom - Yarra Slalom Series Race 4	Richard Macquire	844-3366
11	Marathon - Bridge to Bridge Challenge Geelong	Peter Shorten	(052) 92-260
11	Triathlon - Yarrawonga-Mulwala Yarrawonga	Wendy Phillips	(057) 441-879
11	Touring - Novice Tour Jumping Creek to Warrandyte Yarra River	Rod Jones	723-5117
17-18	Marathon - Goulburn Classic		
18	Wildwater - Races Buffalo or Ovens Rivers **	Warren Elms	850-6156
25	Marathon - Tarwon River Tarwon Lower	Colin Brown	(051) 222-062

December

1	Marathon - Murray 40 Yarrawonga - Cobram	Ian Docking	(058) 734-450
1-2	Slalom - Canoes Plus Slalom Goulburn River	Canoes Plus	817-5934
2	Touring - Novice Tour Jumping Creek to Warrandyte Yarra River	Rod Jones	723-5117
27-31	Marathon - Red Cross Murray Marathon	Jenny Mayne	848-1653

* Tentative date

** Venue must be confirmed

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