

PADDLER

The Magazine of the Victorian Amateur Canoe Association Inc.



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PADDLER

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DEADLINE FOR NEXT ISSUE WILL BE AUGUST 30

FRONT COVER: Mike Higginson and Pete McConnell having fun in their squirt boats

Photo: Mike Stewart

SEA KAYAKING ON WILSONS PROM.

A WINTERS TRIP IN SUMMER OF '91

by Andrew Cope

Throughout my life I had often stood high on the sand dunes at Sandy Point and gazed east to view the many moods of Wilsons Promontory. The yearn to set out from the family holiday venue and paddle to Tidal River and beyond was always dormant. Various modes had been contemplated, surf ski or surf boat were discussed but not undertaken. A life time later and after having been introduced to sea kayaking by Mal Cowell in 1987, a safe mode of transport was discovered! The decision was taken to go in January '91 and in the process it was decided that the party had to be experienced and few in number due to the potential of the weather to present difficulties. In this process some difficult decisions were made and finally the party consisting of Rod Smith from Queensland (Greenlander), Adrian Mann (Pittarak) and Andrew Cope (Pittarak) set the departure date for January 4.

The plan was to circumnavigate the Prom. - Sandy Point to Port Welshpool, the actual direction becoming a moot point.

Weather reports were avidly followed and leading up to the trip, the weather had not fulfilled many of the predictions. Winds were from every direction and variable. Two cold fronts were evident but with a high in front and behind. The expectation would be for the front to be pushed south. The deciding factor being that the preferred assistance being the SW weather which has the capacity to be rather ferocious.

Preparations were in full swing on the Thursday as we trooped off to Morwell to buy provisions and collect final items of equipment. After a campfire BBQ, kayaks and gear were conveyed to Waratah

Beach Surf Life Saving Club. We were able to pack the craft and leave everything set for departure on the following day.

The weather report was not too encouraging but the decision was made and all bedded down to an unsettled night. I think the nature of the weather and the reputation of the area off the bottom of the Prom. provided some justifiable concerns.

Tide times were confused by the factors of daylight saving and by having to add up to either half to one hour to the predictions.

We arose to rather desultory conditions - grey, overcast, blowing, and squalls met us as we prepared at the Club. A few phone calls later, we finally determined to go and tackle the seas which were increasing. After notifying the Prom. authorities of our intentions (cheery chaps!), we set off from the Surf Club in drizzling rain at about 10 am.

The surf break was up to one metre high but easily negotiated, and as we travelled toward Shellback, the gentle roll of the ocean swell created a most pleasant sensation. Our direction relative to the wind gradually changed and we found ourselves with more of a headwind. The sand dune coastline at this point stretched for many k's. Unfortunately the mouth of Shallow Inlet was very difficult to pick, we were interested in seeing what the break was like as it can be very formidable. The paddle to Shellback Island was relatively uneventful, the overcast conditions and low cloud around the Prom. reduced the experience as we would have liked it but we were on our way.

A brief rest in the lee of Shellback Island (in our kayaks) before the

crossing to Tongue Point provided us with some indication of what was just around the corner. The sea had picked up and was very confused as we crossed to Tongue Point. A three metre SW swell with a rebound coming straight off the rock face of the Prom. was complicated by SE seas. By this stage (1.30 pm) we wanted to get out of the boats, eat and rest. This was not our fate as the onshore winds combined with high-high tide allowed for no landing point.

The washback from the rebound around Tongue Point was very challenging and the next two and a half hours paddling across Whisky, Picnic and Leonard Bays were exhausting. Tidal River was a most welcome sight after the 34 kilometre trip.

High tide, and we were able to paddle up the river to the bridge. The weather had deteriorated further with heavy rain falling. We were cold, fatigued and open to suggestion by friends that we be their guests and doss down in the caravan annexe. This decision did take quite some time as we all felt that our trip (expedition) was compromised by taking the soft option offered. Torrential rain all evening and night demonstrated the sense of this decision, particularly when one considers that everything would have been soaked in seconds had we camped at Oberon Bay as planned.

DAY 2

Weather looked uncomfortable - the roar from the sea sounded ominous. Cloud higher and a walk to view the beach didn't give too much encouragement - Norman Bay tunnelled the winds, giving us a view of the swells with small white crests under a grey sky. A call to the light-house keeper at 6.15 am indicated

winds up to 24 knots and confused seas. Easterly swell running into the SW weather. It was not our view of summer, 40° one day, 14° the next!

Breakfasted, and without re-calling the lighthouse keeper, we decided to head off - in the back of our minds, being the state of the seas around the southern section of the Prom. Where to go if it was rough and after yesterday's workout we were all anxious (not that anyone admitted it).

Departing Tidal River at 8.20 am the conditions appeared to have abated, the sky was still clouded but it was higher, personally I felt strong and fit and a comforting pleasant sensation was felt as the kayak comfortably sliced through the swell.

Oberon Bay and Oberon Point were reached by 9.45 am. We were keen to pass SW, S, and SE Points before

peak flood tide due to a reported three knot current in this area.

Once past Oberon Point we knew there was no return! The party was travelling well, though Adrian was falling behind today - apparently not well - the rebound kept our concentration keen and it was only going past bays like Sea Eagle that gave us relief.

The wind had been almost head-on as we paddled south and as we swung round the coast the effect shifted quarter, beam then rear quarter.

A number of yachts were seen flying west, two and three reefs on the mainsail with token headsails. The Promontory gave the image of sentinels protecting the land bloodied by battle. The rocks at the lower level were covered with red algae and changing colour further up.

It took an hour to reach South West Point and still we hadn't rounded the coast, time was our enemy, the unknown tidal effects of the area magnifying our anxieties.

Slipping into the channel between Wattle Island made the going easier, the swell was beginning to help us, the SW was at our side! A rest at Enclave Creek was well earned, the effect of the previous day's deluge obvious. Paddling in close to the shore, South Point was negotiated effortlessly, skirting around some very quickly moving currents and eddies not going our way.

Wattle Island offered much wind protection, calm water apart from the open crossing of Fenwick Bight where the SW swell provided some assistance. SE point was easily distinguished by the lighthouse perched high up on the granite outcrop.

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Lunch, after four and a half hours of paddling, was well earned. Hauling ourselves up onto the rocks near the lighthouse landing. It almost turned into a disaster as we attempted to launch on the rising tide. A number of waves suddenly saw Rod swimming to hold on to his kayak and I had hold of mine by the deck line watching it helplessly being crushed against him and the rocks. Embarking very quickly (in fact a rock launch), created an exciting situation as one was washed around onto, and off and against rocks, fortunately without damage or injury.

The paddle to Refuge Cove was relatively uneventful, wind and sea assisted, we felt most relaxed when arriving at Refuge. We had decided to keep going as the going was good, it being only 2.30 pm as we passed Little Waterloo Bay. The day's paddle had seen a variety of conditions, magnificent scenery and about 33 kilometres covered.

Refuge Cove must be one of the

most picturesque bays in the world, tucked away among the high peaks, clothed in foliage to the water's edge, it provides excellent anchorage and shelter in most wind conditions. Evidence of past activity by way of whale bones is to be found in the creek and upon arriving we were able to paddle up the cove creek to the camping area.

The torrential rain had obviously sent bushwalkers packing as few camps were set up, and the occupants were attempting to dry sleeping bags and other belongings.

About five craft were moored for the night, one motor launch looked like a Hamilton Island Special, a 40 ft. floating penthouse which appeared most out of character with the environment.

DAY 3

Weather - not seen, heard or felt overnight, the prediction from Melbourne radio - 20 knots SW, a strong wind warning east of the

Prom. Why are we on the east side of the Prom?

An early start was called for to allow us to float off from the campsite (away at 7.45 am). Paddling off, there was no movement on the boats, the calm water of the cove contrasting with the rough textured surface out to sea. We had planned to camp at Johnny Souey Cove but dependent on a range of factors our evening site was yet undetermined.

Hugging the coast, we paddled north towards Sealers Cove, the protection afforded was appreciated as conditions a little further off shore were quite unpleasant. Rounding Horn Point we continued towards Sealers Cove until the protection from the wind was no longer available and we veered off towards a peak called the Cathedral. The two kilometre crossing was just a taste of things to come! A head-to-quarter wind gusting with a short chop made paddling very demanding and upon reaching the protected waters beneath the

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Cathedral the group enjoyed the more gentle conditions aided by a swell rolling up the coast.

A twenty minute break off the southern end of Five Mile Beach was most pleasant. Well, except for the march flies descending upon us - the biggest flies I have ever seen and they came in clouds. The fresh water lake on the map was viewed but it was a bit disappointing - a shallow reed filled lake - no doubt a great bird sanctuary.

An interesting discovery was an aluminium cylinder (partially buried in the sand and at a very high tide mark) bearing the words 'Danger - Report to Police if found' and 'weapon loading instructions'. Enough for us to leave well alone and report to the Foster Police.

Back to hugging the coastline and gaining assistance from wind and wave until reaching the northern end of Five Mile Beach. An exploration of Miranda Lake was called for, a delightful camping location (more people with wet gear here).

From this point, it was only a couple of hours to Johnny Souey Cove (and lunch). As we rounded Monkey Point, Rod set up sail on the Greenlander and literally tore past - the 20 knot wind catching his sail and running on the wind swell, he must have been doing at least 20 knots - it was an unbelievable sight watching him fly past - fortunately the pace could not be kept up as we rounded the point and the wind was taken out of his sails!

Johnny Souey Cove is a most pleasant venue - a short walk up the creek located good running water - lunch and cups of tea were most appreciated.

More hard paddling along the coast, with gusts of wind funnelled down through the valleys from the Prom. made for some interesting paddling. The Promontory is truly magnificent, mountain forests clothing the ranges

providing a spectacle of which one cannot tire.

At this stage of the trip we made very good time, especially taking into account the adverse weather and had considered a change of plan which potentially involved a paddle across Corner Inlet to Duck Point, visiting Doughboy Island on the way. The weather was not letting up and as we rounded the Entrance Point (top NE) of the Prom. we were blasted by gusts of wind over 30 knots with blinding rain. Fortunately we did not have to endure this for a great distance and we knew more sheltered waters we waiting in the bay of Mt. Singapore.

Out in the channel, the tide was running against the wind and it looked ferocious, white caps everywhere, with waves pushed right up and spilling over.

Pulling in to rest at Biddies Cove, a discussion with a local boatie who was also sheltering in the cove, convinced us that this was the stop for the night. We had covered about 35 kilometres in fairly adverse wind conditions (the seas were OK due to land protection) and although Port Welshpool was only ten kilometres away, the conditions in the entrance channel ensured that we were content to set up camp.

Set amongst tall banksias, our camp site had the sea on one side, huge granite boulders of Mt. Singapore on another and coastal vegetation dominated by banksia and tea tree.

The trip, all but complete, we dove deep into the storage compartments and the mature vintage port was perfect as the daylight dimmed and the meal settled.

DAY 4

Out of the tent at 5.30 am, breakfasted, into our boats and away by 6.45 am. The wind was considerable, 20 knots estimated. By keeping in close to Mt. Singapore, we were able to avoid much of the stronger winds for about two kilometres.

After a brief discussion at the final point of shelter, we paddled out towards the channel marker, finding the going smoother as we found deeper water - the early start had been important to beat the full ebb tide - it either had to be early or late to achieve this and were retrospectively very pleased after seeing gusts of up to 30 knots being recorded at Port Welshpool.

One shouldn't blame one's tools but one thing I hate is being in a boat that responds to quarter wind by rounding up. Paddling the whole way across from the top of the Prom. to past Little Snake Island, it was a constant battle to stop the kayak's natural inclination - in my mind was 'stuff the aesthetics, chop the back off and fit a rudder'.

Meeting up at nominated markers, the first being the channel marker, and then at a starboard marker, we came across a seal playing inside the cage created by the stand. It was frolicking away oblivious of our presence for some time.

A final burst across shallow water, cutting the corner of the SW tip of Snake Island, in all, taking two hours to cover this final component.

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ATTENTION PLEASE....GO!

by Reg Hatch

Grant Davies gets his chance to go one better than Seoul when he lines up for the K2 1000 metre race with partner **Tim Munro**.

....

1984 Olympian **Martin Ralph** and his wife Nora have a healthy baby boy. Mum and Ryan are both well and looking forward to a great future. Martin is now the assistant coach with the **VIS** and works so well with the athletes that he is fast becoming indispensable.

....

Thor Nielson, of Denmark, won the Duisburg regatta over 1000 metres from Greg Barton and World Champion Knut Holmann - time 3:32.00. Thor also finished ninth in the 500 metre event and in qualifying, took Mike Herbert out of the final. Mike was second in the World Championships last year.

....

John Jacoby will partner **Mike Mills-Thom** in the Sella Descent in sunny Spain this year.

....

It will be worth taking a look at the **Jarrold Fraser - Blake Rogers** combination at the Junior Worlds in Austria. If their performances against Martin Hunter are any indication, they should do very well.

....

Next year look out for 1988 Olympian, **Kelvin Graham**. He is keen to do well, and has the necessary ability, determination and experience to be a real contender.

....

Richard Zillman has made great recovery from his back operation and rehabilitation is under way with a zest for great performances at a course that has been very good to him. Remember his brilliant performances at Lake Barrington. Look out for some more and watch a great back seat paddler in action.

....

Victorian Institute of Sport is looking to increase scholarships for canoeing and there are plenty of worthy competitors to be considered. Canoeing holds a strong position with the **VIS** and aims to keep on producing not only good performers but keeping our leadership and innovative ideas ahead of the rest.

....

Canoeing combined with that most backward of sports, **rowing** for a media release, followed by breakfast. Brian Richardson (**VIS** head rowing coach) and I would like to see this approach taken one step further and become a regular part of our training regime, especially the cooked breakfast and hoards of people watching from the bank.

....

I received a card from Barcelona last week, sent by 1980 Olympian, **Crosbie Baulch**. It featured a canoeist in a red and white boat. Crosbie and wife Fiona will return to Australia towards the end of October. Crosbie has been heavily involved in the computer industry since being awarded his masters degree and has worked in England for the past four years.

....

Queensland will soon have **canoeing** admitted to its **Academy of Sport**. This Academy is headed by Mrs. Wilma Shakespear. It is certain to

be well stocked with the abundance of talent in the area. Paddlers like Grant Davies and Andrew Trim with partner Danny Collins spring to mind, with Richard Zillman, Kelvin Graham and Jason Prior adding substantial support. The coaches should realistically come from John Sumegi or Ron (Benny) Synak who has done such a great job with Richard Zillman and Jason Prior

....

Kieko Muto, the young Japanese sprint competitor who trained in Australia for the whole of last year has been successful in her attempt to make the Japanese team.

....

Martin Hunter is fully recovered from his injury and looking forward to regaining his World title. Martin has moved into his new house and seems very happy. He recently attended an Olympic function in Geelong. This was a three day seminar dealing with politics in sport and the Olympic Movement. He was quite excited about the outcomes and is at this time following up on some of the activities.

....

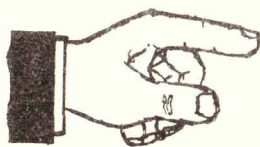
Jane Farrance has embarked on a tour with her junior charges to contest the Junior World Slalom Championships in Norway.

....

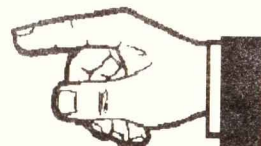
Tim Altman had an accident on his motor cycle. He somehow ran into a tram safety area - he has torn ligaments but no skin off anywhere. In fact he didn't even fall off. I know it sounds unbelievable but you all know Tim and it did happen. He will be on crutches for three weeks.

....

ATTENTION



SPRINT COMPETITORS



Due to a restructure of the Victorian Sprint Races for 1991-1992 Season, all competitors must notify the Victorian Sprint Committee of the following details.

- 1 - Name and Address
- 2 - Date of Birth
- 3 - Club Representing
- 4 - Class
- 5 - Male or Female
- 6 - State first competed in

If this is not completed by 30th September, 1991, competitors will not qualify for selection in the New Victorian Sprint Team, also you will not be able to obtain points for your Club or for yourself.

All late entries must be received 2 weeks before the first regatta at Bridgewater. Late entries will not qualify for points or selections.

All relevant information must be sent to:-

**Computer Statistics
34 Wedge Street,
DANDENONG. VIC. 3175.**

VICTORIAN OLYMPIC ACADEMY 1991.

by Martin Hunter

July 6th, 7th and 8th saw the running of the inaugural Victorian Olympic Academy. The aim of the academy is to teach educators more about the Olympic Movement, its ideals and its history. Forty educators gathered on Saturday morning at the Australian Gallery of Sport at the MCG to kick off this weekend of learning. Of the forty people, all aged between 18 and 35, 8 were past/ present/future Olympians, VIS scholarship holders Jenny Donnet and Jodie Rogers, a number were physical education teachers, general teachers, sports medicine doctors, sports administrators and promoters. These people were chosen because it was felt that they would be best able to pass on the information they gleaned in this weekend, to a generally uninformed public.

After the official opening and welcome to the Academy by Mr. Geoff Henke AM, Vice President of the AOC, we attended our first session entitled 'A Day in the Life of an Athlete at the Ancient and Modern Olympics'. Presented by Dr. Ian Jobling and Mr. Robert Paddick, it described how each athlete decided that they wished to compete, what training was involved, their lead-up to the competition, the competition and post competition outcomes. Modern versus ancient. The question you could ask after this talk is which athlete had a more rewarding Games? Did the ancient boxer, who had to walk for one month to get to his competition, and then find somewhere to stay; not to mention how he was going to pay for his board, versus the modern runner, who has flown in three days before her race, limousined to her five star hotel, all expenses paid, a gold medal to her meaning greater sponsorship and financial bonuses to boot.

The ancient boxer won his event. He received a winners wreath and a pot of oil. With the money he earned by selling his pot and contents, he was able to pay his board, then he walked home. On his return to his home town, a statue of him was made, as promised if he won. He was happy with the simple fact that he could compete.

The modern runner was placed second. She was fairly happy with her result, but it would mean that she wouldn't make as much money as she had hoped. Hopefully her sponsors would stay with her. She would have a special press conference to explain her results. Her managers were not happy, she should have done better. Which athlete would you rather be?

We were then given a guided tour of the Gallery of Sport by MCC Rovers with explanations and history of some of the displays. It is an excellent museum that should be seen by all.

From the Gallery we bused to our main venue for the Academy at the Institute of Educational Administration in Geelong. Set in the Eastern Park parklands it provided an ideal site for a busy weekend.

After receiving complimentary t-shirts, participants broke into groups for a get to know everyone session before we were to

discuss topics given to us by the organisers. My group was given 'Limits to the Pursuit of Excellence', and questions associated with this.

In Olympic philosophy there are two conflicting ideas. If sport is to fulfil its role in physical and moral education it should be pursued for its own sake as an avocation, a recreation. It should not be the main focus of a person's life. Hence the emphasis is on amateurism. A second feature that is necessary for the educational role in sport is the pursuit of excellence in sport. The moral and physical benefits are associated with athletic effort, dedication, loyalty, fair play and chivalry. Athletes are urged to strive to be 'Citius Altius Fortius' (Faster, Higher, Stronger). Hence a 'Catch 22' situation develops from these philosophies. We had to ask, "Is full time athletics desirable? How far should we go in pursuit of excellence? Are fully professional Olympics desirable? And, if full time athletics is desirable, who should provide the necessary financial support?"

We spent five sessions discussing these 'limits', both for and against, problems that could occur and in some cases, are appearing now. Some of the points that were raised are:

- * A new position of sporting ombudsman was created. Managers, selectors and administrators need to be accountable to somebody for their actions. In some cases they are playing with the lives of athletes.
- * There is a need not only for accredited coaches but also for professionally trained managers, selectors and administrators. Some sports have this properly organised already but most haven't.
- * Talent identification is a good thing. Children should be chosen for a suitable sport, more importantly, asked if they wanted to do sport. An attitude along the lines that 'it is good to excel' should be developed in squads. Drug testing should be an integral part of junior programs.
- * Drugs in sport probably had the least discussion time. Drugs are illegal and possibly life threatening. If there was a professional Olympics, drugs should be disallowed. Australia leads the world in 'random' drug testing, hopefully the rest of the world will catch up soon.

We concluded these discussions by saying that there still should be some limits applied monetarily and physiologically, for the betterment of the athlete.

Dr. Jobling spoke on the revival of the Modern Olympics. He discussed how they came about and the problems that their re-creator Baron Pierre de Coubertin had to overcome. In 1892 de Coubertin had an image of a great sporting event to bring nations together for sports sake, to leave the politics behind, to set athletes as role models and to spread international goodwill.

It was interesting to note that a number of 'Games' were held between the Ancient Games and the Modern, eg Cotswold 1603, Greek Olympic Games 1859, and the Anglo-Saxon Olympiad Pan Britannic Festival 1892. The first Modern Olympics were held in 1896 and had 295 competitors from 13 countries compared to Seoul with 9,581 competitors from 165 countries.

Edwin Flack won Australia's first gold medals at the first Olympics, in the 800 and 1500 metre running events. He competed in the marathon but withdrew after 20 kilometres and also played in the tennis competition. Edwin hadn't heard of the marathon before the Games, and he first met his tennis partner on the train from England to the Games.

Our second talk was on Olympism, and was presented by Mr. Paddick. De Coubertin's idea was that sport needed purifying and by uniting all sports together at one grand competition, this would occur. Most sports of the time were based around betting and gambling, which wasn't the basis of the ancient Greek Olympics. The Modern Games needed to take the ideas of the ancient games and modernise them. Mr. Paddick went on to ask if it would really matter if amateurism were thrown out? He discussed the possible outcomes and gave supporting arguments for both sides. The highest expression of Olympism would be the athletes achievements and conduct during the 'Games'.

'The IOC Structures and Commissions' was presented by Mr. Henke. Created in 1894, the IOC has the role of:

- * encouraging the organisation and development of sport and sports competition,
- * inspiring and leading sport with the Olympic ideals at heart,
- * ensuring the regular celebration of the 'Games',
- * making the 'Games' increasingly more perfect.

Presently there are 94 members on the Board of the IOC and 167 National Olympic Committees. The IOC recognises 30 International Federations whose events appear on the Olympic Program. The 'Summer Games' being governed by 24 of these and the 'Winter Games' by 6.

'Science and Technology in Sport' was presented by our very own Dr. Frank Pyke. After an excellent slide presentation we were enlightened on factors governing sports performance and different ways that these can and cannot be changed. Athletic performance can be based on three interrelating factors, skill, fitness and mental approach. There are ways in which these can be modified however. Some examples being heredity, body physique/composition and social environment to name a few.

'The Role of the Vic Health Foundation' was presented by Carlton F.C. coach David Parkin. Vic Health is independent of the Government and is involved in sponsoring sport where tobacco or alcohol companies were previously a major sponsor.

Guest speakers Judy Patching, Raelene Boyle and Dr. Peter Larkins gave us some interesting stories and memories of the games that they were involved in. Dr. Larkins told us of a drink that early cyclists concocted as an 'upper?'. It consisted of strychnine, brandy and nitroglycerol together. No wonder they were all dying.

Our final guest speaker over dinner was John Landy. John entertained us with many stories of sporting heroes and their sportsmanship, as well as some of his own experiences on and off the track. Most were of the spirit of friendship and camaraderie that develops out of competition.

The weekend concluded with an open forum entitled 'What do you think about.....' and some points were put forward for us to discuss. Reports on the weekend's activities were done by all participants and these will be compiled to make a general report.

A closing ceremony then took place and participants were given an AOF badge and a certificate. The Olympic Hymn was played.

Thanks must go to the sponsors Vic Health, the organisers Anne Marie Harrison, Mr. Bill Hoffman, the Gallery of Sport, the special guest speakers and all the members of the organising committee. It was an honour, as a current Olympian and VIS scholarship holder, to be invited to be a member of this Olympic Academy.

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NATIONAL TRAINING CAMP

DUNLOP DRAIN, QLD.

by Reg Hatch

With the best competitors in the country and arguably in the World all gathered in the one place there was an air of expectant excitement.

The camp coincided with the opening of one of the most important buildings in canoeing history in Australia. The magnificent burgundy and green corrugated iron complex with natural ash stairs and door surrounds, superbly blends into the popular Pizzy Park recreation fields. I kid you not when I say that I could easily live in this establishment - comfortably.

Let me guide you around. Up the dead end road to the smallish car park, all bitumenized. Up the pebblecrete pathway and through the outward opening doors (Qld. law) into a spacious foyer. Up the natural timber stairs to three offices, a reception area and a kitchen come dining/meeting room with superb views from both windows and balcony. This looks out over the training course to the front and the athletics and general purpose area to the rear.

Back downstairs and a magnificent weight room awaits you and in fact invites you to use it. This will make training a pleasant task. Out of the weight room, turn left into spacious showers and toilets. On to the boat shed that will accommodate some 48 boats. A pleasant refrigerated water cooler is next to the automatic washing machine and tumble drier.

Across on the other wall, a workshop, yes, there is enough room for more than me. Outside and the black bitupave extends to cover the whole boat handling area all the way to the timber ramp that leads onto the pontoon. An area set aside for the motor boat and a grassed area complete with a drying line sets off the building to a treat.

The whole building has been landscaped and fabulously fits into the natural surrounds.

Michael Wenden opened the building in the absence of the Minister for Sport Ms. Ros Kelly. Helen Brownlee spoke passionately from the heart of the importance of this venture. **I can't wait for the VIS to commence our building - I have already chosen the site.**

Let me encourage you to have a look when you get the chance, it really is fantastic.

We stayed at Bond University and were very comfortable and handy to the training venues. This is an outstanding venue with everything you need. The food was plentiful

and the variety great. I was going to mention the harshness of the Queensland winter, maybe I shouldn't.

We went to Wyvenhoe Dam for time trials and what a venue - there are distinct similarities between Wyvenhoe and Barrington. It could easily host a National championship event and is, above all else, fair. It may be we could even move the Australian Championships back and use them for a true selection event.

For an example, five people paddled under 3:37.00 for K1 1000. This is better than Martin Hunter's best time ever and recorded at a World Championship final. We were fortunate to have the services of Dr. Ian Lynagh, and for you southerners, he is the father of probably the best rugby player in the world at this time. Ian had meetings with the team and individuals. Most importantly he met with management and coaches and made progress on some of the simmering hostilities and as they say 'nothing so needs reforming as other people's habits'. I am firmly wedged into this category and realize a need for change.

It is very comforting to see a psychologist and have no reservations as to the motives. To see athletes coming from the same environment and being positive in their statements and direction is wonderful. I speak for all the Mexicans when I say 'thank you'.

There is a need to have a training camp and try combinations - there is also a need to select people when they are all in a similar period of preparation. It is best for the athletes, for the selection committee and for Australia.

The most positive note from the week was the re-introduction of coach input. Now, while the coaches did not reach unanimous decisions it gave us the opportunity to put forward a case in each area. The selectors had the final say and the team is:

K1 500	Martin Hunter
K1 1000	Clint Robinson
K2 500	Andrew Trim, Danny Collins with Martin Hunter, Clint Robinson. This crew is to try out in Sweden.
K2 1000	Grant Davies, Tim Munro
K4 500	Martin Hunter, Michael Pond, David Foureux, Ramon Anderson.
K4 1000	Andrew Trim, Steve Wood, Ian Rowlings, Danny Collins.
K1 10,000	Grant Davies
K2 10,000	Andrew Trim, Danny Collins.
K4 10,000	Clint Robinson, Tim Munro, Ian Rowlings, Grant Davies at this time. It is obvious that GD will not paddle two 10's.

We are blessed with a talented ladies squad led by Anna Wood and ably backed up by Linda Lehmann, Joanne Patterson, Gayle Mayes and dual representative Kerry Randle. Kerry is the first dual representative since Liz Blencowe. She has a great attitude and great future.

The ladies were chosen as follows but there may be slight changes, depending on many aspects of the tour.

- LK1 Anna Wood
- LK2 Linda Lehmann,
Joanne Patterson
- LK4 Anna Wood, Linda Lehmann, Kerry Randle, Gayle Mayes.

It is my opinion the team has been structured to succeed, we need only to tidy up our organization and believe we are capable.

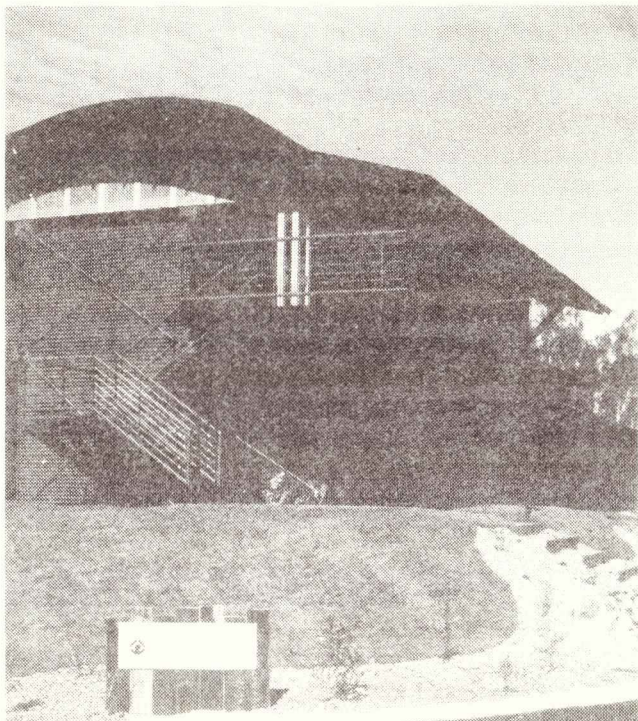
Experience is the name that everyone gives to their mistakes. We must ensure the names are limited. I am very aware of the disappointment of some competitors and can only suggest they put their heads down and get a result in whatever boat they compete. Seriously, there is not a bad boat on the water - let's make them better.

From the sprint team, we wish our juniors all the best in Austria, our marathoners great success in the 'new' Berlin, the canoe polo players plenty of goals, especially in the Flanders Cup in Belgium and offer our commiserations to the slalom team, who I think, are a great deal better than the results from the World Championships in Tacen, Yugoslavia, would indicate.

Thank you also to all the backroom people who are hardly ever seen or heard from.

A.I.S. Canoe Unit

Photo: Reg Hatch



1991 VICTORIAN SLALOM CHAMPIONSHIPS



MITCHELL RIVER 12TH - 13TH OCTOBER

Entries close Friday 6th October

Entries to:-
Richard Macquire
62 Bradleys Lane,
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Tel: (03) 844 3366

HATCH...THE OTHER SIDE!

by Frank English

Who is Reg Hatch? Yes, the same Hatch that fills the pages of this magazine time after time! What right does he have to say the things he does about hard working officials, selectors, administrators, paddlers and places? What would he know anyway?

Well, I'll tell you!

He mightn't have a lot of friends - either as competitors, officials or administrators, but 'to a man', every one of them has a certain respect, or at the very least, a grudging feeling that he is nearly always right!

Some of them openly threaten to sue him - but never do. Some of them spread malicious rumours about him - which nobody really believes. Some say they are or could be better coaches - but never get around to it. Some won't talk to him any more. But every one of them somehow comes to realise that he is, whether they like it or not - the number one coach in the world!

Every two months we wait to see the next five or six pages under the Hatch label. "Whose turn is it this time? What stupid action is going to get the next 'double barrel'? Who is going to read the wrong meaning into the next article?" Meanwhile.... we all sit back and wait...until it gets too close for comfort. If not, we wait for the next issue and read the squeals and howls as someone tries in vain to defend themselves for their individual or collective stupidity.

Reg isn't one to sit back and not say what he thinks. He will take his time, weigh up the situation... and then let you have it! Don't ask, if you are afraid of an answer. If you don't like it - bad luck. You asked!! If you can't stomach the answers, then that is your own worry.

What kind of a man then, is this that keeps producing world champions? What makes him think and react the way he does? Why does he have these 'outbursts' as some people think of them, from time to time? But above all, why does he command such a grudging respect from the Australian canoeing fraternity, and the adulation of the rest of the world?

Well, it would take a book to tell you the story. But, let's keep it short by setting the scene for the first chapter, and leave it at that for the time being.

Reg was born in Sydney, and shortly afterwards, his parents moved to Junee, a tough outback NSW railway junction town. He had to fend for himself against five brothers and sisters, where even a modicum of success tended to be greeted with a clip over the ear, a put down, or a swift backhander. Now there's a good start!

At fourteen, he was pulled out of school and sent to ride the outback roads of NSW to earn his keep. You've all seen drovers who graze cattle on the roadsides in order to find reasonable feed. But this case was a little different. I wonder just how many of us could cope with the life of a drover's apprentice where our boss was both deaf and dumb. I guess that's why Reg is a man of few words, but those he utters really mean something, and are not said to pass the time of day, and why he is such a careful observer of human nature.

The lowest age of choice that the law supported in NSW at that time was sixteen. Place yourself in his position. What is the furthest place you could physically go to when your two years of drudgery was up? Yes you're right. The sea!! After two years of silence and frustration, he

set out to join the navy. He became the 'pride of the fleet' the day he turned sixteen.

His first act of free choice was probably the best he could have made. From that moment of mounting desperation, flowed dramatic promotion in the navy, a happy marriage to Liz (Beth), his wife of many years, and to Ivanhoe Grammar eventually seeking out this outstanding Chief Petty Officer, and making him an offer of a secure future.

But, that's going too fast!

The navy offered him new horizons, new insights. His physical skills soon came to the fore, and during his time there, he represented the navy in just about everything except Australian Rules. He gained Australian representation in boxing, shooting and rugby. Had he stayed on in the navy, he could probably have represented Australia in judo at the last Olympics, or more likely as a cagey heavyweight boxer in Moscow. 'Golden Gloves' championships don't come cheap! His fierce training schedule was interrupted by the violence of Vietnam. This war also slowed his rugby progress, though he still became a State player in two codes, and later on, the coach of the first winning 'Country' side to defeat the 'City' in Sydney, in many, many years.

As 'Chief' of the navy diving group, Reg had a dangerous but vital role to play for the fleet while in Vietnam. His team was charged with removing Limpet mines from the bottom of Australian and American warships, put there by a cunning enemy, while they were anchored in Saigon Harbour. Tricky business...taking mines off in the dark. Never know who you might meet in the deep at night. Makes you wonder how you'd feel doesn't

it! Those of you who knew or met Reg in the mid 70's, know only too well why he was a bit jumpy. You probably remember how he spoke in short sentences - didn't hang around for an extra chat - mumbled a few well chosen words and was off. Come to think of it, I'd say that was probably 'par for the course' for those who had been through a similar set of experiences. But don't expect him to talk about those days even now. Just remember that his ship was hit and some of his best friends didn't come home.

War is bound to put a damper on anyone's enthusiasm for the sea! The city of Dubbo soon loomed large in his life. After saluting goodbye to the navy, he took over the local pool and gym scene. Before leaving though, he was given a taste of canoeing. The navy decided to support the Murray River Red Cross Marathon. They bought some TK2's, and in typical service style, decided to learn how to paddle them by having a run through the course first. Five hundred kilometres later they were transported back to the start, and Reg and friend were told to go out and win the race. They did!

'By the time two legs and one arm were freed, the pain was so great that the second arm had to remain in plaster.'

Back in Dubbo, a friendship was struck up with a young athlete named John Sumegi who wanted to get fit enough to compete in the next World Canoe Slalom Championships. The Sumegi story is well documented elsewhere, and suffice to say, for the time being, that it continued for many years, with much recognition overseas, but little in Australia. Of course, slalom turned to sprint, and the whitewater and marathon fraternity could only look on with excitement.

But what can you do in a country town for an extra bit of excitement when you are building up to world championships and when you are

surrounded by a bunch of young hopefuls. Answer... go rock climbing. No, not your sensible ropes, harness and helmet variety, but up the sheer face of a cliff where not even a mountain goat is stupid enough to go.

Well...the story has a sudden ending. From 30 feet up in the air, this same man Hatch lost his footing, and did his best to make a 'cat-like' approach to earth. The result...two broken arms and two broken legs. There have been no further ventures, nor are there likely to be, into any more rock climbing!

Three weeks later, ex Chief Petty Officer Bill McKenzie, after getting advice from the navy, offered Reg a position as Phys Ed teacher at Ivanhoe Grammar School - one of Australia's largest boys schools. There was one condition...he had to turn up for a formal interview with the headmaster within the week or the job would be advertised. Solution...cut off the plasters and hope for the best. The trouble was though, that this was not as simple as it sounds. By the time two legs and one arm were freed, the pain was so great that the second arm

had to remain in plaster. Armed with a walking stick, he made off for Melbourne by car. Arriving just a short while before the formal interview for the position that he wanted so much. He had to wait until the pain had subsided sufficiently, to discard the walking stick and stride in, hoping to make the impression that would gain him his wish. Thirteen years later, he is still well ensconced as Head of Phys Ed in the Middle School, and has firmly established Ivanhoe-Northcote Canoe Club as one of the most successful local clubs around the world.

Are you getting the idea yet, after these few jottings, of the single-

inded and determined nature of the man. If you really want to succeed, then there's no point in being half-hearted.

There is much more to the man than meets the eye.

Sheer dedication to a self chosen task and the ability to inspire people to have confidence in themselves, will eventually force the overwhelming recognition he deserves. People around Australia only see his successful paddlers, and there have been many of them over the years, who give credit where it is due. Those who know him closely though, have seen what he has done for so many ill and handicapped people, for mentally and socially retarded, and for those who are in difficulty, where he is often the first to hold out a helping hand.

We are all moulded by our environment, sometimes more than we care to admit. Maybe those who are quick to jump to conclusions about others would do well to stop and think more carefully what motivates their own lives, and how other people in turn see them. The next time we see a Hatch article, it would be good if we were all able to remember that the praise he often lavishes when he writes is just as genuine as anything said about injustice or stupidity that also warrants a mention in these pages.

This is just a glimpse of the 'hidden' Hatch, (more to follow) to show you something that goes to make up the character of the man, who does not let many people get close to him, and in time will come to be recognised for the great Australian character that he really is.

As Helen Brownlee said hardly six months ago..."what is it that draws ordinary people to sacrifice days, weeks, months, sometimes years of their time to perform a service for our sport?" Ask Reg next time you see him!

Now it's my turn to duck for cover.

CAN WE EVER TALK?

by Reg Hatch

Is management so ingrained that communication will always be a strained affair.

In 1989 Martin Hunter won Australia's first ever sprint gold medal - the then team manager was absolutely ecstatic. Joan Jane's mistake in life was being born a female and caring about all the athletes in her charge. This should have been a time of great celebration.

The gleam from gold that gives so many joy - family, the lowly club coach, team coaches who oversee and organize the all important 'state of mind', team manager who made the trip to foreign shores so enjoyable and comfortable. Communication made this victory possible and the understanding of the needs of the (individual) athlete stood as a beacon in decision making.

In our sport competitors are predominantly individual and only when unable to make a singles spot - the bench mark by which our selectors choose teams - do they become team players.

It is then that management does its best work. Ask the question - does hierarchical decision making have a place? Is there a need for consultation so individuals realistically see themselves as real team members?

The problem is to find someone who is not harbouring a grudge and is devoid of personality conflict status. Is there someone in canoeing like this? It may well be that this is the one glaring problem next to so few holding such power.

There are also problems, rebels, in teams usually successful but from smaller insignificant groups - parents and the coaches forced to stay at

home. Fortunately we don't have a real problem with the media but those that take charge of this group of athletes need to think out communication strategies so that the needs of all are not only met, but seen to be met. There are a number of issues that will go to building a strong cohesive team that will have people from different backgrounds, allegiances, training methods and plans working together. They must all address the athlete's maintenance of self confidence and motivation while away from home.

It may well be that there is no need for, or, to build a team especially where the flair of individualism is sought after. Or is it that conformity to team/group goals may reduce the performance of the 'stars' but we end up with a nice team?

Could it happen that the team becomes too strong and results in pressure to conform and the 'star' be suppressed, at the expense of creativity and individuality of the athlete.

I write this now as I can already see conflict and contrived suppression that has affected one of our best athletes - surely it cannot be allowed to happen again.

The team needs to utilize - openness, trust, development of common objectives, strategies for conflict resolution, listening skills, recognition of high commitment and lean to consensus style decision making. During this there should be no loss of sight of the individual's goals and allow for the personalities to emerge and from this maybe some healthy confrontation will emerge.

Maybe the management could look at what is wrong rather than who is to blame and therefore take the easy option.

Management may be able to convince athletes to see reasons for working with each other and even being accountable for their actions and decisions and making for the betterment of all.

Goal setting and team building is necessary in situations where people depend on one another to any extent. Athletes need to feel that membership to the team confers benefits that will help them to their success. It is imperative that team organization allows all involved to feel that their point of view is considered.

From this I draw to your attention the line of thinking to be taken if this and all Australian teams are to be successful;

Honesty - even if painful.

Communication - even if difficult.

Athletes - Must be first consideration

Awareness - what is needed & when.

Personality - be more flexible and listen to all - equally.

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VICTORIAN INSTITUTE OF SPORT

by Reg Hatch



VICTORIAN
INSTITUTE
OF SPORT

Our first year has been completed with this premier Institute. In one year notice has been served of the intention and notice is being taken. Some of the innovative schemes being implemented by the VIS have been replicated by AIS. Diedre Anderson's Education and Job Search Scheme is one such instance.

Sprint canoeing has acquitted itself well in this period but we will know more when we see the results of the World Championships. It is nice to bask in national glory but we are aiming to produce world class athletes and show our backers, the VIS, State Government the Australian Sports Commission and supporters of our athletes such as parents and friends, that we are working at the highest level.

It becomes very difficult at selection time for scholarship holders when we have many fine athletes to choose from. Selection is not an easy task but one done with the present and future firmly in mind. There are many facets that go into selection, let me outline some:

Attitude must be motivated by more than a scholarship.

Ability both developmental and present. We must be concerned with the future.

Dedication for some it is a long way to the year 1996 and still further to 2000.

Pragmatism must view ultimate *reality* as something to be experienced. Have and talk about goals and look to achieve them.

Ethics must have a sense of fair play.

Team interaction and social skills are also important. They must fit into the developed framework so continuity is maintained.

Scholarship holders are:

Martin Hunter	Michael Pond
Karl Russell	Tim Altman
John Jacoby	Natalie Hood

Part scholarship holders are:

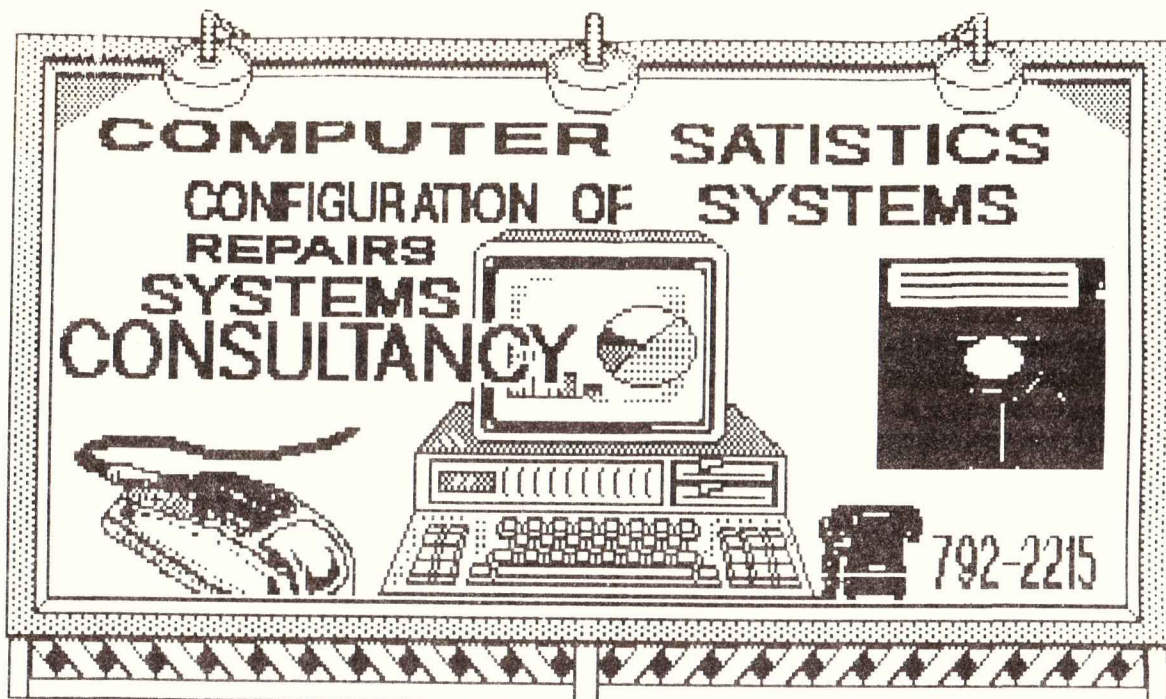
Paddy Holland	Helen Griffiths
Stuart Morarty	Grant Leury
Rob Nelson	Mike Mills-Thom

Talent identification scholarship holders are:

Jarrold Fraser	Paul Greenhalgh
Blake Rogers	Peter Cannard

Martin Ralph is the assistant coach.

Enquiries in regard to the sprint racing aspect of the VIS should be directed to Reg Hatch. I will do my best to answer them but I cannot promise to satisfy you.



ASSOCIATION AFFAIRS

At the Annual General Meeting of the Association on June 13, the following people were elected to office.

President	Jane Farrance
Snr. Vice President	Peter Gray
Secretary	Sue Natoli
Treasurer	Tony White
Vice Presidents - Marathon	Robin Belcher
- Polo	Jon Bissett
- Slalom	Roy Farrance
- Sprint	Jamie Walker/Peter Foster
- Touring	Rod Jones
- V.B.C.E.	David Zohs
Public Officer	Cary Pedicini
A.C.F. Delegate	Roy Farrance
Safety Officer	Mike Higginson
State Coaching Director	Reg Hatch
Vicsport Delegate	Tony White
V.O.C. Delegates	Jamie Walker & Peter Foster
Librarian	John Boardman
Property Officer	Bill Smith
Paddler Editors	Jill & Tony Prior
Auditor	Phillip Taylor

The positions of Publicity Officer and National Water Sports Centre Liaison Officer were not filled.

....

The following office bearers were elected at the various Standing Committee Annual General Meetings.

<u>Slalom</u>	
Chairman	Roy Farrance
Vice Chairman	Torsten Krebs
Secretary	Cathy Kesterton
Treasurer	Mandy Linden
A.C.F. Delegate	Roy Farrance
V.A.C.A. Delegate	Rick Williamson
Property Officer	Richard Macquire
Chief Judge	Ron Heard
Publicity Officer	Rob Parry

<u>Sprint</u>	
Chairman (Joint)	Jamie Walker/Peter Foster
Secretary	Mrs. Walker
Treasurer	Tony White
Property Officer	Bill Smith

<u>Polo</u>	
Chairman	Jon Bissett
Vice Chairman	Jenny Hourigan
Secretary	Stephen Simmons
Treasurer	John Pearson

Chief Referee	Bill Porter
ACF Delegate	Bill Porter
Equipment Officer	John Steadman
Competition Convenor	Jenny Hourigan
Junior Development Coordinator	Ralph Audehm
Coaching Director	Cindy Porter

<u>Touring</u>	
Chairman	Rod Jones
Vice Chairman	John Boardman
Secretary/Treasurer	Richard Manzin
Editor - Canoeing Guide	Alan Jones
Co-ordinator - Canoe Victoria Project	Laurie Atkins

<u>V.B.C.E.</u>	
Chairman	David Zohs
Vice Chairman	
Secretary	
Treasurer	
Board Members	Peter Gray

Marathon
The Marathon Standing Committee holds it's A.G.M. at the conclusion of each season, not at this time of the year.

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PUBLICITY OFFICER

During the June Executive meeting, the VACA Executive discussed the lack of a Publicity Officer to work for the Association as a whole. This position is essential if we are to improve or even maintain our public profile. There are several big events coming up in the near future and we really need somebody to co-ordinate the work being done by the Publicity Officers of the various Standing Committees. If you would like a challenging job which is not extremely time consuming, please contact Jane Farrance to learn what is required.

The VACA really needs you, ring Jane today on 816 9411.

New V.A.C.A. Secretary

Sue Natoli, the new secretary of the VACA can be contacted at:

5 Hannaslea Street, Box Hill. 3128

Tel: 898-4582

BENDIGO CANOE CLUB CUP

(Established 1974)

- DATE:** 12th and 13th October 1991
- VENUE:** Loddon River. In the grounds of the Bridgewater Caravan and Camping Park - 40 km north-west of Bendigo.
- DISTANCES:**
- | | |
|-------------------------|-------|
| Saturday - Seniors | 20 km |
| - Vets, Juniors, Ladies | 10 km |
| - Sub-Juniors | 3 km |
- ENTRY FEE:**
- | |
|--------------------|
| \$6.00 Seniors |
| \$3.00 Juniors |
| \$1.00 Sub-Juniors |
- START TIME:** 1 pm SHARP
- ENTRIES CLOSE:** 12.15 pm on the day
- WATER CONDITIONS:** River is deep, well sheltered, few snags and little current. Ideal beginners course.

TROPHIES

Individually struck medallions
(for constituted classes)



1983 Scott Wooden
1984 John Jacoby
1985 John Jacoby
1986 Brian Thomas
1987 Peter Hogg
1988 Paddy Holland
1989 Mario Veselm
1990 Peter Hogg

ROBERT BEARHAM MEMORIAL TROPHY
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*** Also Handicap Cup: Winners 1990 - Jane Luttrell & Dave Hiatt TK2 Mixed
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- FURTHER ENQUIRIES:**
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|--------------|--------------|
| Tony Misson | (054) 411170 |
| Graeme Smith | (054) 477582 |
| Ross Boyle | (054) 416611 |
- CARAVAN PARKS:**
- | | |
|------------------------------------|--------------|
| Bridgewater Caravan Park | (054) 373086 |
| Bridgewater On Loddon Caravan Park | (054) 373143 |
- SUNDAY:** VACA Regatta - All classes
- Contact for Regatta - Jamie Walker (03) 484 7848

THE KATHERINE MARATHON

by John Jacoby

The aircraft door opened, the sun blazed in and I breathed in a lungful of hot, humid air. Ah! It's good to be back in the 'Territory'. Walking across the tarmac in Darwin is like taking a step back in time, and it's great. No fancy gate lounges, a few sheets of tin with no walls for the baggage claim area and no formal dress requirements. Within minutes I'd joined in the spirit and was in shorts, singlet and thongs. I knew I was going to enjoy the next five days. It beats racing on the Murray in June with driving rain and icy winds.

Jane Hall, Neal Dalglish and I hired a car and drove down to Katherine in the afternoon, after a reminiscent tour through the hustle and bustle (?) of Darwin city. Katherine is a medium sized town of 5 - 6000 people, set on the famous Katherine River. Our task for the week end was to paddle 81 kilometres over two days and try to keep our craft away from the razor sharp limestone rocks that littered the river at regular intervals.

Friday was spent doing all the usual pre-race preparations. Fitting pumps, remaking footbars, adjusting seats and trying to ready a boat that I'd never before paddled. By late afternoon I was ready for a training run. In the first five minutes I passed a couple of lazy crocs basking in the sun on logs. Certainly more interesting than water rats in the Yarra or Murray. Jane and I practised shooting the small weir a couple of times and soon had our plan for the race. After a few small rapids on the way to the second checkpoint, we were 'prepared' for the big event.

I spent the weekend at Bob and Emma Dennis'. These superb hosts really did try to overfeed me and they succeeded very well. By

Saturday morning I was well and truly fuelled up and raring to go.

It was a hot day (even for the locals) and all the starts got away without a hitch. I still believe Australia must adopt mass starts if the excitement and exposure of canoeing (especially on T.V.) is to be increased. Besides, it makes it much easier work for the time keepers!

I shot the weir without drama and was soon peering at my watch to see if I had a chance of breaking the record set in 1987 by Rick Pacey and Gavin Smith in a K2. Paddling along beside the pandanus lined banks was superb. Looking for crocs and deep water were two major things to concentrate on. Whilst sliding down a long narrow race I noticed a lone fisherman proudly cleaning his freshly caught 8 lb. barramundi.

The sun steadily rose and an hour into the race the heat was really thumping on my neck. After safely negotiating all the rapids apart from the one where I headbutted an overhanging paperbark, I crossed the finish line with a pounding headache and a big sigh of relief. I was happy just to get out of the sun for a while.

The second day was shorter (34 km) but involved an 'out and back course'. Again the sun belted down and I was glad of an early start. I made good time down to the turn but now the test was going to be to make it back against the current, into a headwind and still sneak in under the record.

Paddlers of all ages were tackling the 'Katherine'. Juniors from as far as Alice Springs and Queensland were battling to control their oversized canadians in the rapids. Some kids could barely see over the gunwales, so to paddle that distance was a gutsy effort and a real inspiration to all that saw them.

After shortening my paddle a centimetre or two while fighting my way up the rapids, I crossed the finish line seven minutes inside the Day Two record. I was rapt to have broken the race record by 19 minutes and give future champions something to chase.

Gradually the competitors filled the finish area and all the race stories were being re-lived. Back in town the 'Territory' spirit gradually swung into gear as food was eaten, liquid was quaffed and medals received (in that order). Another great week end of paddling was had by all and Northern Territory Red Cross received a welcome boost to their funds.

The 'Katherine' is truly a great race, in a beautiful location, with country people. I'll be coming back to the Northern Territory.

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MARATHON RACING

by Dawn Mickelborough

The marathon season is now half over with five of the eight races completed. Races three and four were held at Deniliquin and Cobram over the Queens Birthday weekend. River levels both on the Edwards River at Deniliquin and the Murray at Cobram were incredibly low, making both days very hard on the arms. A number of boats were 'holed' on the Edwards River due to snags and submerged trees that were not visible due to the very muddy water. Add to this the very inclement weather at Cobram on the Monday, plus the lack of water, (which was turned off upstream to allow the cable laying across the Murray at Thompsons Beach) it was a rather trying weekend. Numbers were not as great as at Essendon but there was some good racing on both days.

At Deniliquin, Rene Mol was successful in K1 over Robin Belcher by two seconds with Cameron McMullan, who is continuing to improve, in third place. Division 2 was won by Anthony O'Loughlin, Peter Tedesco (Manly), six minutes away was second, with Trevor Butcher third. In Division 3, two juniors were successful - C. Brown from Matthew Beale and Ken Evans in third place. Both of these juniors are from the Mitta Mitta Club, maybe we have a couple of Marty Hunter and Matthew Coulters in the making. I believe Matthew Coulter has been spending some time with the guys - great. Another promising junior from Mitta Mitta is Matthew Flower.

Promotions at Deniliquin were:

C. Brown and Matthew Beale from Div. 3 to Div. 2; Doug Parkinson, Jason Faulkner and A. Morris (all juniors) Peter Davies and Mike Goyne all promoted from Div. 5. Still more juniors to be promoted were Jamie Tarrant, D. Watson and Intermediate junior Steven Mol, from Div. 6. Brett Rantall was promoted to Div. 6 and Matthew Flower to Div. 3.

It was pleasing to have a group of students from Salesian College, Sunbury, participating for the first time.

At Cobram K1 results were: Cameron McMullan first (well done Kanga), Robin Belcher one second away in second place with Rene Mol third. Promotions: from Division 3, Matthew Flower and Chris LeDieu; from Div. 4 Doug Parkinson and Jason Faulkner; from Div. 5 Andrew Rose, Jamie Tarrant and Steven Mol, from Div. 6 Tim Boulton and from Div. 7 G. Anderson.

Race five was held at Geelong on the Barwon in cool but still conditions. The river was a little 'bubbly' at the junction with the Moorabool and a number of paddlers appreciated assistance from the guys in the safety boat. Thank you! This was 'doubles' day and attracted good K2 fields with once again Australian Sprint Team paddlers

participating. In Division 1 and 2 Rene Mol and Anthony O'Loughlin put in a great effort to finish only three seconds behind John Jacoby and Mike Mills-Thom, with Gavin Fraser and Robin Belcher a further twelve seconds away in third place. Unfortunately Martin Hunter became ill and he and his partner Michael Pond had to withdraw. Division 3 was interesting with two juniors, Scott Tyers and Doug Parkinson taking the honours. Helen Griffith and Natalie Hood were second with Robert Schram and Christine Belcher in third place.

It is pleasing to see the number of junior girls on the increase - seven intermediate - and the number of female paddlers still increasing. It is also pleasing to see more canadian paddlers on the water. Overall numbers are still very good with 187 competitors at Geelong.

The Geelong Club offered a trophy for the best team of three in the 35 yrs TK1. This was won by Don Pocock (Patt. Lakes), Glen Rose (Sher. Knox) and Eugene Mangan (Patt. Lakes). Other results were:

DIVISION 1/2 (30 starters)

J. Jacoby/M. Mills-Thom	1:40.10
A. O'Loughlin/R. Mol	1:40.13
G. Fraser/R. Belcher	1:40.25

DIVISION 3 (14)

S. Tyers/D. Parkinson (J)	1:53.01
H. Griffiths/N. Hood (L)	1:54.01
C. Belcher/R. Schram (M)	1:57.38

K1 (6)

J. Grant	1:53.13
B. Davies	1:54.57
W. Fraser	2:00.36

C1 (3)

K. Mahr	2:37.52
P. Westley	2:40.17
T. Westley	2:50.33

TC1 (4)

W. Morris	2:20.30
L. Hosi	2:46.58
B. Johnston	3:11.25

TC2 (3)

P. Cole/C. Craig	2:24.06
D. McAvoy/D. Curwood	2:31.48
R. Seymour/R. Bell	2:32.10

DIVISION 4/5 DOUBLES (16)

P. Tierney/T. Poole	1:20.11
R. Genn/A. Coleman	1:21.43
J. Tarrant/T. Boulton (I/J)	1:25.47

Marathon Racing (cont'd)

DIVISION 4/5 SINGLES (9)

D. Dibell	1:28.59
B. Owen	1:29.54
D. Clark	1:35.00

LTK2 (8)

J. Chambers/L. Talbot	1:33.40
B. Meek/K. Mickleborough	1:33.41
L. Compston/J. Millard	1:53.29

DIVISION 6/7 DOUBLES (12)

D. Watson/A. O'Conner (J)	39.48
D. Pentz/S. Tierney (I)	39.50
M. Rantall/B. Rantall	41.15

TK1 (11)

T. Bates	2:07.04
P. Williams	2:11.05
J. Petrus	2:14.23

DIVISION 6/7 SINGLES (6)

G. Anderson (I)	43.15
M. Doak (VL)	54.34
S. Dickinson (J)	57.43

TK1 35 YRS (9)

D. Pocock	2:11.28
P. Radcliff	2:14.44
G. Rose	2:17.17

SUB JUNIOR (2)

P. Rock	10.28
B. Nicol	12.08

TK1 45 YRS (6)

J. Lidston	1:28.47
G. Thomson	1:29.05
R. Willis	1:35.55

TK2 MIXED 35 YRS (8)

T. Meek/M. Meek	2:13.25
K. Thomas/B. Vieth	2:17.42
C. LeDieu/A. Marley	2:20.31

LTK1 (6)

M. O'Toole	1:41.10
L. Munoz	1:45.56
R. Kemp	1:47.37

TK2 35 YRS (4)

P. Swindells/G. Duck	2:09.13
B. Blain/D. Rae	2:31.08

TC1 45 YRS (3)

G. Marney	1:42.44
B. North	1:45.48
G. Canning	1:52.44

TK2 (8)

D. Renton/M. Donaldson	2:01.58
B. Owen/G. Askew	2:05.50
G. Precious/W. Brown	2:05.55

INTERMEDIATE (10)

D. Scobie/H. Killeen (G)	55.38
B. Cole (G)	57.59
K. Wilton/E. LeeAck (G)	58.08

TK2 45 YRS (4)

R. Godwin/P. Leonard	1:27.50
J. Fanning/D. Pell	1:28.49

THE KATHERINE MARATHON (cont'd)

The 10th anniversary of the Katherine Marathon was the most successful held so far. There was an excess of \$18,000 raised for the Red Cross and the following records were set.

Overall fastest time -

John Jacoby Open K1	(-19 min) 6:40:56
Masters 50 & Over TC2 -	
D.Stevens/D.Gomer New time 1 day	5:07:41
Mixed Open TK2 -	
S.Becks/L.Becks	(-70 min) 7:46:26
Mixed Open C2 -	
B.Dennis/E.Dennis	(-12 min) 8:22:12
Womens Open TK1 -	
Marilyn Drynan	(-12 min) 7:55:38
Womens Open K1 -	
Jane Hall	New time 7:37:11



Sue & Lindsay Becks (Mt.Isa) TK2, getting out at the weir portage Photo: Dennis family

MURRAY MARATHON MADE EASY - PART 2

by Greg Skewes

In the second part of this four part series on making the Murray Marathon easier, further hints are given on what to look for in the quest for better technique and improved overall fitness. Improved paddling style and fitness not only enhance racing times but increase the sheer enjoyment that can be achieved with simply sliding through the water in your kayak or canoe.

For those people who have been following my program for the past two months there should be some noticeable increase in speed. There should be a feeling of achievement and well being as your fitness level increases. If you missed out on the first part of this series, try to obtain a copy of the last edition of PADDLER in order to receive assistance with your technique.

A QUICK REVISION

Check to make sure that you are complying with the following areas in particular. Many paddlers fall into bad habits without even knowing of their technique faults.

1. Check to make sure that your hands are not crossing the boat. Remember that your top hand should block out your view of the nose of your boat. If you can still see the front of the boat, this means that you are either crossing the craft with your arms or your hand is dropping short due to insufficient stroke length.

2. Make sure that your arms are straight so that you have a long and efficient stroke. The blade should not start to be extracted from the water until it reaches your hip.

3. Your blade must travel far enough into the water to be truly effective. That is, your blade will only work for you if you give it enough of a chance to become immersed.

4. Lifting your elbows up to extract the blade from the water is often the most difficult thing for people to master. Have a look over your shoulder to check that your elbow is working for you and that your elbow and wrist are at shoulder height as they make the journey forward.

5. Plenty of body twist is crucial for an energy saving race. All of the major muscle mass is contained in the torso, so it makes sense to use these muscles to propel the boat through the water. Very little is gained by merely using arm muscles as these cannot be compared in size and area with the torso.

A POLICEMAN

Get someone to check the above five areas for you or have someone video you so that you can check your own technique. That is, somebody or something to act as a policeman to tell you if you are doing anything wrong.

CLOTHING FOR WINTER MONTHS TRAINING

The next two months are the coldest for the year, so it is necessary to make some changes to clothing when going out onto the river for training sessions. I have listed a number of points which will enable you to continue your program over the winter months with minimal discomfort.

1. Wear paddling mitts if you train early in the morning and the temperature is very low. When attached to the shaft of your paddle they stop the breeze from numbing your fingers. They can be purchased from most canoeing retailers.

2. Wear a woollen beanie to keep your body heat in. Most body heat is lost through the head.

3. Long sleeved fleecy lined thermal tops are a must for winter paddling. They keep you warm, even when

they get wet. The moisture is kept away from your skin with the help of the specially manufactured material used in this type of clothing. Wear a t-shirt over the top of the thermal. Most paddling shops sell thermals.

4. A spray deck will make the final touch to your winter expeditions onto the river. They keep you dry and prevent the breezes from cooling your body down.

It must be remembered however, that everyone is different in regards to the way they feel the cold and some people may find that they do not need some of the above in order to keep warm.

FOOD

As you increase your training load, you should be eating more and be more aware of the nutritional value of the food that you are consuming. Many people depend too much on take-aways and also tend to miss meals (with excuses of course like - "I am too busy" or "as long as I have a good evening meal I will be all right").

The simple fact of the matter is that unless you learn to eat and drink wisely, your performance on the water will be adversely effected. Your training diet should include the following:

Unrefined carbohydrates - brown rice, cereals, wholemeal pasta, wholegrain bread, dried beans and peas, potato, corn and fruit. It is necessary to restore your glycogen (carbohydrate store) level after successive days of exercise as your muscles will be depleted of this source of energy and your performance will drop off.

Your total diet should consist of up to 60% of unrefined carbohydrates. Your body only requires about 15%

protein and 25% fat in the form of dietary requirements.

Good animal sources of protein which are low in fat include: rabbit, low-fat dairy products, lean red meats, fish and chicken.

Cut down on items such as: potato crisps, fried take-away meals, and cut the excess fat off meat prior to cooking.

LIQUIDS

Even during winter, it is necessary to replace fluid loss. You should consume water prior to training and as soon as possible after training. You may even wish to take water with you during training sessions. It is best to avoid alcohol as this has a dehydration effect on the body.

UPPER BODY TRAINING

Weight training is a suggested method of strengthening your body to avoid injury. It is also reasonable to assume that a strong muscle will continue to operate at a good speed all day, whereas a weaker muscle will begin to flounder near the end of a day's racing and particularly towards the end of successive days where severe demands are made on muscles.

If you decide to undertake gymnasium training it is absolutely critical that you start off very carefully and with the emphasis on learning good weight lifting technique. Start off with the lightest possible weights and obtain advice on technique from the gymnasium operator in order to avoid injury and muscle soreness.

If you decide on gym training, it is recommended that you attend the gym three days per week with a days rest between sessions to allow your body to recover.

It is not recommended that juniors under the age of 16 attempt weight training.

To start with, it is best to learn a few exercises and become good at these before branching out further. Try going from a pulling exercise to a pushing exercise in order to give muscle groups a chance to rest between sets. Seek help from qualified people at your local gymnasium on how to properly execute the following exercises. An experienced paddler who attends a gymnasium regularly may also be of help to you.

1. Start off with some stretches as outlined in the previous article. The gym wall should also have some posters displaying other types of exercises which are good warm-ups.
2. Three sets of chin ups - maximum number possible. (max)
3. Three sets of dips (max).
4. Three sets of dumbbell pulls (between 8 & 12 per set). Use a bench to rest on while you pull the dumbbell with the other hand, then alternate.
5. Three sets of bench presses (between 8 & 12).
6. Three sets of lateral pulls (8 - 12) using a lat. machine.
7. Three sets of dumbbell flys - lie on the bench.
8. Three sets on a cable rowing machine.
9. Three sets of sit-ups (max).

TWO MONTH PROGRAM cont'd
This time with a little more emphasis on aerobic work in the boat to work further on paddling fitness.

WEEK 9/10/11/12

Monday

Paddle for one hour. Spend half the session checking that you lift your elbow to extract the blade from the water. For the remainder, try paddling at full speed for 40 strokes,

followed by half speed for 40 strokes.

Wednesday

Paddle for one hour with extra care being taken to ensure that your top hand punches down the centre of the boat, blocking out your view of the nose of the boat. In addition, concentrate on straightening your arms.

Try doing 5 X 250 metre sprints during the second half of the session.

Friday

Steady paddle for one hour. Concentrate only on twisting your torso to help pull the blade through the water.

Saturday

Time Trial - Select a 10 kilometre course and see how long it takes you to complete it. Fix a watch to your boat to help you see the time.

Sunday

Run or walk at a steady pace for 40 minutes. The speed should depend on your run/walk progress to date.

WEEK 13/14/15/16

Monday

Paddle for one and a quarter hours. Concentrate on pushing hard on the footplate. Paddle 60 strokes hard followed by 60 strokes steady for the second half of the session.

Wednesday

Start with a 15 minute warm up.

Paddle:

- 1 minute hard - 1 minute steady
- 1½ minute hard - 1½ minute steady
- 2 minute hard - 2 minute steady
- 2½ minute hard - 2½ minute steady
- 3 minute hard - 3 minute steady
- 3½ minute hard - 3½ minute steady
- 4 minute hard - 4 minute steady

Now reduce in half minute intervals to 1 minute hard, 1 minute steady.

Friday

Paddle at steady speed for one hour. Concentrate on placing the blade close to the edge of the boat during

entry into the water. Also concentrate on making a long stroke, placing the blade into the water in front of your toes, and pulling through to your hip before starting to exit.

Saturday

Bike ride for one hour or run for half an hour.

Sunday

Time Trial - Paddle over a 15 kilometre course.

If you are really serious about making 'The Marathon' easier, make certain that you follow this program. Do not give up.

Look for the continuation of this program in PADDLER volume 84.

CLASSIFIED

ADVERTISEMENTS


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

FOR SALE
ISOKINETIC "TWIN
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Machine for Kayak
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Tel: Richard Macquire
A.H. (03) 844 3366

FOR SALE
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Excellent condition
\$600
Contact: Carl Kelly
(03) 465 1818



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Cobram, 3644
Telephone (058) 711-711**

NEWS FROM THE RED CROSS MARATHON C'TEE

This year the marathon has a major sponsor in I.C.I. Aust. ensuring that the 1991 I.C.I. Red Cross Murray River Canoe Marathon is on the way.

'THE GREAT RELAY' is included in the 1991 Echuca Mini for those who wish to try something new on October 19.

There is some confusion regarding the date of the Yarra-Marra. It is to be held on SATURDAY 9 November (not Sunday). The start will be at 11.00 am. There is no Fun Run this year.

Hopefully we will be able to adopt a new idea for the 1991 race. **IF** we can print canoe numbers the way we hope, each crew will be able to keep their number for their history book.

There will be a *new age limit* for fathers and mothers who wish to paddle with their children. The 'minimum age' for a junior paddling with an experienced parent or guardian as a partner will be 16 yrs in the year of the competition.

A school challenge relay class is available for the marathon.

Grand Final updates to be supplied for paddlers at the Barwon Mini, September 28.

For further information contact
Graeme Smith
OIC Race Committee
Tel: (058) 662 351

THE NEPEAN '50 MILER'

UNDOUBTEDLY THE BEST 50 MILE RACE IN AUSTRALIA

INDIVIDUAL AND TEAM RELAY EVENTS (4 X 20 KM LAPS)
A CANOE RACE FOR ALL AGES AND ABILITIES

TO BE HELD ON THE BEAUTIFUL NEPEAN RIVER AT PENRITH
SATURDAY NOVEMBER 23, 1991

* Trophies for the first 3 places in constituted classes



* Medallions for every paddler (or team member) to complete the event

* Free T-shirts for early entries

* Free Camping

* Food stalls on site

* Cheap BBQ at night

DON'T MISS THE 'HYPE' THAT ONLY THIS EVENT CAN OFFER
REQUEST A RACE BOOKLET & ENTRY FORM NOW
(Late entry fee will be payable)

CONTACT:

TERRY CURBY
NEPEAN CANOE CLUB
P.O. BOX 113
PENRITH. NSW. 2750
TEL: (047) 323759

VICTORIAN WILDWATER RACING CHAMPIONSHIPS

KING RIVER

SUNDAY 1ST SEPTEMBER, 1991



10.30 am

INDIVIDUAL EVENTS

CLASSES: LADIES AND MENS OPEN,
U/AGE AND VETERANS,
K1, C1, C2 AND TOURING BOAT.

2.00 pm

TEAM EVENTS

CLASSES: AS ABOVE, THREE(3) BOATS PER TEAM

MINIMUM OF THREE (3) ENTRIES FORM A CLASS

ENQUIRIES:

TORSTEN KREBS, PHONE: (03) 419 9237(AH) (03) 659 6209(BH)

ENTRIES:

TORSTEN KREBS, 5 KING WILLIAM ST., FITZROY, 3065. PHONE AS ABOVE
BY TUESDAY 27 AUGUST.

COST:

\$5.00 PER ENTRY \$7.50 FOR LATE ENTRIES

VIC WILDWATER CHAMPS - ENTRY FORM

I/WE (NAME/S) _____

OF (ADDRESS) _____ POSTCODE _____ PH. _____

DATE OF BIRTH _____ enter the Victorian Wildwater Racing Championships in the following events:

In consideration of the acceptance of this entry I/we, for myself/ourselves individually and for my/our executors, administrators and assigns hereby advise and acknowledge that I/we are aware of the nature of the activity involved, including the risks of damage to property and of personal injury and that I/we 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/our participation in this competition. I consent to receiving such medical treatment as may be considered necessary or desirable during or after this competition.

SIGNED:

DATED:

(Parent or guardian to countersign if under 18 years old)

PADDLER

WILDWATER RACING JULY '91

by Torsten Krebs

The arrival of winter and water in our rivers is a major event in the calendar of all whitewater canoeists. What a pity the season overlaps with the ski season so badly!

July was a busy month, with a training camp, the delayed final of the Canoe Factory Cup series for 1991, and the Winter Classic. August leads into the Victorian Championships and through to September with the Victorian Schools Championships, and finally the Australian Championships Series. There had better still be some snow in October!

This year's wildwater racing training camp was held on Big River on the 6th and 7th July. Accommodation at the Lion's Club Bunkhouse added a lot to the occasion. There is a definite advantage in terms of morale in being able to cook and relax somewhere warm and dry, after a hard training session.

Interstate instructors, Tim Doyle and Ian Gardener from NSW, and Andrea McQuitty from Tasmania, worked well to foster improvements in many aspects. Saturday morning involved a long paddle from Railway Creek campsite down to the Eildon

Road bridge, developing river reading and boat handling skills on the way. On Saturday afternoon the work was more intense, with the instructors armed with stopwatches and video cameras. The instructors worked from the bank guiding the trainees through the improvements to be gained from better technique, better water reading and better lines in just one rapid. Improvements of three or four seconds over one hundred odd metres were not uncommon. Translate this to a six thousand metre wildwater race, and that is a lot of time saved!

Saturday evening contained only a brief session reviewing the afternoon's video recordings, and a few canoeing movies.

Sunday was supposed to have consisted of a race, the 16km "Gut Buster" for 1992 in the morning, with a long lunch break and then a final short, but intense, session on a single rapid. A "rather major problem with motor vehicles" (to put it mildly) effectively ruined the day. The race did get run - eventually - but it was quite impossible to do anything else, and the incident with the car resulted in several people not pad

dling at all on Sunday. (No one was hurt). I can confess to being pretty angry about that, (to put it very mildly). Quite some time, effort and expense had been invested in organising the camp, and bringing in the instructors. Saturday was a very good day, but I do not feel that the camp as a whole was a good return on this investment. It could easily have been, but for the problems on Sunday. Enough said.

Results for the "Gut Buster" were as follows:

K1 - INDIVIDUAL

1	Dominic Scarfe	53:21:59
2	Torsten Krebs	54:52:36
3	Andrea McQuitty	57:25:25
4	Eugene Stackpole	57:28:30
5	Jeff Stagg	58:27:50
6	Chris Humfrey	58:36:92
7	Warren Elms	59:41:57
8	Gary Smith	73:45:00
9	Rohan Essex	78:01:00

K1 - TEAMS (2 boats)

1	Dougan & Truscott	61:53:00
2	Rodwell & Rodwell	63:24:00

C2

1	Ohman & Askew	66:02:00
---	---------------	----------

The following week-end saw a return to Big River for the final of the Canoe Factory Club series for 1991. This race had been postponed from late May due to the lack of water at that time. A hard race in excellent conditions saw Dominic Scarfe push last year's winner Torsten Krebs out of first place, for both the race and the series, whilst in juniors comparative newcomer Chris Humfrey unseated the state champion Don Coutts.

The Subaru - Peregrine Winter Classic is a story in itself, I hope someone else has written it. Suffice for me to say that for a paddler it is usually a great event, and this year was no exception. The low water

Chris Humfrey overtaking Rob Parry

Photo: Torsten Krebs



VIII.

Houses: There are a couple of private houses at Sheepyard Flat which may be available. We have not yet located a contact.

Accommodation: Off-Site

MERRIJIG - 30 mins

Merrijig Motor Inn - Mansfield / Mt Buller Rd, Merrijig 3723. Tel: (057) 77 5702

Merrijig Hunt Club Hotel - Mt Buller Rd, Merrijig 3723. Tel: (057) 77 5508

MANSFIELD - 45 mins

Mansfield Caravan Park - 3 Ultimo street, Mansfield 3722. Tel: (057) 75 2705

Mansfield Hotel - 86 High Street, Mansfield 3722. Tel: (057) 75 2101

Mansfield Motel - 3 Highett Street, Mansfield 3722. Tel: (057) 75 2377

KING RIVER

ACCESS

The river is some three and a half hours drive from Melbourne via Wangaratta and Whitfield. The journey from the Howqua would take some one and a half hours via Mansfield, Tolmie and Whitfield. From Whitfield, take the road to Cheshunt. Cross the river at Cheshunt and turn right at the sign saying "Lake William Hovell". Cross the river again and take the left fork to King river, east branch. Look out on the left for a sign saying "river access". The finish is about three hundred metres downstream of this point. The road continues to Lake William Hovell. The start is reached by taking the turn-off to the left to the spillway viewing. Boats must be carried down from the car park.

FACILITIES

There are no facilities at the river. There is a well-equipped pic-nic area on the shores of the lake (camping is prohibited) and a ranger station for emergency phone calls. The nearest shops, public phones etc are at Cheshunt (10 mins)

Accommodation: On-Site

Camping: There is a small campsite with no facilities whatsoever at the finish.

Houses: A number of cottages in the valley are available for rent. Contact competition organizer.

Accommodation: Off-Site

WHITFIELD - 15 mins

Valley View Caravan Park - Whitfield 3733. Tel: (057) 29 3529

Gentle Annie Caravan Park - Whitfield 3733. Tel: (057) 29 8205

Mountain View Hotel Motel - Whitfield 3733. Tel: (057) 29 8270

MOYHU - 30 mins

Peppercorn Caravan Park - Moyhu 3732. Tel: (057) 27 9217

Moyhu Hotel - 16 Byrne Street Moyhu 3732. Tel: (057) 27 9333

WANGARATTA - 40 mins

North Cedars Caravan Park - Hume Highway, Wangaratta Nth. 3678. Tel: (057) 21 5230

Painters Island Caravan Park - Pinkerton Cres, Wangaratta 3677. Tel: (057) 21 3380

Billabong Motel - 12 Chrisholm Street, Wangaratta 3677. Tel: (057) 21 2353

Hermitage Motor Inn - Cnr Cusack & Mackay Sts, Wangaratta 3677. Tel: (057) 21 7444

OTHER COMPETITIONS

1/9 Vic.Wildwater Racing Champs - King River - Contact: Torsten Krebs AH (03) 419-9237
W (03) 659-6209

30/9 Australian Universities Canoeing Championships Howqua River
4/10 Contact: Andrew Kerekes or Nic Hall (LaTrobe Uni) (03) 479 2973

5-7/10 Peregrine/Subaru Spring Classic - Kosciusko to Canberra
Contact: Peregrine Adventures (03) 663 8611

5-6/10 NSW Slalom & Wildwater Racing Championships Nymboida

1992
13-19/1 Australian Slalom Championships - Goulburn River - Contact: Roy Farrance (03) 816 9411

25/1 - 16/2 New Zealand Whitewater Series

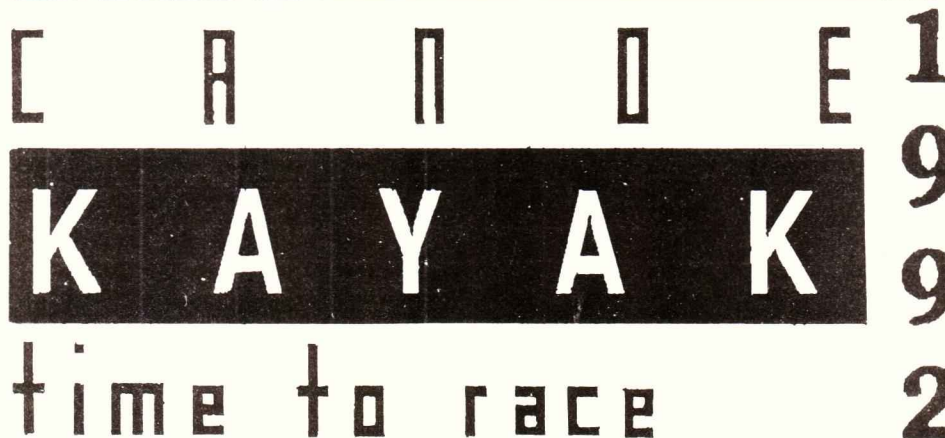


A WEEK OF WILDWATER



I.

SUBARU AUSTRALIAN WILDWATER RACING CHAMPIONSHIP SERIES



Dear Canoeist,

On behalf of Subaru and the V.A.C.A. Slalom and Wildwater Racing Committee, I am pleased to invite you to compete in "A WEEK OF WILDWATER", an exciting series of downriver and wildwater races.

This series of five races will be held in Victoria in the final week of September, 1991, culminating in the 1992 Australian Wildwater Racing Championships. The series will conclude with The Peregrine Australian Raft Race.

All of the race venues are rivers flowing off the north-west of Victoria's central highlands. This is one of the most beautiful areas in Australia, especially in spring! The rivers are separated by drives of one and a half to two hours.

The theme of this series is MASS PARTICIPATION; paddlers in all classes and all sorts of canoes and kayaks will be catered for, including plastic boats, recreational boats and teams events in all classes (provided entries are sufficient). Remember that it is now possible to enter in more than one class in wildwater racing.

A new feature of this series will be the award of prizes for the male and female competitor accumulating the highest number of points for the series.

SUBARU WILDWATER SERIES - EVENT CALENDAR

Sat 21st Sept	2:00 pm	Race 1	Pre-Australian Champs (T.C.C.)	Big River
Wed 25th Sept	1:00 pm	Race 2	Interstate Challenge	Howqua River
Fri 27th Sept	11:00 am		Timed Practice Runs Aust Champs	King River
Sat 28th Sept	11:00 am	Race 3	Australian Championships, individual	King River
	7:00 pm		Series Dinner Recreation Hall	Whitfield
Sun 29th Sept	10:00 am	Race 4	Australian Championships, teams	King River
	1:00 pm	Race 5	Peregrine Australian Raft Race	King River

PRIZES

Medals or prizes will be awarded to the first three place getters in ALL races. In addition, Australian Championship medals will be awarded for races 3 and 4 and points will be accumulated for the Interstate Challenge Trophy by nominated state team members in Race 2.

Further, each competitor will accumulate points towards prizes for the series for every class of every race in which they finish, including the teams and raft races. These points will be awarded on the basis of the total number of starters in each class, with the winner scoring a number of points equal to the number of starters and each successive place getter scoring one point fewer in succession. For the teams race, all members of a team will score the points. For the raft race, points will be divided equally amongst the crew of the raft.

CLASSES

Entries will be accepted in all races (individual and teams but excluding the raft race) in the following classes:

Masters (35Y)	K1	LK1	C1	C2	MC2			
Open	K1	LK1	C1	C2	MC2	LC2	LC1	
Under 18 Y	K1	LK1	C1	C2	MC2			
Under 16 Y	K1	LK1	C1	C2	MC2			
Under 14 Y	K1	LK1	C1	C2	MC2			
Touring Boat	K1	LK1	C1	C2	MC2	LC2	LC1	(unofficial classes)

There is no limit to the number of classes a paddler may enter. However the programme will NOT allow boat sharing. A competitor may not enter in more than one division in the same class of boat.

A minimum of three entries must be received and start the race for a class to be valid. If fewer than three entries are received or start, the paddlers entered will have the option of racing in the next most suitable division of their choice. eg a Masters LK1 may choose either Open LK1 or Masters K1.

Classes for the Peregrine Australian Raft Race will be:

- Family Group (all members related by blood or marriage)
- Sporting Club (eg Templestowe Canoe Club, Benalla Football Club)
- Professional Outdoor Organisation (eg rafting company, Paddy Pallin, Army Group)
- Community Organisation (eg Scouts, Apex Club)
- Odd-Bods

RESTRICTED CLASSIFICATIONSAGE

Date(s) of birth must be shown on all entries for classes other than Open. The cut-off date for the series will be the 1st January, 1992. This is because the series is the 1992 Australian Championships, Selection series and Interstate Trophy Challenge.

CRAFT

A "Touring Boat" for these purposes will be any craft other than a competitive wildwater racing boat. Eg slalom boat, polo bat, plastic C1, Rapid Rider C2 etc. Division into further classes (eg open polo bat, open plastic kayak) will be done if entries permit.

CONDITIONS, ACCESS & ACCOMMODATION INFORMATIONCONDITIONS

Late September means early spring in Victoria. The weather is very changeable, so come prepared! A full range from sunny days to rain and snow could be encountered. In particular, the water will be cold, so paddlers should dress accordingly. Footwear, thermal underwear, cags and paddle mitts are recommended.

BIG RIVERACCESS

The river is some two and a half hours drive from Melbourne via Healesville and Thornton. Turn right at Thornton to go to Eildon via Snobbs Creek. Turn right again some three kilometres before Eildon onto the road to Jamieson. The river is crossed after some 30-40 minutes later. The finish is just below this bridge. The start is reached by turning right onto a good dirt road, signposted as "Big River Road", very shortly after crossing the river. Chaffe Creek flows through a well-signed campsite some fifteen minutes down this road.

FACILITIES

There are no facilities at the river. The closest shops, phones etc are at the townships of Eildon, Thornton or Jamieson.

Accommodation: On-Site

Camping: Large campsites with toilets and fireplaces only are located at both the start and finish as well as several other places along the river. Firewood is scarce.

Bunkhouse: The Eildon Lions Club maintain a bunkhouse close to the finish. It has dormitories, power, gas stoves, hot showers and refrigeration. It has been booked for 20th and 21st September at \$7.50 per head. Numbers are limited.

Accommodation: Off-Site

EILDON - 35 mins

Blue Gums Caravan Park - Back Thornton Road, P.O. Box 32 Eildon 3713. Tel: (057) 74 2567

NB Site of 1992 Australian Slalom Championships and favourite summer canoeing venue.

Boulevard Caravan Park - Cnr Park Ave Nth & The Boulevard, Eildon 3713. Tel: (057) 74 2128

Eildon Caravan Park - Eildon Road, Eildon 3713. Tel: (057) 74 2105

Golden Trout Hotel - Riverside Drive, Eildon 3713. Tel: (057) 74 2508

Eildon Parkview Motor Inn - Hillside Drive, Eildon 3713. Tel: (057) 74 2165

Eildon Village Motel - Girdwood Parade, Eildon 3713. Tel: (057) 74 2483

THORNTON - 40 mins

Thornton Caravan Park - Thornton 3712. Tel: (057) 73 2305

Rubicon (Thornton) Hotel Motel - Cnr Eildon & Taggerty Rds, Thornton 3712. Tel: (057) 73 2251

SNOBBS CREEK - 30 mins

JAMIESON - 45 mins (dirt)

Jamieson Caravan Park - Jamieson 3723. Tel: (057) 77 0567

Jamieson Lakeside Hotel Motel - Eildon Rd. Jamieson 3723. Tel: (057) 77 0515

HOWQUA RIVERACCESS

The river is some three hours drive from Melbourne via Yea and Mansfield. The journey from the Big river via Jamieson and Mansfield would take about one and a half hours. There is no access up the river valley from Howqua township. Take the Merrijig, Mt Buller road out of Mansfield. Turn right shortly after leaving Merrijig onto a good dirt road signposted "Howqua Track". The river at Sheeppark Flat is reached after some thirty minutes over Timbertop saddle. From Sheeppark Flat take the left fork. Tunnel Spur is signposted. The start is at the end of a short track leaving the road about fifteen minutes further on. The road continues to just below The Bluff.

FACILITIES

There are no facilities at the river. The closest shops, phones etc are at Merrijig.

Accommodation: On-Site

Camping: Large campsites with toilets, picnic tables etc are at Sheeppark Flat and other places along the river.

FEES

Pre-Australians	Race 1	\$ 5:00 per person per entry
Interstate Challenge	Race 2	\$ 8:00 per person per entry
Australian Championships, Individual	Race 3	\$10:00 per person per entry (includes timed practice run)
Series Dinner		\$18:00 per head
Australian Championships, Teams	Race 4	\$24:00 per team all classes
Peregrine Australian Raft Race	Race 5	\$ 5:00 per person

A special discount offer of \$50:00 per person is open to cover unlimited entries in all events and the Series Dinner.

ORGANISING COMMITTEE

Competition Chairperson	Jane Farrance	140 Cotham Rd, Kew, Vic 3101	Tel:(03) 816 9411
Competition Organiser	Torsten Krebs	5 King William St, Fitzroy, Vic 3065	Tel:H(03) 419-9237 W(03) 659-6209
Competition Secretary	Mandy Linden	57 Summerhill Rd, Glen Iris, Vic 3146	


ACKNOWLEDGEMENTS

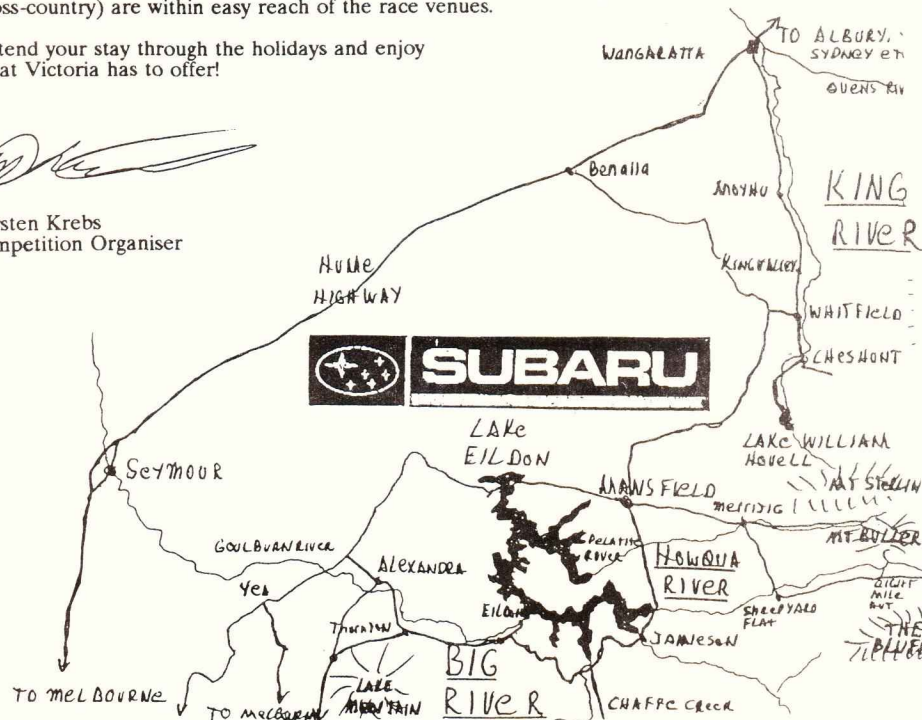
This series has been made possible by the generous support of **SUBARU**, as major sponsors of the series. We should also like to thank **PEREGRINE** for their support for the raft race as well as **ROLA ROOF RACKS, IVANHOE CYCLE WORKS, COMPASS AIRLINES** and **CANOES PLUS** for the excellent prizes for the series.

OTHER ACTIVITIES

As if the Series isn't enough! Victoria does have lots more to offer though, especially in spring and the North East is one of the best areas. For more canoeing, the upper Goulburn, Jamieson, Delatite and Ovens rivers are all in the same general area. The Mitta Mitta, Mitchell and Snowy rivers are rather further, but well worth the effort. For something different, excellent bushwalking and skiing areas (both downhill and cross-country) are within easy reach of the race venues.

Extend your stay through the holidays and enjoy what Victoria has to offer!


Torsten Krebs
Competition Organiser

VENUESRACE 1 - BIG RIVER

The Big River drains the area to the north of Lake Mountain and Mt Baw Baw. It provides a major portion of the flow into Lake Eildon. The river is narrow and twisty (it is not "big water" at all!) with frequent grade two rapids, a number of easier grade threes and several long pools. The race will start at Chaffe Creek and finish immediately below the bridge on the Eildon-Jamieson road, a distance of six kilometres. The race will be run by Templestowe Canoe Club, who are also running a slalom on Big River on the Sunday (22nd).

RACE 2 - HOWQUA RIVER

The Howqua drains the area between Mt Buller and Mt Howitt, the very heart of "Man From Snowy River Country"! It flows west into Lake Eildon. The river is shallow and twisty with almost constant waves and chop but few individual rapids. The race will start at Eight Mile Hut and finish at a point upstream of Tunnel Spur, a distance of about seven kilometres. Best egress is shortly below Tunnel Spur (start of 1987 Australian Wildwater Championships).

RACES 3, 4 & 5 - KING RIVER

The King River drains the area between Mt Sterling and Mt Buffalo. It does not flow into Lake Eildon. The river is dammed at its headwaters to create Lake William Hovel. The King is a much more demanding river than the others, containing fast water, numerous grade three rapids, tight corners, a small weir and a few flat pools in which to crank up the speed. The races will start below the dam opposite the spillway and finish at a point where river and road come close together some eight kilometres downstream.

SERIES DINNER

Adding a bit of socialising to the series, the dinner will be three course plus coffee, presented by the Whitfield Parents Club in the Recreation Hall. Presentations for all events held up to that time will be made at the dinner.

PEREGRINE AUSTRALIAN RAFT RACE

A chance for all the long-suffering parents, spouses, officials and others to get into a bit of the action. Rafts will be provided at no charge by Peregrine Adventures, but **MUST** be booked in advance (by 20th Sept). Entries will not be allowed to start unless all competitors are suitably equipped for cold, rough water.

TECHNICAL MATTERS

All races will be conducted in conformity with the Australian Canoe Federation Incorporated Rules for Slalom and Wildwater Racing, Jan 1990.

Timing will be by electronic beam at start and finish with Seiko manual printout stopwatches as backup.

Start intervals will be one minute. Start lists will be available by 15th September, 1991. For Race 2, nominated state team members will start first in each class.

All competitors must be equipped as per the above rules (buoyancy vest and helmet). All craft in official ACF categories must conform to ACF specifications. Scrutineering will take place as per advices to follow.

SELECTIONS

Races 1, 2 & 3 are the selection races for the Australian Representative Teams in Wildwater Racing for 1992. The selection procedure, criteria etc are as per the Australian Representative Team selection Policies adopted in January 1991.

ENTRIES

Entries must be received by the Competition Secretary by 13th September, 1991. The fee must accompany the entry for it to be accepted. Late entries for canoe and kayak races may be accepted up until 24 hours prior to the event at double the normal entry fee. Late entries for the raft race will be accepted up until the morning of the event at a \$10.00 late fee per raft. The organising committee is entitled to refuse to accept any late entry and will do so if disruption may be caused to the programme. Late entrants might not be started with normal entrants in the same class.

AN INVITATION

TO ALL

CANOE CLUBS, OUTDOOR RETAILERS, ADVENTURE TRAVEL GROUPS, ANYONE

TO ENTER THE

PEREGRINE AUSTRALIAN RAFT RACE

KING RIVER, SUNDAY 29TH SEPTEMBER, 1:00 pm

(After Subaru Australian Wildwater Racing Championships)

CLASSES: Family Group
Sporting Club
Professional Outdoor Organisation
Community Organisation
Odd-Bods

ENTRIES: TORSTEN KREBS AH (03) 419-9237, BH (03) 659-6209
\$5.00 per person by 20th Sept., add \$10.00 per entry for late entry.

RAFT LOANS AVAILABLE PER COURTESY OF PEREGRINE ADVENTURES, AT NO FEE. THESE MUST BE BOOKED WITH ENTRY BEFORE 20TH SEPTEMBER.

ALL COMPETITORS MUST WEAR HELMETS, VESTS AND SUITABLE CLOTHING. THROW ROPES MUST BE CARRIED. ENTRIES NOT COMPLYING WITH THESE RULES OR OTHERWISE CONSIDERED UNSAFE WILL NOT BE PERMITTED TO START.

Wildwater Racing July '91 (cont'd)

levels placed a premium on skills and technique, especially on the second day. All I wish is that we could get even half that number of paddlers to compete more frequently.

The Victorian Wildwater Racing Championships will be held on the King River on Sunday 1st September. A notice and entry form are on page 25 of this edition of the PADDLER.

This year the rest of Australia is coming to Victoria for the Australian Championships. Three races over a week at the end of September, will provide an excellent focus for the sport in this state. It is my estimate that there are currently as many active wildwater racing paddlers in Victoria as there are in the rest of Australia. This is probably because we have a number of rivers with easy, or at least reasonable access, for people to race on, and a large

number of races for people to race in. The one time when this has all got to come together is at the Australian Championships. We have the numbers for good fields in every class, including team events, if most people who are around these days enter. That would go a long way towards bringing the Interstate Challenge trophy back to Victoria. The brochure and entry forms are in the centre of this edition of PADDLER. We look forward to seeing you there!

WILDWATER RACING - THE WAY FORWARD?

by Torsten Krebs

Those canoe shops which sell or manufacture downriver racing boats keep telling me that sales have been good for much of this year. I have certainly been receiving a lot of telephone calls from people looking for second-hand boats. It seems that interest in the sport might be picking up; there continues to be new faces at a every event. I wish I could find enough second-hand boats to meet the demand, then there might be even more new faces!

Improvements often bring problems, however. In this case there is a major problem in servicing the increasing interest. Getting into most sports requires assistance and canoeing is no exception. Although most of our new competitors have come with some previous experience in canoeing, that is not always the case. The Subaru - Peregrine series of multi-sport competitions gives us a steady source of cyclists, runners and tri-athletes with a specific interest in wildwater racing. Even those with a solid background in recreational paddling, or another branch of competitive canoeing, have a lot to learn when they get into a wildwater racing boat (as do we going to sprint or polo of course). The primary requirement in servicing the increased interest is to provide this sort of assistance - establishing reasonable access to training and instruction.

Some people will be able to pick up a certain amount by themselves, depending on their background and previous experience. An experienced slalomist or whitewater tourer will probably already know about reading the water, but will need to develop technique and boat handling skills specific to the wildwater racing boat. On the other hand a good tri-athlete may well know enough about physical conditioning and be able to adapt that knowledge to paddling, but will need to be handled like a novice when it comes to eddies,

waves and currents. Failure by the canoeing fraternity generally, and by existing wildwater racing paddlers in particular, to meet these demands will seriously jeopardize the revival the sport is currently enjoying.

In short, there is no lack of interest in wildwater racing; there is a lack of reasonable access to guidance, and to some extent to equipment. The same applies to a lesser extent to slalom, and in all likelihood to other disciplines. The Slalom and Wildwater Racing Committee is doing what it can, but its resources are spread too thinly already. I coach as much as I am able to in the time left over from my job, and my own training, as do a number of others in slalom. The people looking for help are spread over such a wide area, and have such a variety of time commitments that we are not adequately servicing the need. In particular, I would love to be able to run a regular afternoon class in the Eltham to Ringwood area somewhere, to service a number of new paddlers in that area. It is not possible for me to get there at a time that is worthwhile, and it is very difficult for the people in that area, especially the juniors, to get into the city where I coach. The sort of assistance that is needed is either not available, or not forthcoming from within the clubs and schools in the area.

What is necessary is for experienced competitors, including those no longer seriously involved in competition, to make themselves available to new people. For the clubs, schools, community groups etc., to establish contact with such a person and/or to encourage, even support, attendance by some of their members at coaching courses.

The Committee runs level one coaching courses from time to time. The format is usually a Friday night

and all day Saturday in Melbourne, followed a few weeks later by a Friday night and all day Saturday on the Goulburn. It is not necessary that trainee coaches be paddlers themselves; a number of the world's most successful coaches have been non-paddlers! Parents, teachers and other interested persons are not only welcome, but encouraged to attend. In fact, being on the bank can often permit views which a coach on the water would miss, whilst someone from outside the sport is less likely to have their opinions and insights restricted by the sport's traditions, good or bad. The next level one coaching course will be held in Melbourne on the 8th and 9th November, and on the Goulburn at Eildon on the 29th and 30th November. A slalom race will be held on the Goulburn on Sunday 1st December.

If your school or club has a few people buying wildwater racing boats, and trying to do a bit of racing, or if you are one of the several experienced racers not currently involved, look forward to a telephone call from me about this. I will be looking to establish some sort of loose network of paddlers, coaches and supporters to underwrite the on-going development of the sport. Your support would be appreciated.

P.S. You've probably got a reprieve until after the Australian championships in September, but don't feel your have to wait for me to call you! Please call me on BH (03) 659-6209, AH (03) 419-9237.

TPK

WILDLIFE AND CANOEING?

by Chris Humfrey

To the average seasoned paddler the Yarra River is nothing more than a rather dirty, unexciting stretch of water. However quite naively these people are oblivious of the natural wonders which can abound on these paddles. In this 'environmental' age it is our responsibility to acknowledge the significance of the Yarra River as a natural 'corridor' for native flora and fauna to exist.

With urban sprawl rapidly increasing throughout the suburbs of Melbourne, the Yarra River environs provide a somewhat compacted, but bountiful population of native wildlife.

It may be one's prerogative to be ignorant in the way of identifying species of animals sighted on river trips, but I for one certainly reap the benefits of possessing such knowledge. We canoeists have the privilege to experience a 'world' unknown to others, and yet at times I feel that we sadly overlook this gift. If not for one's own benefit, we should be thinking in a much broader perspective to conserve, maintain and study this precariously balanced ecosystem for the good of all society.

I can just picture the cynics scoffing over my proposal to become more environmentally aware, a bird is merely a bird to these people - who cares anyway! But if people took that extra amount of time to notice and to appreciate the difference between species, instead of blindly paddling down the river, they would be able to harness a better understanding of their surrounds, and at the same time enjoy themselves far more.

One does not have to be a zoologist to appreciate wildlife, one merely has to show an interest. Inquisitiveness will rapidly fuel the desire for knowledge and one will quickly start

to understand and enjoy the presence of river wildlife.

The Melbourne and Metropolitan Board of Works has published a convenient 'pocket size' booklet called 'The Yarra Book: an urban wildlife guide'. This publication is an invaluable resource for the potential wildlife enthusiast, containing basic information and photographs to introduce people to Yarra River flora and fauna.

Published by the Waterways and Parks Division of the 'Board', this book is available from all MMBW offices for \$3.95.

This simple book for example can help introduce people to the wildlife which can be found on the often paddled stretch of water between Homestead Road and Wittons Reserve. People will be able to recognise the sacred and straw-necked ibis, white-faced heron and

the purple swamphen found in the vicinity of the often flooded paddocks of Homestead Road carpark, the raptors (birds of prey) often seen circling in the thermals above the open grassland, the flocks of mischievous red-browed finches and blue wrens often seen scrounging for scraps in the summer months at 'Bobs Rock', or maybe even the mysterious rufous night heron perched majestically in the dead trees scattered along the river banks, emitting a deep mournful 'craaking' when disturbed by passing paddlers.

Canoeists possess a key to an environment inaccessible to others, that is why 'canoeing wildlife' enthusiasts are so important to society in observing and translating their surroundings. We are exposed to invaluable knowledge, eagerly sought after by the authorities, and yet many of us cannot translate it.

Become interested.

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.

BRIEFLY

Australian Institute of Sport - 1992 Scholarships

Applications are invited from Australian athletes for a limited number of canoeing scholarships for 1992, awarded by the Australian Institute of Sport.

As a general rule, a successful candidate would be competing at a national level.

Interested athletes must apply on the official application forms which must be returned to the AIS by (Sprint) 30 September 1991, (Slalom) 31 August 1991. When requesting application forms from the following person, athletes must specify their sport:

The Administrator
Australian Institute of Sport
(Sprint) PO Box 91, (Slalom) PO Box 176,
CARINA QLD 4152. BELCONNEN ACT 2616.

....

Mildura's junior canoeists won section 4,5,6,&7 and sub-juniors on the long weekend of paddling at Deniliquin/Cobram marathons.

....

John Jacoby is training and competing well while living and working in Mildura. He travelled to the Northern Territory during the Queen's Birthday weekend and set a new record for the Katherine River Canoe Marathon. John sliced 19 minutes off the race record which was previously held by a K2.

John has been enjoying the beautiful Mildura weather (*article received mid June*) by going camping on the weekends in the area. Some people may be surprised to learn that he has become quite a competent fisherman since moving to Mildura. He has been seen landing numerous Murray Perch and Redfin throughout the Mildura district.

....

Wedding Bells

Jane Luttrell and David Hiatt will be married on Saturday August 24. The happy event will take place at the Christ-church Anglican Church, Marysville at 3.30 pm.

The reception will be held at the Marylands Guest House, Marysville. For those wanting to send their messages of congratulations the contact numbers at the reception are:-
Tel: (059) 633204
FAX: (059) 633251

Jane and David are off to Hong Kong on September 11. They plan to be there for 12 months, and have promised to return.

....

We are sorry that this edition of PADDLER is a little late but we have been away for five weeks sightseeing in the Kimberley. We had hoped to meet up with **Neil McGilp** and his wife who are now owner/managers of Kununurra Backpackers Adventure Tours (yes, they offer canoe tours). We spoke on the 'phone but unfortunately our schedules didn't allow us to meet. Then, one big coincidence, at the Cable Beach Caravan Park in Broome we were situated right next door to **Dave Vinegrad** and **Anne Conrick**, who are slowly moving around in the warmer climate before settling down in Tasmania. Dave and Anne are both enjoying their life of leisure. Ed.

....

Peter Cannard, an MLC Finalist

In the last edition of PADDLER, we told of Peter Cannard's nomination for the 'MLC Achiever of the Year Award'. This was another big achievement in Peter's life of big achievements.

This prestigious new award, established by the MLC Junior Sports Foundation, recognises the most outstanding individual Victorian junior sporting achievement for the past year.

Peter made the cut, and was a finalist along with World Junior 400m hurdles champion Rohan Robinson, Australian high jump champion Tim Forsyth, backstroker Toby Haenen, diver Dean Pullar, snow skier Ross Taylor, disabled tennis player Daniela Di Toro, middle distance runner Mark Holcombe and weightlifter Ian Patterson.

From this group of distinguished juniors, Rohan Robinson was judged the winner.

....

Touring Reduced to a Channel Hunt?

The Melbourne Water Review Panel has recently released a paper 'Water for Our Future', which effectively puts clear skies and no dark clouds above some of our water catchments.

It has found that unless Melbourne households reduce their water consumption of 750 litres per day, we will run dry within 30 years. Diversion of water from the country areas is given as one of the ways to overcome this.

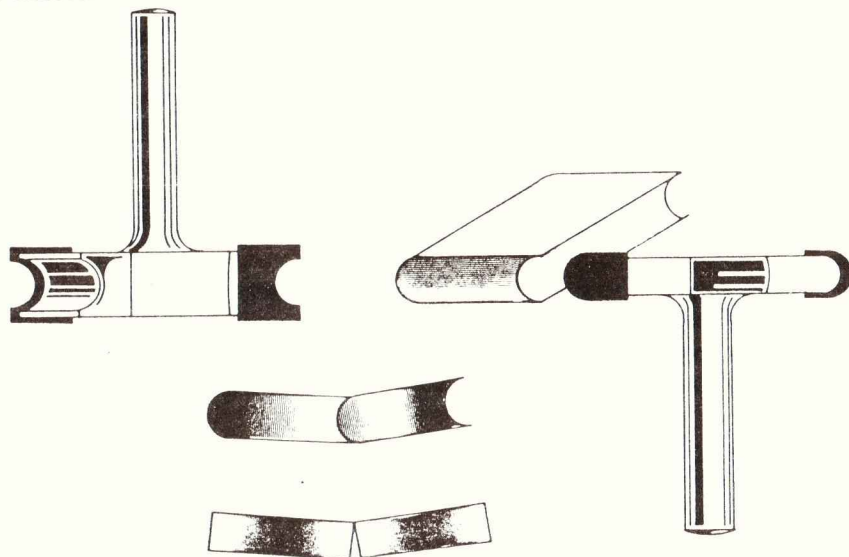
Briefly (cont'd)

Water diversions to Melbourne from the Thomson, Aberfeldy, Black, and Big Rivers as well as Cement Creek have been listed for consideration. Just when it looked like we had another summer paddlable river in the Thomson, it appears as though somebody wants to take it away again.

The farmers in Gippsland and the Murray Goulburn Irrigation Districts are of course against this. They have a voice and some clout. Let's hope that the Canoe Victoria Project comes up with some convincing data on the recreational use of these rivers.

Building a Timber Canoe?

Have you ever thought of building a timber strip canoe but kept putting it off because of the difficulty. Well, now there are some tools to make it easy. The book, 'Router Jigs and Techniques' by Patrick Spielman and published by Sterling Publishing Co.Inc., New York, has lots of interesting tips. This one is for canoeists.



'This canoe strip flute-and-bead-cutter set by Furnima Industrial Carbide prepares 6mm thick strip planking with tight edge joints. Note that the circular edge cuts aid in alignment, and that the flute holds the glue, making it faster and easier to build the strip canoe'.

NOW AVAILABLE

The Best Range of New Paddles

* KOBER

* NEW WAVE

Hundreds of Paddles to choose from

only at

Canoes Plus

140 Cotham Road, KEW. Tel: (03) 816 9411 FAX (03) 817 1820

AUSTRALIAN CANOE POLO REPRESENTATIVES

Interviewed by Liz Marsh

Karen Renshaw (or Karen Weller to those who haven't been keeping up with things for the last five years), Jenny Hourigan and Travis Minns are the Victorian polo players who have been selected in the Australian teams to tour Europe this August and September, bringing to five, the number of Victorians representing Australia since Canoe Polo began.

NAME: **Karen Renshaw** AGE: 24

HEIGHT: 168 cms

OCCUPATION: Primary physical education teacher at Korawa Girls Grammar School.

Q: How long have you been paddling?
Since I was 13 years old.

Q: How did you get involved in canoeing?
I became involved in the sport because my younger brother Stuart was participating at the time. The Farrances were a great influence on my initiation into slalom canoeing. My husband Mick, more recently.

Q: What are your best achievements?
Victorian junior LK1 champion.
Won Yarra Slalom Series in 1990.
Captain of the Victorian women's polo team in 1991.
Australian polo team 1991.

Q: What are your pastime interests?
Swimming, sewing, reading and other areas of canoeing ie slalom and whitewater. However at present it is difficult to make time for all of these.

Q: Where do you train?
Mainly on the Yarra under Princes Bridge and at Fitzsimons Lane. However the Yarra isn't very conducive to playing on because of the pollution and the difficulty of setting up goals. The other venue is Camberwell Pool (it's not heated)

Q: Your current goals?
To win all of our polo matches in Europe. If we lose or draw any match we will not get into the finals.

Q: Do you have any food fads?
Chocolate, chocolate, chocolate, up until I had my diet assessed.

Q: Plans for the future?
I cannot think beyond the European circuit because that is my ultimate goal.

Q: What are your thoughts on the European circuit?
I'll learn heaps from the other girls that I'll be playing with in the team because they are more experienced than me. I am also looking forward to meeting the other players overseas. Polo in Europe attracts more spectators than in Australia, this I find exciting.

Q: What is your training like, leading up to this event?
On the water three times during the week and once or twice on the weekends. During the school holidays I was on the water five or six days a week. Swim twice a week - 2km each session, weights two or three times a week, aerobics three times a week. Early nights, mental rehearsal and a strict diet.

Q: Did the AIS polo training camp help with your preparation?
Yes, our diet was analysed, team play was discussed, periodization on training routine and planning was very helpful. Reg Hatch gave a very informative talk on mental rehearsal and I am using his ideas.

Q: What do you enjoy most about canoeing?
The fact that this is a sport that I feel confident and skilled in, makes it enjoyable. The competition and team aspect of polo is also fun.

Karen Renshaw Photo: Rebecca Thompson Herald/Sun



NAME: Jenny Hourigan AGE: 23
HEIGHT: 155 cms
OCCUPATION: Group Insurance Consultant with National Mutual

- Q: How long have you been paddling?
Since I joined the Monash Uni. Bushwalking Club in 1986.
- Q: Who has been your greatest influence in canoeing?
Mainly friends from Monash Uni. and other friends from polo.
- Q: Best achievements?
State polo team every year since 1988. I captained the team in 1989 and 1990. In addition, I am the youngest female in the Australian team this year.
- Q: What are your pastime interests?
Tennis, whitewater touring, slalom, downriver racing, rock climbing, triathlons, cooking and sewing.
- Q: Your current goals?
To win in Europe. Represent Victoria in 1992 and win.
- Q: What are your food fads?
Anything, especially chocolate.
- Q: Plans for the future?
I may travel at the end of next year and put canoeing on hold for a while.
- Q: What are your thoughts on the European circuit?
I don't know enough about it and don't know what standard our opposition will be. Basically I am excited, but apprehensive about competing overseas.
- Q: What is your training like, leading up to this event?
Lots more time on the water and less weights.
- Q: What do you enjoy most about canoeing?
Being competent and confident at the sport. I love competition.
- Q: When will you retire?
I will play on and off until it gets uncomfortable.

Jenny Hourigan

Photo: Courtesy Leader Newspaper Group
Photographer: Simon Hoey

INSERVICE COURSE

Bogong School Camp is offering an inservice course on Rafting and River Rescue.

The course is aimed at teachers who are already or would like to involve students in whitewater pursuits eg rafting and canoeing. The aim is to further develop skills in water reading, paddling, accident prevention and rescue technique.

For those who are taking VCE outdoor ed., have you considered the potential of outdoor activities? Opportunities are presented for research in all VCE units. Here is an opportunity to see what is involved.

'Bogong' offers great venues, cheap accommodation, good food and value for money.

The inservice begins on Sunday 20 October and runs through to Wednesday 23 October.

Cost: \$88

For further information contact:

Geza Kovacs
Bogong School Camp
Bogong, Vic. 3699
Phone (057)573 377(BH)
(057)573 323(AH)

Bogong School Camp is owned and operated by the Ministry of Education. It is staffed by eight specialist Outdoor Ed. teachers plus ancillary staff. It is situated at Bogong Village, half way between Mt. Beauty and Falls Creek.

It offers outdoor activities such as skiing, rock climbing, canoeing, rafting, bushwalking, orienteering/rogaining, and rope courses.



TACEN '91 - The Slalom Soul Destroyer

by Paul Beattie

The 1991 World Canoe - Kayak Championships were always going to be a great event to watch! They were held in Tacen, Lubjana, fortunately, just before the Slovenians declared independence from Yugoslavia. The man made course was possibly one of the most difficult on the international circuit. That is not to say that it is the biggest, even though the drop into gate 1 would give you the impression that you had just entered a ski jumping event. However it is a course that is full of life, with a temperament all of its own. It surges constantly and forces you to 'play it as it comes'. If you have trouble doing this, you're in the wrong sport. Artificial courses are the way of the future and offer the public accessibility and exciting viewing.

This World Championship would have been a headache for the bookmakers - more roughies got up than in a Melbourne Cup in the wet. That is not to say that no-one had heard of these people. Canoeing is a small world and you have to earn your footy jumper before you can walk onto the field. For many of the athletes who competed, gaining selection in their National team was the hardest task, the actual 'Worlds' were the icing on the cake.

This explains why Shaun Pearce just made selection in the Great Britain kayak squad as the fourth boat. Shaun acquitted himself well at the 'Worlds' and took home the gold medal. 'Took home' is the right expression, as Shaun was not allowed to paddle in subsequent of the World Cup events because, on his team ranking, he was not good enough! The Yugoslavian television coverage was excellent, however there was one minor flaw, they didn't get any footage of Shaun Pearce!...Shaun who?

In another case, Adam Clawson snuck into the USA C1 team, after a successful junior apprenticeship and took the silver medal home. To him it was a surprise, an upset. What happened to Lugbill, Hearn, Prentice, and Marriott? Adam raced like there was no tomorrow. To him it was just another race against Lugbill, Hearn and Prentice. Hell, he'd beaten them before, so he could do it again. I was watching his run on the middle part of the course and saw him do a pirouette through a staggered sequence that would make you cringe. It was radical and there was no margin for error. Adam was so confident that the thought of 'blowing' the move never entered his head.

This is what Australia must realise, the depth that many of these countries boast is impressive to say the least. Just to get a place in the team for Great Britain, France, Germany, Yugoslavia, USA, Czechoslovakia etc requires that you not only paddle well at international level, but you are expected to win, or go very close!

As a kayak paddler, I should really only speak for kayaks. I feel that many Australian Team paddlers would have a great deal of trouble getting selected in any of the above-mentioned teams.

I am not saying this to downgrade our representatives, as they also, are at the top of the field nationally. However, do Australian kayak paddlers have roughly 500 competitors to beat in order to gain selection like those in Great Britain or Germany? Anyway, that's enough of my banter; now for some results.

K1 WOMEN (48 competitors)

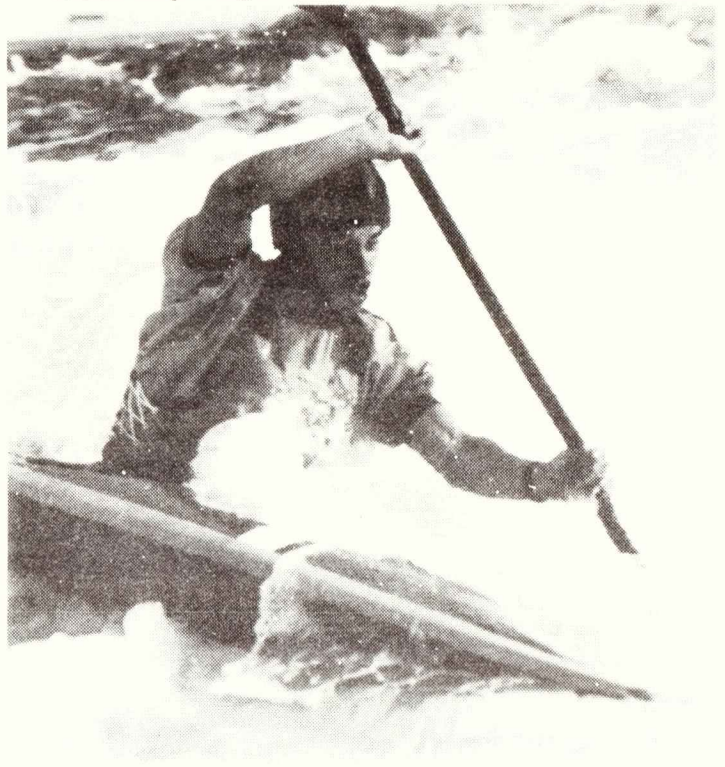
1.	Elizabeth Micheler	(Germany)	181.08
2.	Dana Chladek	(USA)	184.00
3.	Kordula Striepecke	(Germany)	185.66
22.	Danielle Woodward	(Aust)	230.79
29.	Jane Gilchrist	(Aust)	264.15
35.	Cathy Kesterton	(Aust)	291.07
37.	Robyn Galloway	(Aust)	300.84

Interesting points:

- * Germany had 3 paddlers in the top 10
- * Czechoslovakia had 3 paddlers in the top 10
- * France had 2 paddlers in the top 10
- * There was only one clean run in the top 10 and two overall.
- * Germany shows dominance on artificial courses.

Paul Beattie paddling at Tacen

Photo: Roy Farrance



C1 MEN (49 competitors)

1.	Martin Lang	(Germany)	160.19
2.	Adam Clawson	(USA)	164.26
3.	Jacky Auril	(France)	166.27
29.	Robert McGuinness	(Aust)	204.82
38.	Craig Bartlett	(Aust)	236.21
40.	Justin Boocock	(Aust)	239.63
44.	Peter Eckhardt	(Aust)	268.29

Interesting points:

- * USA had 3 paddlers in the top 10
- * Yugoslavia had 2 paddlers in the top 10
- * Great Britain had 2 paddlers in the top 10
- * Again Germany wins on an artificial course.
- * Gareth Marriott, the winner last year, came 10th.

C2 MEN (31 competitors)

1.	Adisson/Forgues	(France)	174.79
2.	Simek/Rohan	(Czechoslovakia)	175.30
3.	Saidi/Delrey	(France)	177.17
17.	Pallister/Wilson	(Aust)	210.49

Interesting points

- * Germany had 3 pairs in the top 10
- * France had 3 pairs in the top 10
- * Czechoslovakia had 2 pairs in the top 10
- * The top four C2's beat the top ladies result of Elizabeth Micheler.

K1 MEN (82 competitors)

1.	Shaun Pearce	(Great Britain)	143.65
2.	Martan Strukelj	(Yugoslavia)	146.40
3.	Martin Hemmer	(Germany)	147.51
41.	Richard Macquire	(Aust)	171.16
46.	Paul Beattie	(Aust)	173.30
55.	David Borojevic	(Aust)	183.18
66.	Wayne Thomas	(Aust)	201.47

Interesting points

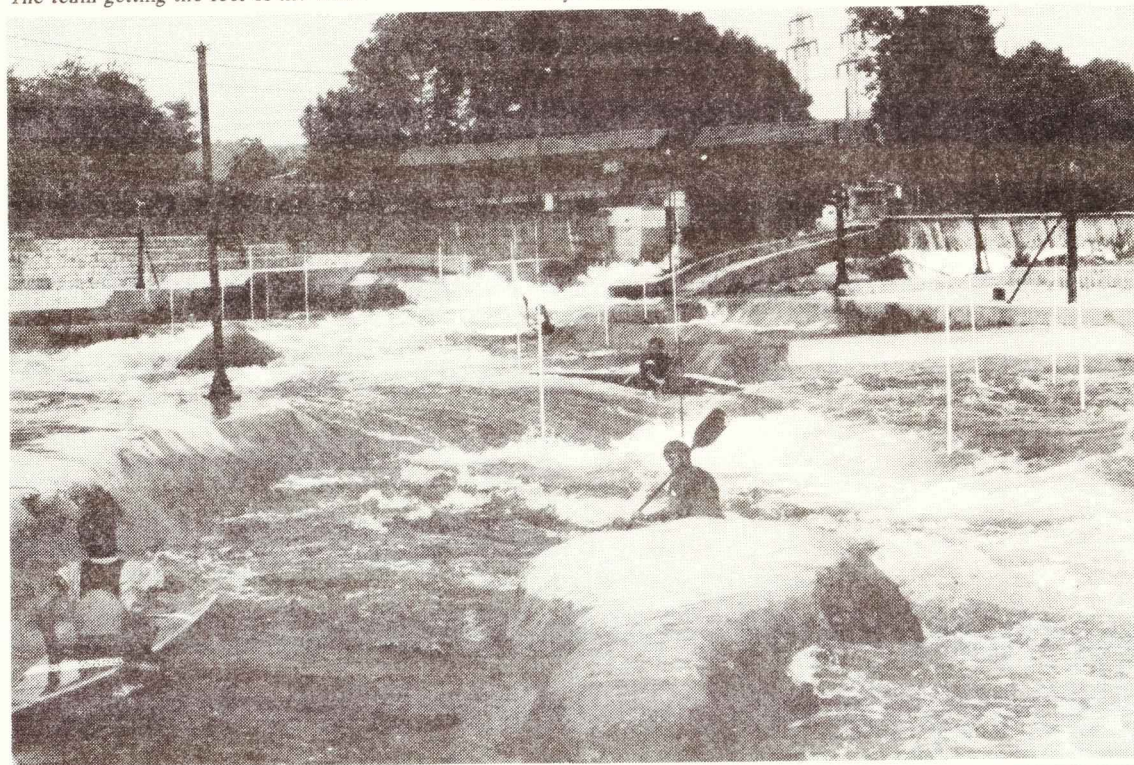
- * Yugoslavia had 3 paddlers in the top 10
- * Holland had 2 paddlers in the top 10
- * Richard Fox, the previous World Champion came 21st.

TEAMS

C2	1	France	
	2	Czechoslovakia	Field:8
	3	Germany	
C1	1	USA	
	2	France	Field:10
	3	Great Britain	
	10	Australia	
K1	1	France	
	2	Germany	Field:19
	3	Czechoslovakia	
	16	Australia	
LK1	1	France	
	2	Czechoslovakia	Field:10
	3	USA	
	10	Australia	

The team getting the feel of the water

Photo: Roy Farrance



In summary, Australia performed similarly to previous years and although there were a lot of big upsets, generally the same people made up the top 20 places.

How do we improve?... That's another article and it will require a great deal of thought.

SCANDINAVIA...SO SO CLOSE

by Jane Farrance

JUNIORS AT THE WORLDS

This year the junior slalom team consisted of just three paddlers. Mia 17, Kim 17 and Aaron 15. After training and competing at two minor events in England they headed to the major events for juniors in Scandinavia. The Nordic Cup in Sweden and the Junior Pre-World Championships in Norway.

The trip was planned to allow two weeks training in England, mainly at Nottingham Water Sports Centre - an artificial course which has possibly the best training facilities in the world. Though not as big as many courses, it is easy to recirculate, adjust gates, set courses and devise sequences for both skill and fitness training. A full time paddling coach, Andrew, travelled with the team and was able to be on the water to help the paddlers. The team also had several on-the-bank coaches and this coaching arrangement proved to be a most successful formula, for at most times we had a coaching ratio of one to one.

One of the early highlights of training at Nottingham was working and paddling at the same time as the renowned English team, which included four times world champion Richard Fox, and the current world champion, Shaun Pearce. These two paddlers are a dream to watch, and together with team mates Melvin Jones, world championship second place getter, they make an awesome training squad.

After ten days of training the junior squad attended the Eastern Region Slalom Championships at Carrington, a small tight course at an artificial slalom site. Not only was this a very pleasurable event to attend, with everyone extremely friendly and helpful, but motivationally successful with Aaron winning the junior under 16 event and Mia with the best under 18 ladies result. The big event of this day occurred after the slalom, the team drove two hours back to Nottingham for a training session, coached by

Aaron Martini

Photo: Roy Farrance



Shaun Pearce. The session lasted for the next two hours and I have never seen a group of paddlers train so hard and work so determinedly. Even at 8.30pm they had to be told to get off the water, otherwise they would have paddled all night. This was a very motivational session for the team and everyone gained a lot from it. After this session everyone needed a rest day, so luckily it was into travel mode and off to Sweden.

After some considerable hassle with British Airways and our boats, we arrived in Stockholm one day late without them. With the wait of yet another day we had our boats and headed north to the slalom at Alvkarleby.

The slalom in Sweden was an excellent preparation for the pre-worlds and most of the junior teams from other countries were at the event. The Czechoslovakian team numbered 70 junior paddlers and the Germans had both their A and B teams competing, making this the biggest slalom event ever held in Sweden. The river on which the slalom was held was a tributary of a huge river and the end of the slalom course required an upstream break out into the main river. To miss that break out would be a major mistake, as enormous rapids awaited any unfortunate paddler.

The course was very technical and rocky, requiring some interesting moves. At gate 5, a downstream, paddlers had to decide whether to go to the right or left of a large rock above the gate, and the very next gate gave the option of four different ways to exit. The mid section contained a tight stagger, forcing most paddlers into a reverse. The most difficult section was the last couple of gates, involving a very tight upstream, a surf out across a difficult wave to a downstream gate, followed by a further downstream on the opposite side of the river. This sequence was the cause of many 50's, quite a few rolls and a few capsizes. All our paddlers managed to do this section well at least once. But some paddlers, who capsized or were slow in rolling were washed up against the rocks further downstream, causing damage to both paddler and boat. Our three paddlers and Andrew, who was competing in the open event, all had different approaches to this technical course.

All our paddlers had solid first runs, but all needed to improve on their second, only Mia and Andrew did improve and both gained 4th place in their respective class. With these encouraging results we packed up and left for Norway. The course at Norway was quite different, big, bouncy waves and stoppers. Crystal clear water and superb facilities. The river flowed through a small gorge, so access would have been difficult, but the organizers had built pine walkways, a bridge and platforms for entry and

exit. The area had been cleared and buildings for VIP's, secretariat and paddlers had been constructed, boat racks were set up for each country and the whole area had been grassed and paved. A huge car park had been made about 100 meters from the course and the roads in had been newly graded for the occasion.

While I was being impressed with all the facilities, set up primarily to assist the paddlers and coaches, the paddlers were on the water and loving every minute. For some it was the biggest water they had ever competed on, but after a few days everyone was feeling very confident. All too soon the competition was near, the course map came out and we had one practice session left. The course was open and seemed easy on paper, but it never is.

The map was not well drawn and the features were not indicated on the map, so our mental placement of the gates was guess work. As it turned out most of our guesses were correct. The course was not technically hard, but we knew that even the slightest misjudgment, a low breakout, or bad line would be disastrous. It was imperative that paddlers take the fastest line in all situations, as they were all capable of a clean run, it was just a matter of who would be fastest. With this type of pressure it was surprising just how many paddlers hit gates in their quest for speed.

Danielle Woodward came to watch the event and coaching was arranged with a coach at the top, middle and end of the course, while another recorded as much video as possible. This enabled each gate to be coached and done the best way possible for each paddler. Both Aaron and Mia had the same strategy and Kim a slightly different approach. All had good practice runs, but there were areas to improve.

Aaron paddled extremely well, he has learned to slow down and put more power in each stroke, he concentrated well and produced two clear runs. An excellent effort for his first pre-world championship, however he was not as fast as the top paddlers, but he still has two more years in juniors. As Shaun Pearce commented, "we will be seeing a lot more of Aaron Martini".

Mia had beaten most of the girls at the Swedish race and was looking fast and confident in practice, it was a matter of putting it all together on race day. Mia paddled very well, but on both runs gained penalties which pushed her well back. Her times and previous performances had indicated a top five position, but unfortunately this was not to be.

Kim took a safer course, did not hurry, but concentrated on clearing the course, did exceptionally well and gained 13th place. An excellent result. That night the organizers arranged a BBQ for the paddlers and a separate one for the coaches and managers. Both functions were thorough



Mia, V.D. Boogaar & Kim

Photo: Roy Farrance

ly enjoyable and relaxing, however, next day was the teams events. The ICF sanctioned mixed teams and Australia arranged to paddle with Holland, as they had two men and we had one, they had one lady and we had two. The Dutch manager told me their men paddlers were in the top 15 and I explained our paddler was young and it was his first world event, so we were expecting Aaron to follow the Dutch boys lead. After Aaron's two clean runs and excellent 28th position in the individuals, he was placed 1st in the team. Again Aaron had a clean run and showed the correct lines to the Dutch boys, however they were not able to clean the course, but obtained a very creditable result of 13th position. The girls had a very good run and were placed 3rd after second runs. Unfortunately the British girls protested over a problem at the start, and were granted a re-run, and on this re-run they gained second position, pushing our girls back to 4th place, we were very disappointed. However this was a wonderful trip and the paddlers trained and travelled well together, all were helpful and cooperative when things did not go as planned. I would personally like to congratulate and thank Aaron, Kim and Mia. All three improved and learnt from the experience, I hope the next team to Norway can do as well and have as productive a trip.

SWEDEN

JUNIOR MEN K1

1.	Paul Ratcliffe	GB	149.09
2.	James Croft	GB	150.63
3.	Vojtech Bares	TCH	151.84
33.	Aaron Martini	AUS	190.86

JUNIOR LADIES K1

1.	Evi Huss	GER	178.01
2.	Ulrika Oberg	NOR	183.56
3.	Petra Plavjanikova	TCH	190.29
4.	Mia Farrance	AUS	192.21
27.	Kim Wilkie	AUS	342.62

OPEN MENS K1

1.	Peter Doubrava	GER	170.21
2.	Magnus Holmer	SWE	171.30
3.	Petr Kratochvil	TCH	174.49
4.	Andrew Farrance	AUS	174.55

NORWAY - PRE WORLD

JUNIOR MENS K1

1.	Paul Ratcliffe	GB	124.97
2.	James Croft	GB	125.02
3.	Vojtech Bares	TCH	125.55
28.	Aaron Martini	AUS	138.78

JUNIOR LADIES K1

1.	Angela Radermacher	GER	136.40
2.	Petra Playjanikova	TCH	139.29
3.	Phillis Ahlfanger	GER	149.01
13.	Kim Wilkie	AUS	158.18
17.	Mia Farrance	AUS	160.58

TEAMS

JUNIOR MENS

1.	Ratcliffe/Croft/Ebrey	GB	136.52
2.	Hansen/Siems/Schaberg	GER	140.48
3.	Engelke/Haeffner/Altfeld	GER	143.52
13.	Martini/Van Kuy/Hageman	AUS/HOL	174.43

JUNIOR LADIES

1.	Pavjanivova/Pavelkova/Koudelova	TCH	171.59
2.	Johnston/Warman/Masters	GB	178.40
3.	Kovaco/Repova/Rihoskova	TCH	180.20
4.	Farrance/Wilkie/V.D. Boogaar	AUS/HOL	189.86

SLALOM NEWS UPDATE

by the VACA Slalom Committee

Goulburn Slalom Rapid: Blue Gums Caravan Park.

In late June and early July a series of modifications was carried out on the Goulburn Slalom Rapid to improve it's safety and flexibility of use for the full range of paddlers from beginner to advanced. The existing improvements were modified and repaired to enhance their safety. Additional structures were also added both above and below the existing features so as to lengthen the rapid and create more areas of interest for the paddler.

Before proceeding with the work, approval was gained from the VACA who also provided assistance with the design. In the future, it is hoped to gain the services of an engineering student to carry out careful survey and measurement so that we may create water features exactly as required. The special problem posed by the Goulburn is the high variable flow but with little fall. The present layout has erred on the conservative side to ensure the rapid is safe to all paddlers, is a good educational, training and competitive rapid and has some fun play spots. A great deal of effort has been expended in using natural materials to create the underwater features so that the rapid is as unobtrusive as possible. Concrete was added in places to reinforce high wear zones.

Thank you to all the hard working souls who worked in the pouring rain and biting winds to achieve the impossible. Among those who participated were the lovely ladies from LaTrobe and Bendigo who made 'Edwina' (Horace does not have a chance), OAG staff who popped up despite three gruelling weeks in the bush, Bruce, Tony P, Dave, Robyn, etc and all the boys from Melbourne, Eugene S, Andy F, Tony B, Nick D, Rick W, Aaron M, Mark S, Rob P, and Kaine P. Special thanks to the Heard family. Hope we haven't forgotten anybody.

To those who couldn't make it, there will be another working bee on 21st September to apply finishing touches,

so be there or be square! Ring Rob Parry on 842 1939 closer to the date to get the timing.

Naturally, the whole event cost money, not the least to feed all the starving workers. The Slalom and Wildwater Committee is broke, flat broke, and we would appreciate any donations to reimburse the bank account. This rapid is used by all and if the Victorian canoeing community gets it's act together, we can create a more than adequate summer canoeing facility for all our educational, training, competitive and fun, fun, fun needs.

Sponsorship

Sponsorship, the ongoing saga of all sport in Australia, is here with us in canoeing. To date, sponsorship agreements for the Australian Slalom and Whitewater Titles have been arranged with:

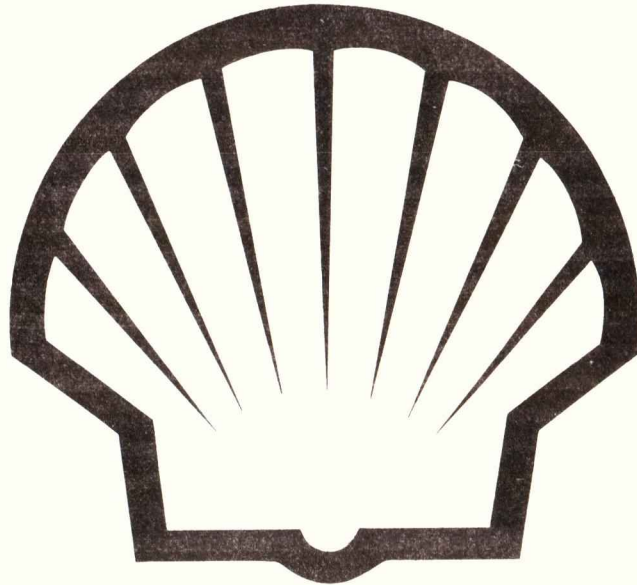
Yakka	for all your clothing needs
Rola	for all your roof rack needs
Ivanhoe Cycle Shop	for your cross training
Avis	for car hire
Golden Trout	for accommodation
Canoes Plus	for all your canoeing needs.

Negotiations are continuing with a number of large companies at present with a view to their involvement. If you know someone who may be interested, please contact Canoes Plus and they will put you in contact with the appropriate person. Rob Parry has also contacted the major newspapers and TV stations with a view to increased exposure.

Canoeists Overseas

Eugene Stackpole, David Heard, Kaine Pinder and Wayne Thomas (recently returned from Europe) are all heading off to the USA to try their luck in the Champion Whitewater Series and the World Cup events. We wish them all the best and happy paddling.

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AUSTRALIAN SLALOM CHAMPIONSHIPS - About 20 Weeks To Go

TRAINING TIPS FOR SLALOM - Part 2

by Robyn Galloway

As it is now August, your fitness program should be in full swing. If it is not, remember the saying "it's never too late to start".

When planning out a program it is easier if you have a specific plan to follow. You should write down exactly what you are going to do for the week ahead, and try and stick to that plan. Therefore, a training program is a very individual item that needs to take the person and their lifestyle into account.

SAMPLE PROGRAM

Date: August 5 - 11

- Aim to complete:
- 1 distance paddle
 - 1 gate session
 - 1 flatwater interval session
 - 2 aerobic (O₂) activities out of boat
 - Attend country slalom race 1, King River
 - Strength work (your choice)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1) Flatwater interval session 3 x 8 min Rest = 5 min 2) O ₂ out of boat	Distance paddle 30-60 mins	O ₂ out of boat	Gate session 15 x 1 min course Rest = 2 min	Rest	1) Play on King River course 2) River run down	Race

ASSESSMENT OF PROGRAM

On Sunday night assess your week. Did you complete all the workouts you set out to do? If not, adjust your program so that you can complete them. It is a satisfying feeling to achieve the goals that you set yourself.

It is also important to plan your program around competitions. There is no point training if you don't test your skills and fitness against other paddlers. Other events during August include the Yarra Valley slalom and wildwater race on the Yarra, and the Victorian Wildwater Championships on the King River on 1st September.

See over for technique tips

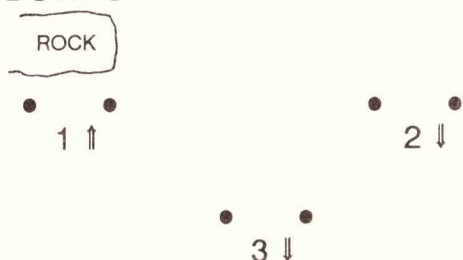
TECHNIQUE TIPS FOR SLALOM

Canoe Slalom is a combination of fitness and precision on white water gates. Too often Australian paddlers design their training programs solely around increasing their fitness level without improving their white water gate technique. Hugh Mantle, coach of Richard Fox, and other world champions, expresses the view that a paddler should not be trying new moves under race conditions, but should practice them in training.

When considering any gate sequence you must look at the whole sequence. What happens at gate 3 may be dependant on your angle through gate 1.

The following is a list of gate sequences that are typical moves found on the Goulburn. It is important to consider your options.

1. DOWNSTREAM AFTER AN UPSTREAM

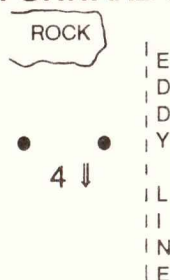


Option 1. Full spin reverse at gate 2.

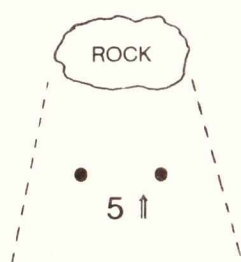
Option 2. Reverse ferry from 2 - 3.

Option 3. Direct stagger from 2 - 3.

2. FORWARD DOWN IN AN EDDY



3. 'S' GATE MOVE



Important to approach from a wide angle and don't cramp yourself.

OTHER SKILLS TO PRACTICE

1. Exiting an eddy without losing your angle.
2. Spinning the boat in the current.
3. Breaking into a boiling eddy.
4. Leaning the boat.

The key to improving your technique is to practice as much as possible on white water gates. During November and December, slalom coaching courses will be run on the Goulburn. For further details contact Canoes Plus.

SLALOM IS CHANGING....ARE WE?

by Roy Farrance

This year, 1991, is not the year you would want to start betting on results of the World Slalom Championships, or even World Cup events. Slalom at the top level has changed and changed dramatically. The move to include slalom as an Olympic sport has pushed the depth of world standard to an all time high. This improvement has been more noticeable in the glamour event of mens kayak more than any other. For instance, four times World Champion, Richard Fox, still the best bet for an Olympic 'gold', could only manage 21st place at the Worlds at Tacen on 21 June. Yet, the next weekend at Mezzano, he won the first World Cup event. Similarly, Gareth Marriott, 24th in the C1 event at the Worlds, also won at Mezzano. These incredible changes of place are happening in all events; legends like Hearn, Lugbill and Micheler are gaining the lowest placings in their international careers.

At Tacen, the Australian paddlers were distraught at their results. Unfortunately this year the World Championship was the first race in a hard two month competition fixture and in the past few years, Australian paddlers have always improved through the season with the Worlds at the end.

But apart from this change in time-tabling, Tacen with its artificial course, proved to be the main stumbling block. Unlike a natural river, its flow changes continually, it surges, eddies form and then disappear, one minute a swift flow, the next a swirling whirlpool. It was a course where luck always played a part and experience on this type of water is essential for good results.

The first World Cup event was held at Mezzano, a natural flowing course of grade 3-4 water, easy to read and good to paddle. Here paddlers could open up and the stars shone. However another reality emerged, the top

paddlers are faster than last year and previous years. With slalom back in the Olympics nearly every country has poured ever greater resources into this aspect of the sport of canoeing. Most have selection based on the top 50% of a World Cup field. With some 25 countries now heading to Barcelona, any paddler who is not training or competing full time and fully sponsored, is finding it hard to keep up, let alone make the top.

It would almost be fair to say that in mens K1, almost any paddler in the top 40 could win next week or even at Barcelona. Martin Lang, World Champion at Tacen, 13th the next week. Lisa Micheler, World Champion one week, 14th the next. But, this is what slalom is all about - That ultimate run. Put it all together on the right day, at the right time, for 25 difficult moves on 25 gates and you have it.

The countries that are emerging as the most consistent are Germany and France. Both have full time squads, 20 paddlers plus almost as many coaches and sports scientists. It makes Australia's effort look very meagre, but more importantly, they have the facilities. Artificial courses to train on and the ability to travel to major competitions nearly every weekend.

The one and only event that the Australian paddlers attended as a lead-up to the Worlds was at Merano in Italy. It is an excellent high water course in the middle of a lovely Northern Italian town in the Dolomites. Our paddlers did well at this event, with Danielle and Justin both coming 7th, Richard 16th, Paul 22nd and Wayne 18th. There were over two hundred competitors at this event, noticeable were the German B and C teams and the French development team and so it goes on. The depth these countries are developing is most impressive. The organization of this event was unlike

anything available or even thought of in Australia.

Australia has some natural paddling strength and some very gifted paddlers. Danielle and Richard are both capable of excellent results and Justin will perform very capably if he is managed properly.

I believe one of the biggest weaknesses of Australian slalom is the ACF Slalom and Wildwater Committee. Never in my opinion has any committee been so out of touch, ill informed and parochial, that most of their decisions actually have a negative effect on Australian teams. For too long, a few committee members have been there only for self interest and certainly haven't had the best interest of Australian paddlers or Australian slalom and wildwater at heart. The sooner this committee gets a strong, in touch, chairman and a few committee members who can get a little discipline and organization back, the better.

Why doesn't the Committee, the ACF Executive or the ACF Board of Management ask why our paddlers don't perform better? The AOC, the AIS and the ASC put big money into slalom these days. Are not the paddlers, the coaches, the team management all responsible - so far, no one has asked any questions, let alone the right ones. Do we just keep spending money without question?

Unfortunately canoeing in Australia is still very amateurish. The paddlers can hardly be expected to take a professional approach when the ACF still doesn't. It may be good to have a few interested parents - but apart from interest, what expertise, knowledge and professionalism do they bring into the sport. By the time slalom gets back on the track it could be too late for some very talented athletes!

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- * Reflex Barcelona ML

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MUMC KAYAKS THE SNOWY MOUNTAINS

by Dave Kjar



One of the funniest things I have seen on a trip recently was Phil Towler selecting from a pile of red gum off-cuts, two blocks of wood about as big as shoe boxes, to be used as footrests in the notoriously under padded club Sabre.

The Indi at minimum, while not exhilarating is still a really good paddle; and a really long day. Our paddling party was fortunate, again, to be basking in perfect weather for the paddle down.

The low level was fortunate as gears were grinding and clutches slipping on the paddle down, due to post-exam stress relief effects (read Coke and then alcohol poisoning), a small build up of cobwebs on unnamed person's craft, and general tiredness all round.

Never-the-less we were fired up for the next day on the Swampy Plains, which was pleasant except for the fact that we didn't leave until 11.30 and were running late the whole day. To add to the confusion, Andy Waters the Superstar, somehow forgot to fill the van with petrol at Geehi, draining petrol from my car to put in his.

Luckily on the river I had won two Mars Bars and a can of Coke, betting on whether we had passed a particular drop which makes a good nose-stand spot - here after to be called 'Mars Bar' Rapid!

The next day Dave Wilson explained to me electricity generation and transmission on the outskirts of Corryong, while I had a new clutch fitted at vast expense.

Incidentally, if you ever go to Geehi/Swampy Plains, please note the kangaroo sign. Every time I have camped at Geehi, cars stop, people get out and take a photo of this pathetic sign, despite the fact that kangaroos are typically feeding 100 metres from where they stand, and the view of the Main Range is absolutely superb. Quite bizarre.

The next river we paddled was the Murrumbidgee (Bredbo to Colington). This was OK and yielded some impressive paddle photos.

Last, but not least on our prized agenda was the Goodradigbee. An afternoon was spent researching and walking around 4WD tracks. The level looked quite high but we didn't stay up to celebrate, as it was pouring with rain, as it had been doing the whole day. Overnight the level rose 1½ feet.

The section from Brindabella Bridge to McDonalds Flat, containing five grade 3's was an exhilarating ride through roller coasters. Yee Haa!

The section from McDonalds Flat to Flea Creek was ferocious. At the level we paddled it, I would quite reasonably grade the six kilometre stretch as continuous grade 4 interspersed with three grade 5's. (I view the Indi at 1.5 m as grade 3)

There were some hyper-classic waves and many, many hungry stoppers.

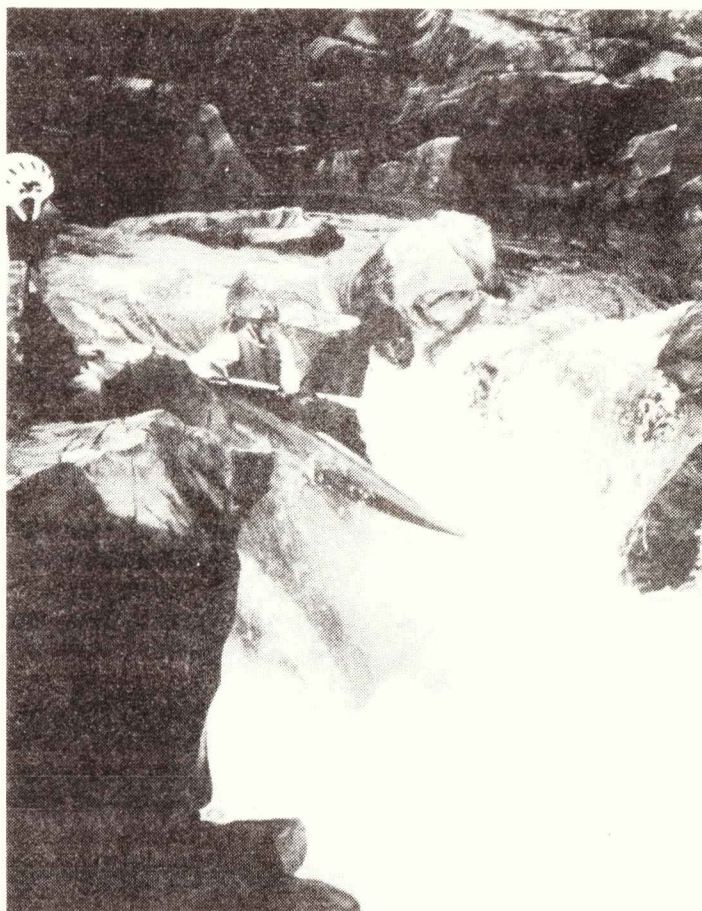
Various people did 'bolt lightning' eddy-outs, and we were tail standing all over the place. At one stage we had to do a difficult cliff portage due to the high level. This was hard; but gave us a break from the water; without getting cold at the same time.

The NSW Canoe Guide (which incidentally is excellent) says: "the whole of this stage has continuous rapids and is dangerous in high water." It is probably right.

Later, returning to our campsite of one night previous, on the banks of the Murrumbidgee, we were somewhat surprised to find it under 20 feet of water. The Murrumbidgee had risen a mere 35-40 feet in one and a half days. We went home.

Dave Kjar Bredbo-Colington Murrumbidgee River

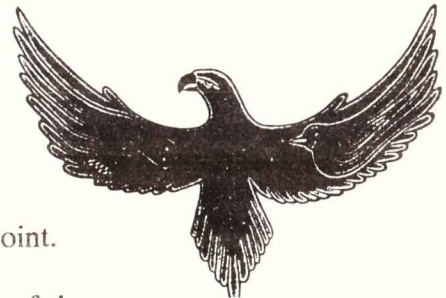
Photo: Nick Gust



RIVER RESCUE

FREE RESCUE COURSE

CAN YOU HELP?



FREE V.B.C.E. RESCUE COURSE

A course which normally would cost you \$100 for free.

We need safety crews for the Bunjil Yarrathon Canoe Race.
We are prepared to give you training in rescue skills to man a rescue point.

All we want from you is a guarantee to volunteer your time for the day of the race.

The race, on Saturday October 26, is being run to promote canoeing to the general public of Melbourne, and a step towards a better community awareness of the Yarra river.

We need volunteers to help with the organisation, promotion and running of the race, so please become involved.

For further information on the free rescue course phone Mike Higginson on (03) 459-4251.

Reflex Barcelona

Men's K1 1st Tacen '91

Women's K1 1st Tacen '91



Paddled by most Australian Team Members, Junior & Senior

Now Available
from

Canoes Plus

140 Cotham Road, Kew. Tel: (03) 816 9411 FAX (03) 817 1820

TECHNICAL BITS: MITCHELL RIVER

by Peter McConnell

It is difficult to visualize a river like the Mitchell flowing at 3.0 metres (at Glenaladale) unless you have actually witnessed it. When you know that during summer they were releasing 10,000 ML/Day (megalitres day) into the Goulburn River, you can imagine 19,780 ML/Day flowing down the Mitchell River.

By checking Figure 1 before you go paddling on the Mitchell River, you can decide for yourself whether it is worth paddling. When recording river levels in your log book, it is useful to measure them to the nearest 5mm, for future reference.

Trips that are planned a long way in advance (i.e. club trips) often have to be cancelled due to a lack of water. By referring to Figure 2, you can see that normally you can paddle the Mitchell River from June until November.

A number of factors have combined to make this a drought year, these are:

1. Two cyclones late in the season, stopping the trade winds from the Pacific. The trade winds take moisture from the Pacific across the north of the continent, and then circle around to deposit the moisture as rain over the entire continent.

2. Lower ocean temperatures in the Coral Sea. Now that the trade winds have restarted lower ocean temperatures in the Coral Sea means that reduced evaporation will be taking place, so that the trade winds will carry less moisture.

This means that if you are planning to paddle the Mitchell this year in advance (i.e. club trips) then August to October probably would be the best time to do so.

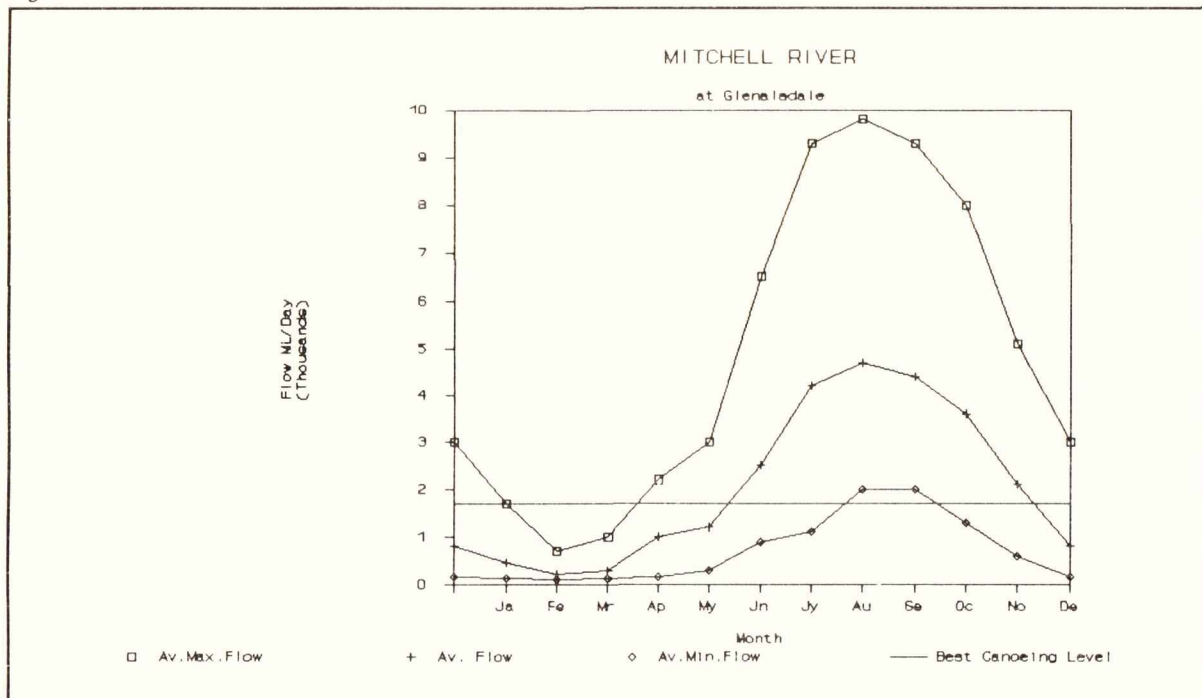
Thanks to the Hydrographic section of the Rural Water Commission, in particular Wendy Beers, for the flow rate information.

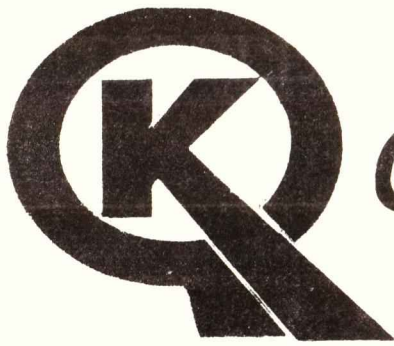
Mitchell River
(at Glenaladale)

Gauge Reading M	Flow ML/Day
0.85	329
1.00	802
1.10	1195
1.20	1678
1.30	2246
1.40	2938
1.50	3700
1.60	4556
1.70	5473
1.80	6369
1.90	7220
2.00	8095
2.20	10062
2.40	12228
2.60	14569
2.80	17088
3.00	19780
3.50	27262
4.00	35943
4.50	45564
5.00	55917
6.00	79920

Figure 1.

Figure 2

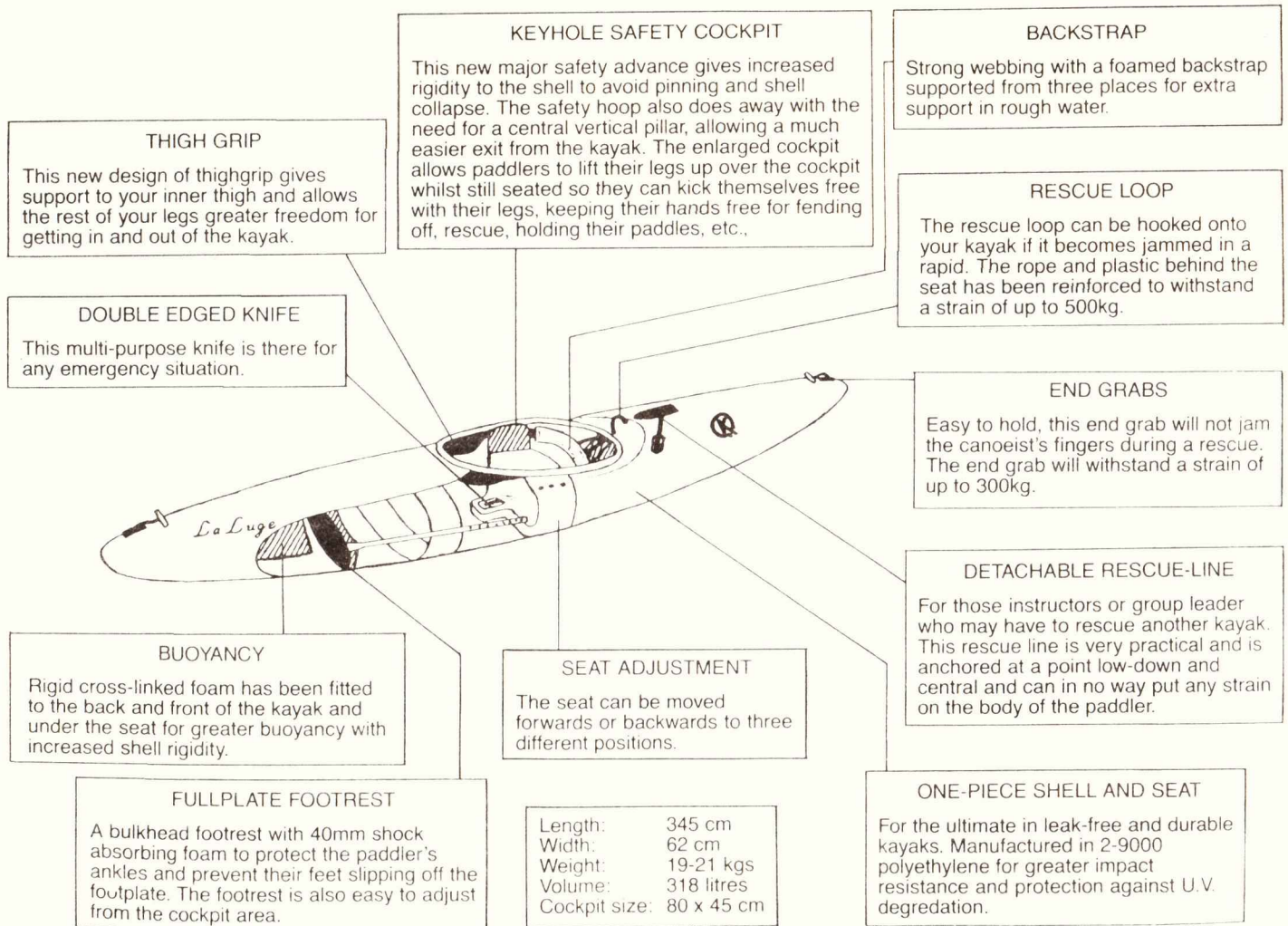




QUALITY KAYAKS

La Luge - new safety kayak

The La Luge has been designed for safety in big water, with rounded ends and sides, it's semi trapezoid shape make the La Luge exceptionally easy to control in the heaviest whitewater because the kayak simply doesn't catch. Combine with this the comfort and security of the 'keyhole' safety cockpit with its ease of entry and exit, and you have a kayak that will give you pure enjoyment in the roughest conditions.



Available from Victorian Agents

THE CANOE SHED

266 Yarra Street,
Warrandyte. 3113.

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UPSTREAM

The Annual General Meeting held at the VBCE office on the 3rd of June was well attended. It was good to see a lot of faces not normally seen on courses. I would like to thank the small band who stayed behind to help clear up, even if their main objective was to finish the wine and cheese.

V.B.C.E. BOARD MEMBERS FOR 1991/92

Chairman	David Zohs
Vice Chairman	Rick Williamson
Secretary	Liz Marsh
Treasurer	Greg Pearson
Board Members	Peter Gray, Peter Griffiths Cary Pedicini & Brett Barlee

Our thanks go to Hank Wollmering and Bill McLaughlin for their work as Board Members over the past few years. Their input into VBCE matters was always of the highest standard, and we look forward to their continued interest and involvement with Board matters.

COLETTE KEYSTONE MOVES ON

Colette Keystone to most of you will just be a voice on the other end of the telephone when you ring the VBCE. But her departure from our employment will be a great loss.

In her duties as administration assistant Colette had the daunting task of setting up our computer system, and then the even more daunting task of breaking in a new Executive Officer.

All those who have worked with Colette have been amazed at the amount of time and effort that she has put in to her work with the VBCE, both during and after working hours.

We wish Colette and her husband Mike (a Basic Skills Instructor) all the best in Western Australia and our sincere thanks and fondest memories go with them.

EDUCATION DEPT GRANT SUBMISSION

The VBCE submitted a Professional Development grant submission to the Education Department in March this year. The submission revolved around the training and development of teachers and resources for canoeing programs within the Education Department.

Unfortunately it seems that the Education Department feel that this duty is already being fulfilled by two other organisations the VOA and ACHPER?

In my time with the VBCE I have had little to do with both organisations, in fact the only recollection I have is the support of the VBCE by presenting a stand at the VOA National Conference in January 1991, a bit of a one way deal. Interesting but definitely not funny.

SPORT AND RECREATION HELP IN HARD TIMES

On a good note, we have just secured two grants from the Department of Sport and Recreation, one for \$10,000 and the other for \$3,000. The smaller amount will be used to start a fleet replacement project.

We would like to thank the Department of Sport and Recreation for its ongoing support, especially in the past six months when times have been tough.

MY APOLOGIES

In the last PADDLER you may recall a story on Sea Kayaking. Unfortunately I cannot take credit for this article, it was the creation of Frank Bakker a Member of the Sea Kayak Club. If you would like any information on the topic please contact me (Mike) at the VBCE on 4594251.

I also apologise to Greg Pearson for taking the credit for the Bunjil Yarra Canoe Race, I don't know what could have come over me.

Again for information on the canoe race refer to the advert in this edition.

DOWNSTREAM

HAVE YOUR SAY

The VBCE in the past has been unfairly labelled a closed shop. This is not the case, nor has it, to my knowledge, ever been. We want to know what you see as the issues to be addressed, and the solutions to overcome our inadequacies.

To further promote your involvement the following are areas in which we are at present seeking your input.

WHITE WATER ASSESSMENT

Since the development of the Linear Instructor Progression, we have had to redevelop the theory exam papers for the Basic Skills Instructor assessment, and now the A.C.F. Instructor Award.

We would like your input by submitting what you feel are relevant questions for this level. Areas to be considered are:-

- Personal white water skills
- White water teaching skills
- Leadership
- Rescue
- General canoeing knowledge

FUN IN THE SUN

What are you doing in January 1992? We are looking for a person to initiate a summer program based at popular summer venues throughout Melbourne, and possibly at regional centres.

Again, don't be shy, contact the VBCE.

BUNJIL YARRA CANOE RACE

We as an Association need to promote our sport better. To start the ball rolling we have initiated the above race.

We need not only competitors, but also people to help with the organising and staffing of the race. We are not just asking for instructors to volunteer, this is a VACA event to help promote canoeing as a whole. So all you paddlers how about giving us a hand to promote the sport, the river, and your own area of interest.

This will be an ideal opportunity for clubs to display information to the Melbourne community and help canoeing progress at the same time.

If you can help contact Greg Pearson on (03) 890-2415.

WE ALL HAVE DISABILITIES

It's a fact, but to many people it is a start of a prejudice which excludes them from becoming involved in a sport or recreation.

At present I'm at the beginning of a project to develop adaptive equipment for persons wishing to become involved in canoeing. This project is being funded on a shoe string of \$500. We have a single kayak to modify, but very few tools or a shed to work from.

My work load is such that my free time is very precious. I need willing people to make the job easier, somewhere to base the boat, lots of foam for strength, buoyancy and fitting out the boat. If you can help in any way please contact me on 459-4251.

VICHEALTH SPORT TRAINING AND SAFETY EQUIPMENT PROGRAM FUNDING

Once again the Board submitted a funding application to VicHealth under the above scheme, and once again we were unsuccessful. The more dealings that I personally have with the VicHealth Promotion the more confused I become.

If any Instructors have had dealings with VicHealth in the past, and feel that they may be able to assist in the

preparation of further grant proposals please contact me at the VBCE office.

Developing and presenting funding submissions is a time consuming task, putting an extra burden on to the already overflowing work load.

I'm concerned that VicHealth does not realise the extent of volunteer work which associations like the V.A.C.A. rely on, in their day to day existence. The amount of preparation, in my view, which is necessary for a successful grant submission is unrealistic and of great concern to me. I think VicHealth should have a good look at what they offer to true amateur sports associations such as ours, it's not much. The money which they wield like a club over us could be used to greater benefit, not only for the health message, but for the sport. If they took time to research what amateur associations can realistically offer them, and from our point of view what the sport really needs, everyone would benefit, not just VicHealth.

My perception of VicHealth is that of a trained seal and his trainer. The trainer, VicHealth, dangles the fish, we the seal do somersaults, back flips and other tricks to appease the onlookers. The trainer gets the applause and the money, but ask yourself, does the seal really want to do this, and was it really to his benefit to be caught in the net?

OUR SCHOOLS PROGRAM NEEDS INSTRUCTORS

If you have a spare day mid week and could do with a little extra cash, we may have a schools program to suit, ring the VBCE office and find out.

Instructors are needed for a school camp, 4 days work at \$110 per day September 13 to 16, contact the VBCE office 459 4251.

TRAINEES

Time is getting short to complete your interim training, prior to the Instructor assessment in September.

Remember you have to:-

- Work on a VBCE Basic Skills course
- Observe/assist on a VBCE Skills Improvement course.
- Observe a proficiency test.
- Produce a log book which will give details of;
 - Six trips, one with an over night stay.
 - Involvement in two competitive aspects of the sport.

ADVANCED COURSE

Extend your skills in white water by attending the VBCE advanced course to be held on the Mitchell River on October 5 and 6. You will be instructed by some of Victoria's best white water and slalom paddlers.

MAIN STORY

BORED OF CANOE EDUCATION

a Gunna Canoe Club Publication

What does a white water paddler do when the last time he actually paddled whitewater was way back in January? Well read on, its all too true.

PHASE ONE

Plan a trip overseas. But where? When?

After talking to a few likely starters and asking for possible destinations, it came down to the clincher that we had inside information on the chosen target, it had white water, it was a warm climate and most important the air fare was reasonable. Our source of information was a paddler who had spent 15 years in Fiji, he was convinced that if we timed our arrival to coincide with the end of the monsoons we would have white water laid on. Unfortunately our main man injured a shoulder paddling some months prior to the trip starting date, so the Fiji white water trip was put on the back burners. The effect of withdrawal symptoms without white water excitement started to tell.

PHASE TWO

What else could I do, no rain and no white water, go to the Goulburn and paddle a C1, not likely. I wanted the real thing. Sea kayaking, a crossing of Bass Strait at Easter, large swells, mean tides and strong currents, land on both sides, really all it would be is one large calculated ferry glide. Now that's something to really get your teeth into. Easter came and went, illness on my part, and bad weather again called a halt to our dreams.

PHASE THREE

Withdrawal reached its peak - out came the old photos of expeditions past, dreams of white water filled my nights, the only thing missing was the shakes. One more try, annual leave, now this I knew was a starter, but where to go. My first choice was Corsica, unfortunately I was out of touch with Europe and I had missed the season. In desperation we organised a trip to the French Alps, great water, an area in which I had friends and after three weeks of paddling I could recoup, socialising with some old friends, just what the doctor ordered.

Unfortunately due to Colette leaving the Board I was not in a position to undertake my annual leave.

PHASE FOUR

Things were grim, no white water to be had, Victoria in the grip of a drought and my sense of humour at work fading fast. In desperation I looked for something to fill the void, that's when the squirt boat entered my life like

a breath of fresh air, and this boat didn't need whitewater to keep you on your toes. Double enders, nose and tail stands, are all possible on flat water, it was bliss. My luck had taken a turn for the better, then it all came together. It rained, and a stretch of water not normally paddleable came into being, for no better reason lets just call it the Phantom River.

THE FIRST DESCENT OF THE NOTORIOUS PHANTOM RIVER BY SQUIRT BOAT.

The river in question is one of the many streams around Melbourne which when it rains fill to a paddleable level, making for grade 2 to 3 paddling. Then as fast as they rise they drop.

All this takes less than a half a day, but if you're on the ball some excellent fun can be had, as was the case with our squirt boats.

The river is fast and mainly shallow, the features man made and uniform in shape.

Squirt boats need to have approximately 5ft of depth, and are notorious for getting stuck in all sorts of strange angles, above and below the water.

For the first stretch, where the flow was quick and the river straight, we spent time just getting used to being at 45 degrees. Having your tail well under the water and still being stable was the opposite to any other boat I'd paddled. It took a little time to really feel comfortable approaching rapids this way.

Squirts are the low of the low boats, and to stay on a wave meant not to let the nose catch the trough or you've lost it. You have to work the tails, which means a lot of hip control to stay on the wave whilst looking cool.

An excerpt from the Squirt Boaters Manual, 'when squirt boating, always remember water, air and land'. Water is used to avoid land in the form of rocks, and for your own health try to stay in contact with air for long periods.

Next came the foot bridge rapid, a 1.5 metre drop which runs into the right hand wall of the river, causing a confused eddy line and some very swirly boils. Just the place you see the American squirtist look for in the movies. Well we had the boats, but unfortunately we had only paddled them on flat water. I approached the rapid a little apprehensively, and after clearing the drop headed for the eddy on the left.

Pete my paddling partner was a little more adventurous. He hit the hole at the bottom of the drop, the tail dug deeper, and pitched the boat vertical for the whole length of the right hand wall, a swipe, this was the place to squirt.

For the next ½ hour we played on the eddy line setting the boat vertical, then spinning like a top to the other end of the eddy.

Confidence in our little boats started to grow as we became aware of their ability to handle the water. I relaxed a little and tried more and more moves, coming unstuck on the odd occasion.

We moved on to the triple stager, three stoppers in a short section, the second one being a little sticky. I conveyed my concern to Pete, but he was not perturbed. He pointed out to me later the dense boat theory which theorises that small low volume boats are more stable in heavy whitewater than normal kayaks.

I have my own theory, the dense paddler theory, for those who have faith in the dense boat theory.

I went first and didn't break through the second stopper, but I wasn't alone, Pete had followed me down. The next few seconds were spent standing on our tails looking at the sky. It's strange, but even at that angle in a grabby little stopper, the Squirt was stable.

The Squirt is happiest when one end is underwater and this is when it seems most stable, something against my inbred canoeing principles.

Just below the get out point is a two metre sloping drop which creates a fairly mean looking stopper. Pete ran it first, the Squirt went under the stopper and Pete went

through it, taking a face full of dirty brown water. Being the last wave, I decided to be a little fancy and go for the eddy on the left. To do this I wanted to hit the wave, tail stand launch into the eddy, a real pose for the camera.

Unfortunately for me everything went to plan until I hit the eddy. Still on my tail I began to head straight back into the hole. All my flash paddling disappeared as I realised I was about to be recycled into the stopper and that place could hurt. Even the "go for it", and cheers from Pete, some mate, I feel he would have been happier if I had been trashed, couldn't persuade me to venture into the unknown.

Squirt boating is a crazy canoe sport, it breaks well established canoeing rules but it is fun. The squirt boats only draw back to my mind is the possibility of a paddler getting into dire problems not only above the water but underneath it as well, without a trace at surface level.

Squirt boats will be a growing area of our sport, because of their sheer fun, but they are also a recipe for tragedy if misused.

ARE YOU BORED WITH CANOED?

Its hard to keep submitting stories for the Board, and you must be getting sick and tired of reading what I'm up to. So how about YOU writing an article for us, your input would be most appreciated.

Pete McConnell doing his disappearing act

Photo: Mike Stewart



NSW MARATHON CALENDAR

1991-92

Aug 18	Twin River Classic Sutherland, Woronora, Jannali Park. Distance 27 km, Start 10.00am, Gregorys 229 K/12	Contact 644 9503
Aug 31	Marathon Series Race No 1. Lilli Pilli Kayak Club at Jannali Park Woronora, Sutherland. Distance 20km, Start 2pm, Entries on the day,	Contact Brian Graber (02) 799 2555 BH
Sept 1	Rexona Series No 5. Woronora, Jannali Park, Distance 20km, Start 8am,	Contact Peter (02) 807 1126
Sept 14	Marathon Series Race No 2. Dora Creek - on western side of Lake Macquarie, 50 metres upstream of Dora Creek Railway Bridge.	Contact Ian Gardner (049) 453 564
Sept 22	Lane Cove. Cistance 20km. Contact Allan Jones.	
Sept 28/29	State Championships Marathon. Bendeela, Kangaroo Valley. Distance 26km Saturday start 1.pm, Sunday start 10.am	Contact Mark Honor (02) 637 8138 or Ted Jones (042) 261 661
Oct 6	Rexona Series No 6. Berry Park, Narrabeen Lakes. Distance 15km with 3 portages, Start 8.00am,	Contact Peter (02) 807 1126
Oct 13	Elle Bache Canoe Challenge Nowra,	Contact Nigel (044) 221 293
Oct 12-20	Masters Games, Brisbane.	Contact Lois Appleby (008) 773 488
Oct 19/20	Hawkesbury Classic.	
Nov 9/10	Sprint Regatta. Dora Creek, 500m and 1000m,	Contact Ches Suska (049) 484 148
Nov 16	Marathon Series Race No 4. Wagga Wagga. Oura Beach. Distance 25km & 7km, Start 2.00pm,	Contact Bob Britten (069) 252 163 AH (069) 230 446 BH
Nov 17	Wagga Triathlon,	Contact Paul Johanson (069) 261 431
Nov 23	Nepean 50 Miler, Contact Terry Curby (047) 323 759.	
Nov 30	State 10,000m Sprint Championships,	Contact Ted Jones (042) 261 661(H) (042) 298 044(W)
Dec 8	Heineken 20 Beaches Ocean Classic. Distance 25km, from Palm Beach to Manly. Surf ski & sea kayak, Prizes total \$12,000.	Contact Brian Graber (02) 799 2555(W)
Dec 14	Marathon Series Race No 5 Nepean River, Penrith. Distance 18 km. Start 1.00pm	Contact Richard Van Putten (047) 393 022
1992		
Feb 2/3	State Sprint Titles 500 & 1000m Nepean River, Penrith.	Contact Len Turner (02) 997 1042
Feb 16	Marathon Series Race No 6 Burley Griffin, Canberra. Distance 30 km. Start 9.00am,	Contact John Harmer (062) 886 799
Mar 3-8	Aust. Sprint Champs. Lake Barrington, Tasmania.	Contact Len Turner (02) 997 1042
Mar 28/29	Queensland State Championships.	
Apr 17-19	Australian Marathon Championships, Yarra River, Melbourne.	Contact Ted Jones (042) 261 661(H) (042) 298 044(W)

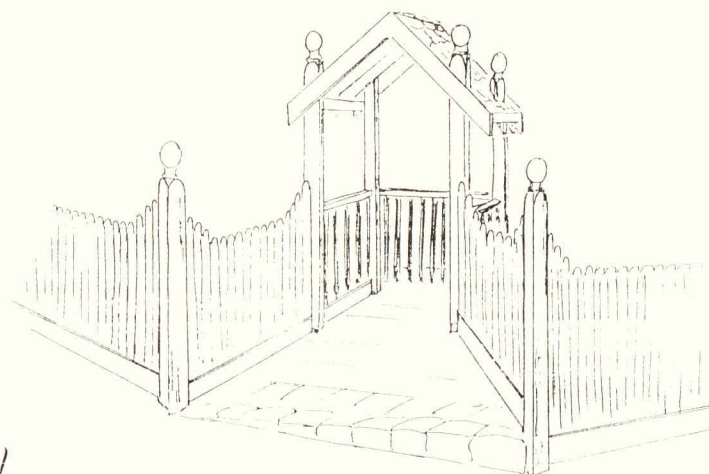
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Tel: 723 5117

{Rod is Chairman of the VACA Touring C'tee}



CALENDAR OF EVENTS

1991			
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 - Yarrawonga-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	Tony Misson	(054) 411-170
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 - Yarrawonga-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
23-24	Slalom - Yarra Series IV Warburton	Richard Macquire	844-3366
23	Canoe Polo - Spring season finals SSC & Presentation Dinner	Jon Bisset	598-4584
23-24	Canoe Polo - Internation Warm-Up Comp Brisbane	Jon Bisset	598-4584
30- 1	Canoe Polo - Internation Cup & International Interclub Comp. Sydney	Jon Bisset	598-4584
30- 1	Slalom - Goulburn Coaching Course	Slalom C'tee	816-9411
30- 1	Skills Improvement Course 5	V.B.C.E.	459-4251
December			
2	Begin C.A.E. Basic Skills Course 4 - Twilight	V.B.C.E.	459-4251
3	Begin Basic Skills Course 11 - Twilight	V.B.C.E.	459-4251
7	Marathon - Murray 40 Yarrawonga	Ian Docking	(058) 734-392
7- 8	Canoe Polo - Internation Cup & International Interclub Comp. Bendigo	Jon Bisset	598-4584
7- 8	Slalom - Canoes Plus Annual Goulburn Slalom & Country Slalom & W/W Race Series Final	Canoes Plus	816-9411
"	"	"	"
8	Touring - Novice Tour	Rod Jones	723-5117
8	Proficiency Testing 5	V.B.C.E.	459-4251
14-15	Canoe Polo - Internation Cup & International Interclub Comp. Adelaide	Jon Bisset	598-4584
14-15	Basic Skills Course 12	V.B.C.E.	459-4251
28-29	Canoe Polo - Jindabyne Invitational	Jon Bisset	598-4584
27-31	Marathon - Red Cross Murray Ultra Marathon	R. Ditterich	616-9999

-RELEASE PRE-RELEASE PRE-RELEASE

BUNJIL YARRATHON

SATURDAY OCTOBER 26, 1991

A full days excitement paddling through the magnificent Yarra Valley recreational park system.

The perfect mix. The thrill of white water, and the serenity of flat water.

STOP PRESS STOP PRESS
PRIZES PRIZES PRIZES

\$7,000 \$7,000 \$7,000

\$7,000 worth of prizes from various outdoor suppliers will be awarded on the day.

• CANOES • KAYAKS • SKIS
• INDIVIDUALS • PAIRS • TEAMS

Race the full distance or team up, enjoy yourself and paddle a leg

Recreational paddlers and elite athletes are all invited to attend this inaugural event. Valuable prizes for all classes, teams and individuals

Start: Homestead Road, Wonga Park
Finish: Princes Bridge, Melbourne
Distance: 91 kilometres

V.A.C.A

Victorian Amateur Canoe Association Inc.

Enquiries and entries:

VBCE

**Victorian Board Canoe Education
332 Banyule Rd., Viewbank 3084
Telephone 459 4251**

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