

PADDLER



**The Magazine of the Victorian Amateur Canoe Association Inc.
Registered by Australia Post Publication Number VBH 0167 VOLUME 82**



PADDLER

Number 82 - June

Editors

Jill & Tony Prior
1 Byrne Court,
Cheltenham. 3192.

Telephone (03) 583-4260

Advertising/Subscriptions

Contact Editor above

Deadlines for Copy

End February
April
June
August
October
December

Publication Dates

End January
March
May
July
September
November

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

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

Subscriptions

Individual copies \$3.00
Club bulk copies \$2.25

CONTENTS

Letters	1
1991 Australian Marathon Canoe Champs	2
Katherine Canoe Marathon	5
Canoeists Recognized	6
Murray Marathon Made Easy	8
Down the Murrumbidgee	12
Briefly	14
Eildon Triathlon	15
Downriver Racing on the Loddon	16
Russian Rafts	18
Weekend for Women Paddlers	20
The Canoe Factory Cup - 1991	21
1992 Australian Slalom Championships Notice	22
Training Tips for Slalom	23
Victorian Slalom Paddlers to World Champs	24
Association Affairs	28
National Safety Seminar	30
What Does the Yarra Mean to You?	32
Product Information	33
Level One Coaching Course	33
Wildwater Racing May 1991	34
Who's for Canoe-ing?	37
C1-ing and C2-ing Ladies	37
Wildwater Racing Training Camp application form	38
PADDLER Subscription form	39
Classified Ads	39
Vitamins, Minerals & Amino Acids	40
1991 Australian Canoe Polo Champs	42
Marathon Paddling	44
CanoEd	46
Calendar of Events	49

DEADLINE FOR NEXT ISSUE WILL BE JULY 15

FRONT COVER: Val Kalns practices his rolls - Loddon River

Photo: Liz Keily

BACK COVER: Marilyn Dryan from Mt. Isa paddling in last year's Katherine Red Cross Canoe Marathon
Photo: Courtesy of the Northern Territory News

LETTERS

Editor PADDLER

Dear Mr. Prior,

It's been a couple of years since I have attended an Australian Sprint Championship and 1991 at Westlakes was a spectacle. The number of highly dedicated athletes, and world class times in all finals, makes Australia's canoeing future look very bright (gold).

Racing officials should also be commended, having to deal with a poorly buoyed course and no starting pontoons. With so much depending on these close hard fought races, a good fair course is vital. Australia now has so many paddlers doing world class times. Courses and officials should be provided to match or better the standard of our world class competitors.

Whilst I have nothing against people drinking alcohol, I was very disappointed to see one of our National Selectors drinking a stubby in full view of the public, while selectable racing was still in progress. Our National Champions deserve more respect.

Congratulations to all athletes who were selected for both junior and senior teams. Canoeists should realise that not all selected paddlers and coaches will receive Australian Olympic Federation (AOF) funding. In particular, Australia's only World Championship winning and Internationally respected coach was excluded from any AOF funding. There needs to be a closer scrutiny and possibly a review of AOF funding guidelines. Lack of AOF funding in these areas will jeopardize the performance of our Australian team.

All canoeists should support this review and financially get behind all unsupported members of the Australian team in their efforts to raise the \$10 000. (why so much?)

MARTIN RALPH

Member 1984 Olympic Team.

To the Editor,

We feel the article by Roy Farrance - "Brilliant performances at Australian Sprint Titles", requires comment in a few instances.

(1) Criticizing the use of the entire five days as being too long, we believe is shortsighted. The five days was certainly of benefit to the Open Paddlers and for the first time in a number of years, allowed all ages to contest their Australian Titles. If the people find it boring there is plenty of other things to do in S.A. and no spectator is required to sit there the whole time!

(2) SA lanes are, and always have been, nine metres wide not five metres as stated. We also went to the trouble of having many interstate paddlers paddle the course to make sure it was acceptable.

(3) On the issue of Linda Lehman being disqualified for finishing in the wrong lane on a course that was given the thumbs up by many open paddlers. The ICF rules have to be enforced in all instances. If the rule is superfluous, then we must use the committee process to rewrite it before the next titles.

(4) The incident(s) that occurred in the 10,000 metre event are alleged and as far as I am aware, not the topic of an official enquiry. There was no protest, and it so is not a concern to us.

(5) The issue of wash hanging we believe brings into question the credibility of many officials. Umpires boats were active, did give warnings to people throughout the weekend and did report people when they thought it was necessary. There was no protest from paddlers or officials, but allegations from people standing on the bank whose angle does not put them in the best position to judge. We feel the statement in the article is a slap in the face to our officials, (who were at least prepared to go out there) and brings into play the integrity of our top paddlers who have the right to protest at the time and chose not to.

In SA we are very happy with the Titles in respect of the course layout, officials and competitions. It is a pity that Roy feels he had cause to highlight instances that either had wrong information, or are based on conjecture only. Considering the amount of time he was actually in attendance I find it not surprising.

The magnificent competition at all levels is deserving of praise to all coaches and athletes. Surely housekeeping can be kept to the committee room where it belongs.

Yours sincerely,

J. MURPHY - Chairman Canoe SA-Sprint.

1991 AUSTRALIAN MARATHON CANOE CHAMPS

by Dawn Mickelborough

The Australian Marathon Championships were held over the Easter weekend on the Georges River in New South Wales. They were well attended with a record number of entries and almost every class was constituted.

The organisation was good and the starter made things as easy as possible, given that the power boats seemed to time their 'start' with ours.

The course was quite challenging navigation-wise, as the dredges positioned on the lake changed their anchorage somewhat on the eve of day 1. The portages were easily accessible with plenty of room for paddlers to leave and re-enter the river.

DAY 1

The weather that had been perfect all week prior to the events, chose Saturday to change and the race started in steady rain that continued for about an hour and then, thankfully ceased. The conditions were then perfect - warm, still water that was the proverbial mill pond. That is, until we re-entered the Georges River to encounter the speed boats that the early rain had deterred from participating in our race start.

DAY 2

Was overcast and slightly more unsettled weatherwise. There was a slight 'chop', side currents were encountered on Chipping-Norton Lake and once again the armada of power boats to finish off.

The racing over the two days provided some very close finishes as can be seen from the results. The mens K1 had a margin of just 40 seconds separating the first five and the mens K2 with just one second between first and second and twelve seconds separating third and fifth. In the

mens TK1, 22 seconds separated first and third.

The Junior boys K1 and K2 classes were well contested but only six Junior and Intermediate-Junior girls competed.

The Ladies K2 event had four boats competing - last year this class was not constituted.

Veteran classes were also well contested. It was great for me to paddle in a field of eight VLTK1-45. In past championships there have been just two ladies competing in this class.

The Presentation Dinner was well attended. Chris Cunliffe-Jones spoke of Brisbane's progress towards the staging of the forthcoming World Championships in October 1992. Helen Brownlee also spoke on the Championships, and of the commitment required from all involved with canoeing to make them a success. The successful paddlers were then presented with their medals.

The Dr. Frank Whitebrook Trophy for the most successful team performance was won by Victoria, as was the trophy for the racing classes.

The John Jacoby Scholarship for the best performance by a Victorian junior at the Australian Championships was won by Doug Parkinson from Mildura Canoe Club.

The Coulthard family of N.S.W. have donated a perpetual trophy in memory of their husband and father, for the best Intermediate Junior performance. The winner of this award was Jamie Tarrant, also from Mildura Canoe Club.

The Australian Marathon Team for 1991 was then announced. The team will contest the World Cup and

participate at a regatta in France and a Grand Prix event as follows:

September 21/22 France/Avollom

September 28/29 Kreuzberg/Berlin
(World Cup Event)

October 5 Bratislava/Czech
(Grand Prix Event)

THE AUSTRALIAN TEAM IS:

LK1	Denise Cooper	Qld
LK2	Liz Hirschoff/ Amanda Hoy	Vic NSW
K1	Mike Mills-Thom	Vic
K1	Geoff Blanc	WA
K2	Robin Belcher/ Gavin Fraser	Vic Vic
K2	Ramon Anderson/ Damien Waites	WA Qld

The Australian Marathon Championships are to be conducted in Victoria next Easter and with the World Championship Grand Prix to be held in Melbourne on October 18, 1992, we would hope to have the biggest and best Australian Marathon Championship regatta yet in Victoria. As it is to be one of the three selection races for the Australian Team to contest Australia's first World Championship event, competition should be very keen in the racing classes, and we hope, in the other classes also.

As can be seen from the excellent results of Victorian paddlers at the Australians, marathon racing is in a very healthy position in our State.

1991 Australian Marathon Canoe Champs (cont'd)

DAY ONE

K1 (32 starters)

John Jacoby	Vic	2.52.05
Ramon Anderson	W.A.	2.52.08
Mike Mills-Thom	Vic	2.52.16

LK1 (9)

Jane Hall	NSW	3.17.12
Liz Harvey	Qld	3.30.55
Christine Berben	NZ	3.31.15

JK1 (12)

Andrew Stimpson	NSW	2.07.24
Alex Pawlow	NSW	2.07.25
Stewart Kemp	NSW	2.08.30

LJK1 (3)

Johanne Kemp	NSW	2.31.08
Brei Meek	Vic	2.40.17
Jodie Malcolm	NSW	2.50.54

V35K1 (12)

Paul Genovesi	WA	3.07.11
David Harrison	NSW	3.12.01
John Pawlow	NSW	3.13.11

V45K1 (10)

Murray Rantall	Vic	2.06.41
Len Turner	NSW	2.11.31
Glyn Crook	NSW	2.11.44

C1 (6)

Kevin Phillips	Vic	3.39.42
Tony Bond	Vic	3.52.27
Tony Barthelson	ACT	3.57.30

TK1 (13)

Timothy Bates	Vic	2.17.15
David Owen	Vic	2.17.24
Russell O'Toole	Vic	2.17.37

V35TK1 (18)

Donald Pocock	Vic	2.21.58
Murray Donaldson	Vic	2.22.07
Peter Raward	NSW	2.22.13

V45TK1 (9)

Brian Graber	NSW	2.21.14
Frank Brandon	NSW	2.29.04
Eugene Mangan	Vic	2.30.14

V55TK1 (5)

Arthur Salaris	NSW	2.27.48
Ted Foster	NSW	2.28.14
David Roberts	NSW	2.35.18

LTK1 (4)

Michelle Smith	Vic	2.45.38
Glenys Lampard	Vic	2.49.51
Davina Jackson	Vic	2.54.18

LV45TK1 (8)

Gail Austen	Qld	2.49.50
Sallyanne Gardner	Qld	2.51.09
Dawn Mickelborough	Vic	2.51.34

TC1 (3)

Neville Carr	NSW	2.36.15
Ross Woods	NSW	2.45.26
Peter Cole	Vic	2.50.49

V45TC1 (5)

David Stanmore	NSW	2.38.36
Don Tomlinson	NSW	2.48.52
Cliff Barrett	Vic	2.51.16

Intermediate Junior K2 (3)

Jamie Tarrant/Jason Haby	Vic	0.49.27
Julia Rich/Warren Wilson	NSW	0.51.42
Marcus Cooper/Michael Honor	NSW	0.53.23

Michell Smith & Geoff Thomson competing in the MXTK2

Photo: Don Pocock



DAY TWO

K2 (17)

Ramon Anderson/Damien Waites	WA/Qld	2.44.05
John Jacoby/Mike Mills-Thom	Vic	2.44.06
Gavin Fraser/Robin Belcher	Vic	2.45.34

LK2 (4)

Liz Harvey/Denise Cooper	Qld	3.07.34
Jane Hall/Amanda Hoy	NSW	3.11.40
Liz Hirschoff/Danielle Bridger	Vic	3.18.21

JK2 (6)

Alex Pawlow/Andrew Stimpson	NSW	1.59.13
Stewart Kemp/Greg Prosser	NSW	2.01.00
Ben Laidlaw/Mark Alderson	Qld/WA	2.02.27

V35K2 (4)

Paul Genovesi/John Elgin	WA	2.56.59
Jeremy Alderson/Robert Roll	WA	2.58.59
Peter Tedesco/Jorg Listbbrgbe	NSW	dnf

1991 Australian Marathon Canoe Champs (cont'd)

V45K2 (3)

Donald Buchanan/Barry Lumsden	WA/Qld	2.02.47
Brian O'Sullivan/Glyn Crook	NSW	2.03.53
Henry Dickmann/Brian Dorsman	NSW	2.06.26

C2 (5)

Kevin Phillips/Craig Bridger	Vic	3.23.15
Mark Honor/Gary Coulthart	NSW	3.29.25
Graham Hills/Alan Pierson	NSW	3.29.26

TK2 (8)

Timothy Bates/Russell O'Toole	Vic	2.04.59
Murray Rantall/David Owen	Vic	2.05.05
Nigel Larkin/Gary Williams	NSW	2.10.34

V35TK2 (5)

Murray Donaldson/David Renton	Vic	2.08.00
Graham Voss/John Halstead	SA	2.08.04
Graeme Beale/Robert Schram	Vic	2.10.18

V45TK2 (4)

Andrew Mangan/Chris LeDieu	Vic	2.12.08
Eugene Mangan/John Lidstone	Vic	2.12.18
Ted Jackson/Ron Blum	Qld	2.20.25

LV45TK2 (3)

Gail Austen/Sallyanne Gardner	Qld	2.25.34
Dawn Mickelborough/Bette Neal	Vic	2.30.20
Ann Marley/Wendy McLean	Vic/NSW	2.51.47

MXTK2 (6)

Davina Jackson/Rod Seymour	Vic	2.12.39
Glenys Lampard/Graeme Smith	Vic	2.12.44
Michelle Smith/Geoff Thomson	Vic	2.15.05

MXV35TK2 (4)

Merrill & Tony Meek	Vic	2.14.01
Barbara Veit/Kevin Thomas	Vic	2.21.05
Valerie Michel/Neil McDonald	NT	2.29.19

MXV45TK2 (3)

Elaine & Arthur Salaris	NSW	2.26.19
Jill & Laurie Ward	NSW	2.29.45
Dawn & Len Farnham	NSW	2.36.06

TC2 (3)

Peter Cole/Chris Craig	Vic	2.29.38
Don Tomlinson/Craig Humbley	NSW	2.30.48
Greg & Cliff Barrett	Vic	2.33.18

V35TC2 (3)

Neville Carr/ Ross Woods	NSW	2.27.53
Derek Stevens/ Don Gomer	SA	2.36.49
Florence & Ray Lucas	NSW	2.44.30

Intermediate JK1 (7)

Jamie Tarrant	Vic	0.51.04
Warren Wilson	NSW	0.55.19
Jason Haby	Vic	0.56.18

Foreground: Kevin Phillips & Craig Bridger competing in Mens C2 Photo: Don Pocock



KATHERINE CANOE MARATHON

by Katherine Red Cross Canoe Marathon

It is a pity that PADDLER did not know of this event for the last edition, so that we could have advertised it in time for Victorian paddlers to give it serious consideration. However after reading this, and hopefully a follow-up story, you will know what you have missed, and be ready for next year.

10TH ANNIVERSARY

1991 is the tenth anniversary of the Red Cross Katherine Canoe Marathon. The organisers are currently exploring new ideas and strategies to make this successful fund raiser for the Northern Territory Red Cross, something special to commemorate a decade of racing.

In 1990 the drought of competitive boats was finally broken with a C class being fielded along with a mixed K2. To a lot of people's disbelief, one rather long K4 from Mt. Isa also competed. Overall fastest time was taken out by local couple Leona and Andrew Boller in a K2, in the time of 7:50.30. It was local river knowledge that enabled them to hold the lead over the fastest TK1 paddler, Clive Sharp from Sydney, who came home in a time of 7:54.26. Despite its less than athletic looking crew, the K4 finished in a reputable time of 8:09.10, taking third place overall.

The Marathon is held over the Queens Birthday weekend. This year, Saturday and Sunday, 8th & 9th June. It is a race that has in the past, attracted both social and competitive paddlers from throughout Australia, offering warm, clear paddling conditions when the southern states are feeling the chill of winter. This year, as part of the celebrations, paddlers such as John Jacoby and Grant Hughes are being invited to strengthen the field of competitive paddlers and to put out a challenge to other southern paddlers.

The race though, is not just for the competitive. There are those who come to take advantage of a race that winds its way along a very scenic river. River conditions vary from long palm fringed water holes by small rocky races with the odd rapid up to grade 2, to pools that narrow to the point where the trees form a canopy above the paddler. There is also the odd fresh water crocodile to be seen, sunning itself along a snag or bank. But they definitely prefer fish to paddlers.

Social paddlers feeling not quite up to the 81 kilometres over two days, can opt for the teams section. A team (minimum 4, maximum 8), paddling Canadians will only have to face a maximum of up to seven kilometres before passing the boat on to another team member.

Juniors are also in for a change. To make them feel more a part of the marathon, they will now race over the two days. They will start at Galloping Jack's (Checkpoint 3), 23 kilometres downstream of the seniors start. This should give juniors finishing times around those of the main field on Day 1. On Day 2, juniors will line up at the King River start with seniors for a 20 kilometre paddle to complete their effort for the marathon.

In 1990 the river level was low, making shooting of the weir, three kilometres from the start, an impossible task. Paddlers were constantly challenged by shallow water and long sandbars. This year the conditions are looking good for a great race. The wet season has brought plenty of rain and the river has remained at a constant high for many weeks, promising to leave behind a good level of water and an interesting course.

For further information regarding the race, contact:

Red Cross Katherine on (089) 723691 - Gillian Pease on (089) 711246 - Bob & Emma Dennis on (089) 721212.

*From front to back, Dave Ferguson, Alan McKinnon, Lawrie Frey & Alan Doyle, competing in last year's race
Photo Courtesy of the Northern Territory News*



CANOEISTS RECOGNIZED

V/LINE SPORTS TRAINING SCHEME

The Minister for Sport and Recreation recently approved cash grants and rail ticket vouchers to developing athletes throughout Rural Victoria under the V/Line Sports Training Scheme administered by his Department in association with V/Line and the Commonwealth Bank.

The successful canoeists are:

Jack Hodge	Buchan	\$600
Andrew Dellar	Stawell	\$400
Peter Cannard	Echuca	\$400
Jamie Tarrant	Mildura	\$300
Doug Parkinson	Mildura	\$300

The V.A.C.A. congratulates these paddlers. It is good to see that their skills are recognized by people outside canoeing.



**COMMONWEALTH
BANK.**

Australia's leading bank.



SPORT AND
RECREATION
VICTORIA

A NEST EGG FOR PETER CANNARD.

The MLC Junior Sports Foundation, jointly funded by MLC Life Ltd, MLC Insurance Ltd and Aust. Funds Management Ltd, known as 'The Nest Egg People' has announced another junior sports scholarship.



The Nest Egg People

Echuca paddler Peter Cannard has been nominated for the MLC Victorian Achiever of the Year award following outstanding performances at both the Victorian and Australian Sprint Canoe championships.

The nomination also recognises Peter's selection in the Australian team which will contest the World Junior Sprint Canoe Championships in Austria in July.

The MLC Junior Sports Foundation is Australia's largest private sponsor of junior sport, funding over 500 of Australia's most promising junior athletes across a range of 34 individual sports.

Members of the \$3.5 million scholarship program include such talented individual athletes as Australian swim champions Hayley Lewis and Kieren Perkins, national high jump champion Tim Forsyth and Commonwealth gold medal winning gymnasts Monique Allen and Kylie Shadbolt.

Nominations for the Achiever of the Year award in each state are made after a review of performances by all scholarship holders in the previous month. Cannard is the eighth Victorian nomination in this inaugural year of the Achiever award.

Peter won the under 18 K1 500 metre event at the Victorian Championships at Carrum, and also took silver medals in the K1 1000 metres, the K2 500 metres and the K2 1000 metres.

At the Australian Championships on Adelaide's Westlakes in March, he reached the finals in all his individual events, placing second over the K1 500 metre distance.

He was also a member of the victorious K4 500 metre and 1000 metre teams.

Peter gave up a promising junior swimming career to concentrate on canoeing, having represented Victoria at the ages of 10 and 11.

He began competitive canoeing at the age of 13, and has blossomed under the tutelage of Australian Olympic coach Reg Hatch.

He began full-time training with Hatch in Melbourne in January and is currently working out with another member of the Victorian team at Warrnambool.

Peter completed his VCE at St Patrick's in Ballarat last year and has postponed a biophysics course at Swimburne Institute in order to concentrate on paddling.

He will attend a World Junior Team event selection camp in Sydney in May, and will be striving to earn the nomination for his favourite K1 500 metre event at the World Titles.

As well as yearly cash grants, MLC scholarship holders receive sports clothing and also gain access to elite coach-

Canoeists Recognized (cont'd)

ing and career advice through the MLC sports camp program.

The winner of the Achiever of the Year award in each state will receive a further \$1000 cash grant, and a handsome trophy. Those nominated thus far for the Victorian award are Rohan Robinson, Tim Forsyth and Mark Holcombe (athletics), Toby Haenen (swimming), Dean Pullar (diving), Ross Taylor (snow skiing) and Daniela Di Toro (disabled sports).

AWARD OF MERIT TO VICTORIANS.

Four Victorian canoe polo players were part of an Australian Team who were recently presented with canoeing's most prestigious award.

The award was initiated by team coach Jon Smith and marked an exceptional series of games played across New Zealand in the spring of 1990. A series where the Australian team won every competition they entered.

In making the presentations at the Australian Canoe Polo Championships in Brisbane, A.C.F. Vice-President Gary Gardner, OAM, drew attention to the exceptional efforts given by today's top athletes in maintaining their high levels of performance.

Awards of Merit were presented to:

Paul Bramich	Greensborough	VIC
John Coote	Pennant Hills	NSW
John Dolan	Alphington	VIC
Travis Minns(C)	Doncaster	VIC
Mark Morlock	Dover	TAS
Jason Steadman	Fitzroy	VIC

Gary Gardner also presented A.C.F. Coaching Certificates and A.C.F. Referee Badges.

A coach of the only Victorian team to win Gold at the Canoe Polo Championships, Travis Minns, coach of the Victorian Juniors jointly with Lionel Bramich, received his Level 1 A.C.F. Coaching Certificate.

Coaching Certificates were presented to:

Travis Minns (Vic)	Level 1
Phil Doddridge (SA)	Level 2

Australian Referees Badges were presented to:

Helen Slater (SA) & Snowy Wohling (SA).

The Canoeists with their Awards of Merit

Photo: Lionel Bramich



COMPETITION

The Touring Committee of the VACA would like to be able to sell PADDLERS on the riverbank. To do this, they believe that we need good touring stories, similar to those written in overseas magazines.

Therefore they will donate one year's subscription to PADDLER and a copy of the Canoeing Guide to Victoria, to the writer of the best touring article in each edition of PADDLER.

This does not mean that PADDLER will become biased towards the recreation aspect of the sport. We will continue as usual. If we are lucky enough to receive a lot of touring articles, only the best will be printed.

So, come on touros, get behind this competition. Don't be hesitant because you already subscribe to PADDLER and you have a copy of the 'Guide'. You will almost certainly have a friend that will appreciate your gift and you will be doing your part to actively promote canoeing.

MURRAY MARATHON MADE EASY

by Greg Skewes

Each edition of PADDLER for the rest of the year will contain lots of helpful information for potential Murray Marathon paddlers or for those paddlers of past marathons who simply want to improve their performance. Hints to improve techniques will be provided for both canoe and kayak paddlers and a training program will be provided at the end of each article to assist paddlers with their preparation for the big event. By improving technique and general fitness levels, you will find that paddling the Murray Marathon will not only be made easier, but you will decrease the chance of injury. It must be remembered that fitness builds up over a long period of time with regular training sessions.

Each year I see paddlers pass along the Mighty Murray who could go much faster if a little more attention was paid to their paddling technique. Below is a check list which paddlers can go through in order to analyse their paddling style. When commencing a program to improve your technique, it would be best if someone remained on the bank to assess your style. Alternatively, have a more experienced paddler accompany you on a training paddle to give you immediate advice on how to improve your style. It is also helpful if you can assess good technique by watching someone who can be described as an elite paddler. Contact a canoe club and find out when and where some of the really good paddlers train. Go along and have a look at the way it should be done. Take your checklist along to the river to reinforce the points that I make about good technique.

I find that it is easier to concentrate on particular technique matters first. They are listed in order. For the person who has only just taken up paddling, it is advisable that only one area be concentrated on at once.

That is, for example, during the first session you may only concentrate on straightening your arms. In the next session, you may only concentrate on getting your outstretched hands to eye level etc.

EQUIPMENT POINTS

Make sure that your paddle is not too long. If you decide to swap over to a wing paddle, it should generally be a **little shorter** than your conventional paddle. The length of your paddle will largely depend on your strength and you are advised to consult an experienced person on this matter. Generally speaking, kayak paddles are between 216cm and 221cm in length. If you are a canoe paddler, your paddle length will depend on your height. Generally speaking, correct paddle length is determined by holding your arm out horizontal to the water, with the hand grip of your paddle in your palm in your palm, the blade should be just submerged below the water. **Paddle choice is an important matter and it is well worth your while to go to that little bit extra effort to get the right length for the job. After all, you do not want to be 'stuck' with a paddle that is too long and difficult for you to pull through the water, nor do you want a paddle that is too short and not give you the length of stroke desired.**

Your hand placement on the paddle shaft is important. For a kayak paddle, place your hands on the shaft and hold the paddle aloft. You should be able to draw a right angle between your forearm and the shaft. Stick a band of electrical tape on the shaft to act as a marker and help you to always grip the shaft in the appropriate position.

You must trim your boat. This requires you to adjust the position of the seat and footrest in order to

place you in the best position in the boat so that the nose is not too far down or too far up as you push the boat forward. Get an experienced paddler to help you with this. If you are too far forward or too far back, your progress through the water will be inhibited.

TECHNIQUE FOR CANOE AND KAYAK PADDLERS

1. Outstretched Arms

Arms should be outstretched to the point of being straightened. This ensures a nice long stroke for more efficient use of the paddle.

2. Hand Height

Hands need to be at eye height when your arms are outstretched. With your hands in this position, your paddle is in the ideal position for the blade to be placed very close to the edge of the boat.

3. Blade Placement

It is important that you place your paddle blade as close as possible to the boat in order to gain maximum leverage against the water. Try taping plastic straws to the edge of the boat with about two centimetres overhanging the edge. Aim to hit the straw when making each stroke.

4. Hand and Arm Travel

Your hands should block out your view of the nose of the boat so that you cannot see the tip of the craft. By checking to see that this is the case, ensures that your hands and arms are not swinging across the boat. This promotes efficiency of energy and time in stroke making, for it means that you do not have to bring your blade that extra distance across the boat before placing it in the water. This is a common problem amongst a lot of marathon paddlers.

5. Stroke Length

The paddle blade should be pulled all the way through to the hip, before it starts to come out of the water. Once again, the emphasis is on a long stroke to enable the boat to run, so it is important that the blade goes into the water as far forward as possible. (past your toes) Make sure that you do not start to pull forward before placing the blade in the water.

6. Elbow Height and Use

It is important to realise that your elbow uplifts to pull the blade out of the water. Your elbow lifts the blade out of the water and should be at shoulder height and in line with your wrist, before it comes forward to make the next stroke. By using your elbow in this way, quite a lot of pressure is taken off the forearms. By keeping your elbow and wrist in line as you come forward, ensures that you do not 'sky' your hands and reduce the efficiency of your stroke making.

7. Footplate

Your knees should be bent when you are in the sitting position and should allow you to press hard against the footplate. As you commence to pull the blade through the water, you should simultaneously push against the footplate. This gives you more balance and power with each stroke. Footplate use also steadies your lower body and assists with obtaining maximum body twist.

8. Body Twist

Your progress through the water will be that much easier if you think of your torso as a steel rod with your arms as a stick which crosses the rod. By only twisting the steel rod it is possible to propel yourself through the water. It is the turning of your body that propels the canoe or kayak. Most of your power should come from your body twist, for your torso is where most of your muscle structure is housed. A much smaller proportion of power should come from your arms as the muscles here are so much smaller.

9. Blade Entry

Your blade should have a smooth entry into the water without splashing. The blade should be placed into the water rather than being hit into the water. For canoe paddles, the blade enters the water in a vertical position whereas this is not entirely possible with kayak paddles.

TWO MONTH PROGRAM

To start with, it is crucial that you develop good technique in order to go faster with the minimum effort. Good technique also reduces the chances of injury as your body is not having to work as hard to produce the same outcome. This is even more important when one may also have to battle the odd windy day when the going becomes a little more strenuous.

1. Stretching - Get into the habit of completing these three exercises prior to commencing training to improve flexibility and reduce the chances of injury.

a. Right hand over shoulder to top of spine - left hand pulling down on right elbow to apply pressure to shoulder and upper arm (triceps) - hold for 15 seconds, repeat three times. Change sides and repeat three times.

b. Leaning forward against a wall - lower hips downward as you bend your knees a little, push bottom in to apply pressure to calves/achilles tendon - hold for 15 seconds, repeat three times.

c. Squat down with palms on the ground and forearms facing forwards - gradually lean back, keeping palms on the ground, applying pressure to forearm - hold for 15 seconds, repeat three times.

2. Concentrate on one of the above listed points each time you go out. The easier areas to work on for the less experienced or learner are placed near the top of the nine point list. Go to another coaching point

when you feel competent enough to proceed.

PROGRAM

WEEK 1

Remember to do the stretching exercises before each day's session.

Monday

Paddle for an hour, simply making sure that your arms are straight. If you are happy with the way you are going, you can aim for hand height at the same time. Try to get someone to have a quick look at you to check these areas.

Wednesday

Spend the first 15 minutes reviewing your outstretched arms and hand level or simply work again on Monday's points for the entire hour long session.

Friday

Go for a run - If you have not done much running, you may start off with brisk walking and ease your way into it. Aim to run three kilometres within a month and six kilometres within two months. If you are a regular jogger, you may aim to run at a brisk pace for 40 minutes.

Saturday

An hour long paddle, making sure that the blade is placed close to the side of the boat. Use straws taped to the edge of the boat. Aim to hit the straw with each stroke. (have two centimetres overhanging the edge of the boat)

Sunday

Spend 15 minutes on checking arms, hand height and blade placement. If you feel that these areas are going well, advance to arm/hand travel, making sure that your hands are blocking out your view of the nose of the boat as you punch your hand forward.

WEEK 2

Same as week 1.

WEEK 3

Monday

Concentrate on stroke length, remembering that a long stroke is much more efficient means of propulsion.

Wednesday

Spend 15 minutes on reinforcing your stroke length. Work on getting those elbows up to extract the blade from the water. Remember that the elbow must reach the height of your shoulder before coming forward to make the next stroke.

Thursday

Check elbow height for the entire session. Make certain that your wrist comes through at the same level as your elbow.

Friday

Jog/brisk walk.

Saturday

Spend half the session on elbow height (ie extracting blade by lifting elbow). Spend the other half by

checking the use of the footplate. Make sure that you push firmly with your foot.

Sunday

Spend half of the session using the foot plate correctly. Run for half an hour.

WEEK 4

The same as week 3.

WEEK 5

Monday, Wednesday

Concentrate on using your body to push the boat through the water. Your shoulder needs to swing right around and your bottom will twist on the seat. Try to incorporate your stomach muscles in your effort to propel the boat.

Friday

Run for 40 minutes.

Saturday

Make sure that the blade enters the

water without making a splash. Work on this for the entire session.

Sunday

As for Saturday, and run for 30 minutes.

WEEKS 6/7/8.

As for weeks 1/4/5.

Try to paddle at least 4 x 1 hour. If you are a beginner, simply concentrate on technique and enjoy going through the water. If you think that your technique is good, have an experienced paddler check your style.

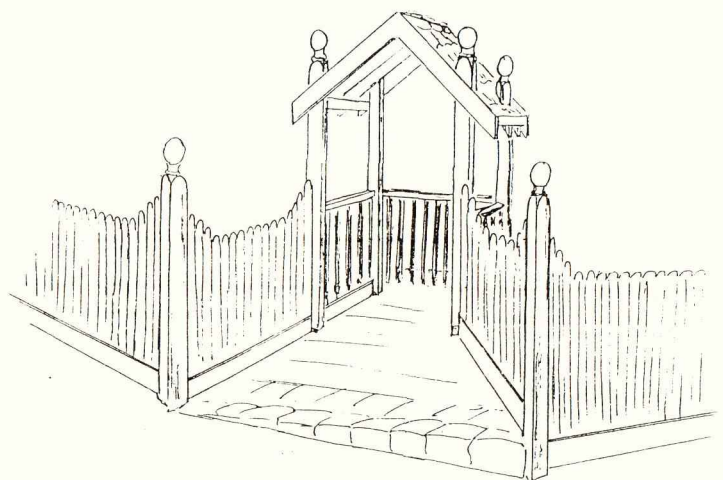
If you are really serious about paddling in the next Murray Marathon and you are not a member of a club, you should join one and compete in the current series of events conducted by the V.A.C.A. Marathon Committee.

Look for the next program in PADDLER volume 83.

Rod Jones

*Maker of Quality Picket Fences
& other Speciality Fencing*

Tel: 723 5117



(Rod is Chairman of the VACA Touring C'tee)

WHITEHORSE CANOE CLUB INC., OUTSPORTS and SUBARU
present



THE WHITEHORSE BUSH TRIATHLON

SUNDAY SEPTEMBER 8th

Sponsored by



SUBARU



OUTSPORTS

The Complete Wilderness Centres

- 15km WHITEWATER CANOEING
- 30km MOUNTAIN ROAD CYCLING
- 8km CROSS-COUNTRY RUNNING

Along a scenic route by the Barkly and MacAlister River valleys Licola, Victoria.
QUALITY PRIZES. Spot prizes for unplaced competitors.

INDIVIDUAL MARATHON (*men*)

INDIVIDUAL MARATHON (*women*)

or,

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

OPEN MARATHON (*two persons, male or mixed*)

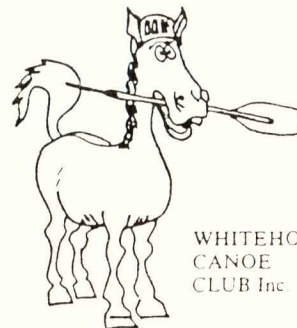
WOMEN'S MARATHON (*two women*)

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*)

VETERANS TEAM (*3 to 6 persons, 40yrs +, any sex*)



WHITEHORSE
CANOE
CLUB Inc.

Entry forms from

OUTSPORTS
36 Young Street,
FRANKSTON, 3199
Ph. (03) 783 2079

OUTSPORTS
340 B Hawthorn Road,
CAULFIELD, 3162
Ph. (03) 523 5727

Or call WHITEHORSE CANOE CLUB Inc. (A.H) ON
THE NUMBERS BELOW

(03) 795 8054,
(03) 877 1291,
(03) 571 3610.

DOWN THE MURRUMBIDGEE

by Chris Bellamy - Canberra

Under the old timber road bridge at Gundagai, eight Canberra bushwalkers launched their kayaks and canoes on Australia Day weekend 1991, heading for Wagga 110 kilometres downstream. We had all met up the night before at base camp, the Gundagai Caravan Park, next to the old Princes Bridge. Some of us were even lucky enough to score some Murray Cod before the cook took it off the menu on Friday night at the Niagra Cafe in the main street. That was as close as we got to the Murray Cod for the whole trip.

The weather was fine and cool as we picked up speed, soon passing under the new Sheehans Bridge, the second longest in N.S.W., and said good-bye to the Hume Highway motor traffic, heading for Mundarlo Bridge, 40 kilometres downstream. Soon Shirley was listing off the birds as they called to us from the bank or darted over our heads, flitting from red gum to red gum. Not far above Gundagai, the water from Burrinjuck combined with big releases from Blowering into the Tumut, made for a wide strongly flowing river where we had put in, and in the confines of the valleys we paddled through on the first day, most paddlers were concentrating hard on the turns.

Lunch on the first day was enjoyed next to some islands on a sharp bend on the river. Whilst enjoying our hot tea and sandwiches, we felt the ground move from a nearby explosion. The source was soon revealed when we paddled past some of the local lads on a nearby island, they were into some illegal fishing as well as doing a little target practice on the local parrots.

Such was our speed that we had afternoon tea at Mundarlo Bridge, where we met up with our cars again and Doreen, our chauffeuse for the trip. We stayed the second night

also at Gundagai, where we were able to explore the delights of the town after dining well at the Criterion. A visit to the display at Princes Bridge is well worth while, but you need twenty minutes to walk across the bridge. The riverside caravan park attracts a wide range of campers and during our stay we met an Indian family, an American cyclist determined to ride the Nullabor in summer heat and a German couple. Beware the road bridge end of the park, the local kids like to rendezvous under it for a midnight soiree. Best camp at the other end next to the memorial to Sturts passing through Gundagai on 30 November 1829, on his pioneering trip down the Murrumbidgee.

The second day saw us back at the Mundarlo Bridge and soon we were winding our way around the bends on a wide, slower river but with more islands to pass left or right. For morning tea, we met up with Doreen again at Sandy Beach, near Wantabadgery, Sturt's base camp. Enjoying our morning tea, Shirley pointed out a family of rainbow bee eaters and a beautiful adolescent kingfisher sitting above us.

We lunched at a reserve near Chinamens Bend and had a picnic table to sit around. Fred was able to catch up on the latest in the tennis and cricket scores with the aid of yesterdays paper which other campers had left behind. A strong southerly wind alternated between being a head wind and a tail wind as we paddled on to Oura Beach, where we again met up with Doreen, after paddling 45 kilometres, our longest day. Oura has a lovely public reserve. With the cool weather, we enjoyed a nice camp fire that night, having watched the setting sun and witnessed hundreds of cockatoos enjoying a drink from the river around the island across from us. As with the previous morning, we

were woken at 6am by great flocks of galahs and cockatoos flying in for an early drink.

Monday found us paddling on a still wider, slower river with even more islands to paddle around, heading for Wagga 25 kilometres downstream. Fred and Rollo 'led' the party through the odd tricky turn as we wended our way through the islands. Near Gumly Gumly most of us had morning tea under some magnificent mighty red gums whilst Mike and Annette squeezed in a quick visit to Uncle Bob's place on the other side of the river. We lunched at Orange Tree Point, just upstream of Wagga. Paddling into Wagga we encountered our first bridges since Mundarlo. The sound of trains hooting as they crossed the railway bridge around the bend, sounded strange to us paddling past a world of red gums and willows, perhaps reminiscent of paddle streamers of old as they pushed on up to Gundagai, their eastern terminus on the Murrumbidgee.

Our entrance into Wagga was not what I had expected, as normally big towns mean much visible pollution. As we paddled into the city, I was surprised to come upon one church spire and then another, poking up above the red gums and willows. I got a good photo of wood ducks on a grassy point, with a tree shrouded church spire behind them on the other side of the river. Then the Wagga beach hove into view on the left hand side, with grassy banks, a sandy beach, beach cricket in progress, girls in bikinis, etc.

Soon the boats were on the cars, ready to turn for home. Shirley, Leigh and I had to escort the three kayaks stacked across the roof of Adrienne's Mazda. Soon we were cruising at 100 kilometres per hour on the bitumen past khaki paddocks, in sharp contrast to our 7 kilometres

per hour paddling speed on the Murrumbidgee, with its green banks and shady trees.

Morning start at Oura Beach

enjoyed in the summer, with good releases from Burrinjuck.

Photo: Chris Bellamy



If this little adventure tale arouses your interest in paddling the Murrumbidgee, anywhere between its confluence with the Murray and Lake Burrinjuck, the N.S.W. Department of Lands office in Wagga sells a superb set of colour maps, 1:50,000 scale, showing a strip map outline of the river, featuring islands, riverside public reserves etc for \$4 a set.

All of this portion of the Murrumbidgee is flat water, including Lake Burrinjuck itself. One can paddle across Lake Burrinjuck, a distance about 50 kilometres. The best launching place is near Tacmus Bridge, where it starts as a wide expanse. Closer to the dam wall, the paddler passes through several steep, drowned river valleys carved out over the millennia. Negotiating the dam itself is difficult currently due to a reconstruction project. Childowlah, below the dam and easily accessible from the Hume Highway, makes a good launch point. From there to Jugiong, some fast water of grade 2 level can be

Jugiong, a small village boasting one of the oldest pubs in Australia, is where the Murrumbidgee nudges the Hume Highway. From there it broadens out, rolling down a valley, whose landscape must have changed little since the early days of settlement. Road access is good until the Tumut confluence. In the summer, the inflow from the Tumut can double the river flow, with discharges from the Snowy scheme, providing irrigation water to the MIA around Griffith. It is cold too. A vicious whirlpool on a sharp right hand bend midway before reaching Gundagai can make for some excitement before the river surges under the first of Gundagai's three bridges. The Gundagai Caravan Park is on the north bank just past the first bridge. Another launch point can be found on the north bank just below the new Sheehan Bridge where the river passes under the Hume Highway, allowing interstate motorists a minute or two to take in Australia's third biggest river, passing powerfully beneath them.

Between Wagga and Darlington Point, good water flows can be encountered during the summer irrigation season, with Narrandera, 200 kilometres below Wagga, offering a chance to rest and refuel. Darlington Point, 120 kilometres further on, is the last town before Hay, nearly 200 kilometres further downstream. Unfortunately, the weirs near Darlington Point, divert much water for the rice farmers and it can be expected to become slow work from there on. The photos on the N.S.W. Lands Department map of the lower half of the river capture this aspect.

Comparing the Murray to the Murrumbidgee, it seems to me that the Murray more visibly bore the mark of the coming of Europeans. Much of the red gums on the banks of the Murray seem to be regrowth after the paddle steamer era, with few old giants remaining. Whereas along the Murrumbidgee, the giant red gums still provide afternoon shade to ducks and canoeists alike. In my experience, the wildlife to be seen is comparable, but of course varying with proximity to state forests etc. Farmers along the Murrumbidgee seem to have been restrained from ripping out all the riverside red gums, and so the paddler has many birds along the way for company.

BRIEFLY

Helen Brownlee, President of the Australian Canoe Federation, has been elected to the Executive Board of the Australian Olympic Committee. Helen is the first lady to have achieved this status. Helen was successful in a ballot for the position which became vacant when Kevan Gosper retired in November last year.

....

Barcelona Olympics.

The program for the Games includes a total of 257 events in 25 sports. There are 159 events for men, 86 for women and 12 for mixed competition.

There will be 16 events on the canoeing programme. They are:

Sprint.

K1	500m.	K1	1000m.
K2	500m.	K2	1000m.
K4			1000m.
C1	500m.	C1	1000m.
C2	500m.	C2	1000m.
LK1	500m.		
LK2	500m.		
LK4	500m.		

Slalom.

K1, C1, C2, LK1.

....

Novice Tours

The Touring Committee has reported that the tour held on February 10 was the best so far. Leaders from VCC, Templestowe, Patterson Lakes and Kirinari and various club members were present to assist the 30 or so novices who attended. At last it seems that this great scheme has taken off.

Patterson Lakes C.C. has announced that it will be conducting a regular tour on the Yarra on the third Sunday of the month. This is open to all canoeists. The Kirinari paddle on the last Sunday of the month is still being held. This paddle too is open to all comers.

Touring Story Competition

The Touring Committee has now awarded the prizes for the best 'touring' story in PADDLER. The prize for volume 80 was won by Tony Baxter of Patterson Lakes C.C. for the account of his trip on the Snowy and Delegate Rivers. The prize for volume 81 was won by Geza Kovacs for his story titled 'The 'Gates' in Summer?'

The competition is to run for three editions after this. Make sure your story is in the running for a prize, submit it to PADDLER now.

....

Canoe Week

The week commencing 21 October has been declared as Canoe Week this year. Be prepared for a week of canoeing activities. PADDLER will keep you informed as the details are finalized.

....

Want to Practise Rolling?

Patterson Lakes are holding rolling nights on the first Monday of most months, at the Moorabbin pool. They would like some support to help pay for the pool. Contact Lawrie Higgins on (059) 96 3592.

....

A.C.F. Administration Conference.

On the weekend of 10, 11 & 12 May the A.C.F. held an administration conference in Melbourne. Those in attendance were the various State delegates, Chairmen of the A.C.F. Standing Committees and the A.C.F. Executive. The conference was held so that canoeing administrators, Australia wide, would have the opportunity to discuss the major issues in canoeing today, viz:

- Code of Conduct for Paddlers and Officials
- Junior Development

- Media
- Structure of the A.C.F.
- Sponsorship Policy
- 1992 World Marathon Championships
- National Championship Administration
- Drugs in Sport

....

V.A.C.A. Overseas Team Dinner

On Saturday 19 May the V.A.C.A. held a dinner so that the supporters of the Victorian paddlers in Australian teams could wish them well, before the various teams head off overseas. It was not a fund raising function, just a social get together. Unfortunately the idea was conceived only a fortnight before and there was little time for organization. However 75 people turned up and the evening was an enormous success. Dr. Frank Pyke, Director of the V.I.S. and his wife Janet were our special guests and team members from sprint, slalom, junior slalom, marathon and canoe polo were present. If this is a true indication of the camaraderie amongst paddlers at the present moment, then canoeing in Victoria is really on a 'high'. An occasion like this has never been held before and thanks must go to the Farrances for the time and inspiration that they put into the organization.

....

Vicsport Awards for 1991

The V.A.C.A. has nominated the following paddlers for this year's Vicsport Awards:

Governor's Martin Hunter
Kitty McEwan Danielle Woodward
Dame Mary Herring Mia Farrance

The winners will be announced in August.

EILDON TRIATHLON

by Jane Farrance

Again this unique event was eagerly awaited by a lot of Victorian canoeists and many were seen training for the running and cycling legs of the race. It seems strange that so many canoeists are such poor runners, you would imagine that our fit, elite paddlers would be able to run a mere 4.7 kilometres. Yet for many, to cover the distance is a challenge, let alone do it at speed.

The event this year continued to grow with many more entries from outside our normal canoeing competitors. This broad base is excellent to see and the number of DRR boats may hopefully signal a revival of DRR racing in this state. There was a wide range of classes available, both mens and ladies in five age groups and pairs in mens, ladies, and mixed. A teams class was also offered for mens, ladies and juniors. There was an event for everyone and it was good to see several family entries. The Boultons were back again this year on the only tandem bike and daughter Julie won the under 16 years in a very good time. The V.A.C.A. Senior Vice-President was competing in the teams event with his daughters, but Peter thought it was a quadra-thon and added his own leg, the swimming leg. The Copely brothers won the mens pairs. It was pleasing to see a good number of schools entering, perhaps in the future we could have a special class for schools.

The Open Mens was won by Malcolm Steer in the under 19 years class. He has paddled for years with his father Barry and the Explorers Canoe Club. Malcolm is not a competitive paddler, he is a triathlete who definitely knows how to paddle. The next fastest time in the Mens was Paul Beattie, a member of the V.I.S. slalom squad and an Australian team member. Third fastest individual time was posted by David Flockhart, who is well known for his Winter Classic and Summer Classic performances.

The fastest individual lady was Robyn Breame, an ex-sprint paddler who teaches aerobics and works at a gym, a very fit and fast lady. Second was Anne Evans, not yet well known in Australia. Anne, from England, is married to Bob Evans of DRR C2 fame. Anne is very fast and we hope to see her at a lot more of our events.

The organization has improved each year and this year it was excellent, the only criticisms being the delay in announcing the results and some inaccuracies in the final results sheet. Kevin is sure that he can correct these next year for an even better event. Kevin obtained many sponsors for this years event, the major sponsor being Canoes Plus. The other sponsors were Blue Gums Caravan Park, Eildon Waters Holiday Park, Sizzlers Grill, Phillips & Father, Eildon Ice Cream Parlour, Golden Trout Hotel Motel, Eildon Caravan Park, Boulevard Caravan Park, Eildon Parkview Motor Inn, Rubicon Valley Horse Riding, The Canoe Shed and 4 Ways.

It is great to see so much support from the sponsors and it was good to see the participants supporting the sponsors.

The success of this event is so apparent that Peregrine Adventures is interested in running a series of Paddling triathlons next year. They have sent out a questionnaire to all competitors in this year's event, asking if they would like a series and how many races in the series. If you are interested in the idea of a Paddling Triathlon series, contact either Kevin Songberg or Peregrine Adventures.

RESULTS

<u>LADIES</u>		<u>MEN</u>	
Under 16		Under 16	
Julie Boulton	1.51.12	Geoff Veitz	1.18.49
Kimberly Holley	1.52.50	Aaron Martini	1.31.33
Amelia Burgess	1.54.49	Anthony Morris	1.33.35
17 - 19 years		17 - 19 years	
Caroline Veitz	1.33.17	Malcolm Steer	1.14.09
Leah Gilmore	1.41.79	Cameron Morton	1.17.08
Cathy Kesterton	1.42.59	Robert Parry	1.20.43
20 - 29 years		20 - 29 years	
Robyn Breame	1.28.39	Paul Beattie	1.14.47
Louise Aufflick	1.35.11	David Flockhart	1.15.47
Jennifer Hourigan	1.35.43	Andrew McDonald	1.16.33
30 - 39 years		30 - 39 years	
Anne Evans	1.30.23	David Alder	1.18.30
Robyn Galloway	1.36.32	Robert Evans	1.18.55
Victoria Jayde	1.41.57	Torsten Krebs	1.19.59
40 - 49 years		40 - 49 years	
Jane Farrance	1.32.52	Eric Davidson	1.21.39
Cathy Scott	1.58.39	Laurie Morton	1.32.51
		Craig Adams	1.34.32
Pairs Ladies		Pairs Men	
Ratten/Nicol	2.07.54	Copley/Copley	1.27.20
		Rowe/Court	1.31.20
		Patton/Cormack	1.31.24
Pairs Mixed			
Marsh/Pearson	1.22.41		
Hill/Batch	1.38.02		
Savenake/Singleton	1.40.36		
Teams Open			
Steer/Steer/Goold	1.10.27		
Stackpole/Stackpole/Swaboda	1.17.08		
Aitkins/Beagles/Aitkins	1.20.04		
Teams 18 years			
Hogan/Humphrey/Delaney	1.18.15		
Harrowfield/Moir/Carr	1.18.35		
Forbes/Stamp/McConach	1.20.04		

DOWNRIVER RACING ON THE LODDON

by Jenny Hogan

The Canoe Factory Cup race committee had been looking for a new location to help promote paddling in the country area as well as providing a change of scene for regular competitors. The new venue chosen was the Loddon River at Newbridge, thirty minutes from Bendigo.

The weekend of 6th and 7th April was the date for the events. As well as the downriver race, a clinic was conducted the day before to introduce local paddlers to this aspect of the sport. Considering that the clinic and race received fairly good coverage in the local media, the small turn-up of locals was quite disappointing.

However an unexpected bonus from the clinic was that the coach for the day, the ever present Torsten Krebs, used the local knowledge he picked up, to help him win the race, relegating his regular rival, the current Victorian wildwater racing champion Dominic Scarfe, to second place.

Torsten, who is self coached (but looking for an experienced adviser) aspires to represent Australia at the Pre-World Championships in Italy in 1992.

Third was Wayne Thomas, who had just been notified of his selection in the Australian Slalom team to compete at the World Championships at Tacen, Yugoslavia, in June. Wayne uses wildwater racing like many others, for training between slalom competitions.

The womens open downriver racing division was won by local paddler Jenny Hogan, from Liz Keily, who was having her first competitive start after seriously injuring her arm last winter. Third was Jan Taylor who paddled well in a touring boat and was competitive on times despite her disadvantage.

Local knowledge paid off for Bendigo paddler Mick Evans in the mens Touring Boat section. Second was Mark Swoboda, a slalom paddler who has recently moved from the A.C.T. to Melbourne.

First veteran was regular paddling competitor, Valdis Kalns, with the Under 18 competition won by Chris Humfrey, and the victorious downriver C2 team was Ohman and Askew.

The day's events attracted a good turn-up considering that many people were just returning from the Australian Canoe Polo Championships in Queensland, at Easter.

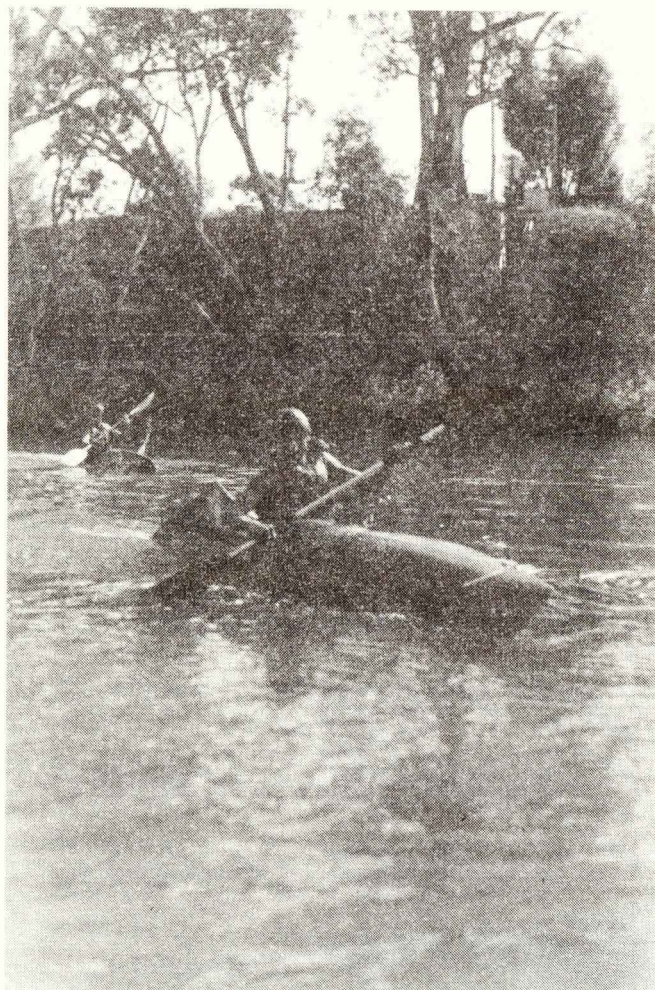
The Loddon has not previously been used for the Canoe Factory Cup competition, but it is one of the few rivers in Victoria with sufficient water for paddling at this time of

the year. The visitors to the area were very impressed with the course, and most will return for next years event at the same location. The local wineries were very pleased to see Torsten Krebs and are hoping he will be appearing on his winery tour in 1992.

After the event, paddlers expressed their appreciation of the hard working time keepers and officials who travelled so far at their own expense to conduct the race. Also thanked were local paddling identities Mick Evans, Ian Shelton, Tony Misson and Jenny Hogan for their organisational efforts. A special mention went to local canoe polo players Andy and Tom Pattison for helping to prepare the course.

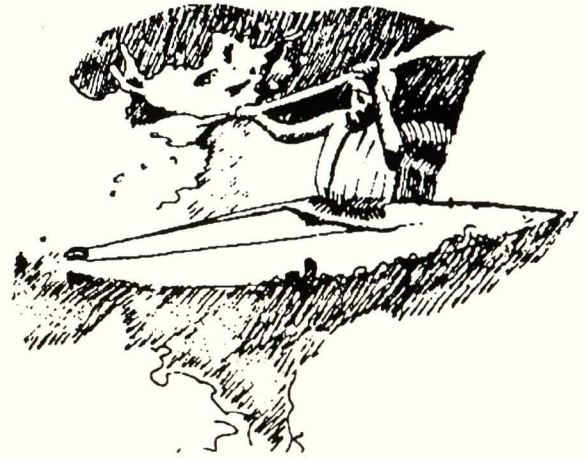
Last but not least, thanks went to Torsten for his time and effort encouraging the local organising committee as well as conducting the coaching clinic.

Torsten Krebs demonstrating the lean for turns
Photo: Liz Keily



OUTSPORTS

The Complete Wilderness Centres



VICTORIA'S KAYAKING CENTRE

PERCEPTION

REFLEX

WAS ~~\$ 740~~

KAYAK

\$ 595

A performance plastic kayak
at a never to be repeated price
only at OUTSPORTS....be quick



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



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

RUSSIAN RAFTS

The information below was taken from an open letter written by Alexandr Statiev of the Moscow Sport Touring Club, 'ORIENT'.

Since the middle of the seventies, the conventional type of raft has ceased to be popular in the Soviet Union. Pneumatic catarrafts and pneumatic float frames have taken their place.

Catarrafts.

In comparison with the conventional raft, catarrafts are more manoeuvrable, more stable, faster and as a result, safer. They are especially effective when passing through stoppers and high breaking waves because the water passes around the pneumatic tubes allowing the raft to rise to the surface more easily.

Depending on the size of the catarraft, the tubes vary in length from 3.5 to 5.5 metres, and in width from 45 to 75 centimetres. A catarraft 5.5 metres long has an overall width of 2.2 metres. The total weight of the tubes and frame, ranges from 45 to 75 kilograms. Their displacement ranges from 1.2 to 2.5 tonnes.

The rafters propel the catarraft with single bladed canoe paddles whilst sitting on seats fastened to the frames. With their knees set against the tubes, their thighs are fastened by ties so that they are securely attached to the catarraft. In contrast to the conventional raft, they are fixed so securely that even the strongest of side waves will not wash them overboard. However, in emergency situations they can easily

Their construction is such that they can be used on any standard of water, grade 1 to 6.

For more information about catarrafts, readers should contact the leader of a German group which rafted the Chatkal River in the USSR in the autumn of 1990.

Toni Alff,
AFRC, Berchtesgadenerstr. 53,
8232 Bayerisch-Gmain, BRD.
Ph: 08651-67627, Fax: 08652-64578.

An alternative contact is the editor of the journal 'Everest':

Franz Riegel,
Balanstr. 12,
D-8000 Munchen 80, BRD.
Phone: 089-4488061

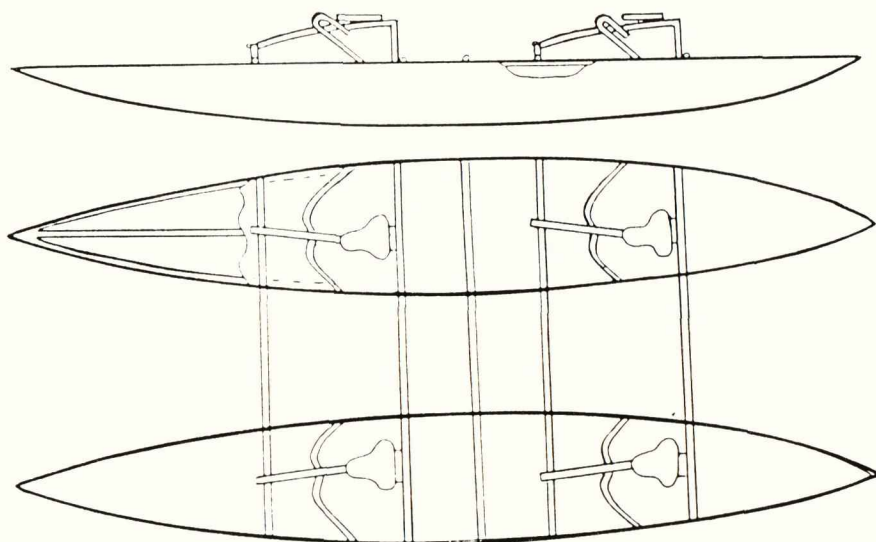
...

Pneumatic Floats.

These craft, which appear similar to a floating pontoon, are also popular in Russia. The float has four, five or six parallel tubes connected together by a lightweight aluminium platform. The tubes, which look like cylinders with rounded ends, are made from the same durable material as those in the catarraft. A typical four tube, small float is 6 metres long and 3.3 metres wide. It has a full length, 2.4 metre wide platform for the crew.

The float is operated by two long oars mounted on its prow and poop. Each oar is controlled by two to four people. The float moves with the speed of the river and can easily cross the current, even through high waves.

It is considered to be an extremely safe vessel and is therefore used for rafting on the most difficult rivers.



The catarraft contains two pneumatic tubes made from a very durable synthetic material. Each tube, resembling the shape of a standard canadian canoe, contains two bladders. A lightweight aluminium frame is mounted across the parallel tubes, to secure and separate them.

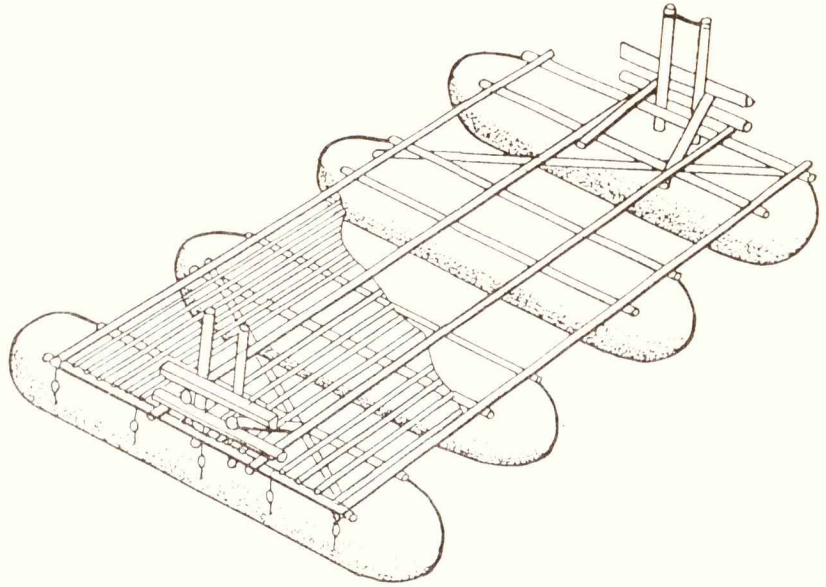
free themselves from these bindings. Because of their different shape, these craft require a technique that is different to that used with kayaks, canoes or conventional rafts.

There are various type of catarrafts to suit crews of two to six members.

Russian Rafts (cont'd)

There are various types of floats with displacements ranging from three to five tonnes, requiring crews of four to ten people. Like the cataraft, float rafts require specific handling techniques.

Catarrafts and floats form separate classes in Soviet rafting rallies. A characteristic feature of both catarafts and floats is their compactness, which makes them easily transported. For commercial rafting on a cataraft, one guide is needed for a crew of four to six paddlers. For a float, two guides are required to assist a crew of eight, ten or more.



TAKE YOUR BOATS & FLY

**Ansett
Australia.**

Competing Interstate or Overseas?
Some of Australia's Best Paddlers
such as

Danielle Woodward, Richard Macquire & Craig Bartlett
book with

**Ansett
Australia.**

ORIENT EXPRESS TRAVEL

to make sure they get there!

For Excellent Service and
SPECIAL prices for Canoeists
contact

**Ansett
Australia.**

**Phil or Claudia
at Orient Express Travel
(03) 663 2777**

**Ansett
Australia.**

359 Exhibition Street, Cnr. Victoria Street, Melbourne

WEEKEND FOR WOMEN PADDLERS

by Ken McMullan



SPORT AND
RECREATION
VICTORIA

A couple of years ago the V.A.C.A. Marathon Committee looked at ways of attracting women paddlers to the sport and to improve the performance of those already participating. Amongst other things, a suggestion was made that women be targeted and encouraged to participate in a program which could teach basic boat handling skills, paddling technique, racing skills and offer general advice on diet, fitness and health.

Yvonne Stansfield, from the Echuca-Moama Canoe Club organised two weekends to do just this at the Dharnya Centre on the Barmah Lakes.

The course was partially funded by the Commonwealth Bank as part of the Commonwealth Bank Sports Scheme, which is aimed at providing assistance to country athletes. This is an annual grant and is administered by the Department of Sport and Recreation.

The first of these weekends, held in August last year, saw the river level rise through the bush to the gates of the centre. In February this year the river level was more normal with the 'Narrow's flowing at their fastest. Both weekends were run along similar lines, with skill and technique sessions run by Mat Coulter, Robin Belcher and Yvonne Stansfield. This was followed up by a video session and an analysis/review session.

Comparison of videos taken during sessions on both weekends show improvement of most paddlers as a result of both the coaching received and their improved training methods. Technique suggestions offered by group leaders appeared to have more effect after video sessions, where paddlers were able to get an

accurate feedback to add to the vision they developed of their own movements. Paddlers benefited from coaching analysis of their own efforts as well as looking at similar analysis of other paddlers. Coaches suggested that paddlers should offer each other advice when they strayed too far from the proper technique.

On each of these weekends, small groups went off with group leaders to cruise through the river and put their new skills into practise. On the second weekend five groups of similar paced paddlers went from just above Picnic Point, through the Narrows to the lakes. The objective was to get each group wash riding and working together to learn the skills needed to do this through a section of fast flowing water. Several paddlers completed their longest trip in this way and showed obvious progression of skill to move from the 'wobble and splash' stage, to be able to handle the swift current of this section of river.

Other sessions included a practical session on stretching and off water fitness training. Another was run with paddlers on benches able to see their own technique reflected in front of them as adjustments were made to arm and body actions. The general discussion in the evenings centred on training programs, interval training and the development of speed. Obviously, this is only an introduction to these areas of development and more work will be needed. Stress was also placed on the idea that paddling may be hard work and competitive at times but it is also fun. The social side of the sport ought not be forgotten.

The biggest improvers from these weekends have been the least experienced paddlers. Several juniors have since shown their improvement and are ready to begin the climb through the ranks to become top

competitors. Even the more experienced paddlers have shown benefit from the intensive work done during these weekends. Liz Hirrschoff has since gained national selection and some of the other girls recognised how much work she is doing and are looking to give her a hard time during the coming season.

Women's paddling appears to have grown in strength over the past few years but it still needs to develop greater depth. By getting women together it is hoped that they can help develop their own role models where paddlers can aspire to the same levels of performance.

Weekends like this must contribute towards the development of this depth as well as offering women the opportunity for a weekend away in an excellent environment where new skills can be developed.

Yvonne intends to set up another of these sessions later in the year. Cooking is organised, catering arranged and good coaching available. Yvonne will bring information through the Marathon Committee. It will be interesting to watch paddler performances over the coming season to see their improvement.

Some junior boys and veterans also attended these weekends.

The V.A.C.A. is extremely grateful to the Commonwealth Bank and the Department of Sport and Recreation for their assistance to the country districts.

**COMMONWEALTH
BANK.**

Australia's leading bank.

THE CANOE FACTORY CUP - 1991

by Bill Reynolds

DOWN RIVER RACE SERIES

This series was initiated by the founder and then President of the Canoe Factory Club, Len Buller.

The aim of this series is to encourage new paddlers into down-river racing, and for this reason most of the water is no more than Grade 1 or 2.

Over the 10 years "The Cup" has been run, a lot of junior paddlers have had their introduction to white water racing. A good number of these people still enjoy competing each year, even though their skills now, are far greater than required for this series.

Points are won for the first 10 places in each class. Medals are awarded to first place only. Medals are only awarded when three or more paddlers compete in the class. To be eligible for the series trophy, paddlers must compete in all five races.

Race 4 was held on the Yarra, starting at Warrandyte Bridge on Sunday May 5, and the final race on the Big River, starting at Chaffeys Creek on Sunday May 26.

For further information on this series contact either:

Club President
Bill Reynolds on 807 2389 or
Club Secretary
Jan Owens on 439 4303

Publication deadlines did not allow us time to publish the results of the last two races in this edition of PADDLER.

Ed.

RACE RESULTS

Class Competitor	Race 1 - Yarra Fitzsimons Lane			Race 2 - Loddon Newbridge			Race 3 - Yarra Homestead Rd.			Total Points
	Time	Place	Points	Time	Place	Points	Time	Place	Points	
<i>Men's Open K1</i>										
Torsten Krebs	20.48	2	9	17.22	1	10	20.42	2	9	28
Dominic Scarfe	20.57	3	8	17.41	2	9	20.22	1	10	27
Wayne Thomas	21.49	5	6	18.30	3	8	21.34	3	8	22
Mick Renshaw	21.43	4	7	DNS	-	-	22.18	4	7	14
Eugene Stackpole	23.01	9	2	19.04	5	6	22.23	5	6	14
Dave Dougan	23.00	8	3	19.34	7	4	23.10	7	4	11
Richard Macquire	19.45	1	10	DNS	-	-	DNS	-	-	10
Andrew Farrance	22.19	7	4	DNS	-	-	23.21	8	3	7
Jeff Stagg	DNS	-	-	18.44	4	7	DNS	-	-	7
Cary Dew	23.34	-	-	20.14	8	3	23.58	9	2	5
A. Waters	DNS	-	-	DNS	-	-	23.03	6	5	5
Warren Elms	22.07	6	5	DNS	-	-	DNS	-	-	5
Tony Misson	DNS	-	-	19.20	6	5	DNS	-	-	5
Bob Parry	25.33	-	-	20.50	7	2	25.35	11	-	2
I. Shelton	DNS	-	-	22.08	10	1	DNS	-	-	1
R. Faichney	DNS	-	-	DNS	-	-	24.36	10	1	1
Bob Doak	23.20	10	1	DNS	-	-	DNS	-	-	1
Ian North-Coombes	DNS	-	-	DNS	-	-	25.52	-	-	-
L. McLaughlan	DNS	-	-	DNS	-	-	26.02	-	-	-
A. Rodwell	DNS	-	-	DNS	-	-	28.12	-	-	-
<i>Men's U/18 K1</i>										
Chris Humfrey	22.36	1	10	19.25	1	10	22.34	1	10	30
Don Coutts	23.07	2	9	DNS	-	-	DNS	-	-	9
Aaron Martini	DNS	-	-	DNS	-	-	25.50	2	9	9
<i>Ladies Open K1</i>										
Jane Farrance	24.37	1	10	DNS	-	-	25.08	2	9	19
Mia Farrance	25.07	2	9	DNS	-	-	25.21	3	8	17
Karen Renshaw	25.55	4	7	DNS	-	-	25.54	4	7	14
Jenny Hourigan	25.21	3	8	DNS	-	-	26.31	5	6	14
Kay Truscot	DNS	-	-	DNS	-	-	25.07	1	10	10
Jenny Hogan	DNS	-	-	22.45	1	10	DNS	-	-	10
Liz Keily	DNS	-	-	24.54	2	9	DNS	-	-	9
J. Taylor	DNS	-	-	26.23	3	8	DNS	-	-	8
Katrina Hartley	29.27	5	6	DNS	-	-	DNS	-	-	6
<i>Veterans</i>										
Val Kalns	24.00	1	10	20.06	1	10	24.16	1	10	30
Max Lismann	26.14	2	9	22.07	2	9	26.30	3	8	26
R. Williamson	DNS	-	-	DNS	-	-	25.51	2	9	9
<i>Men's TK1</i>										
G. Singleton	DNS	-	-	DNS	-	-	28.27	1	10	10
M. Evans	DNS	-	-	23.33	1	10	DNS	-	-	10
S. Crabtree	DNS	-	-	DNS	-	-	31.58	2	9	9
M. Swoboda	DNS	-	-	23.58	2	9	DNS	-	-	9
G. Smith	DNS	-	-	24.33	3	8	DNS	-	-	8
P. Hartley	DNS	-	-	24.55	4	7	DNS	-	-	7
P. Ward	DNS	-	-	28.54	5	6	DNS	-	-	6
<i>Mixed C2</i>										
Clark/Clark	31.03	1	10	DNS	-	-	DNS	-	-	10
<i>Open C2</i>										
Ohman/Asken	DNS	-	-	22.30	1	10	27.37	1	10	20

1992 AUSTRALIAN SLALOM CHAMPIONSHIPS GOULBURN RIVER VICTORIA

THE COURSE AT THE GOULBURN IS DESCRIBED AS "FAST FLOWING" GRADE TWO WATER. THIS MAY NOT SOUND VERY CHALLENGING TO THE BIG WATER PADDLER BUT THE COURSE WILL TEST TWO VERY IMPORTANT SLALOM SKILLS.

1. FITNESS
2. PRECISION ON WHITEWATER GATES.

**SO IN YOUR PREPARATION FOR THESE CHAMPIONSHIPS
DO NOT UNDERESTIMATE THE COURSE.**

IN FOLLOWING ARTICLES WE WILL TRY AND GIVE PADDLERS A FEW TIPS ON HOW TO **PREPARE** FOR THE 1992 AUSTRALIAN SLALOM CHAMPIONSHIPS, SO THAT YOU SURVIVE THE MIGHTY GOULBURN WITHOUT **HAVING A SEVERE LACTIC ACID BUILD**, UP IF YOU ARE A JUNIOR, OR A **MILD CORONARY**, IF YOU ARE ENTERING MASTERS.

TRAINING TIPS FOR SLALOM

FITNESS

The 1992 slalom championships are seven months away. This should give everybody (regardless of current fitness) sufficient time to improve their level of fitness. One problem facing all paddlers is finding time to train, particularly during the cold winter months. It is important to plan out your program so that you are making the most of your training time.

PLANNING YOUR PROGRAM

Month	Type of Training
June	Aerobic
July	Aerobic
August	Aerobic
September	Aerobic/anaerobic
October	Anaerobic
November	Anaerobic
December	Speed
January	Race Preparation

AEROBIC BOAT SESSIONS - without gates.

1. DISTANCE PADDLE (anywhere between 30 - 60 minutes)

2. INTERVAL SESSIONS.

2 x 20 min. Rest = 5 min.

1 x 10 min. / 1 x 15 min. / 1 x 10 min. Rest = 5 min.

3 x 8 min. Rest = 5 min.

5 x 5 min. Rest = 3 min.

1 x 5 min. / 1 x 10 min. / 1 x 15 min. Rest = Work time.

1 x 10 min. / 1 x 8 min. / 1 x 6 min. / 1 x 4 min. Rest = 3 min.

3. FARTLEK SESSION (paddle as you feel)

AEROBIC BOAT SESSIONS - with gates

1. GATE LOOPS

Laps on gates (2 x 10 min. Rest = 5 min.)

2 min. loop with 1 lap hard, 1 lap easy

2 laps hard, 2 laps easy

3 laps hard, 3 laps easy

2. INTERVAL SESSIONS

Any of the interval sessions above can be used, but it is much harder working on gates than paddling in a straight line, so adjust your sessions accordingly.

DON'T FORGET YOUR WARM-UP AND WARM-DOWN.

VICTORIAN SLALOM PADDLERS TO WORLD CHAMPS

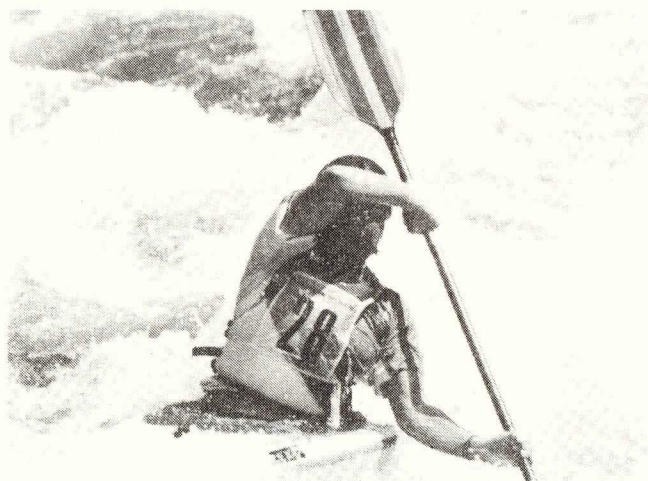


VICTORIAN
INSTITUTE
OF SPORT

Victorian slalom paddlers gratefully acknowledge the support of the Victorian Institute of Sport and the Australian Institute of Sport.

The senior Australian Slalom Team left for Europe at the end of May. The Victorian members of the team, coached by Roy Farrance, will compete at the World Championships in Tacen, Yugoslavia, on June 22-23. They are:

NAME: Danielle Woodward (LK1) AGE: 26
OCCUPATION: Police Officer
BEST RESULT: 4th World Championships 1990
V.I.S. squad member
First paddled at World Championships at Merano in 1982.
Consistent top ten performer at international events.
Most experienced member of team.
Injury has plagued her during 1991, forcing her to miss several major events, with luck this is now in the past.



NAME: Robyn Galloway (LK1) AGE: 30
OCCUPATION: Teacher, Firbank Anglican School
V.I.S. squad member
First competed internationally at Merano in 1982 and has been to every World Championship since.
1991 has been her best yet, winning two major selection events.

NAME: Cathy Kesterton (LK1) AGE: 19
OCCUPATION: Student, Melbourne University
STARTED PADDLING: 1986 at Firbank under the guidance of Robyn Galloway.
First competed in Junior Worlds in Spain, 1988, finishing 21st.
Improving every year and gained good 20th place at Tacen in 1990.



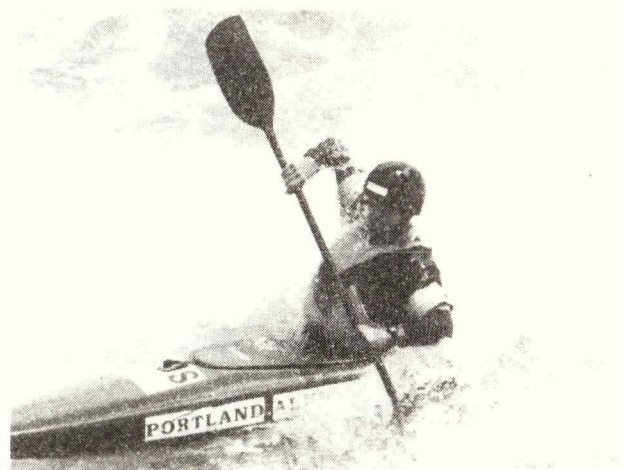
Victorian Slalom Paddlers to World Champs (cont'd)

NAME: Craig Bartlett (C1) AGE: 26
OCCUPATION: Teacher, Ivanhoe Grammar School.
STARTED PADDLING: 1977
BEST RESULT: 9th Worlds 1990
V.I.S. squad member.
Competed in five World Championships since 1983.



NAME: Richard Macquire (K1) AGE: 19
OCCUPATION: Apprentice carpenter
STARTED PADDLING: 1986
BEST RESULT: 18th Worlds 1990
V.I.S. squad member
Competed in six junior or senior World Championships.
First international event 1987 - U.S.A. Nationals, 2nd Junior.

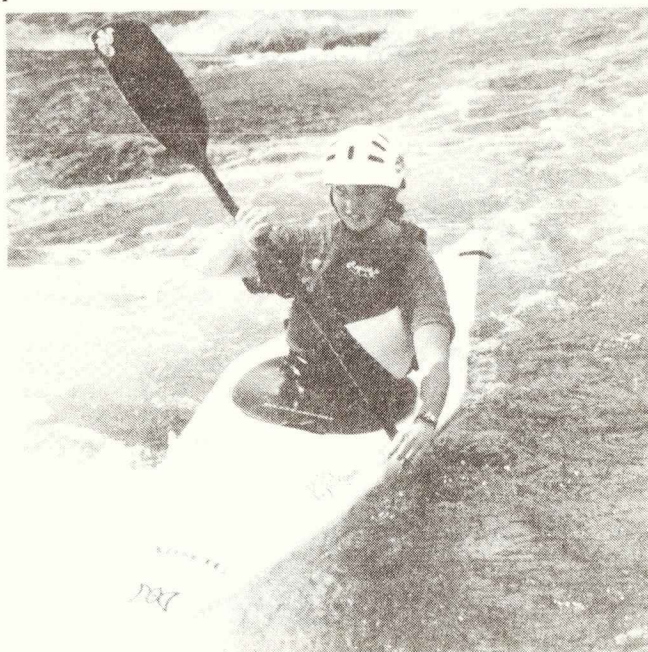
NAME: Paul Beattie (K1) AGE: 26
OCCUPATION: Health & Fitness Instructor, Portland Aluminium
STARTED PADDLING: 1979
BEST RESULT: 20th World Cup event 1989
V.I.S. squad member
Competed in World Championships at Augsburg, Savage & Tacen 1990
First international event, 1981 - 4th in Junior event at Augsburg.



NAME: Wayne Thomas (K1) AGE: 22
OCCUPATION: Trainee Manager, Canoes Plus
STARTED PADDLING: 1984
V.I.S. squad member
Competed in U.S.A. in 1990, best result was 18th.
Best improver in slalom for 1990.
This will be his first World Championship.

The junior slalom team to compete at the junior Pre World Championships in Norway on August 1-3, leave for the U.K. on July 7. The team, coached by Andrew Farrance, will compete in the U.K. and Sweden before going on to Norway. They are:

NAME: Mia Farrance (LK1) AGE: 17
OCCUPATION: Student, Fintona Girls School
STARTED PADDLING: Age 7
Mia is a V.I.S. squad member. She has already competed in five junior or senior World championships. Her best result was fourth in the Junior Worlds in 1989. Her first international event was in U.S.A. in 1987, where she came second in the Junior Ladies U.S.A. Nationals. Injury plagued Mia during 1990 and it still creates problems.



NAME: Aaron Martini (K1) AGE: 15
OCCUPATION: Student, Yarra Valley Anglican School
STARTED PADDLING: Age 10
Aaron is the youngest member of the Australian Junior Slalom Team. He has been improving greatly each year and will gain a lot of experience by travelling overseas this year.

AUSTRALIA'S
TOP SLALOM KAYAK PADDLERS
PADDLE
THE PERCEPTION REFLEX BARCELONA

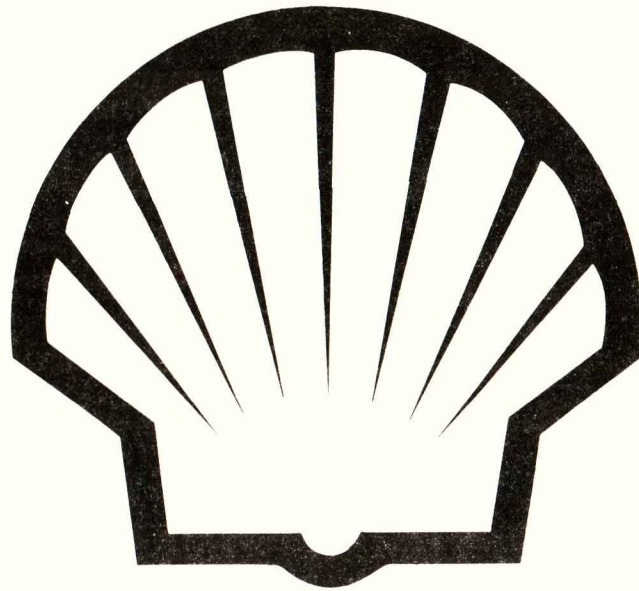
NOW AVAILABLE IN 2 SIZES
- REFLEX BARCELONA FOR OVER 65 KG
- REFLEX BARCELONA ML FOR UP TO 65 KG

AVAILABLE AT

Canoes Plus

140 COTHAM ROAD KEW. TEL: 816 9411 FAX: 817 1820

SHELL



**SHELL PROUDLY SUPPORTING
JUNIOR CANOEING IN VICTORIA
AND SPONSORS OF THE
1991 AUSTRALIAN SCHOOL CHAMPIONSHIPS
GOULBURN RIVER
JANUARY 1992**



The Shell Company of Australia Limited

ASSOCIATION AFFAIRS

SPONSORSHIP AND CANOEING

How often do we hear the plea for more sponsorship for our sport. We have the champions, we have the variety, we have the numbers and we certainly have a spectacular sport. Much to everyone's surprise, we do have sponsors. I know of:

Dept. of Sport and Recreation
Commonwealth Bank
Vic Rail
Victorian Institute of Sport
Shell Australia
M.L.C.
Ansett
Canoes Plus

and possibly many others of which I am unaware.

All of these sponsors help our sport in different ways, some in financing programmes, some in helping individual athletes and some in helping specific disciplines. There are quite possibly other sponsors in various disciplines, about which I know nothing. I am the President of this Association and it concerns me greatly that we may have sponsors, which are not being recognised.

If you are involved in an event which is being sponsored, do you:

- Acknowledge that sponsor in programmes, information leaflets, results and the like.
- Acknowledge that sponsor in articles to PADDLER, newspapers and other magazines etc.
- Involve the sponsor in the event, perhaps invite the sponsor to present the prizes.
- Go out of your way to use that sponsor's products or services, and encourage others to do the same.
- Write to the sponsor at the conclusion of the event, thank them

for their support, and tell them a little about the happenings on the day.

If your answer is 'no' to any one of these points, you are not doing the right thing, and risk losing the support of your sponsor. Remember, sponsorship is a two way deal. Courtesies such as these are not only the task of the administrators. For example, the local Mobil service station and hot bread shop were both sponsoring the Australian Slalom Champs in Queensland this year. There is no prize for guessing where we filled our tank and bought our lunches, and at both places we made sure they knew why we supported their business and how much we appreciated their support.

It is not hard for each canoeist to do these small things. If we all did it, we would provide excellent support to the sponsor and present a strong case for continuing sponsorship.

If your discipline, event or project has a sponsor, let the canoeing fraternity know, submit a short story to PADDLER, and the rest of us will give them the support they deserve.

Jane Farrance.

....

THEY CAN'T BE SERIOUS.

The letter below was written to Sharyn Bojczenko, Secretary of the A.C.F. Sprint Racing Committee by the Secretary of the V.A.C.A. on 30th April. The subject matter is obvious from the letter.

Dear Sharyn,

The Australian Sprint Racing team was recently announced, and in that team, Reg Hatch was listed as the third ranked coach, without A.O.C. support. Victoria believes this to be a grave injustice and requests that

your committee look into this matter, and explain why Reg was given third ranking. If a satisfactory explanation cannot be given, we request that Reg be installed to the position he rightfully deserves.

The facts we base such a request upon are as follows:

1. Reg is by far Australia's most successful coach having:
 - a. Coached several International World Champions.
 - b. Coached Australia's first medal winner in Olympic Games and World Championships for over 20 years.
 - c. Coached Australia's best performed sprint paddlers at the previous two World Championships.
 - d. Coached Australia's multiple World Marathon Champion, John Jacoby.
 - e. Coached and is currently coaching Australia's only Sprint Racing World Champion, Martin Hunter.
2. Reg is a most sought after coach at an international level, with several countries actively trying to lure him away from Australia, however Reg's loyalty to Australia and his paddlers has kept him here, despite minimal help from Australian sources. No other coach is so internationally recognised, yet ignored in his own country.
3. Reg Hatch was the Australian Canoe Federation's nomination to the Australian Coaching Council's 'Best Individual Athlete Coach' award in 1990. Thus the coach the A.C.F. recognises as its top coach, not only in sprint racing, but across all disciplines, is only given third ranking in this year's team, this is illogical and requires explanation.

4. Olympic selection for the coaching positions follows directly from the selected coaches this year. Thus, a third ranking this year makes it almost impossible for Reg to be selected as an Olympic coach next year as he is now placed outside A.O.C. recognition. This will leave our top medal prospect without the coach who has made him among the best in the world, at the most important race of his life. Are we as canoeists, as sports people, serious about helping our top athletes when we can let a situation like this occur? We should be doing everything possible to help our athletes win medals, not making it more difficult for them.

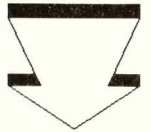
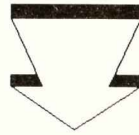
Victoria requests a reply to this letter within 14 days so further action can be considered, prior to the team going away. It is imperative that this problem be resolved immediately, as the future of our best performed athletes could be at stake.

Yours sincerely,
Christine Matthews
V.A.C.A. Secretary.

...

VICTORIAN AMATEUR CANOE ASSOCIATION INC.

The Annual General Meeting of the VACA will be held on June 13, 1991, at the Hawthorn Community Centre, Linda Crescent, Hawthorn, at 8.00 pm. If you took the trouble to read this, then continue reading the next column. Make sure your club has a representative attending. Hopefully we will see you there.



V.A.C.A. ANNUAL GENERAL MEETING

THURSDAY JUNE 13

HAWTHORN COMMUNITY RECREATION CENTRE
LINDA CRESCENT, HAWTHORN
8.00 P.M.

WE NEED YOUR HELP.

The V.A.C.A. is your association and we are in trouble, we need **your help**, not someone else's help, **your help**.

Because we are such a diverse sport we must have administrators in all disciplines as well as a central V.A.C.A. administration. This takes a lot of people, that is why we need **your help**. I know you all help out at events, but if you could just do a little bit more, it would make a huge difference to the few trying to carry the whole load at present.

Your association is about to hold its A.G.M. When? Where?

June 13, 1991
8.00 pm start
Hawthorn Community Centre
Linda Crescent, Hawthorn.

Some of the positions to be filled are:

Delegates to the A.C.F., Vicsport, and Victorian Olympic Council.
Public Officer, Promotions Officer, Property Officer, Safety Officer and PADDLER editor.

In addition to these are the executive positions of Senior Vice-President, Secretary and Treasurer. The Secretary's position now carries a \$2500 honorarium.

If we have a different person for each position, it makes every job easier. Some positions can be shared for an even greater spread of the work load.

No previous experience is necessary, just a bit of interest in the sport and a pair of willing hands. Any problems or questions you have can be answered by just a phone call. So, don't be intimidated by the unknown, come along, join in and give us **your help**.

Some other areas of interest are:

- Conservation
- Sponsorship
- Coaching
- Olympic Games
- Social Activities
- State and National Championships and much more!
- Competition
- Funding
- Junior Development
- Veteran Sport

I'll see you at the A.G.M.

Jane Farrance

NATIONAL SAFETY SEMINAR

by John Wilde

This was run by the N.S.W. Board of Canoe Education with the support of Canberra Grammar School, over three days at Camp Hudson on the Goobragandra River near Tumut.

There were representatives from four States and the A.C.T., with participants representing canoe clubs, state Boards of Canoe Education, Education Department, Army and commercial rafting.

Friday was spent disseminating information from the International Safety Seminar, and testing 15 different designs of canoe and kayak, many only very recently available in Australia. Some of these craft incorporate a variety of new safety features such as platform footrests, keyhole cockpits, broach loops and stronger end loop systems.

Saturday was a 'practical' day with a number of rescue scenarios being devised and rescues being demonstrated and discussed. Much of the ensuing discussion centred on leadership and accident management. Other sessions covered the Victorian Board of Canoe Education rescue courses, the Tasmanian Board of Canoe Education's incorporation of both Canoeing and Rafting Rescue into one body, and the problems of taking over 100 non-English speaking tourists per day down a grade 4-5 river in Northern Queensland.

Sunday was spent mainly on discussion of equipment for white water use, including P.F.D.s, crash hats, throw bags, and safety gear. John Slattery kindly donated a 'Wild Cat' kayak for us to cut up and test our river knives.

As convenor of the seminar, I was pleased with the diversity of the participants, and the interest shown from different areas of Australia. This provided an entertaining and informative three days which makes me feel that we are definitely moving in the right direction. It is hoped that the next seminar will be held in two years time, convened by the Australian representatives to I.S.S. '92.

The full report from the seminar will be available shortly at a cost of \$5 from:

N.S.W. Board of Canoe Education,
P.O.Box 284,
Willoughby N.S.W. 2069.

KAYAK EVALUATION

LA LUGE (Quality Kayaks, N.Z.)

This is another short boat that has recently been introduced into Australia. Of French design, it is produced

under licence in New Zealand. A number of paddlers were able to test this boat at the National Safety Seminar, although the water was only a fast flowing grade 1.

The boat is very bulbous and would probably handle well in big water. The seating position seemed a little uncomfortable compared with other boats, as the paddlers knees are pushed well apart by the deck moulding. It is relatively manoeuvrable, though it's weight seemed to slow it down a little. It still tended to track well in a straight line and has a similar flat water speed to a 'Dancer'. The footrest is of a solid foam style, easily adjustable, and allowing some give upon sudden impact. The area around the knees is given some support with a extra rib, although the strength of this, if put under extreme pressure, is hard to imagine. At a recommended retail price of \$765 it could be a popular boat for the big water, steep creek enthusiast. It could well be described as a poor mans mountain boat, with the ability to be quite popular in the general touring market also.

Length: 3.53 metres
Width: 65 cm
Weight: 21 kilograms.



SEA KAYAKS

Australia's best range!
Eight models including

NEW "SEAFARER DOUBLE"

Q. Craft

canoes and kayaks

For RIVER, LAKE and OCEAN

269 Condamine Street, Manly Vale
NSW 2093 Australia

Tel: (02) 907 9766

WHAT DOES THE YARRA MEAN TO YOU?

by Mike Higginson

To many of us it represents our first memories of being introduced to canoeing, or where the majority of efforts have been put into training. However few people would have any knowledge of the Kulin Nation, the Wurundjeri, which inhabited this area or of their history, which we have quite often taken for granted.

It's history is told through an Aboriginal dreamtime story. A dreamtime story is an event of creation or a story about life in general, that has been passed down orally from one generation to the next, in the form of myths. These dreamtime stories were learnt and observed by everyone as a prerequisite to being accepted as a full member of Wurundjeri Tribe.

Dreamtime stories are very sacred to the Wurundjeri Tribe, thus we are privileged to have the opportunity of hearing this story.

In Victoria "BUNJIL" the eagle hawk made the mountains and the rivers: It was he that created the men and the animals. He taught all the men how to behave on this earth and when he had finished his work he became a star in the sky. The women down there were created by Balayung the bat, the brother of Bunjil.

Once the water of the Yarra was locked in the mountains. This great expanse of water was called Moorool or Great Water. It was so large that the Woiwurong people had very little hunting grounds on the lovely flat which is now Port Phillip Bay. Mo-yarra the head man of the Woiwurong decided to free the country of the water, and cut a channel through the hills in a southerly direction to Western Port. Only a little water followed him, and the path gradually closed up. Water

again covered the land of the Woiwurong.

Sometime later the headman of the tribe was Bar-wool. He remembered Mo-yarra's attempt to free the land and knew that Mo-yarra still lived on the swamps beside Western Port (Koo-wee-rup). Each winter he saw the hilltops covered with the feather-down which Mo-yarra plucked from the water birds sheltering on the swamps.

Bar-wool decided to drain the land. He cut a channel up the valley with his stone axe. But he was stopped by Donna Buangang and his brothers. Then he went westwards, and cut through hills to Warrandyte. There he met Yan-yan, another Mowarong who was busily engaged in cutting a channel for the Plenty River in order to drain Morrang, the place where he lived. They joined forces and the waters of Moorool and Morang became Moorool-bark, "the place where the wide waters were". They continued their work, and reached the Heidelberg-Templestowe Flats, or Warringal, Dingo-jump-up, and then they rested while the waters formed another Moorool.

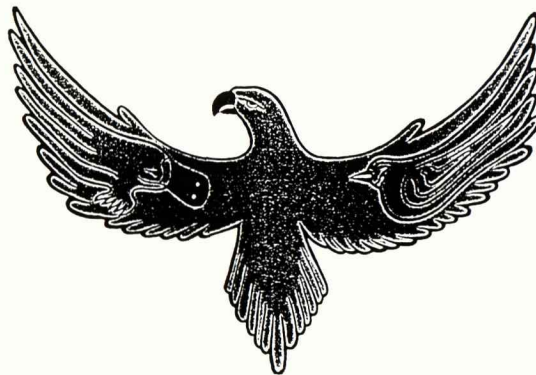
Bar-wool and Yan-yan again set to work, but this time they had to go much slower, because the ground was much harder, and they were using too many stone axes. Between the Darebin and the Merri Creeks they cut a narrow, twisting track, looking for softer ground. At last

they reached Port Phillip. The waters of Moorool and Morang rushed out. The country of the Woiwurong was freed from water; and the flats of Port Phillip formed.

It is through learning about the Aboriginal history of our great river that we have resurrected history of more recent times i.e., the Outward Bound 50 Mile Canoe Race. We have combined the Wurrundjeri dreamtime theme to educate more people on this valuable history, in addition to utilizing this great resource of ours, the Yarra River. What better way than to have an annual canoe race, from the north at Wonga Park to the south, in the heart of Melbourne.

The original O.B.50 was held in 1971 with approximately 10 paddlers, it grew over the years, quite often attracting up to 112 competitors, till the final race which was run in 1983. The race record was set in a time of 5 hours 12 minutes in a down river racing K1. The race, throughout its history, was run by the Outward Bound Association of Victoria.

The race is now to be known as the Bunjil Yarrathon 91. It will start at Homestead Road, Wonga Park and finish at Princess Bridge, Melbourne, a distance of 91 kilometres. There will be many different classes including team classes, to attract paddlers of all levels. This year's race will be run on the 26th October, any enquiries should be directed to Greg Pearson on 890-2415.



PRODUCT INFORMATION

With the colder winter months now upon us, it is time to check out all the important extras that make winter paddling more comfortable.

CAGS

Canoes Plus has a full range of both short and long sleeved waterproof cags with many comfort features. Some of these, are waterproof seams, adjustable neoprene collars, cuffs and waist bands to keep cold water out in even the roughest conditions, and a front pocket. Watch out for a super special deal on popular brand cags, details as yet unknown, however some super low prices will be available by early June.

PADDLE MITTS

For those who suffer from cold numb fingers, paddle mitts are the answer. Easy to wear and even simpler to exit from, when an emergency occurs, yet still providing that important direct grip on the paddle. For cold feet, nothing beats the traditional neoprene boot with hard sole and side zip for ease of putting on and pulling off.

SPRAY COVERS

Spray covers from **Canoes Plus** now come in three cockpit sizes and in a canadian size so we can fit all boats. To make purchasing your spray cover

even easier we have designed a code for combing and waist size.

100 series is the smallest cockpit size. It is suitable for most fibre-glass kayaks and alphas, or a tight fit on Reflex kayaks.

300 series is for the mid-sized cockpit, perfect for Dancers and most plastic kayaks. This size also comes in a double lined model which is ideal for most polo bats and is tough enough to withstand the rough treatment.

500 series is for the larger cockpits, fitting Rapidriders, Endeavours, Olymp TS and the like.

700 series is more specialized for the canadian cockpit with its more circular shape.

Within each of these cockpit size series, there is a waist size variation so we can fit from the smallest to the largest waist. Each of these waist sizes are indicated by the last digit of the code, for example, in the 300 series:

- 300 indicates a small waist
- 301 indicates a medium waist
- 303 indicates a large waist
- 305 indicates an extra large waist
- 3-0 indicates an extra small waist.

The same system applies to each of the cockpit sizes, thus making the

selection of the correct spray cover for both you and your boat, simple and more accurate. So, if your boat contains water it won't be because the spray cover is the wrong size.

THERMAL WEAR

A full range of Lifa, Everwarm, Fairy-down and Peter Storm are available from **Canoes Plus**. We have all sizes and a wide range of colours. Move into thermal gear and keep warm this winter. If you feel the cold we also have a range of neoprene wet suits specifically designed for paddling. From the simple long john in mens and ladies sizes, to short sleeved long johns with a lycra under arm insert so arm movement is not inhibited. Try the specifically designed paddling shorts with a thigh length leg and shaped for sitting, giving both comfort and warmth.

For 'after paddle wear', nothing is as warm and comfortable as a Polar Plus jacket. Available in all fashion colours, peacock, jade, purple, blue, black and more.

All of the above are available from:

Canoes Plus,
140 Cotham Rd, Kew.
Phone 816 9411.

LEVEL ONE COACHING COURSE

by Jane Farrance

A very successful Level One Coaching Course was held over two weekends, earlier this year. The first session was held in February and the following one in March.

The course was held on a Friday night and Saturday before a slalom event. This drew paddlers to the course as there was no conflict with competition. The course covered all areas of coaching at a basic, practical level, and was suitable for the paddler who wishes to do some coaching and

the parent who would like to be of more assistance to juniors. The practical component of the course requires these new coaches to now coach for a period of twelve weeks. This, combined with the newly formed coaches network scheme, means that we have twelve active coaches in canoe slalom and one active coach in down river racing. People who wish to receive coaching in either of these areas may now be able to get help. The network is not yet fully operational, as we are still developing a

scheme proposed at the inaugural slalom coaching network conference. Until this is finalized, paddlers wishing to receive coaching should contact me (Jane) and I will try to link them up with a coach. The official network contact will be advised in PADDLER when the details of the scheme are finalized.

Proposed next coaching course:
Session 1 - November 8-9 Melbourne
Session 2 - November 29-30 Eildon

WILDWATER RACING MAY 1991

by Torsten Krebs

The Canoe Factory Club's race series for 1991 is drawing to a close. The final race will be held on the Big River over six kilometres from Chaffey's creek to the Eildon Road bridge on Sunday 26th May. Progressive results appear on page 27 of this edition of PADDLER.

This year has been the most interesting that I can remember. A new race venue on the Loddon River near Bendigo gave us rapids with water in them in late summer, a rarity in Victoria. Numbers have been high in open and ladies classes throughout the season and are growing in juniors and veterans. We look forward to this trend continuing through to the final race, and to the Victorian and Australian Championships in September.

Another pleasing aspect of this year's race series has been the close competition. After four races there is no clear series leader in open K1 - points scored for the final race could give the series to either Richard Macquire, Dominic Scarfe or myself. Race number four at Pound Bend on the Yarra saw the three of us separated by just twenty seconds over a twenty-eight minute race. The winner has been alternating between the three of us over the four races, great stuff for keeping everyone on their toes! Ladies K1 has seen a number of very close finishes, as reference to the results will show.

New faces have appeared this season in junior and veterans classes, but unfortunately not in C1 or C2. Victoria has not had any active Wildwater C1 paddlers for quite some time now. Two years ago there appeared to be a serious prospect of a revival in C2 numbers, with three to five crews participating regularly. The momentum appears to have petered out. The possibility of running teams events for C2 at both

the Victorian and Australian championships is still quite real, but the interested crews will have to get themselves organised if they expect to be taken seriously by the organisers. It is not that we have anything against casual participation, quite the contrary, but how casual can one be on the King?

The increased level of interest in wildwater racing in kayaks has prompted me to do something I have been looking forward to doing for some time: form a proper training squad. Participation is still a bit shaky and activities are requiring a lot of input from me, but it is up and running with benefits to the participants as well as myself. Membership of the squad requires reasonably reliable attendance at the Thursday evening squad sessions, attendance at competitions and regular individual training in accordance with the programmes I write for each paddler. These programmes are put together after discussing the goals, level of interest and commitment with the paddler, and making an assessment of the paddlers weaknesses and strengths. It is not necessary that paddlers commit themselves to training full on and all the time; as long as they are honest about their level of commitment (or availability). I am prepared to have a go at writing a programme for them, whether that be training three times a week, twelve times a week or whatever and allowing for commitments such as study, other sports etc.

Benefits from squad membership are access to coaching and to training partners, as well as to a number of "optional extra" activities relevant to wildwater racing. The first of these was held in mid April when the squad met at Port Melbourne Yacht Club for a training session on the bay. I wrote an article on the value of training in the surf, bay, ocean etc., in the last edition of

PADDLER, so I won't go over that again. On this occasion we paddled as a group across to Point Gellibrand and back, and then sprinted the length of Princess Pier a number of times. One paddler (who shall remain nameless) learnt dramatically the value of footrests and other bracing in the boat. We all took a good look at using wave crests to turn on, surfing waves and maintaining technique and effort while the boat is pitching and rolling about beneath you.

Anzac Day saw the squad meet for another alternative training session; giant slaloms around the bridge pylons in the city area. I set a number of courses of varying lengths. Each paddler had one practice run to learn the route, and then three runs against the stopwatch. The improvement shown by all paddlers was very satisfying. As the courses became progressively more difficult the value of slowing down to turn more effectively when the turn is tight, became clear. Trying to go at an even pace all the way can result in actually having to paddle further as the boat swings too wide. Similarly, the advantages that could be taken of the shelter from the current, provided by the bridge pylons was used more and more to assist in turning the boat.

The most recent session involved an introduction to the use of weight training as an aid in canoeing. Working out in the gym can be used to provide variety in the training programme, to rehabilitate after an injury or to increase resilience to injury, or to permit training to continue in adverse weather conditions. However, the gym can best be put to use when it is incorporated into the regular programme in a way specifically designed to benefit canoeing. To do so requires concentration on exercises that work the body parts used in canoeing, preferably in the

same plane of motion as they are used in the sport. It is also necessary to include exercises for developing postural and supporting musculature and for injury prevention. Darren Minns gave a short theoretical introduction to the why, when and how and then ran each of the paddlers through the exercises in two sample programmes. Thanks to Darren for his expert assistance.

Squad activities for the future consist mainly of whitewater sessions as the rivers start to come up. Having a group of interested people makes it a lot easier to get away to the rivers for a day or weekend. Tentative dates are:

June 1 (Sat) - Bridge pylon giant slalom session, Princess Bridge, 3.00

July 14 (Sat) - Time trial, Upper

Yarra, Warburton hopefully, or Homestead Rd.

August 4 (Sun) - Howqua training day (possibly Delatite also)

August 10/11 - Mitchell training weekend - Saturday rapid sprints & boat handling, Sunday trip down to final fling.

September 14/15 - Big & Howqua training weekend.

These sessions will build on Thursday evening work and are only open to squad members. There is no charge. Constructive comments/criticisms of these activities are welcome - it all helps planning.

The Slalom & Wild Water Racing Committee is running a training weekend on the Big River in early

July. A notice appears on page 38 of this issue of PADDLER. This will be a more formal affair than the squad activities, with accommodation, interstate coaches, structured sessions, review of technique using videos, rapids sprints with frequent splits to identify faster lines etc., etc.

The next race will be the "Gut Buster" on Sunday July 7, a long race on the Big River organised specifically as a warm up to the Peregrine Winter Classic. This race closely simulates the second day's paddle in the Winter Classic, as it is only slightly shorter and about the same standard, except that there is no rapid like the Pinball Machine (and it is not as cold!). Competitors have the option of racing as a team of two, just like the Winter Classic.

!!! GUT BUSTER !!!

13KM WILDWATER RACE

BIG RIVER - RAILWAY CREEK TO BURNT BRIDGE

SUNDAY 7TH JULY, 1991

RAPIDS MAINLY GRADE 2 AND 3

EXCELLENT preparation for the WINTER CLASSIC!

ENTRIES: before 10:00 am at Lions Club Camp, \$5.00 per person

START - 10:30 am

Classes for all boats, including teams of two

BUNJIL YARRATHON

OCTOBER 26, 1991



- START - Homestead Road, Wonga Park
- FINISH - Princes Bridge, Melbourne
- DISTANCE - 91 kilometres (5½ hours min.)
- WATER GRADE - Commences near grade 2 rapids
White water encountered to Finns Reserve
Finishes on flat water
- PORTAGE - It is not yet known whether there is a
compulsory portage around Dights Falls

PRIZES FOR TEAMS & INDIVIDUALS
LOTS OF DIFFERENT CLASSES

FURTHER DETAILS AVAILABLE NEXT EDITION OF PADDLER

CONTACT: GREG PEARSON - 890 2415

WHO'S FOR CANOE - ING?

Roger French from South Aust. has sent us a copy of his March 24 newsletter, which is distributed to the 'Brothers of the One Blade'.

At the end of the 1990-91 season they celebrated:

1. 20 gold, 20 silver and 16 bronze medals at the S.A. State Titles from only 10 events.
2. 16 gold, 13 silver and 14 bronze medals at the National Titles from only 9 events.
3. S.A.F.M. team of the week on 18 March, winning the club \$300.
4. Six new State records created by the 'Brothers' and one member in the S.A. State Team.

Rowan Bullock of the Manly-Warringah Club (N.S.W.) was the only non-South Australian competitor in the

canadian events at the Nationals. He won three silver medals in the C1 events. Rowan is evidently very keen to resurrect canadian paddling in New South Wales and he believes that they will be a force at the Olympic trials on Lake Barrington in March 1992. Unfortunately there were no Vics competing in the canoeing events. Roger was very disappointed that our State did not attempt to challenge his new 'C' force.

The 'Brothers' now have six C4's and with the boat from West Lakes C.C. and two C4's that may become available from Pembroke later in the year, they can visualize their dream, nine C4's in the one race.

Jyrki Hakala of Finland who is training in South Australia at present leaves Australia on May 5, heading for the Duisburg International Regatta. He is hoping to represent Finland at the World Championships in France. He is then planning to return to Adelaide in September and train even harder for the Olympics in 1992.

The following article was sent to us by Robyn Fox.

C1-ING AND C2-ING LADIES

During a recent conversation about women in canoeing, I came to the conclusion that there are only two slalom classes (K1 and mixed C2) in which women can compete at a National level and only one class at an International level. If you compare this with men's slalom canoeing, where men can compete in K1, C1, C2 as well as mixed C2 at a National level, women's canoeing has been left far behind.

Why is this so? Perhaps there are not enough female paddlers around to start a class, perhaps, C1-ing and C2-ing are traditionally seen as mens events, or perhaps we just haven't thought about it. Maybe, not enough female paddlers are interested.

Do you think that if ladies C1-ing and ladies C2-ing were introduced in a competitive aspect, more females would come into the sport?

At a recent slalom, Roy Farrance was talking about the Australian Championships to be held on the Goulburn River in early 1992. He emphasises that one of the major focuses of these championships was to encourage people to participate and thus get people more involved in canoe slalom. This is, I believe, the opening of the door to womens C1-ing and C2-ing in Australia, if we encourage females to participate so that classes in womens C1 and C2 can start at a National level.

I am really keen to get these two classes into the Australian Championships in 1992 and hopefully a lot of you feel the same way. If anyone would like to get involved in either C1-ing or C2-ing, I would be willing to organize coaching days or weekends. Give me a call and leave a message on (057) 742 617 if you are interested. Let's open the way for more women to participate in canoeing in Australia.

SLALOM AND WILDWATER RACING COMMITTEE

WILDWATER RACING TRAINING CAMP

- VENUE:** Big River, based at Lions Club Bunkhouse Camp
- DATES:** Week-end of the 6th-7th July, 1991
- COMMENCE:** 10:30 a.m. Saturday Morning
- COST:** \$100.00 per head (\$70.00 for C2 Crew)
(students etc \$50.00, \$7.50 p.n. for accompanying persons)
- STANDARD:** Intermediate and Advanced competitive downriver racing paddlers. Beginners are referred to the Thursday evening sessions. A class for touring boats may be held if sufficient requests are received.
- COACHES:** TIM DOYLE ANDREA MCQUITTY
Several times Australian Champions and Team members

The Camp will include work on boat handling and river reading, review of technique and of physical conditioning and development, viewing of videos of wildwater world championships, preparation for major competitions, a long race and review of race performance. Accommodation and race entry are included in the fee. The Lions Club Camp has bunks, hot showers, cooking facilities and power. We need a number of non-paddlers to assist with timing, videoing, driving etc. Please advise if you can assist.

- ENROLMENTS:** TORSTEN KREBS, 5 KING WILLIAM STREET, FITZROY, 3065.
H 419-9237, W 641-3220 or
WARREN ELMS, 111 WESTGARTH STREET, FAIRFIELD, 3078.
H 482-1352, W 850-2316 on the form below, accompanied by fee.

WILDWATER RACING TRAINING CAMP

I/WE, (NAME/S) _____

OF (ADDRESS) _____ POSTCODE _____ PH _____

enclose 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:

DATED:

(PARENT OR GUARDIAN TO COUNTERSIGN IF UNDER 18):

PADDLER

SUBSCRIPTION / CHANGE OF ADDRESS

- My subscription has expired, please renew as below.
- I wish to subscribe to PADDLER for 1 / 2 years and I enclose payment for \$18 / \$36 (delete whichever not applicable)
- Please change my address:

Name

Address

SuburbPostcode

Payment details are as follows:-

- Cheque payable to PADDLER Magazine or
- Bankcard / Mastercard / Visa Card / Amex / Diners (circle one)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiry: _____

Signature: _____

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

CLASSIFIED ADVERTISEMENTS

A 15 word advertisement costs only three dollars. More elaborate ads can be negotiated. Give us a try.

SEA-KAYAK WANTED

Prefer 'Pittarak'

Contact
Russell Jennings
Tel: (054) 432745
Bendigo

WANTED TO BUY

C2 CHEETAH'S

Contact
Roger French
32 Capper Street
Camden Park. SA 5038

VITAMINS, MINERALS & AMINO ACIDS.

by Buddy Portier - VIS Swimming Coaching Co-ordinator.



VICTORIAN
INSTITUTE
OF SPORT

In a quest to become competitive, many athletes have embraced promises of improved performances made by manufacturers of vitamin, mineral and amino acid supplements. Two important questions are frequently asked about these products in relation to physical exercise. Firstly, does exercise affect their requirement and secondly, does supplementation beneficially effect performance.

Vitamins and minerals are required in small quantities to perform many specific metabolic functions in the body such as oxidation. The fact that vitamins are essential for the optimal functioning of so many different physiological processes in the body has led many athletes to believe that high levels of vitamins are necessary for maximal performance. After years of scientific scrutiny, however, there is no evidence which suggests that vitamin supplementation enhances performance in individuals who are consuming an adequate diet.

Recent investigations suggest that exercise may increase the need for vitamin 'C' and riboflavin in persons with marginal stores (Belko 1987). In addition, exercise appears to acutely effect the metabolism of vitamin 'B₆' which relates to substrate demands of working muscle. Vitamin 'C' has been shown to be beneficial to performance only in subjects who were clearly deficient in vitamin 'C'.

Minerals also play a role in exercise. Iron found in haemoglobin in red blood cells transports oxygen to exercising muscle cells. Calcium, phosphorus and magnesium are minerals supplying important structural components of bone. In

addition, calcium and magnesium are necessary for muscle contraction. Phosphorus is required for synthesis of ATP, which provides energy for all metabolism (Sizer 1988).

Depleted iron stores are frequently observed in male and female runners. Possible causes of iron depletion include iron loss (through sweat and gastro-intestinal blood loss) coupled with low iron intake (Haymes 1987). Iron deficiency that results in anaemia impairs performance, and supplementation of iron deficient anaemic individuals has been shown to improve both haematological measures of iron status and performance.

Several minerals are lost through sweat (Town 1986). Sodium and chloride are lost in the greatest amounts. Potassium, magnesium, calcium, copper and zinc are lost in lesser amounts. Diet easily replaces electrolyte losses in sweat except in the unacclimatized athlete participating in prolonged exercise in heat. The ultra endurance athlete may also be at risk. Electrolyte replacement is suggested only for those individuals who sweat copiously. Salt tablets are not necessary to replace sodium lost in sweat. They can cause nausea, vomiting and intercellular dehydration (Marcus 1986).

Grandjean (1987) has reported that dietary supplementation by athletes is common. Seventy two percent of 69 world class athletes reported routine use of nutritional supplements. Some athletes have high nutrient intakes (from diet and supplements combined) which may predispose them to nutrient toxicities.

Excess intake of vitamins 'A' and 'D' is of greatest concern. While it is clear that vitamin and mineral deficiencies impair athletic performance, there is no evidence that vitamins

taken in excess of normal daily requirements will improve physical performance. In nutritionally adequate individuals, vitamin supplementation does not improve performances. Weight (et al 1988) gave 30 well-nourished male athletes a multi-vitamin and mineral supplement for three months and found no measurable effect on maximal oxygen consumption, blood lactate turnpoint or peak treadmill running speed.

Supplementation failed to improve the distance running performance of the athletes studied. These results support findings reported over the past 40 years, that athletes consuming an adequate diet do not need supplements. Athletes who habitually consume inadequate diets may require a multi-vitamin and mineral supplement. Athletes at greatest risk include those who restrict their intake significantly to control their body weight.

Amino acid supplements are the new rage among athletes. They are touted as building muscle, increasing strength and power, reducing body fat, providing energy and replenishing muscle protein (Slowin 1988). There is no scientific justification for these claims. Arginine and ornithine supplements are popular among body builders, who believe the supplements will stimulate the secretion of growth hormone, a naturally occurring protein hormone that is secreted from the pituitary gland. Growth hormone stimulates muscle growth and decreases fat deposition. An injection of arginine stimulates growth hormone release; however, there is little evidence that small amounts of amino acids taken orally will cause any sustained elevation in plasma growth hormone concentration greater than that caused by exercise alone (Coleman 1987).

Some amino acids play a small role in providing energy for exercise. The primary amino acids metabolized during exercise, ie leucine, isoleucine, valine, glutamine and asparate provide a source of nitrogen for alanine synthesis. Each of these amino acids that are oxidised during exercise can be easily replaced by consuming foods high in protein.

Another claim that manufacturers make about amino acid supplements is that they are absorbed faster and in turn replenish the body's protein pool sooner than whole proteins. There is no evidence that synthesis of new muscle protein is enhanced by more rapid absorption of free amino acids. Amino acid supplements and hydrolyzed protein are very expensive, most unpalatable and probably ineffective. Furthermore long term safety of taking large doses of free amino acids supplements has not been established.

BIBLIOGRAPHY

- SLAVIN, J. *Protein and Amino Acid Needs of Athletes*. Nutrition Overview; volume 3,1988.
- BELKO, A.Z. *Vitamins and Exercise - An Update*. Medicine and Science in Sports and Exercise; 19: S191-S196, 1987.
- TOWN, G.P. and WHEELER, K.B. *Nutritional Concerns for the Endurance Athlete*. Dietetic Currents; 13: 7-12, 1987.
- SIZER, S.F. AND DeBRUYNE, L. *Nutrition for Sport: Knowledge, News and Nonsense*. Nutrition Clinics 3(3): 1-24, 1987.
- HAYMES, E.M. *Nutritional Concerns: Need for Iron*. Medicine and Science in Sports and Exercise; 19: 197-200, 1987.
- GRANDJEAN, A.C. *Vitamins, Diet and the Athlete*. Clinics in Sport Medicine; 2: 105-114, 1983.
- COLEMAN, E. *Amino Acid Supplements*. Sport Medicine Digest; September, 1987.

MELBOURNE SPRING CANOE POLO COMPETITIONS AUGUST - NOVEMBER 1991.

Open State League - State Swimming Centre - Wednesday Nights
Ladies State League - State Swimming Centre - Wednesday Nights

A-Grade - Richmond Recreation Centre - Thursday Nights
B-Grade - Richmond Recreation Centre - Tuesday Nights
C-Grade - Richmond Recreation Centre - Tuesday Nights
D-Grade - Monash University Pool - Monday Nights
Novice Grade - Monash University Pool - Monday Nights

Entry Forms are available by sending a S.S.A.E. to:
Victorian Canoe Polo, 55 Vincent Street, Sandringham 3191.

Further Information: Jon Bisset (03) 598 4584 or Jenny Hourigan (03) 803 6191

ENTRIES CLOSE - FRIDAY JUNE 14, 1991

(Late Entries may be accepted at the discretion of the Victorian Canoe Polo Competition Committee ONLY if they include the late entry fee of \$50.00)

1991 AUSTRALIAN CANOE POLO CHAMPS

by Jenny Hourigan

Generally speaking, members of the 1991 Victorian State Teams had rather high hopes and expectations when we headed up to Brisbane at Easter for the Australian Championships. This was justifiable when you considered the high level of skills that had been demonstrated by many of the individuals in the teams during training. But it was the same old story of the whole team not being able to pull together, that caused disappointing results for some of the teams. On the more positive side of things, the team spirit was the strongest I've seen, for the last four years that I've been a part of the State Team. Maybe our expectations were too high, but it was encouraging to see such enthusiasm nonetheless. Even more encouraging was the support that the teams gave each other - something I have not really witnessed before.

I'm afraid the Open A-Team's results were rather disappointing (sorry guys!). I think team cohesiveness - or the lack of it, I should say - was the major problem. This seems to be a common problem amongst Victorian teams in general. The B-Team, on the other hand, did well in Division 2 and could have been a worry to the A-Team if they had happened to end up playing against each other.

The Junior Team was the strongest we will probably have for a while now, until some new talent comes along. This was the last year Templestowe players Paul Bramich, Don Coutts, John Dolan and Chris Stagg were eligible to play as juniors. The team was determined to take out the South Australian juniors - a team the Victorians knew would be tough opposition. But with the enthusiasm and help of coaches Lionel Bramich and Travis Minns they won gold in an exciting finals match.

The Veteran's Team did not do quite so well. Ralph Audehm, our on-hand GP, was apparently running business on the side administering various drugs to the Vets to keep them going! (He adamantly claims that they were not performance enhancing drugs of any kind.)

The Ladies A-Team was the strongest we've had in four years, and showed promise in putting up a good show. We did just that - well, I thought so anyway - even though we had to be content with third place. Considering the lack of experience the team had playing together, we should have been happy with the results against the more experienced N.S.W. and S.A. teams. The B-Team also put in a good show in Division 2.

I was proud of the Junior Ladies results - the Victorians were definitely the "underdogs" in this event. But they showed amazing promise at times and managed to draw in a couple of games. Well done girls!

Queensland ought to be commended for their efforts at running the event. I know from last year, that being a part of the organising committee and playing/coaching/organising from early in the morning to late at night is very exhausting. I must say that during the Interclub Competition it was interesting to be playing one game in a full sized pool and the next in the diving pool. I cannot say I liked the idea - playing in two vastly different playing fields effected the tactics of the game considerably. In some cases, I'm sure the final score in the games would have been quite different if we had been playing in the alternate pool. But using two pools meant we had more games and that was great value. At least we went back to using just the main pool for the Interstate Competition.

I hope that the Tasmanians have a lot of support for the event next year, as that is where we will be headed next Easter. I am certainly looking forward to it and hope that

Canoe Polo Squad to tour Europe

Photo: Lionel Bramich



Victoria will be able to get it together by then. But as long as we have as good a time socially as we did in Brisbane then the trip will still be worth it.

OPEN A-TEAM

Jon Bisset
Bill Porter (c)
Michael Renshaw
Jason Steadman
Andrew Waters
Mark Waters
Martin Waters
Michael Wilson
Coach: Cindy Porter

OPEN B-TEAM

Ralph Audehm
Paul Bramich
Travis Minns
John Porter
Warwick Porter
Chris Stagg
Scott Trewella (c)

LADIES A-TEAM

Jocelyn Allen
Celia Cumming
Anne Duncan
Jenny Hourigan
Karen Renshaw (c)
Sue Leitinger
Kaye Truscott
Coach: Michael Wilson

LADIES B-TEAM

Sarah Armstrong
Louise Aufflick
Pandora Hope
Jenny Savenake
Belinda Steadman
Julieanne Vines
Bev Yen (c)
Coach: Ralph Audehm

JUNIOR MENS

Paul Bramich
Don Coutts
John Dolan
Grant Shields
Chris Stagg (c)
Jason Steadman
Coaches:
Lionel Bramich
Travis Minns

JUNIOR LADIES

Kristen Bartram
Megan Bramich
Jo Browne
Ingrid Holliday
Andi Kauer
Belinda Steadman (c)
Coaches:
Anne Duncan
Jenny Hourigan

VETERANS

Mark Entwistle
Peter Heffernan
Bernhard Knorr
Frank Magee
John Steadman
Peter Tunaley

Victorian Junior Ladies Team

Megan Bramich, Ingrid Holliday, Andi Kauer, Belinda Steadman, Jo Browne, Kristen Bartram & Jenny Hourigan, coach, in front

Photo: Lionel Bramich



SITUATION VACANT

Whilst no definite position exists at present, the V.A.C.A. would like to hear from canoeists who would like to work in the area of Junior Development.

The V.A.C.A. is at present considering a new Junior Development Programme, to be called PROJECT JOEY.

The job would entail liaison with the V.A.C.A. Standing Committees representing all aspects of the sport, Canoe Clubs, Schools/Teachers, and Youth Groups.

INTERESTED?

Ring Jane Farrance (President VACA) on 816 9411
or
Mike Higginson (Executive Officer VBCE) on 459 4251

MARATHON RACING

by Dawn Mickelborough

The marathon racing season started at Swan Hill on May 28. The course of 23 kilometres for open classes, 14 kilometres for juniors and 10 kilometres for division 6 and 7, was a circuit on the Murray River from the boat landing, with a turn at Pental Island. The river conditions were quite fast with a few very swirly, fast flowing corners. A few paddlers had swims.

Under the divisional system, some paddlers earned promotion to higher divisions. Anthony O'Loughlin and Trevor Butcher rose from division 3 to division 2, Mathew Beale JK1 was elevated from division 4 to division 3, M. Flower JK1 from division 5 to division 4 and Doug Parkinson from division 6 to division 5. Intermediate K1 paddlers T. Boulton, M. Rantall and D. Watson were all promoted from division 7 to division 6.

There was a large contingent of junior and intermediate paddlers from Mildura and Warrnambool clubs. In total, there were 109 competitors with the number of female paddlers continuing to increase.

The second race of the season was held at Essendon on May 19, in perfect conditions. A record number of 256 competitors took part in an excellent day's racing. The river level was very low and in the stretches before the Pipe Bridge, rocks just below the surface of the water were 'detected'. Records of times for most classes are kept for this race and a number of these were broken.

Open paddlers raced over 21km, juniors and division 4/5 over 15km, division 6/7 over 10km and intermediates over 6km.

Most starts were quite large, there were 18 K2's, and apart from a couple of rowing eights 'competing' at the first few starts, there were no problems.

A number of sprint paddlers participated and achieved good results, second and third in both division 1 K2 and K1.

The results at Essendon were:

DIVISION 1/2 - K2 (18 entries)

1.	J. Jacoby/M. Mills-Thom	Rec. 1.26.27
2.	C. Russell/P. Holland	1.26.30
3.	G. Leury/T. Altman	1.26.32

K1 (7 entries)

1.	B. Rodgers	Rec. 1.41.16
2.	J. Fraser	1.41.17
3.	W. Fraser	1.42.07

DIVISION 3 - K2 (11 entries)

1.	M. Flower/M. Beale (juniors)	1.29.50
2.	S. Sharrock/N. Richards	1.30.22
3.	C. Brown/A. Coles	1.34.42
5.	L. Hirschoff/P. Andrew	Rec MK2 1.35.30

K1 (6 entries)

1.	J. Grant	1.43.59
2.	G. Steer	1.52.26
3.	R. Prentice	1.53.25

TK1, 35 yrs (9 entries)

1.	G. Allen	Rec 1.51.51
2.	E. Mangan	1.57.12
3.	G. Ford	1.58.21

DIVISION 4/5 K2 (6 entries)

1.	B. Hunter/A. Morris	JK2 1.14.17
2.	A. Mangan/J. Misson	MK2 1.14.32
3.	J. Lidstone/G. Bell	VTK2 1.21.17

K1 (8 entries)

1.	K. Chandler	V45K1 1.10.22
2.	J. Faulkner	JK1 1.16.27
3.	B. Owen	V45K1 1.21.07

JUNIOR TK2 BOYS (2 entries)

1.	G. Wilton/J. Byrne	1.31.02
2.	C. Dempsey/S. Nicholson	1.42.23

TK1 45 YEARS (5 entries)

1.	J. Fanning	1.29.41
2.	M. Tegg	1.31.02
3.	J. Barnes	1.31.52

LTK1 (3 entries)

1.	R. Kemp	1.36.42
2.	D. Mickelborough	1.37.53
	M. Kennedy	W/D

INTERMEDIATE (4 entries)

1.	T. Corfield	TK1 43.24
2.	C. Elford/J. Hutchins	LTK2 56.01
3.	G. McDougall	WWK1 1.00.28

SUB JUNIOR (4 entries)

1.	P. Rock	17.25
2.	E. Biddle	18.08
3.	A. Danson	18.36

Marathon Racing (cont'd)

TC1 45 YEARS (3 entries)

- 1. G. Marney 1.36.24
- 2. B. North 1.39.25
- 3. N. Oldham 1.40.22

TK2 (8 entries)

- 1. M. Bayley/T. Culbertson 1.45.01
- 2. D. Scarfe/C. Booth 1.45.35
- 3. P. Hamer/A. Balfour 1.47.18

LADIES TK2 (5 entries)

- 1. D. Mickelburgh/M. Meek 1.23.30
- 2. S. Stalker/K. Stalker 1.29.59
- 3. L. Munoz/A. Nolans 1.30.02

TK2 35 YEARS (8 entries)

- 1. M. Rantall/T. Poole Rec 1.35.56
- 2. D. Pocock/G. Thomson 1.39.13
- 3. D. Renton/M. Donaldson 1.39.14

TC2 (3 entries)

- 1. P. Cole/T. Bond 2.11.34
- 2. D. Curwood/D. McAvoy 2.14.21
- 3. T. Roberts/J. Howe 3.09.46

TK1 OPEN (20 entries)

- 1. T. Bates Rec 1.45.20
- 2. P. Williams 1.49.47
- 3. A. Deller 1.55.01

TC1 (7 entries)

- 1. W. Morris Rec 1.59.50
- 2. L. Hosi 2.18.37
- 3. J. Pergolis 2.27.51

DIVISION 6/7 DOUBLES (16 entries)

- 1. J. Tarrant/T. Boulton JK2 33.59
- 2. D. Watson/A. O'Connor JK2 34.13
- 3. J. Haby/S. Mol IK2 34.19

TK2 MIXED (7 entries)

- 1. T. Herbert/D. Bridger 1.49.42
- 2. C. LeDieu/A. Marley 1.50.28
- 3. M. Martin/A. Greer 1.55.47

DIVISION 6/7 SINGLES (11 entries)

- 1. P. Davies K1 36.41
- 2. G. Anderson IK1 38.45
- 3. A. Campbell IK1 38.54

SUPPORT A CANOEIST

When we need help around our homes or workplaces, when we want to buy a product or when we want to obtain some form of service, it is generally agreed that we would prefer to support a canoeist.

So come on paddlers, advertise your products or services in PADDLER. Our readers are waiting for your signal. A 1/6 page ad such as these costs only \$35. Contact the editor if you would like something larger.

WANTED

PLUMBER
or
CARPENTER
or
ELECTRICIAN
or
GARDENER
or
PAINTER
or
???

to
advertise
in this
space

ABCD Co.

MAKERS OF
THE FINEST
QUALITY
WIDGETS

in
Australia

Phone
John Smith
Member of
XYZ Canoe Club
for a price list

NOTICE

V.B.C.E. ANNUAL GENERAL MEETING

The V.B.C.E. wishes to invite all VBCE Instructors and VACA Club Delegates to it's 1991 A.G.M.

AGENDA

- Apologies
- Previous minutes
- Business arising from the minutes
- Annual report of the Board
- Business arising from the annual report
- Treasurer's report
- Business arising from Treasurer's report
- Election of Board members 1991/92
- General business

DATE: Monday 3rd June, 1991
TIME: 8.00 p.m.
VENUE: V.B.C.E. Office
332 Banyule Road,
Viewbank. Tel: 459-4251.

NOTE: The majority of people may not receive this edition of PADDLER by the above date. Hopefully those who do will make a point of attending the Board's AGM. Ed.

UPSTREAM

NATIONAL SAFETY SYMPOSIUM

Tumut River NSW

April 6th and 7th

This Seminar held by the NSWBCCE and was the first national safety seminar to have input from many and varied areas. I praise the NSWBCCE for their effort to organise representatives from as far as Cairns QLD and Tasmania, many topics were discussed and many ideas exchanged.

From Victoria's point of view it was good to receive feed back on the avenue we have taken in setting up our canoe kayak rescue course.

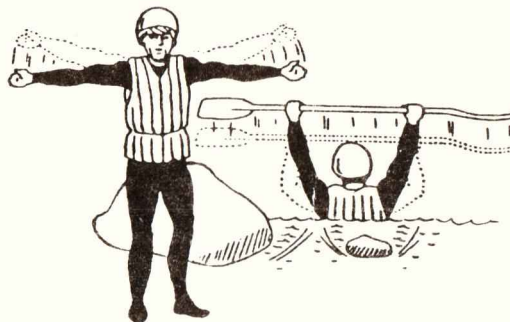
I don't want to spend time on this subject as hopefully there will already have been an article from John Wilde regarding this subject. Much information has been gathered which will benefit Australian canoeing as a whole.

INTERNATIONAL RIVER SIGNALS

Approved by the Australian Board of Canoe Education, although not what I personally see as the perfect signal for all occasions. I concede that the need for inter-

nationally recognised river signals, outweigh Australia going it alone with a different system.

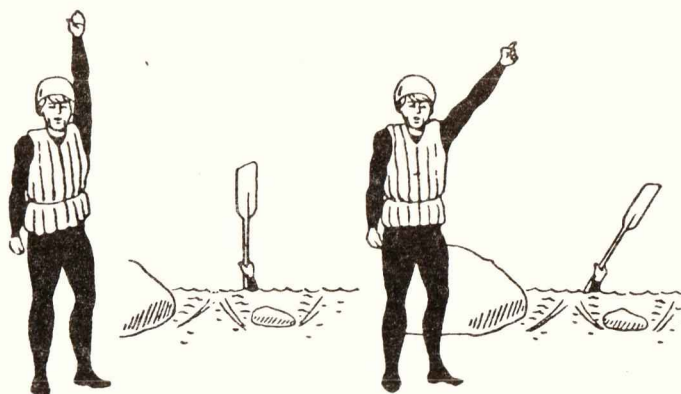
They are as follows:



Stop: Potential hazard ahead. Wait for "all clear" signal before proceeding, or scout ahead. Form a horizontal bar with your outstretched arms. Those seeing the signal should pass it back to others in the party.



Help Emergency: Assist the signaller as quickly as possible. Give three long blasts on a police whistle while waving a paddle, helmet or life vest over your head. If a whistle is not available, use the visual signal alone. A whistle is best carried on a lanyard attached to your life vest.



All Clear: Come ahead. (In the absence of other directions proceed down the centre.) Form a vertical bar with your paddle or one arm held high above your head. Paddle blade should be turned flat for maximum visibility. To signal direction or a preferred course through a rapid around obstruction, lower the previously vertical "all clear" by 45 degrees toward the side of the river with the preferred route. Never point toward the obstacle you wish to avoid.

DOWNSTREAM

RIVER RESCUE COURSE JULY 6 & 7 - Better safe than sorry.

Some of the questions I've been asked I feel must be answered here, so as any would be participants can understand our reasoning.

Q) Why the Yarra?

A) Because the instructors involved on this course are frequent users of the Yarra River. It is this intimacy with the rivers moods, which will determine at which sites certain rescue scenarios will be introduced to the participants. Our aim is to make scenarios as realistic as possible. To do this we need to be very familiar with the section of water to be used.

Q) Why July?

A) We need high river levels for the Yarra to really lend itself to rescue work, hence mid Winter. An added bonus is that it will be cold for that little bit extra authenticity.

PROGRAM

Day One

After an introduction to rescue equipment, we will use the rest of the day trying different techniques to reach a set target, be it a person stuck on a rock mid stream, or a boat pinned in amongst the trees.

Day Two

Hopefully will lead to a change of scenery, and will be aimed at introducing participants to different ways of extracting people, boats and equipment from hazardous situations. I could tell more but that would take a little of the fun out of the week end.

Risk management will be the underlying message of the weekend and will be highlighted in most of our work.

For a brochure please contact the VBCE 459 4251.

TRAINEES ITS TIME TO MAKE PLANS FOR THIS YEARS ASSESSMENT

Basic Skills Instructor assessment - July 27/28

White Water assessment - September 14/15

Please make sure you have completed your interim training well before hand.

....

FEATURE ARTICLE

A SEASIDE HOLIDAY

17 December 1990

by Mike Higginson

"Well...we're off then....?"

We finally gathered with our gear stuffed in and the car shuffle done. A typical start to a week in the wilderness. For most of us this would not be an ordinary trip though. This was a journey along a remote part of Australia's south-east coast.

Our starting point was Mallacoota Inlet in far east Victoria, and we had spent the weekend priming ourselves. This allowed those who hadn't had much recent open sea practice to brush up on surf entries and landings. This familiarisation was good value to give everyone the feel of the ocean in different conditions as well.

Despite the practice we still had an eventful start. Chris's Nordkapp decided to head back up the entrance without him (maybe it knew something we didn't). Unfortunately for Alice (yes there are women paddlers getting out there), we were all a bit close together in the surf and the Nordkapp sideswiped her causing a rather painful looking exit. T'was lucky indeed that there was no serious damage. It certainly looked like there would be. By the time we regrouped beyond the surf zone the shadows were getting longer, and we had a two hour paddle to do. Gabo Island was our destination and we had a slight Nor' Easter in our faces. Our motley group soon settled into a regular rhythm and made good progress. As we breasted Tullaberga Island, our half way point the feel of the loaded kayaks was well and truly appreciated. This is what they were made for after all!

Meeting Larry (Gray) at Gabo was a pleasant surprise. He'd left 'Coota at least half an hour later than us, but took the inside line past Tullaberga, and must have gone for it too.

Despite the light showers of rain we partied on with the penguins and Larry's "Didge" till quite late. A good time was certainly being had.

A "fresh" 20 knot breeze from the south west was our next morning's prospect. As we were heading west and then north this was preferred. After a leisurely breakfast and various chit-chat with the light keeper and other visitors to the Island, we departed. Larry was spending another day here fishing to stock up for Christmas, so we went on without him.

Once out of the lee of the island our group was committed as we were being blown along quite quickly. The

wind was strengthening (25+knots) and white caps abounded, often underneath us. Some found this a rather uncomfortable hour and a half. Once past the Iron Prince and Cape Howe we were more sheltered, and the waves became more manageable.

While re-grouping at Howe Bay we were witness to a "booking" by the (Vic) Department of Conservation patrol of some NSW abalone poachers. They had been in at the Iron Prince which is 2km west of the border, so they copped quite a serve. From here on the coast became more cliffy and less boring. The large sandhills of Cape Howe were now being left behind. The coastline of south NSW is typically low cliffs interspersed with various sized beaches. Cliffs here are up to 100m high sloping rock slabs capped with gently undulating heathland and higher hills behind. Rock shelves are common, as are sea caves.

Our camp at Nagee River was representative of this coast. A small river feeds into a brackish lake blocked off from the sea by a sand bar and seeping through rather than running over the sand. Touring by small boats such as sea kayaks is an excellent way of seeing a coast such as this and we were enthralled by it.

Our next days paddle was a return to headwinds and choppy seas near the cliffs. The nearer to the cliffs we paddled, the more rebound swell we incurred. Occasional rogue waves added to our discomfort. The look on Bruce's (Shep's) face after one of them nearly cleaned him up had to be seen to be believed.

Merrica River was the highlight of the trip as we had a rest day there. Fossicking for oysters and shellfish and exploring up river to a rather neat gorge was a real treat. It certainly beat flailing into a stiff breeze.

An early start on the next day gave us more pleasant paddling conditions. No wind and only a moderate swell were quite comfortable. We crossed half way into Disaster Bay in no time at all. Here the "gun" paddlers elected to round the infamous Green Cape while the "cruising" element headed into Wonboyn River.

Heading around Green Cape was shaping up to be uneventful. The swells were not too severe as the wind was still calm enough. Not 50m from the light there were fins...lots of them. Chris had some apprehension here, until we assured him they were in fact seals basking with their flippers up.

Soon we arrived in Bittangabee Bay at our journey's end.

Yep, it was Friday already and some of us had places to go and people to see. We were on our way.

Our (very) merry crew consisted of;

Frank Bakker	Pittarak	Vic SKC
Ron Chambers	Mermaid	NSW
Bruce Lee	Greenlander 2	NSW
Chris Mills	Nordkapp	NSW
Alice Hesse	Icefloe	Vic
Mark Reeves	Pittarak	Vic
Brian Ray	Pittarak	Vic
Helen Murray	Pittarak	Vic
Peter Dingle	Pittarak	Vic

For information on the Victorian Sea Kayak Club you can contact the VBCE office or if you are interested in learning or advancing your skills in Sea Kayaking the VBCE now offer a series of courses. Contact us for a brochure on 459 4251.

RIVER RAT MARATHON TC1

Made to order
from

SWAN FIBREGLASS

(Rick Swan)
Gap Road,
Lockwood South
Vic. 3551.
Tel: (054) 353298 A.H.

ALSO AVAILABLE

DELTA C1 & FAMILY CANOES

Interesting 1 - off
Projects Considered

CALENDAR OF EVENTS

1991			
June			
2	Touring - Novice Tour	Rod Jones	723-5117
8-11	Level Two Canoe Polo Coaching Course	Jon Bisset	598-4584
9	Slalom - Yarra Series III	Richard Macquire	844 3366
9	Marathon - Deniliquin	Geoff Allan	(058) 812-475
10	Marathon - Cobram	Ian Docking	(058) 734-392
14	Canoe Polo - Entries close for Spring Season	Jon Bisset	598-4584
16	Canoe Polo - State League & Graded Competition Semi & Grand Finals SSC	Jon Bisset	598-4584
22-23	World Slalom & W/W Champs. Tacen Yugoslavia		
29-30	World Cup Mezzana		
30	Marathon - Geelong	Peter Shorten	(052) 292-260
July			
5- 7	Canoe Polo - Junior Talent Squad Camp	Jon Bisset	598-4584
6- 7	Wildwater - Training Camp & Gut Buster Big River	Torsten Krebs	419-9237
6- 7	World Cup Augsburg	Canoes Plus	816-9411
7&14	River Rescue Course	V.B.C.E.	459-4251
11-12	World Cup - Ord, France		
20-21	Basic Skills Course 6	V.B.C.E.	459-4251
21	Marathon - City Yarra River	Craig Reece	836-4061
27	Slalom - World Cup Pre-Olympic Seo D'Urge1, Spain		
27-28	Peregrine Winter Classic Omeo	Peregrine	663-8611
27-28	Basic Skills Instructor Assessment	V.B.C.E.	459-4251
31	Slalom - Junior Pre-World Championships Norway	Jane Farrance	816-9411
August			
3	Marathon - Essendon Night Race	Nora Smith	311-3402
4	Eskimo Rolling Course 2 begins	V.B.C.E.	459-4251
7	Canoe Polo - Begin Open & Womens Vic State League Premiership Season	Jon Bisset	598-4584
10-11	Basic Skills Instructor Intake	V.B.C.E.	459-4251
11	Touring - Novice Tour	Rod Jones	723-5117
11	Marathon - Shepparton	Peter Cole	(058) 211-242
11	Slalom - Country Race Series I, King River	Wayne Thomas	816-9411
12	Canoe Polo - Begin Spring Competition Indoor Pools	Jon Bisset	598-4584
17-18	Slalom & W/W - Yarra Valley Yarra River Warrandyte Bridge	Aaron Martini	729-4337
17-18	Skills Improvement Course 3	V.B.C.E.	459-4251
18	Fun Run - Yarrowonga-Mulwala Canoe Club	Wendy Phillips	(057) 441-879
24-25	Wildwater - Training Camp King River	Torsten Krebs	419-9237
24-25	World Cup Minden Canada	Canoes Plus	816-9411
25	Proficiency Testing 3	V.B.C.E.	459-4251
31	Marathon - Inter School Championships Footscray	Bette Neal	(050) 871-271
31	Slalom - World Cup Final Savage		
September			
1	Marathon - Footscray	Footscray Club	A.H. 749-1386
1	Wildwater - Victorian Championships King River	Torsten Krebs	419-9237
8	Triathlon - Whitehorse Bush Triathlon Barkly River	Geoff Greenwood	387-7680
14-15	Slalom - Victorian All Schools Championships	Slalom C'tee	816-9411
14-15	White Water Instructor Assessment	V.B.C.E.	459-4251
21-22	Marathon - Victorian Championships Warrnambool	Mike LeeAck	(055) 623-888
21-22	Slalom & Wildwater - Country Race Series II Big River	Phil Clark	232-2877
24-25	Basic Skills Course 7	V.B.C.E.	459-4251
25	Wildwater - Australian Team Selection Race Howqua	Torsten Krebs	419-9237
28-29	Wildwater - Australian Championships King River	Slalom C'tee	816-9411
28	Marathon - Red Cross Barwon Mini Geelong	R. Ditterich	616-9999
29	Peregrine Victorian Raft Race King River	Torsten Krebs	419-9237
30- 5	Australian University Canoeing Championships	Latrobe Uni	
October			
3- 6	Canoe Polo - Junior Nat.Camp & Jnr/Sen.Aust.Team selection Melb.	Jon Bisset	598-4584
5- 6	Slalom - NSW Nymboida	Slalom C'tee	816-9411
5- 6	Peregrine Spring Classic Snowy Mountains		
5- 6	Women's Basic Skills Course	V.B.C.E.	459-4251
5- 6	Advanced Canoeing Course	V.B.C.E.	459-4251
12-13	Slalom - Victorian Championships Mitchell River	Slalom C'tee	816-9411
12-13	Marathon - Bendigo Cup Bridgewater	Bendigo C.C.	(054) 411-120
12-13	Basic Skills Course 8	V.B.C.E.	459-4251
17-18	Canoe Polo - Third Australian Masters Games Brisbane	Digby Huffam	(064) 562-458
19	Marathon - Red Cross Mini Echuca	R. Ditterich	616-9999
19-20	Du Pont K4 Challenge Sydney		
20	Advanced Testing	V.B.C.E.	459-4251
20	Paddle Power Day	V.B.C.E.	459-4251
26	VACA Yarrathon - Wonga Park to Princes Bridge	Greg Pearson	890-2415
26-27	C.A.E. Basic Skills Course 3	V.B.C.E.	459-4251
November			
10	Touring - Novice Tour	Rod Jones	723-5117
9-10	Wildwater - Yarra Valley Race Yarra River	Aaron Martini	729-4337
10	Triathlon - Yarrowonga-Mulwala Canoe Club	Wendy Phillips	(057) 441-879
9-10	Skills Improvement Course 4	V.B.C.E.	459-4251
10	Marathon - Red Cross Yarra Marra	R. Ditterich	616-9999
12	Begin Basic Skills Course 9 - Twilight	V.B.C.E.	459-4251
16-17	Marathon - Goulburn Classic Seymour	Zane Douglas	(058) 734-450
16-18	Canoe Leaders Training Course 2	V.B.C.E.	459-4251
17	Proficiency Testing 4	V.B.C.E.	459-4251
23-24	White Water Instructor Intake	V.B.C.E.	459-4251

