

Paddler

THE MAGAZINE OF THE VICTORIAN CANOE ASSOCIATION INC.



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THE MAGAZINE OF
THE VICTORIAN CANOE
ASSOCIATION INC.

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DEADLINE FOR NEXT ISSUE WILL BE OCTOBER 31

FRONT COVER:

Victorians dominate Marathon World Cup - Mike Mills Thom/Chad Meek 1st - Geoff Blanc/Cameron McMullan 2nd

Photo: Roy Farrance

SPRINT TEAM IN AMERICA

by Reg Hatch

All gather in Sydney for a convivial meeting and it was good of John Martin (Chief Selector) - Bob Lynch (President of NSW Race Committee) - Col Wilson (Chief Executive) - Donna Blay (Coaching Director) to drop in and see the team away.

Non stop trip to Los Angeles and NORTHWEST Airlines were both efficient and on time. From Los Angeles, which looks like a suburb of Bahrain with trees that are stunted and blanched from the smog, the fog and the grime, to Minneapolis. The land on the west side is very barren and dry with pockets of smog trapped in the various valleys. It would be great territory for bandits - there would be only one problem and that is it would take a mad dog or an Englishman (no offence Robin) to venture into this area.

Minneapolis was a contrast and surrounded by a patchwork of fields all green and productive looking.

Onto Indianapolis and a further landscape change where zebra stripping was the most popular field pattern. Over the Mississippi and the White River right on top of the Indianapolis Race Park (The Brickyard) and on into a pristine city.

On the ground the cleanliness was reinforced and the city planning is first class. With the current temperature and set out of this town there are not many Australians that would not be happy here.

The course is set in Eagle Creek Park and it is brilliant. The course is of course called Eagle Creek Reservoir. It has a surround that is not dissimilar to that which our athletes will face in Denmark and is a good area. We are situated some 30 minutes from the course, but it is a no pressure drive.

We were unfortunate to be at the hotel during the Miss Indiana contest and seventy of this states most lovely ladies

were in attendance. The non attached members of the team were just a little distracted and Heath Brown demonstrated his professionalism when he commented that it was a shame the contest was not the following weekend so he may give the contest more of this attention and support. The attached and older members were totally oblivious to the contestants. Strength and professionalism was surging to the fore.

The ladies found shopping plentiful and relaxing. Food and petrol is both cheap and plentiful. It is amazing how many food halls there are and how cheap the food.

We were fortunate to meet up with some Australian water skiers who are here on the US circuit. You will remember Jeff Carrington who had that horrific stunt gone wrong in QLD - he was here with Karen and Richard Neville and our countrymen were doing very nicely.

Do you know that 39% of Americans have no retirement plan?

The team ventured into the city and visited the old Rail Station called 'The Union Station'. It has been converted into a giant eating hall and recreation centre. Probably the highlight was the eating establishment called 'Hooters' and you guessed right. This place was built to please 'Married with Children' star Al Bundy and his offspring. It was something of a male oriented hang-out and a few of our team ventured in for a meal. Three floors of eating and recreation made sure this part of town was really hopping. There was a huge festival in progress with giant spotlights and enough noise to please the most ardent music fan. Motor cyclists were in abundance and hired themselves out through negotiation to take people up and down the Meridian Lap, this behaviour is not dissimilar to the country efforts we find in Australia, we just haven't commercialised it to the same extent. The night was ideal for this

action with a temperature of 80 degrees (27c). Out of the city on Meridian Street, passed Tippycahoe Street (true) and back to our hotel. Quite an experience.

Let's Elope holds the horse interest for Australia here in the USA and represents us superbly.

Gary Tatrai won the 12th annual Race Across America Cycle Race over 2,910 miles in a bottom numbing 8 days 20 hours and a paltry 19 minutes. The Murray Marathon committee should invite him to compete in the Christmas scramble for line honours and the honour of finishing our version of ultra marathoning.

The cumulus nimbus have crept down from the Mississippi and gathered up the moisture that abounds in this area and has dumped it on the opening day of the US Nationals. It was not cold, just damp and uncomfortable.

The American flag is now carried by Mike Herbert and is being challenged by the Australians.

We have not been welcomed here with gushing greetings of 'bon homie' and in fact there has been an element of disinterest in us. The rules exclude us from actual racing and our designation is in either lane 0 or 10. There are Mexicans (real) here also in the same position, so what happens is the Americans race off as if we are not here and all internationals go straight to semi finals. From here they race off for the two outside lanes. Our organizing committee have got it right and make it a much fairer system of racing and it is at least fair dinkum. Many of these racers will never experience international racing and they are being denied the chance on their own soil.

It would appear that America has a good development going on at the Junior to Senior level. There is an abun-

Sprint Team in America (cont'd)

dance of junior talent and C1s are prolific - 16 K4s in the junior event. Clubs are funded by the US Canoe Fed here and the highest point scorer in the Nationals gets the biggest slice of the cake. Competition rules just may have been developed to protect their livelihood and existence.

Danny Collins and Heath Brown did their best to get all the local restaurants on side and seemed to have had a victory here and we received great assistance when we went out. We had some difficulty operating as a complete unit at this time with having to borrow boats, but it should be added that the team got together at least once a day and got on extremely well.

Linda Lehmann, Martin Hunter and Brendan Purcell were all under a cloud for this regatta with colds and injury. They all paddled at their best and did well.

Anna Wood set the scene with a resounding win in the ladies 5,000 metre single race. Here is one lady you simply have to admire - always congenial and prepared to help out - works very hard - and only goes out to win and improve her levels.

Heath Brown set the US Nationals alight with three wins from three starts in the 1000 metre races.

Olympian Mike Herbert led to 900 metre when Heath drew level and went on to win by half a length - Grant Leury was a superb third.

Anna Wood continued her winning way and won comfortably the ladies 1000 with Linda Lehmann 2nd.

The men's K2 saw Martin Hunter and Ramon Anderson lead to 500 when fellow Aussies Heath Brown and Dan Collins came through to win comfortably - Hunter and Anderson were third. New pairing Linda Lehmann and Michelle Miller showed a clean stern to the rest with a convincing win. Natalie Hood and Julie Jenkinson were third after a lesson learning poor start.

The Men's K4 had the race won after 150 metres and were never pressured in what was a very smooth performance.

The Ladies were identical with a resounding victory in the 1,000 metre distance.

After this day the Australian Team decided to totally undermine the US competitors by running out to the park gate, a short 5km that they all enjoyed.

Ramon Anderson went out and demonstrated Australia's all round dominance by winning quite easily the 10,000 metre. Linda Lehmann and Michelle Miller won the 5,000 race with consummate ease but were disqualified after allegedly missing a turning buoy.

Day Two.

The rain poured down all day and made for a sloppy and uncomfortable day, but the sun shone on the Australian camp. Dan Collins raced superbly to win the K1 500 from Peter Newton and Mike Herbert. You will recognize that this was a world class performance.

A battle royale erupted in the ladies K1 when Anna Wood and Tracey Phillips forged two perfect wakes on a still course. They were followed by an equally gripping struggle involving Linda Lehmann. The three Olympians fought a battle worthy of their status. Anna Wood was followed home by Phillips who was lucky to be in front of a fast finishing Lehmann.

The men's K2 saw an improving Martin Hunter and Ramon Anderson finish well in the 500 metres. They are getting their health together and the boat will be very competitive.

The men's K4 provided another great race when the all Australian crew of Collins - Leury - Purcell and Lynch touched out Hunter - Anderson - Brown and US competitor Peter Newton in a world class time for both crews. Over five seconds clear of the third boat.

The LK4 was equally impressive in defeating the US team in one hell of a

race. The ladies went sub 1.40 and will improve on that.

Lehmann and Miller continued the Australian domination in a gutsy performance over US Olympians Tracey Phillips and partner.

This was the final race with the pressure really on not to be the first crew or person to lose a race.

It was a clean sweep for the little country down under and the might of the US was surely tested.

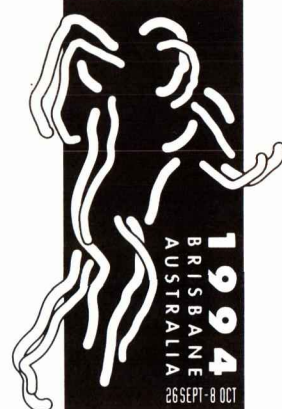
East on 465, reviewing the same day Hernia sign that allows you to really bust yourself with the knowledge that you can be fixed right away. A visit to the Indianapolis Speedway gave us a new perspective on just how frightening this place really is. Travelling down that very narrow strip of asphalt at over 200 miles per hour and turning left four times has got to be close to the ultimate buzz. We went around at an average speed of less than 40 kmh and had pointed out to us the various points of contact and told who hit where. The museum was interesting with Brendan Purcell drooling over the Ford Cosworth engines which would have made Scott Wildmann envious. Brendan is a confirmed Holden man despite the strong showing of Ford throughout this year.

We leave the USA much better for the experience and would suggest that we may consider somewhere further north if this international calendar remains the way it is. The best racing was had between fellow team members and this has welded the team together better than before. We are blessed with a team of athletes - any one of which could cover for the other - and do exceptionally well.

Another time and another place awaits us for the final test - all else up to this time has been practice - this team will do well.

MEDIA INFORMATION

WORLD
MASTERS
GAMES



WORLD MASTERS GAMES *THE CANOEING CHALLENGE NEVER ENDS*

Hundreds of canoeists will travel to Brisbane next year for one of the most exciting international events ever staged - the World Masters Games.

Canoeing is one of 30 sports participating in the event which will be one of the largest multi-sport events ever staged! Even more special is the fact that all competitors will be mature-aged, from approximately 30-35 years and over.

The Games will be staged from 26 September to 8 October, 1994, with the canoeing events to be held on 1-2 October and 5-6 October.

Competition at the World Masters Games Canoeing will be open to male and female paddlers aged 30 years and over, and will be contested in five year age groups from 30-34, 35-39 and so on through to 75 years plus. Canoeists should note the minimum age for male competitors has been dropped from 35 to 30 to allow more people to compete.

Both sprint and marathon events will be contested. The marathon events will take place on 1-2 October on the Brisbane River at West End, and the sprint events will be held at scenic Wivenhoe Dam, Esk, from 5-6 October.

Competition will be held of 500m, 1000m, 5000m and Marathon (20km) in K1, LK1, C1, TK1, LTK1, TC1, K2, LK2, MK2, C2, MC2, TK2, LTK2, MTK2, TC2 and MTC2. Competition will be held over 500m and 1000m in K4, LK4 and MK4.

Competition will be held in the morning only on Saturday, 1 October, to allow competitors to attend the World Masters Games Welcome Ceremony, which will be telecast live throughout Australia. The Ceremony will be staged at the QEII Jubilee Sports Centre, Nathan and will feature a spectacular parade, in which competitors will march, along with top class entertainment. A Wine and Food Frolic will follow.

Other sports participating in the World Masters Games are: archery, athletics, badminton, baseball, basketball, cycling, diving, field hockey (women), football (soccer), golf, indoor cricket, judo, lawn bowls (mixed), netball, orienteering, rowing, rugby union, shooting, softball, squash, surf life saving, swimming, tennis, tenpin bowling, touch, triathlon, volleyball, water polo and weightlifting.

Away from the sporting action, there will be plenty of social activity at the World Masters Games. Themed nights, a mardi gras, Gala Masters Ball and Aussie Bush Nights are planned.

The World Masters Games will provide competitors with the perfect opportunity to take a great sporting holiday. Compete at the Games and then take the opportunity to see some more of Queensland - visit the Great Barrier Reef, the rainforest and the outback.

The Australian Sports Medicine Federation's International Conference to be held in conjunction with the Games from 3-8 October. The conference boasts a strong multi-disciplinary program supported by renowned Australian and International speakers.

The World Masters Games entry fee of \$95 (\$15 for each extra sport) includes the sporting competition, a special registration kit to include a World Masters Games t-shirt and Souvenir Program, sports injury insurance coverage, entry to all Games activities, the Welcome Ceremony and Wine and Food Frolic, entry to Games entertainment and hospitality centres, Closing Ceremony celebrations, and much more.

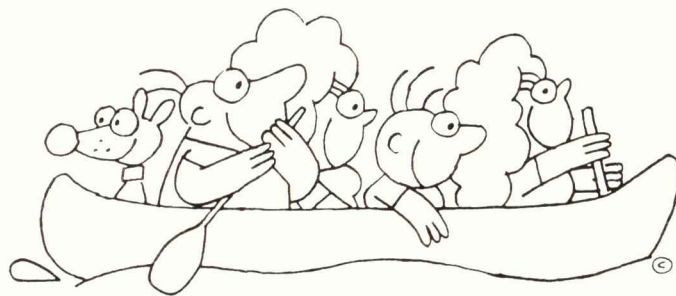
Entries to the World Masters Games will close on the 15 July 1994, however, entries received by 1 March, 1994 have the chance to win a four night holiday for two on a Great Barrier Reef Island.

For more details about the World Masters Games, or to obtain an entry form, please write to the World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland 4001, or call the World Masters Games Canoeing Liaison Officer on (07) 405 0953.

For travel and accommodation bookings please contact the Queensland Government Travel Centre in your state or your local travel agent.

For more information contact:
Adrienne Costin
Manager - Promotions
Tel: (07) 405 0920

Participate



Life. Be in it™

DANISH DELIGHTS

by Reg Hatch

USA to Denmark with one small hiccup.

The team arrived in Denver ready for the hop to Boston. Boston was shrouded in cloud so we all sat patiently on the sweltering tarmac for 90 minutes. After clearance we spent 70 minutes covering the distance. All roads out of Boston were two lanes and bumper to bumper traffic clogged the arteries for as far as we could see.

Copenhagen welcomed us with howling northerly winds that whipped the surface of the water into a frenzied mass of white-caps. The course looks good and fair to all at this time.

The hype has been awesome with Australia doing brilliantly in the other real sport, cycling. The team pursuit was really something to behold. Gary Niewand, who is a personal friend of some of the athletes, really set the scene for fighting to the finish. Gary is a quiet unassuming fellow with a determination that is insurmountable. Our advantage is that we get to see all this live through Eurosport, the cycling World Champs are just north of us in Norway.

The resurgence of Australian athletes, particularly in the form of Dean Capabianco, gives true meaning to aggression and giving yourself the best possible chance of winning - his was an inspiring performance. This has been very motivating for our athletes and they have been absorbed in the conquests of their fellow countrymen.

What can we expect from our athletes?

Men's races will be contested in every final and expect a top five position in each event entered.

Do not be surprised to see our K4 1000 and K2 teams challenging for medals in the most serious vane.

The Ladies K4 will be finalists as will LK2 and Anna Wood will return to the final in LK1 and surprise many with her maturity and improvement. Anna is settled and setting a great example for her team-mates.

The Bagsvaerd course is in an idyllic setting and one of three lakes in a system of interconnected causeway. It is the same course that the Marathon World Championships was held on. The course is lined with trees and in a park setting only a short distance from the thriving metropolis of a 1.7 million strong Copenhagen. The one thing that has struck everyone on this team is the number of people who smoke - and the pungency offends the olfactory which manifests through the almost abstinence of this habit in Australia, especially in the circles of the athletes.

The last hard sessions are complete and now is the time for reparation and growth for the five days of racing to come. From 45 nations, some new, some not, athletes arrive as if a part of an annual migratory flock. The ample space that was part of the Bagsvaerd course was illusionary and conditions are cramped but not unpleasant. Friendships, again some real and some simply of benefit to one or the other are renewed and banter and bluff is engaged.

Boat scrutineering was so efficient this year that we struggled to keep a supply on line and there were no problems. Scrutinizing takes on a familiar routine. Present your boat and it is assessed through the microscope to see that there is no illegal substances on the surface of the craft. It goes to be measured and checked for legality in terms of height - width

and length. From this point it goes to be weighed. Then it is stickered and sent out to be prepared for racing. The same routine is followed if you are one of the first four places in your race.

The opening ceremony was simple and quick with Ramon Anderson being elected to carry the flag for Australia. Ramon's father (Sven) was in the audience to see this and was very proud - Ramon had organized for his dad to visit his homeland for a lengthy period and he was clearly delighting in the experience and in meeting hordes of new people and I imagine using his native tongue would be a delight.

The original program was changed on this day to start one hour earlier and the Men's heats were also changed in accordance with the new rules, where if there are enough scratchings to warrant less heats there will be a new random draw. It was uncanny just how close the new draw was to the initial lots.

Race morning dawned with a gentle westerly and brilliant sun to the east with threatening scattered cloud to the west. Danny Collins received a fax from home to wish him well, but also describing the replacement of a mouse's testicles in a variety of methods. This was all aimed at the subtle message of hard work and maximum effort. It was received with considerable mirth among the whole team.

The weather Lord of Danish mythology turned on a great day for the competition with glass like conditions.

Nerves were prevalent even among the established competitors as this is one year's work being put to the test.

Danny Collins led off with a resounding victory over Olympic Silver medalist Szolt Gulyuy and placed himself

in the 'one to be watched' category. Danny was third at our nationals and his effort stamps the depth we have developed in Australia.

Ladies K1 was next with Anna Wood doing a great job in 2nd place to qualify fifth fastest for the semi final.

Men's K2 was a good race for Martin Hunter and Ramon Anderson. They finished 3rd against Germany and Poland - gold and bronze medallists from Barcelona. They went to the repechage.

The men's K4 was next with D. Collins - G. Leury - B. Purcell and P. Lynch qualifying in 3rd place. This was a great performance as they were 5th with 100 metres to go. Lynda Lehmann and Michelle Miller posted a comfortable third place to also qualify and stamp the ladies improvement firmly into the consciousness of all.

Hunter and Anderson returned for the repechage, favourites based on the mornings performance. but in our sport you are only as good as your last performance. Never was this more true. The Australian boat got stuck on the starting gate with the one second penalty that goes automatically with a false start. It was an interminable 1.5 seconds before they got going - two boat lengths. The favouritism was soon dispelled. They closed on the field and finished fourth - 2 full seconds faster than any other fourth place getter. Fortunately it was the fourth fastest and they progressed to the final.

A great start to the 25th World Championships.

One thousand metre day and the weather gods smiled on the competitors again with a morning you usually dream about.

The Norwegians arrived in force with cut outs of Knut Holmann and cow bells strung around their necks. They

were all dressed in national colours, had whistles and horns and sung national songs as they filed past to their allotted places on the terraced hill. They continued in fine voice and even out did the Mexicans by starting the famous wave. They commanded your attention and with the Swedes and Danes just as vociferous and also doing well it was an atmosphere we will all remember. Knut was clearly moved by the support. They were good sports and cheered any victory and the only difference was in the strength of adulation for a Norwegian effort. They all had plenty to cheer about.

Heath Brown led the way for a first up win over a very warm heat. Heath checked out his heat the night before as he doesn't like to know too early who is in his race. His reason is that when he gets out there and looks at the other 'big guns' they all have the same number as him - this means they are not in his race - and he feels better. Heath would race as if his life depended on it anyway - he is that sort of dedicated and responsible athlete. He also claims a 'one to be watched' tag - not necessarily in this championship, but tag him for the future.

The ladies K4 drew a real doosey of a heat and qualified for the semi final. They go into the semi having the

seemed to come off the wash with 300 metres to go. The silver and bronze medallists went through to the semi and we wait for the result later in the day of the fate of this crew.

The K4 1000 team were superb in their heat, barely ticking much over idle to convincingly win the heat and go to semi final. This crew is also marked as threats, and deservedly so - they could easily go as high as fourth place.

There were none of the problems in the 1000 K2 race that beset them the day before. They went out and qualified with the fastest time for the repechages. They remain fifth fastest in this race.

This was another good day for the Australian team.

We have received lots of support from home via that most efficient of machines, the fax. How did the world survive without this indispensable piece of equipment. Thank you to all those people who supported the team - it may seem insignificant as a gesture, but it really helps make the team feel better knowing they have support from all of you.

Semi Finals.

Rain - sun and fog was the order of the morning with just a small wind

'Heath would race as if his life depended on it anyway - he is that sort of dedicated and responsible athlete. He also claims a 'one to be watched' tag -'

ninth fastest time and all things being even they should both improve on their nerve racked heat and position in the final.

The K2 1000 team were fifth fastest for the distance and still had to go through repechages when the Poles

from the front.

There are no second chances from this point on and everyone will be racing for the final. There are understandable nerves as we eat breakfast at the Eremitage Hotel before setting out for the course.

This will be a good day.

Danny Collins was 2nd in his semi and commanded the respect of the gathering - he will fulfil his threat tomorrow.

LK1 and Anna Wood was granted a position in the final via 5th fastest time. It should be remembered that there has been many medals won from this position. I think it was just great and there was no one that deserved a finals spot more than this young lady.

K2 500 - gone are the raw nerves and this crew gets better with every race. They went through in a controlled fourth today.

LK2 - got stuck on the gate - just as the Men's K2 did the day before and fought back brilliantly to be just touched out. While this was disappointing it was also a blessing to know that this team is good enough to be finalists - they just need another chance.

K4 500 was just superb and the team qualified comfortably with reserves for tomorrow.

1000 Semi Finals

Heath Brown was next to a determined Knut Holmann and the list of names on the other side was a who's who in the canoeing world. Heath raced to a gallant sixth and whilst he was disappointed he has gone somehow to starting to fill those big shoes he so desperately wants to fill.

LK4 500 - after a slow start the ladies mowed down the field to finish second and go to the final.

K2 1000 - this crew grew further in confidence with a very controlled race for third place and had plenty in reserve.

The K4 1000 crew stamped themselves as contenders with a great second place.

Australia has done well and one won-

ning example and look within our own ranks.

Tomorrow will provide us with positions from one to nine and in seven cases Australia will rank. Not bad from a relatively small nation on the world scene.

Finals

500 metre

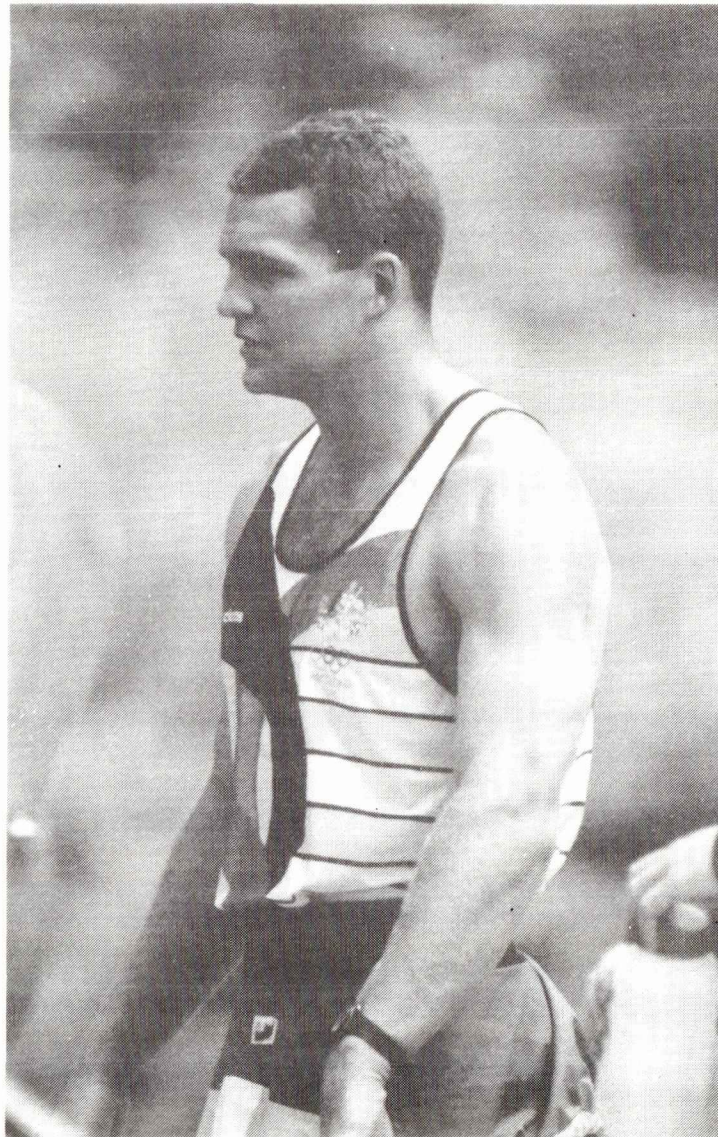
What a day - sun, small wind and great Australians racing their hearts out for themselves and their country.

Big, brash and improving would best describe Danny Collins and this in no way detracts from his being.

Danny struck out in his usual aggressive fashion with the current Olympic Champion right beside him and the current World Champion just two lanes away. Fifth at 250 and in control, Danny worked off the speed of Kohlemeinen and finished superbly to be third. This was a fabulous result and backed up his own predictions. I would like to write a special story on Danny later.

Anna Wood paddled magnificently in the LK1 and wound up 7th. There was a sad tale in this race as Josepha Idem who was in second placed lunged for the line in an attempt to win and fell in. The rules say you must cross the line with your boat and this

was not the case so all were elevated one position and as the Canadian head coach said it is only a 500 race where you can be fourth and get a bronze medal. Regardless of who people are you can't help but feel for people in these circumstances. Well done Anna.



Danny Collins of Tasmania - Sprint 500 m Bronze Medallist

Photo: Reg Hatch

ders why we look off shore for a coach to do something our coaches are doing better than most anyway.

Speaking to the Canadian Head Coach he thinks we are mad to look off shore and we should follow the swim-

The Men's K2 were 9th and while this sounds ordinary if you take Ramon Anderson's view where he was closer to a gold medal in this position than he was with third last year at the Olympics - this gives you an indication of the closeness of the racing.

K4 500 went to sixth place in a huge effort that saw many experts predict wrongly. Well done lads.

LK4 - these ladies have been together no more than 12 times and finished eighth. The ladies will improve on this result and given time and development they will emulate the men.

K2 1000 went to eighth place also and were effected by the wind in lane two. These lads were somewhat hindered in their preparation through injury and illness and whilst they made both finals they did not perform as they would have liked.

K4 1000 the paddle of a life time from a crew that sat in the boat no more times than you can count on your fingers and toes. This team was a brilliant fourth place.

So from nine attempted events Australians competed in seven finals - not bad from a team of predominantly young fellows and ladies.

The coaches got on well, worked together and helped each other on every occasion. The whole team got on well and welded into a cohesive and working unit. Some of the older members indicated it was the best team they had been on from the point of view of getting on and being successful.

10,000s

Linda and Michelle were superb and finished 7th among the best ladies in the world. On their own admission they lacked some experience in this sort of racing and as of now it matters little as our ladies will always be the best 7th place at world championships.

'So from nine attempted events Australians competed in seven finals - not bad from a team of predominantly young fellows and ladies.'

Anna Wood was next and just brilliant. It could easily have fallen Anna's way, but the gamble went against her - we all would have done what she did. Suzanne Gunnarson (Swed) led from the start with Rita Koban and Birgitte Schmidt occupying the wash on each side and Anna in the 'V'. It stayed this way for the whole race with Rita the first to challenge and as it turned out Birgitte just had energy left which left Anna on a wash to fourth place. This was disappointing for all of us as we all wanted her to get a medal - she deserved one.

The Men's K1 was the most hotly contested event ever. It was a shame Greg Barton could not be there and complete the field for the race of the decade in this event. Ramon Anderson started strongly but suffered a mild asthma attack and withdrew. The race was between five competitors. Nielson - Holmann - Szabo - Bonami and Lawler. Lawler played his typical limpet role while Nielson did most of the work. Holmann was a reticent contributor to the race and led briefly and grudgingly - Bonami was keen and tried hard. Nielson and Holmann were a cut above the rest and it was really a race between them with the others providing the support roles. Nielson led the assault on the finish line with the crowd absolutely erupting - the Norwegians were out in force with their life-sized cut-out of Knut and the red and white fans were absolutely behind Thor - Knut really challenged, but Thor had an answer each time. It was gut wrenching to watch and very exciting for those of us who know Thor and Knut well. Thor without a world sprint championship medal gets two of the best in two days.

The Men's K4 saw Australia mingle with Portugal who mingled with Denmark who sunk the Italians with two gaping holes in the deck and below the water line. This put paid to any chance the lads had and although they caught up a huge amount, the task was monumental. They missed a turning buoy and the third turn and called it a day. They had a great regatta and can be very pleased with themselves.

The party could take up ten pages, but in the interest of the participants I will keep these stories to myself.

The athletes reported this as the easiest team they have been on. If there was any dissension it was not brought to the surface and the team got on well and supported each other. It was a very easy team to be on and I sincerely hope all future teams are the same.

WORLD CUP MARIBO DENMARK

by Robin Belcher - Team Manager

Maribo is a small town on the island of Holland in the south of Denmark. Some parts of the town are very old with small terraced cottages, many of them thatched. Essentially it was a market town serving the outlying farming community. It is centred round a market place and sits on the shores of Lake Maribo. A very pretty little town of which the local community are very proud.

They are also proud of their canoe clubs and the success of its paddlers in international competition. Their most well known paddler being Lars Kock, who now that he is no longer competing seriously is putting back into the club with his coaching and through his practical skills by improving their facilities.

We arrived in Maribo on the evening of Friday 27 August just one week before the World Cup Marathon Championships. We had been spending the previous week in Amsterdam, training on what will be the 1994 World Championship course. This was a really worthwhile opportunity for the paddlers to familiarize themselves with what is going to be a demanding course. In some respects it's a shame that we can't use the 1993 Australian Championships course on the Gold Coast for selecting next year's team. There are many similarities in the conditions faced on each of these courses. Likewise the West Lakes course in Adelaide presents similar conditions to those found in Denmark this year. This is in no way a criticism of our selection procedure, and I don't think the composition of the team would have been any different than it was had we used West Lakes. However it may be something to consider in the future in as much as it will allow the selectors to see athletes perform in similar conditions to those

they will face at the World Cup, or World Championships.

The time spent in Amsterdam also gave Yvonne Stansfield and myself time to investigate matters which will make next year's team management's job a lot easier. This included such things as travel, vehicle hire, boat transportation, accommodation and race day support. However, this was all behind us once we arrived in Maribo and we soon focused upon this year's task.

We were accommodated in the Maribo Youth Hostel which was only a couple of hundred metres from the Canoe Club. This was where all the action was to be. Breakfasts were at the hostel, but for the first few days we had a short drive into the town centre to have our other two meals in a restaurant. The Czechs had no transport and we offered to take them to the restaurant, but each day they seemed to have one, or other of their paddlers who was ill. It was this person they put in the bus with us and the rest walked. We thought this was a conspiracy to bring the Aussie team down. They must have heard we were good. Anyway, it didn't work!!

As the team manager I was singularly impressed by each and every member of the team, by the manner in which they prepared themselves for their competition. However if one person is to be singled out, then it must be Mike Mills Thom. For somebody who has only been competing in international marathons for two years, to see how he went about preparing himself in the final week you'd think he'd been at it for twenty years. His main objective was to win the K1, but at no time did he forget his responsibility to Chad Meek, his K2 partner with whom he was going to have to front up, and race again on the second day. The attention

to detail was even such that he came straight off the water after the K1 race, climbed into the K2 with Chad to do the warm-down. We had food waiting for him so that he was eating and replenishing within 15 minutes.

On day one it was only the men's K1 where Australia had paddlers competing. Mike got away to a good start and was always in control in what was a large group until the first portage. Paddy Holland was not quite so fortunate, but made a heroic effort to get back to the front group dragging Greg Stater of Great Britain with him. Shortly after this Greg and Paddy had a clash of paddles while jockeying for position. Very sadly this was the end of Paddy's race as he came out quite some distance from the shore. Understandably Paddy was very upset and I am convinced he would have gone on to finish in the first five places. If nothing else, Paddy now knows that at this level of competition, whilst not going outside the rules of the event, you cannot afford to give an inch.

As they came to the finish line it was between three paddlers. Ivan Lawler of Great Britain leading, with Mike to his right and Tom Krantz of Sweden to his left. Greg Slater was a couple of boat lengths off the back of the group.

Mike had been leading with a couple of kilometres to go and the game plan was to hold the lead to the line. However, with solid efforts coming alternately from Krantz and Lawler, it was Ivan who managed to grab the lead in the final 1000m. With 200m. to go Mike made an extremely brave effort in an attempt to win the race. As he ran out of steam and slid back onto Ivan's wave, Tom came down Ivan's wave to snatch silver from Mike. Another example of Mike's commitment; he was in it to win it. Tom

Kratz was happy to sneak a second place.

Final Placings:

- | | | |
|--------------------|--------|---------|
| 1. Ivan Lawler | G.Brit | 2.46.16 |
| 2. Tom Krantz | Sweden | 2.46.17 |
| 3. Mike Mills Thom | Aust | 2.46.19 |
| 4. Greg Stater | G.Brit | 2.46.25 |

The next day in the ladies K1 we saw a much more confident Denise Cooper in a front group with Susanne Gunnarsson of Sweden, and Andrea Dallaway of Great Britain. However, at the final portage Andrea was well beaten and in danger of being caught by the second group, which included her team mate, Hilary Dresser. She was lucky to get a C2 wash which carried her round the final 5km. of the race. Susanne also managed to open a gap on Denise at this portage. Denise is no slouch on the portages, as we know, so it doesn't take much imagination to picture how Susanne attacked it.

Coming to the line Susanne was tired, but in control. Having said that, Denise was closing down the gap 'hand over fist' in the final 1000m. to finish only 16 sec. behind in second place. This performance has really made Denise believe in herself and her abilities. She now knows she can beat Susanne, so watch out for her next year in Amsterdam.

The K2 race was always going to be the race which would present the spectacle. There was so much depth and quality in the field, which made it inevitable that things would be fast and furious in the early stages. At least until the first portage, which we thought might break things up a little. We were not wrong. Fourteen crews arrived together many cutting the corner and appearing through a reed bed. Both Aussie crews were there. Even though they were stretched out over the portage most of the group reformed and there were still ten crews together at the second portage. By the bottom turn and 12 km. to go there were still eight crews together. Mike and Chad were fully in control by this

stage, taking the lead and spacing the group out over 100m. just going round the turn. Geoff and Cameron were hanging on the back of the group and appeared to be struggling. They must have dug really deep, because by the time they got back to the final portage with 5km. to go they were back up with Mike and Chad and the group was down to four with a British and South African crew there with them. These crews were dropped on the portage and the Australians opened up a big gap in the final 5km. to take first and second places. Geoff and Cameron put in a splendid performance and never gave up, even when the chips were down, fighting back each time. They received the rewards for their hard work. It is a fine crew and it would be good to see them stay together to compete in Amsterdam next year. Mike and Chad were an unlikely combination, but there was never a moment in the race when they weren't in control. Chad pulling his heart out unquestioningly and Mike's sound tactical ability was their success. At the moment this will have been a 'one off' experience, there are no plans for them to paddle together next year. If they did it is a real possibility that the K2 gold medal will come back to Australia again.

Results

Ladies K1

- | | | |
|-----------------------|--------|---------|
| 1. Susanne Gunnarsson | Swed | 2.58.26 |
| 2. Denise Cooper | Aust | 2.58.42 |
| 3. Andrea Dallaway | G.Brit | 3.02.19 |
| 4. Jeanette Knudsen | Den | 3.03.51 |

Mens K2

- | | | |
|--------------------|-------|---------|
| 1. Mike Mills Thom | | |
| Chad Meek | Aust | 2.32.20 |
| 2. Geoff Blanc | | |
| Cameron McMullan | Aust | 2.32.21 |
| 3. Graham Bird | | |
| Neil Evans | S.Afr | 2.33.31 |
| 4. Graham Monteith | | |
| Robbie Merreveld | S.Afr | 2.33.33 |

In conclusion, I was very proud to be with these athletes when they achieved their success and showed the world we remain a force to be reckoned with in Marathon canoeing. There was one other person on the team that deserves a mention and that is the assistant team manager, Yvonne Stansfield. She displayed sound management skills and being a former member of Australian teams she had a good understanding of the paddler's needs. I am sure all the paddlers would back me in this assessment of her contribution.



The Australian Team - Front left Geoff Blanc, Cameron McMullan, Mike Mills Thom, Paddy Holland, Denise Cooper & assistant team manager Yvonne Stansfield. Seated Chad Meek

Photo: Robin Belcher

BRIEFLY

STOLEN

'Avenger' down river racer - kayak.
- Kevlar hull
- Purple and bright green deck
Stolen from Kew on Friday night, 10 September.

If you see this very distinctive kayak please contact Wayne Thomas.
Phone 842 1233 (H) or 816 9411 (B)

This boat probably won't be seen at regular canoeing events, however it may be used at other events using canoes, such as the Winter Classic. Please keep an eye out for Wayne's boat at this kind of event.

ALSO STOLEN

Stop watches and stationery belonging to the VCA Slalom Committee. These items were stolen from the VCA slalom trailer at Warrandyte when the locks were cut.

If you happen to hear anything about this theft please ring Richard Macquire on 844 3366 (H).

Seen in Victorian Cancer News SunSmart

The board of VicHealth has approved a grant of \$350,000 to the Anti-Cancer Council of Victoria SunSmart program for the period November 1993 to June 1994. This year's program will be launched on 26 October.

If you are a member of a sporting group or outdoor activity club, you should remember to protect yourself from the sun's harmful rays. Pass the word around and help your group or club to be SunSmart.

For a free copy of *Guidelines for a SunSmart outdoor event* phone the Cancer Information Service on (03) 279 1116 or the SunSmart Hotline on (03) 279 1303.

For people concerned about missing the early signs of the deadly skin cancer melanoma, the ACCV's SunSmart campaign has a number of resources to help identify melanomas and other skin cancers. Call the Cancer Information Service on (03) 279 1111 for further information.

Elite Sports Training Day

The State Swimming Centre is holding an Elite Sports Training Day on Sunday 10th October, 1993 from 7 am - 12.30 pm. The programme includes breakfast and three guest speakers.

Deidre Anderson (VIS) discussing Life Management and Careers.

Mary Kinch (Olympic Park Sports Medicine speaking on Sports Injury Prevention and Paulette Misfid (Mental Potential) on Sports Psychology.

For further information contact: Jon Bissett - VCA Office on (03) 459-4277.



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MARIBO DENMARK

WORLD CUP MARATHON CHAMPIONSHIPS

by Reg Hatch

It was south for 160 kilometres and a change in weather from brilliant to something you might expect to find in Sydney. Maribo is just 20 kilometres from the southern tip of Denmark and set on a system of lakes upon which the competitors will race for 37 kilometres with three portages. The setting is superb and if we could reach up and bag the westerly that creates havoc on this wonderland of water it would resemble paradise.

The huge three bladed windmills turn relentlessly and provide abundant power through storage to a grid system to provide 25% of Denmark's power. These are an enormously efficient source of energy and one thinks immediately of places like Warrnambool that would benefit from this technology.

The opening ceremony was rained on and made unpleasant for all. It is hoped this is not an omen for the championships. This is the third time Denmark have hosted the marathon titles and credit to the Maribo Kayak Club for their almost sole running and organization of this event. Everyone is involved with the youngsters mowing the grass and helping out where and when possible.

There is a distinct lack of ladies at this championship and if we are not careful they could go the way the 'C' boats are being threatened with. There is a move to streamline all racing and provide a better package for both the public and that enormous technical giant - TV. If TV eventually gets to play a role you can expect to see changes to the format you know now.

The Maribo Club is the home of Lars Koch and he

still commands great respect and paddles very fast. He entered with one of his club mates and raced the internationals over 5.2 kilometres finishing very close up and be assured he has lost none of his cheekiness or competitive spirit.

There is not the excitement of last years event in Australia and there is a strong move to have a World Championship every year so that fields are not decimated and to ensure the competition remains strong.

Saturday, 4th September - 1330 hrs. Men's K1 was led predominantly by Mike Mills Thom and some would say maybe too much - but this is how Mike likes to race and so it was quite natural.

Earlier in the day the International Juniors provided some great racing with youngsters from Slovakia and England showing out as mature and competent athletes. Sweden, led by Mini Ollsen who trained in Australia for lengthy periods also had many very sound youngsters and as the day wore on they also provided good racing among the seniors - winning the LK2 from a determined Denmark.

Ivan Lawler paddled a familiar race and won the hearts of many in the crowd while the young Swede shone in the portages and paddled well also. Shortly before the last portage Paddy Holland was sharing the work load with Mike Mills Thom when the second British competitor, seemingly trying to protect Lawler, cut into Paddy and he had a swim. This was a shame for Australia as Mike and Paddy may have provided enough speed between them to reorganize the pack. Lawler obligingly took the lead in the last 1000 metres where he stayed, with the Swede and Mike racing off the wash for the two remaining medals. It was a credit to Mike that he achieved a bronze medal.

The weather was frightening through the race where we had warm sunshine - fierce wind from the west - even worse wind from the south west which was fifteen degrees colder and plummeted temperatures in a snap - back to the previous westerly which created a side chop for the competitors.

This was a good opening stanza for Australia and we could be fortunate tomorrow and add more weight to those straining suit cases - but no-one



Mills Thom & Meek followed by Blanc & McMullen near the finish

Photo: Reg Hatch

will mind.

Sunday 5th.

The telephone company was about to receive a wind fall as happy voices sent their equally happy messages up to the satellite and down to Australia.

The sun shafted down weakly on Maribo and the ever constant wind presented itself fresh and as lively as a kitten. Fortunately the day warmed to the rosy display by the Australians.

The Men's K2 provided concern and adulation. I was fortunate enough to procure a ride all the way around the K2 race and can report first hand on the trials and tribulations from the water. It would be fair to say that Mills Thom and Meek were never really seriously challenged in this race and once the Danes dropped out there was no-one with the speed to seriously challenge them.

Cameron McMullen and Geoff Blanc would gain the prize for the best fight of the weekend. No fewer than three times they were off the back of the lead pack and gamely fought back. Both Australian crews portaged brilliantly and were never in trouble in this facet of the race. It was on the third and last portage that the Australians got away when there was a bit of confusion behind them. They worked the last five kilometres together. Mike and Chad had fresher arms and the chasing that Geoff and Cameron had done was telling. Australia - one, two.

My hat in my hand to the selectors for their choice, but I still wonder at my initial choice - whether or not they would not have done as well. Still it matters little when we fill the only two places available to us.

More was to come as a nervous, but one got the impression - determined, Denise Cooper went to the start line. Denise led for much of the first leg and grew in confidence the further the race went. Suzanne Gunnarson was always going to be the one to beat - defending World Champion in both

marathon and 5,000 metres. There was then only the British lady and Denise soon disposed of her. The struggle then was to overcome Gunnarson - this was to be a tough assignment. Denise finished a short 40 metres behind in second place and we cast our minds back to Brisbane last year where the Swede was light years ahead. I'm sure Denise' coach John Sumegi, would have been delighted. Two races - three medals on a day where the experts really blew it.

Observations.

These are in no particular order.

If Australia is to continue to be at the top of this facet of the sport we must have leaders in the mould of Denise Cooper. Aggression and commitment is what is required.

We must try to send a full compliment of ladies, even consider sending juniors like other nations do so they are gaining experience and while they race a less distance they can only benefit. I am aware of the costs. If we don't send ladies and other nations do like-

wise, as with this year, the committee may take it that there is no interest.

It may be worthwhile for the Marathon Committee getting some raffles and the like organized and have a fleet of boats for the team to use in Europe. These could either be transported by sea through any number of canoeing related companies. Or they could be bought in Europe. I would favour the boats coming from home - they seem superior in quality and in most cases - workmanship.

All reports indicated that both Robin and Yvonne did a great job and from what I saw I can only agree. I must add that there was never a question as to whether they would do a good job or not. The good part was that they were able to see both sides of the story and react in an informed manner. The team seemed to be predominantly very happy and together.

Congratulations on a great effort and I am delighted to have been able to watch some fine Australian performances.



What most of the competitors saw of the Australian Crew

Photo: Reg Hatch

L.D. RACE No. 8

by Tony Meek

L.D. Race number 8, organised by Sherbrooke-Knox Canoe Club and held on the Yarra River was again a very popular race, with a record entry of 226 paddlers and 196 boats. Perfect weather conditions and a moderate to swift current ensured a great race. The inclusion of a portage during this year's event proved successful. Hopefully more clubs will follow suit next year, as this important aspect of international competition is rather neglected here at home.

The only drawback to the day was a parking and access problem caused by a Fun Run commencing and finishing adjacent to the boat sheds. This unfortunately gave some paddlers an additional portage from car to briefing, setting the starting time back a good half hour. Again, the revised starting schedule proved a success with all classes arriving home within a reasonable time span.

Despite several Victorian paddlers being in Denmark with the World Cup competition, the men's K1 was as usual fast and furious, with a gutsy performance by Jason Rantall coming in first, leaving all but Peter Hogg and Peter Shorten wondering just where he had gone.

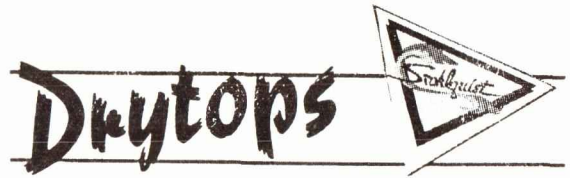
Gabriel Digenis, a junior from Sherbrooke Knox and racing Division 3 finished in second place behind Greg Reinmuth of Footscray. Mark and Brett Rantall in the fifteen kilometre distance were first and second respectively ahead of Graeme Smith of Bendigo.

Peter Ohman of Fairfield in the single racing canoes, finished well ahead of veteran Chris Le Dieu and Paul Westley.

There was a noticeable lack of ladies singles paddlers in the higher divisions. Kathy Pekin and Julie Misson paddling in Division 3 finishing eleventh and twelfth respectively, were the first mention of women in the results. Perhaps VCE preparations and corrections are taking their toll here, as several women are in one or other of those categories. Good luck ladies. The sport needs a more balanced representation. There seems to be a great resurgence of Fairfield Club to marathon racing, fielding five ladies in Division 6.

In all a great day, topped off with terrific prizes in the raffle and spot prizes for the many who stayed for the presentation, including the Warmambool and Mildura enthusiastic folk who are always prepared to travel the long distances to race every third or so weekend.

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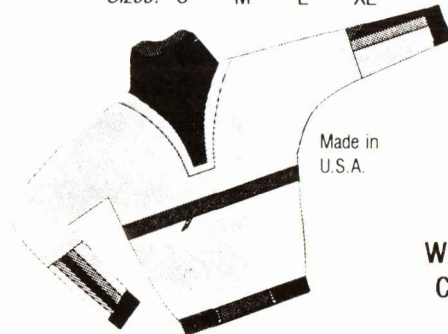
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Collingwood, Victoria

DIGHTS DEBATE

AN OPEN LETTER TO THE
MAYOR AND CORPORATION OF
THE CITY OF COLLINGWOOD

Dear Sir or Madam,

Re: Dight's Falls

I object most strongly to the attitude you have taken to the works at Dight's Falls, as illustrated by the signs you have erected in the area. I make this objection as both a canoeist and as a rate-payer of the City of Collingwood.

These signs state that the City of Collingwood opposes the construction of the canoe facility. My understanding of the work is that it has several aims: To construct a fish ladder to allow migrating fish access to the Yarra upstream, to construct a white-water canoeing facility and to direct the current away from the north bank, so as to reduce both erosion of the bank and hazards on the bicycle track. Apparently the City of Collingwood supports the fish ladder and the bank erosion/bicycle hazard reduction measures, but objects to providing facilities for canoeists, even though the work to be done is virtually the same!

Why is the Council opposed to the canoeing facility? The signs identify two grounds; damage to fish habitat and destruction of the peaceful, natural site.

I have no expertise regarding the fish habitats, but there are some glaring inconsistencies here. If the problem is in the construction process rather than the finished product, then those problems would arise as much from the construction of the fish ladder and erosion control measures and indeed from every other construction project on or about the Yarra - bridges, ramps and pontoons, bike tracks, drain outlets, Southgate, the south-easy arterial - as they would from the construction of a canoe facility!

If the problem is in the finished product - an area of rocks, waves, strong currents and eddies - why would the Dight's Falls area would be any less habitable or passible to fish than the other points of equally if not more rougher water such as those at Finn's Reserve (Templestowe), Griffith Park (Eltham) etc?

If the problem is simply by the presence of canoeists, how is it that a few canoeists at irregular times cause fish so many more problems than the much larger number of ships, ferries, rowing skulls and punts elsewhere on the river?

Until a biological and environmental study of the area and the works is done one has great difficulty regarding the Council's view that the construction of canoeing facilities would result in severe damage to fish habitat as anything other than poppycock.

There is no need for expertise or studies to find the Council's description of the Dight's Falls area as 'peaceful' and 'natural' completely and utterly ridiculous. 'Peaceful' is probably a subjective assessment, but it is difficult to find much that is peaceful about an area which is constantly assaulted by the glare of floodlights and the sonic boom of a freeway. As for 'natural', let's do a stock take; a natural weir, a natural bluestone wall, natural willow trees, a naturally constructed mill race and ruins, a natural bicycle track, views of natural factories or freeway, banks strewn with natural rubbish and containing naturally polluted water - not an impressive inventory! Indeed, there is very little about the area which is natural at all. Even the course of the river is not natural, a large section upstream was transplanted to make way for the eastern freeway.

In summary, the area is neither natural nor peaceful, nor is there evidence that constructing a canoeing facility will cause greater damage to fish habitat than the damage (if any) caused by works which the Council supports. Why then, is the City of Collingwood singling out the construction of a canoe facility for its opposition? I certainly do not know, but I am having difficulty excluding the possibility of political motivation; perhaps a dispute with Melbourne Water over the area,





Natural path to Dights Falls Above

or an objection to the development of sports which attract funds and attention away from the Council's beloved football? Whatever the real reasons are, it is unjust and offensive of the Council to hide them behind the flimsy shams of destruction of fish habitat and destruction of 'peaceful', 'natural areas.

The Dight's Falls area has features which make it an interesting and attractive place to visit, most of which are man made or altered. The canoe facility has already become yet another such feature, everyone who has paddled there relates how they attracted an instant audience. Australian canoeists have recently achieved world recognition and Melbourne is home to some of Australia's best. The Dight's Falls canoe course could go a long way towards underpinning further Australian successes. It should certainly do so without adverse impact on environmental or aesthetic values, which requires the identification of problems and then constructive work to solve them rather than their use for political point scoring; this country has too much of that already!

'NATURAL'?

Natural Bluestone Wall & Mill Race Below



As a canoeist, I object to being treated so unfairly by those whose office empowers them to effect both public opinion and the distribution of public funds; as a rate payer I object to scarce resources which could be beneficially employed being squandered on ill considered attempts to achieve political goals and as a citizen I object to being treated with the disrespect inherent in being fobbed-off with the manifestly spurious grounds the City of Collingwood has cited for its opposition.

Torsten Krebs
c.c. Editor - The Melbourne Times / Herald Sun

FALLS, FISH & FUNBOATS - (Dights Debate cont'd)

by Gregg Muller, Ranger, Yarra Bend Park

Some problems at the new canoe course at Dights Falls.

The new canoe course constructed below Dights Falls in Collingwood has been a boon for inner Melbourne paddlers, but has created headaches for the managing authorities in the area. While paddlers are not directly responsible for many of the problems created by the construction of the course, some users may be inadvertently contributing to these problems. This article outlines the concerns of one of the managing authorities, the Yarra Bend Park Trust, and details some of the actions users of the canoe course can take to minimise these problems.

Yarra Bend Park Trust administers 223 hectares of natural bushland and open space that lies on both sides of the Yarra from Alphington to Richmond, including the area to the east of the Merri Creek, and the south bank of the Yarra in the Dights Falls area. The Park retains some of the last vestiges of riverine and woodland vegetation in inner Melbourne. It is one of Melbourne's most important natural assets, not just for the active and passive recreational opportunities it offers but also for its important conservation values. These conservation values arise not just from the fact that it is one of the last remaining bits of bushland in Melbourne, but for the unique position that the park has in a biogeographical setting, the diversity of plant and animal life it supports, and the important heritage sites that exist in the area. Developments like the canoe course at Dights Falls can have a negative effect on these values.

While it is true that other areas within Melbourne have similar features, the **concentration** of valuable natural features, and the Park's regional context make it unique. Some of these features are discussed below.

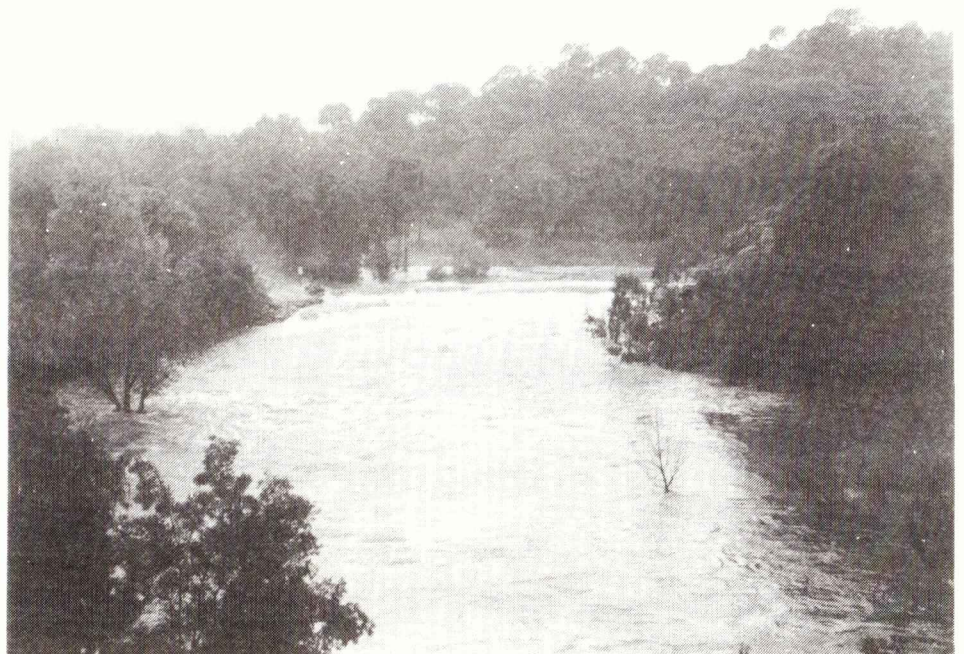
The Yarra at Yarra Bend Park divides the basalt plains of western Melbourne from the rolling mudstone hills of the eastern suburbs. These different rock types give rise to different soils, which in turn support quite different plants and animals. The steep cliffs and escarpments cut by the Merri and the Yarra support delicate plant communities and include rare and endangered plants. The Park also forms the hub of a network of creek and river valleys which provide both a home for wildlife and a corridor for the movement of fish, birds, insects and other animals. The diversity of habits, the rare plants and animals, the fragile environments, and the regional setting of the park add up to Melbourne's most important, and most at risk, natural area.

So what has all this got to do with the keen young paddler who just wants to throw her boat into a bit of lumpy water for some practice?

The ecological effects of the canoe facility are twofold. The initial works altered the habitat for plants and animals in, on and around the river. The

area below Dights Falls is the upstream limit for several species of rare native fish, which are prevented from migrating upstream by the weir. The tacked-on fish ladder (which was only added to the works after complaints) does not improve this habitat, nor does it meet the specifications needed to allow fish to move upstream out of the area. While the long term effects of these works cannot be assessed, preliminary surveys indicate that fish do not use the fish ladder. It seems likely that many of the young migratory fish that are now congregating at the bottom of the falls are unlikely to survive the low water levels of summer due to the alterations to habitat following the construction of the facility.

The second effect concerns the increased number of paddlers and spectators that the site is now attracting. The best viewing spot for the course is the top of the cliffs on the south side of the river. This also happens to be one of the most sensitive sites in the Park. The plants growing on the cliff have to survive in a quite hostile environment, on very poor and thin soils, and the



Dights Falls in flood - September 15, '93

Photo: Roy Farrance



Australian Silver Medallist Danielle Woodward training at Dights

Photo: Roy Farrance

trampling from foot traffic is often just enough to tip them over the edge (both figuratively and literally). The increase in foot traffic at the top of the cliff over the last five years has resulted in the loss of a large amount of grasses and low plants, and serious sheet and gully erosion has begun. The big problem for us in managing the area is that no one visitor thinks that **their** visit has any real impact.

A further problem is a bit more ephemeral, but important none the less. This concerns the degradation of the 'passive amenity' of the area. What was once a 'wild' bit of the Yarra, an important spot for people to just sit and meditate on an interesting bit of the natural environment, is now a structured sport facility. This might seem an airy-fairy complaint, but it is values just such as this that make paddling a wild river (remember the Franklin River campaign?) so much more enjoyable than dodging the foam boxes and dead cats in the water at Dights Falls. While this area may not seem very wild to those of us lucky enough to be able to get out into the bush, for many people who use this

site, Yarra Bend Park is as close the bush as they are ever going to get. Every structure, sign, fence, and organised activity area that impacts upon the park, is just one more knife stroke in a slow 'death by a thousand cuts'. If every proposal that was only going to have 'minimal impact' upon the Park went ahead, we would eventually end up with just a bendy version of Albert Park Lake.

So what does the environmentally sensitive, caring paddler do?

The canoe course and "fish ladder" are there and they are not going to go away (unless Hughie **really** sends it down). But we can work to try to fix the mistakes that have been made and alleviate the problems that have been created. As an ex-kayaker I understand that most paddlers are concerned about the environment, and are keen to both look after the natural environment and promote the sport as an 'environmentally friendly' activity. If you are concerned, you might like to follow some of the suggestions below.

Avoid using the cliff side of the Falls. Approach the site from the Collingwood side along Trenerry Crescent, rather than the Kew side along the Boulevard. Encourage others to do the same.

Give Melbourne Water a ring (or better still put it in writing) and express your concerns that the fish ladder is not working, and has not been constructed to the specifications that would allow it to work. Quiz them about future restoration works.

Contact Melbourne Water, Collingwood Council or Yarra Bend Park and offer to do a bit of environmental enhancement through tree planting or other work.

Find out more about the ecology of the things that live in the area.

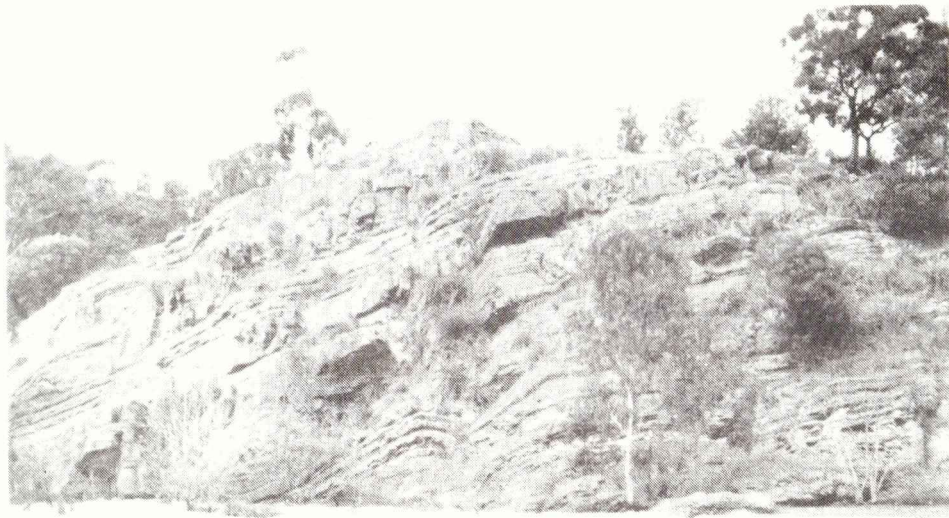
Info Box.

Dights Falls- a brief history.

The course of the Yarra from Kew to Richmond is defined by fairly recent geological events. The ancestral Yarra River flowed in a wide valley between Kew and Northcote. About 800,000 years ago a lava flow from a volcano about 30 kilometres north of Melbourne (Hayes Hill) flowed down the old Darebin Creek valley, into Yarra valley, damming the river. The outflow from the lake that formed behind the basalt dam eventually cut a new course around the basalt, through the softer mudstones on the south side, giving the present winding course of the Yarra and the steep cliffs and escarpments on the Kew side.

Dights Falls is an artificial structure, built on the site of a natural rock bar across the river. It has been breached several times by large floods. The thick layer of harder mudstone that formed the bar can be seen in the cliff face across the river from the Collingwood side, sloping down through the cliff to the base of the falls.

The Dights Falls area is one of the most historically important sites in



South Cliff face Dights Falls

Melbourne. The Woiwuring, the original inhabitants of Melbourne, used the area as an important meeting place, and aboriginal graves were located on the spit of land on the upstream side of the Merri Creek junction.

A party led by Charles Grimes rowed up the Yarra in 1803, but were stopped by Dights Falls. They walked a short distance up the rocky spur above the cliffs, and from their reports it was much the same then as it is today.

In 1836 John Gardiner and two others forded the river near the Falls with cattle they had brought overland from New South Wales. It was known for some time after this as Gardiners Falls.

In the early 1840's the Dight brothers built a flour mill adjacent to the falls, and constructed a variety of wood and stone weirs to guarantee their water supply. The mill race can still be seen on the north side of the river. Recent archaeological excavations reveal that the bottom of the race lies several metres below the present surface.

Damage from fire and flood led to several versions of the mill being constructed, and its use changed from flour milling to paper production then safety blasting powder manufacture. A new

Photo: Roy Farrance

flour mill was constructed in the 1880's but this was destroyed by fire in 1909. A water pumping station was built on the south bank of the river to supply water to the Botanic Gardens, Albert Park Lake, and several industries downstream. Water was also pumped to the city to supply hydraulic lifts.

The area is regarded as an archaeological site of state significance, being the earliest surviving European industrial site in Melbourne.

My Say - Jane Farrance

Users of Dights Falls should note that Collingwood Council has placed a notice at Dights Falls stating that they are against the development of the canoe course and alterations to the water course and they request that people who object to the construction register their objections. May I suggest that we all ring and register our support for the canoe works. By only requesting that people who object ring, they will obviously get a one sided opinion. So canoeists unite, ring Collingwood Council on 418 0668 and register your satisfaction with the canoe works.

Collingwood Council believes that canoeists will climb all over the banks and destroy the natural habitat. Possibly you could register your belief that paddlers do not clamber over the banks, they merely put in and pull out at one place and do not effect the banks at all, except during an occasional capsized. The walkers, painters and dogs do far more damage than canoeists.

NO WORKS
ON THE RIVER

THE COLLINGWOOD COUNCIL
OPPOSES CONSTRUCTION
OF THIS CANOE COURSE
THESE WORKS HAVE DESTROYED THE
PEACEFUL NATURAL ENVIRONMENT OF
DIGHTS FALLS AND SEVERELY DAMAGED
THE HABITAT OF NATIVE FISH SPECIES
REGISTER YOUR CONCERN BY PHONING COLLINGWOOD CITY COUNCIL ON 4180668

MAINTAINING YOUR FLUID LEVELS

*This article was taken from the new edition of **Food For Sport Cookbook** by Christine Roberts and Karen Inge. Karen Inge is a dietitian and director of the **Institute of Health and Fitness**. Permission to reprint the article was obtained from the Institute of Health and Fitness.*

You can survive for weeks without food, but you would be lucky to survive for more than a few days without water. Your body is 60% water; if for any reason this percentage drops significantly, you are in danger of dehydration. Your body rids itself of heat by increasing blood circulation to your skin, so that you sweat. As sweat evaporates, you cool down; this is an important survival mechanism. However, in the process of cooling down, you are also losing fluids.

The amount of fluid you lose through sweat depends on how hard you exercise, your body surface area and the temperature and humidity of the environment. It is not unusual for an exercising athlete to lose one litre of fluid in one hour and athletes playing sport in warm conditions have been known to lose up to four litres during a single sporting event. This rate of fluid loss has an adverse effect on performance and is extremely dangerous as it causes dehydration.

The effects of dehydration are fatigue, lower blood pressure, lowered performance, increased body temperature, reduced urine output, increased pulse rate and circulatory collapse.

The Signs of Dehydration

There are several stages in the development of dehydration and each stage shows itself through distinct physical reactions. If you are dehydrating, your knowledge of the symptoms should give you an early alert.

Stage 1: You begin to lose concentration and performance drops.

Stage 2: Your muscles begin to cramp, particularly the large muscles of the thighs and buttocks.

Stage 3: You begin to show symptoms of heat distress and exhaustion, these include nausea, vomiting, dizziness and fainting.

By this stage, you should stop whatever exercise you are doing and if necessary, withdraw from the event or training to tend to your fluid balance.

Up until and including Stage 3, your heat regulation mechanisms are still coping. Beyond this, you suffer heat stroke and your body is out of control. Heat stroke is a medical emergency and requires urgent hospitalisation.

How to Prevent Dehydration

1. Drink before you feel thirsty. Thirst is not an accurate indicator of your fluid needs. By the time you are thirsty, you are partly dehydrated.
2. The correct way to replace fluid loss and maintain normal body temperature is to drink enough to replace the amount of fluid you estimate you have lost. For every 1 kg of weight lost during exercise, drink 1L of water.
3. Be well hydrated before you begin exercising or participate in sport. The day before you compete, you should be topping up your fluids with a minimum of 1 cup of liquid with each meal, and at least two drinks between each meal. Obviously, none of these drinks should be alcoholic!
4. Avoid alcohol in any form the day before you exercise and on the day of the event. Alcohol increases fluid loss (it is a diuretic) and aggravates the state of dehydration.

Maintaining your Fluid Levels (cont'd)

5. Your pre-event meal, taken 2-3 hours before you compete, should include at least 2 drinks (2-4 cups of fluid). Follow up with ½ cup of fluid every 15 minutes until your event.
6. Cool fluids are more rapidly absorbed by the body than warm ones. The body tolerates small quantities of fluid better than large but don't drink more than 1L per hour since this matches your stomach's emptying rate.
7. Where possible, take sips of water during suitable breaks in competitions. Sip and swallow the water, rather than merely rinsing your mouth. Don't guzzle or your drink will probably come straight back up again.
8. Water still appears to be the best drink but for longer duration events a sports drink with a carbohydrate concentration not exceeding 10%, together with small amounts of salts (electrolytes), is very beneficial. Be careful of drinks with a high sugar/salt concentration; they can cause gastro-intestinal disturbances, e.g. stomach cramping, nausea or vomiting.
9. After competition, don't forget to replenish lost fluids. Drink water to quench your thirst and to replenish nutrient losses.

The article then refers the reader to a section on 'Diet and Recovery'.

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JUNIOR PRE WORLDS - WAUSAU

JUNIOR PRE WORLDS - WAUSAU,
WISCONSIN - 1993

(The competitors version)

by Warwick Draper, Justin Boocock &
Robert Ledger.

It all started one gloomy Melbourne day, when one lone soldier went off to battle the rest of the world accompanied only by a coach, manager, doctor and Olympic Silver Medallist. This warrior was to battle Mickey Mouse, Donald Duck and the rest of the crew from Disney World as a lame excuse to get over jetlag.

When this battle was lost and won, a second warrior came in for reinforcement to tackle the long task of training on the "Yoc" (Yockingainy River). We slogged it out for a week in the barracks of Hannahouse Inn and then finally we were able to move on to the site of the final confrontation, WAUSAU, WISCONSIN for the competition slalom course.

Such was the scale of this oncoming assault that we needed a third champion soldier to join our ranks, which now consisted of Justin Boocock, Robert Ledger and Warwick Draper. For five days these three warriors studied the enemy, learning its strengths and weaknesses. These few days were filled with practicing complex moves and detailed training for what was to follow.

Well, enough of this waffle, let's discuss the whitewater course of Wausau. It started from a flat water pool from which poured out through a three metre wide gate, a two metre drop followed by a small but bouncy stopper wave. The course then meandered down under four bridges adopting a relatively tame nature until the infamous slot - well for some anyway. The slot is simply a bitey little hole which is quite hard to get out of because it angles upriver - as a certain team manager found out the hard way.

This section of rapid was followed by the main drop which again had a progressive drop of two metres. The stopper at the bottom of this drop caused many people to roll, and was the focal spectator point on the course. The rest of the course was reasonably tame in comparison, but with strategic gate placement a now tired paddler would be at a most vulnerable state for time loss and penalties.

When the competition came around and the gates were set, the Aussie boys remained confident as many of the sequences Dave Mitchell had designed, fitted in nicely with our training courses the previous week. Our confidence corresponded positively with our results with all the Aussies having at least one good run and the final results being:

Justin - 1st, Robert - 12th, Warwick - 27th.

Our second teams run improved greatly on the first and our final result was sixth. In the end everybody was pleased with their results.

TEAM MANAGERS REPORT

by Leanne Guy

Well, guess who's been taking lessons in creative writing from Reg Hatch?? The team had to write their report on the return plane flight home can you pick the Reg Hatch "descriptive" influence?

Coach - Robyn Galloway did a great job. Her extensive knowledge of the Wausau course, training venues and methods really paid off. We had a team doctor - Phil Warboys who assisted the team with their general health and recreational time. He proved a worthy opponent in volleyball and horse shoe throwing (a really big sport in Pennsylvania).

Rumour also has it, that Robyn has the hots for this doctor.

Enough gossip - time to get back on task.

Danielle Woodward also travelled with the team. She competently assisted Robyn with technical demonstrations and analysis and was able to provide strong competition for the guys.

Yes we did get over jetlag in Disneyworld, Florida - what a good idea that was (thanks for the advice Roy Farrance). From there we travelled to Confluence in Pennsylvania via Washington - we had to be alert, Danielle did drive past the Washington monument and the White House, but it was quick. Confluence offered us the choice of two training venues. Riversport, a canoeing school that had gates on the river and the loop on the Youghioghney, (the Yoc for short). Our days consisted of a morning training session then back to Hannahouse Inn for breakfast, a meal so big that lunches became redundant, followed by an afternoon session. By the time we got back to Hannahouse and cooked tea, it was time for bed.

Chicago was our next port of call and the five hour drive to Wausau. Homestay is a major feature of Wausau, our host Sharon Osteroski coped remarkably well with three teenage boys and me. The slalom course is man enhanced and runs through the CBD. It makes it really easy to shop. This course was longer and more difficult than anything we have in Australia. It was very well set up and had a team of really well trained rescue people. The course was a spectators/coaches delight it was very easy to see and access. The weather was great for the competition.

Justin blitzed the field in C1. As soon as he finished his run he was flying up the course to support Robert and

Continued next page

It is now nearly three months since I became President of the Victorian Canoe Association. This is short re-

some of my activities.

My first meeting was at Executive level to discuss the first step towards restructuring the VCA. I was rather nervous for, to be quite honest, I really did not know where to start. But I thought, "no worries" Jane will be there to guide me - but no - this was the night that Jane 'chose' to lose her Mum at Tullamarine airport and did not arrive until after the event. Oh well, honesty is the best policy (so Mum told me). So I just said "I don't know just where to start", and neither, so it appeared did anybody else. But we did start - a draft constitution is to be drawn up by Peter Gray.

My next meeting was a VCA Council meeting in the Olympian Room at Southgate - at last we seem to have a central venue for our meetings. My concern was that few people would attend. I arrived at a little before 8.00 pm to a full Board table with one seat vacant - mine. My agenda really did say 8.00 pm and not 7.30 pm as most others. Thanks to all those who attended. I find the time set aside for reports from the various disciplines increasingly helpful as some committees experience the same problems and swapping of ideas to overcome them is a definite plus.

Junior Pre Words - Wausan (cont'd)

Warwick in their runs. He further stunned knowledgeable people when he skillfully paddled a kayak in teams. It was a borrowed boat, he had to be pushed in to fit, he used a borrowed paddle and spray deck - his comment at the end of first runs was "...it didn't turn too well." Not a bad effort!

Robert had a clean run, he looked competent and fast on the water. Warwick put in two very good race

I attended the Induction of Canoeists to the Victorian Institute of Sport. I thought to myself, "Great, this will be one of the 'good' times Jane told me about". And it was! But, shock horror, I was expected to say a few words. I was totally unprepared for this. Our elite athletes are really fortunate in being accepted into the VIS. It must be of tremendous assistance to them. Roy Farrance (slalom) and Reg Hatch (sprint) have once again retained their positions as VIS coaches. Congratulations to all.

Last week Mike Higginson (VBCE) and I attended a two hour meeting with the Department of Sport and Recreation to seek funding for a Sports Development Officer. I was most thankful for Mike's knowledge and support. Mike is leaving the Victorian Board of Canoe Education and the VCA at the end of October and together with his fiancée Robyn, is heading for Nepal and Europe to fulfil his canoeing ambitions. Good luck Mike and many thanks for a job well done.

Our sprint, slalom polo and marathon teams have all recently competed overseas. Slalomists Danielle Woodward and Richard Macquire both finished in twelfth position in a World Cup event over a course near the Atlanta Olympic site. Both finished well up but attracted a few penalties.

During practice he had a tendency to perform crowd pleasers, hand-rolling in the central stopper wave and tail standing in the same spot.

The sprint team competed in Denmark with most reaching the finals.

The marathon team competed in Maribo, Denmark, with outstanding results. Mike Mills Thom (VIS) was third in K1, Mike Mills Thom/Chad Meek were first in K2, with Geoff Blanc/Cameron McMullan coming second. Denise Cooper (Qld) was second in Ladies' K1. Paddy Holland (VIS) was well placed in K1 until he had a 'mishap'. I have not been able to find polo team news, no-one seems to have heard from them.

The Life Be in it Victorian Wildwater Championships were held on the Howqua River on 19 September on a very rainy day in soggy surroundings. The Victorian Marathon Championships scheduled to be held on the Maribyrnong River were postponed as the river was in flood and the Essendon club house was half a metre deep in water.

The ACF Annual General Meeting is to be held in Melbourne this year on 22-24 October. The venue is the County Comfort Old Melbourne Hotel, Flemington Road, North Melbourne.

Thanks to all for your support and assistance (especially Jane) in my infant months as President.

Wealth of information, Robyn Galloway is a great coach, Danielle a great role model.

Discussion topics: Super Nintendo, Middyay, Subways, Wausan Fair, Horseshoe throwing, Stoppers, shopping, Brazilian team, Breakfast at Hannahouse, Shopping, Buffet Families and Volleyball.

The Australian team was the smallest to compete at Wausan, our results were outstanding. It was the first time both Warwick and Robert had competed overseas. Parents provided heaps of support, Qantas allows us to take our boats free of charge, Roy Farrance is a

AMERICA

1993 CHAMPION INTERNATIONAL WHITEWATER SERIES

by Mark Swoboda

If I had to describe the quality of American whitewater in one word I would have to say 'big'. If I had to do it in two words - 'very big'. Such is the extent of whitewater canoeing in America. During June of this year I competed in the Champion International Whitewater Series - a collection of slalom races held all over America. The Champion Series is open to all paddlers (how I got in) and is used by many international paddlers as warm up events for European World Cup events held later in the year.

Having scraped the money together to go, I confronted (well, begged) my boss with the news that I would be away for six weeks. After a suitable amount of confronting (begging) I found myself on a Qantas flight to Denver, Colorado via Los Angeles. One thing I discovered very quickly was that you don't need to be a marathon paddler to get a sore bum - try sitting in a plane for 14 hours. The first thing we did once we arrived in Denver? We played with the hire car. Thankfully I didn't have to do the first bit of driving as we drove off experimenting with what side of the road to be on.

While in Colorado we raced in Vail (North) and Durango (South). Vail proved to be quite an eye-opener as to the speed of the top international paddlers. The course proved to be quite challenging for me, and the altitude we were racing at (about 8500 feet) didn't help either. Apparently everyone in Vail owns a mountain bike, skis and a plastic whitewater boat (or at least everyone we saw). Durango (one days drive from Vail) turned out to be even bigger water than Vail. No problem I thought, all you have to do is take it easy and not make any mistakes. Two runs and two mistakes later I was looking forward to leaving Durango and

moving on to our next race site, Carlton Minnesota. We left Durango and drove to Las Vegas (!!) via the Grand Canyon. Our attempt to walk down into the canyon didn't get very far (although it did seem like an awful long way) so we settled for looking down from the top. Las Vegas was something worth seeing. I have never seen people spend so much money before in my life. I was sitting at a roulette table feeling rather proud of my \$30 dollar win then a guy sat down next to me and put down a stack of \$100 bills. The very next spin he had doubled his money. I left.

The next morning (only one night in Vegas thankfully) we flew to Minneapolis/St. Paul, Minnesota. After picking up the hire car we discovered that our roof racks didn't fit. No problem - just tie the boats straight on the roof and off we go to Carlton, Minnesota. After Durango I was looking forward to some slightly smaller water where I could concentrate slightly more on my technique than on stay-alive skills. Carlton was certainly not the place to go. After about three days training on the water I was getting used to it, and actually managed to finish 14th with a clean run. Of all the five races this was the one I enjoyed the most (not surprisingly, I guess).

The morning after the race we jumped in the car again (now complete with dented roof) and drove through Chicago to a town called South Bend, Indiana. Not much to do here but paddle and watch movies, so we paddled and watched movies. The course at South Bend was totally artificial and went more or less straight through the middle of town. The differences between a natural river and an artificial one took me quite a bit of time to get used to, and included the (tragic) breaking of one rather expensive pad-

dle. The water at South Bend is also very polluted. I noticed that there were no local paddlers around, so I asked someone who was walking past why this was so. "Oh that'll be because the water makes most people real sick". Great. After each run on the water you had to wash yourself off with a fresh water hose.

Anyway, South Bend over, we struggled off to the last race in the series in Wausau, Wisconsin. Wausau was also the site of the Junior Slalom Pre-Worlds this year. Wausau is famous for (among other things) its shoe sales. On the morning of the famous sale we raced in to the store to find most of the other paddlers already there, grabbing as many pairs of shoes as they could find. The course at Wausau was long by slalom standards, and showed me just how much training you have to do to be competitive at this level of competition.

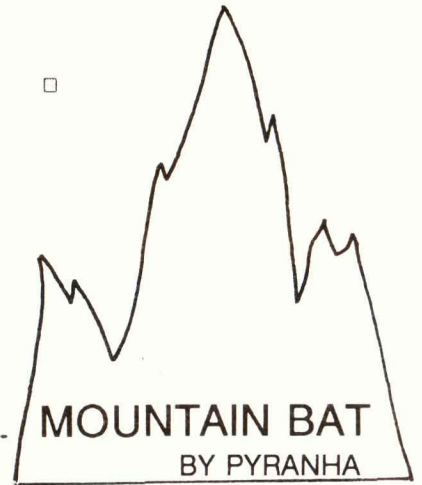
With Wausau over we came to the end of five weeks of racing. Here the Australian team split up, some went home, while others went to compete in European World Cups and the World Championships. I went to Germany for a week to visit my relatives (most of whom I have never seen before) and I even managed to catch up with my mum.

Thanks must go to the team manager, Roy Farrance who organised the whole thing, and to all at Canoes Plus for their behind-the-scenes work and toil.

All I have to do now is find a way of getting another six weeks off next year.....

picture yourself in a boat on a river

(not just any old boat)

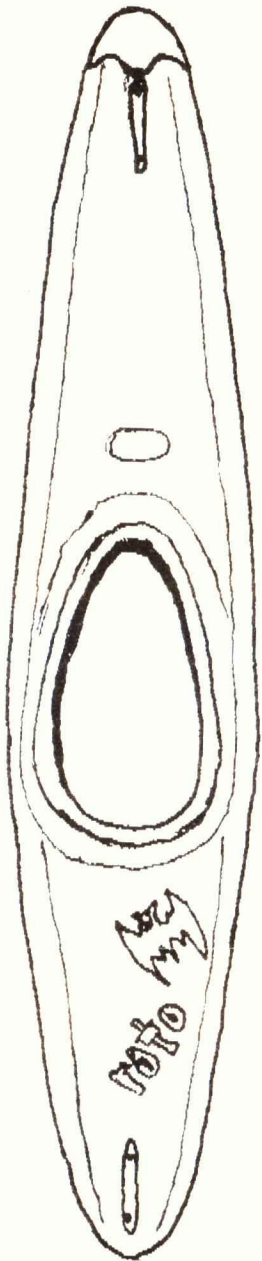


MOUNTAIN BAT

BY PYRANHA

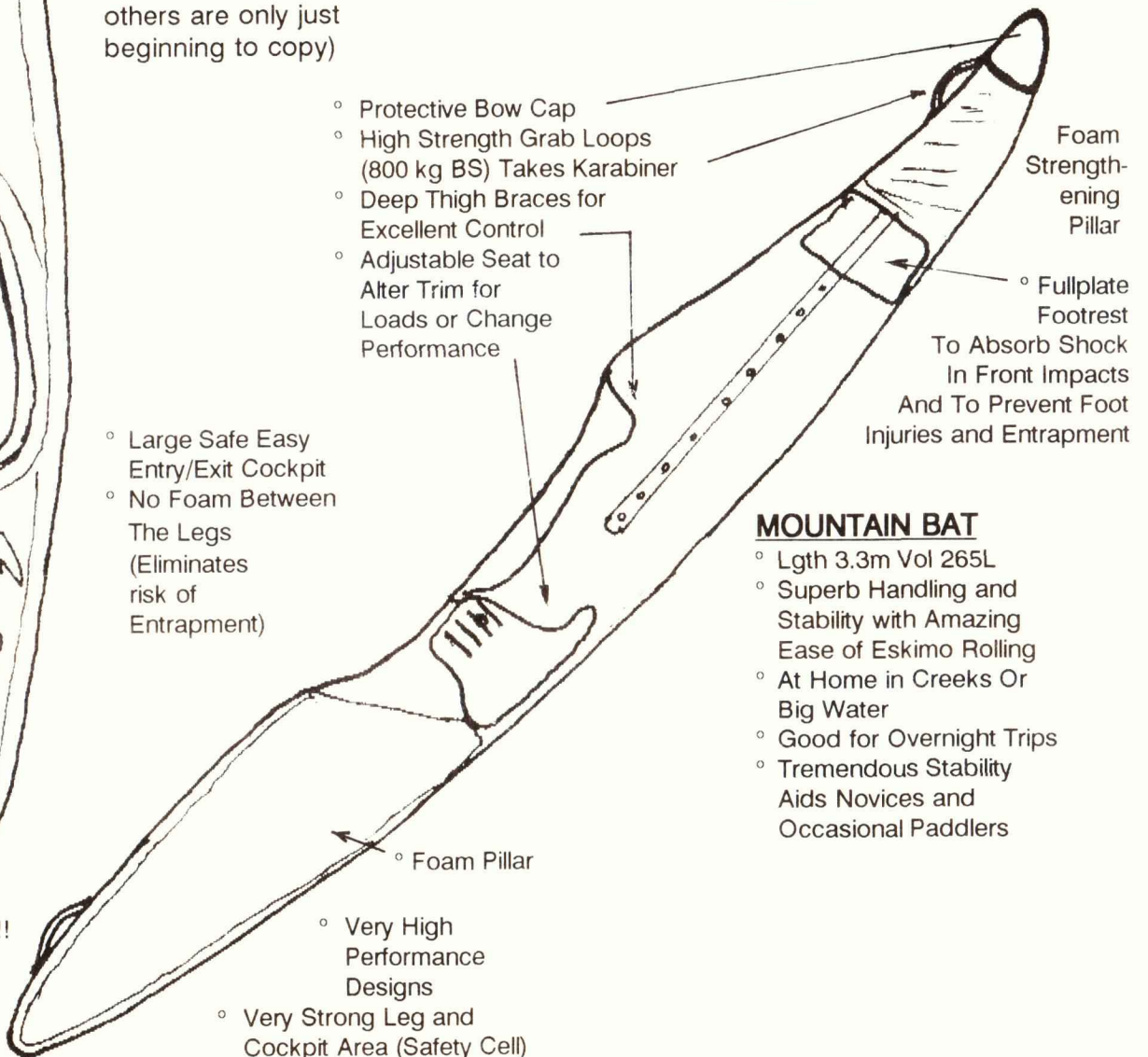
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beginning to copy)



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WORLD CUP SLALOM

by Roy Farrance

'Southern Hospitality at its best.'

The Slalom Competition scene has now become very diverse with a longer season than ever with more events in more countries. This year the Australian Team started the International season with the 'Championship International' series in the USA, a series of five races in four different states, and thousands of kilometres apart. Next followed the World Championships in Italy, and then three World Cup slaloms, ranging from Spain to Austria and then Germany. The final races were held in Minden, Canada and near Cleveland, Tennessee.

For any of the Australian team to compete at all these races, involved over four months of International competitions and travel through two continents. Consequently, no Australian paddlers had either the time or the finance to compete at all these races.

Most paddlers selected races that suited them best, so that we had paddlers at all major races, with the Italian World Championships being the only race where everyone competed. The 1994 season looks very similar with races spread from Vail and Durango in May and the final race in Tokyo in October.

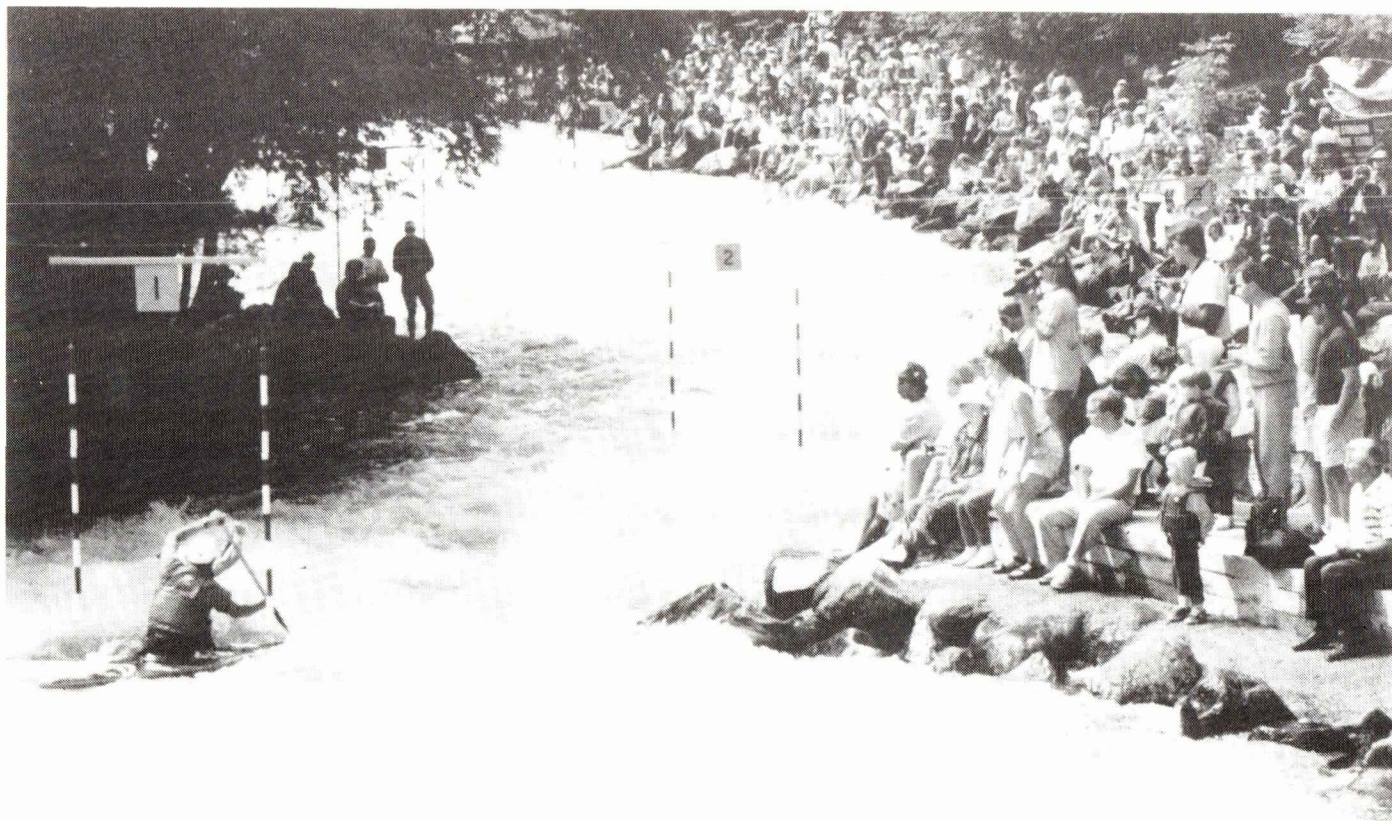
Next year will be the first year for decades that there will not be a World or a Pre World Championship, instead England will host the '95 Worlds at Nottingham, and there will only be a World Cup event on this course in '94.

Minden, Canada was the last World Cup, before the final on the Ocoee in Tennessee. It did not attract a large field, but it did get a high quality field with the top boats in all classes in attendance. Another pleasant surprise to visit this race was the VIS's Diedre Anderson, experiencing her first major

slalom race. By this time in the season we had only three ladies Danielle Woodward, Robyn Galloway and Cathy Kesterton and two men Richard Macquire and Andrew Farrance competing. With the new system of qualification, two of our paddlers made the finals, Danielle Woodward and Cathy Kesterton coming 7th and 15th, and they went on to finish even better in the final coming 5th and 12th respectively.

The big race for America was the World Cup Final, on the same river that is being used for the '96 Olympic slalom. A major reason to include this race in the itinerary was to check out the area in preparation for the Olympic Games in three years time.

After the long drive from Canada to the Southern states of USA the first impressions of the Ocoee and the Ducktown area was not good, 'real Hill



A view of the start of the course and the crowd lining the banks at Minden, Canada

Photo: Roy Farrance



Robyn Galloway paddling on the Ocoee River

Photo: Roy Farrance

Billy country'. However, the area soon came alive and showed what Southern Hospitality is all about. The Ocoee is one of the most popularly rafted rivers in the USA with dozens of major outfitters using the river. The weekend is so popular with rafters, that the World Cup event could only be held on the Monday and Tuesday. On the Sunday prior the race, some 7000 people or over 600 rafts were on the river. To accomplish this, the Park has a very sophisticated put in operational system, as it requires launching one raft with 6 people every 60 seconds for 10 hours straight. Apart from the rafts there are hundreds of boaters in plastic kayaks and tourists on the river all day!

As the river was 'full' all weekend, the organizers arranged local hospitality to show everyone, from paddlers to the 50 officials from the Atlanta

organizing committee and the many parliamentarians here for the event, that Tennessee, not only could run the Olympic events but had real local support. So each local town arranged a welcome lunch, dinner or picnic and really made the many visitors want to come back.

The actual Olympic course is still to be built, only a few kilometres upstream from the already excellent natural site used this year. The budget to get ready for '96 is in excess of \$20 million with the course planned to be completed, with all its facilities by the end of '94.

The unveiling of the 100 metre long working model of the Olympic course was a highlight for the paddlers who studied it with great interest.

The world cup final was almost an anticlimax to all the other activities arranged during the preceding days, but paddling true to form both Danielle Woodward and Richard Macquire made the finals and although put in excellent final runs, picked up penalties to both finish 12th. Although the results don't necessarily show, it was close to Danielle's best race for the season, getting a very fast time, while Richard also was very fast, proving both are capable of some excellent results, in the future. For too many years Australians had the techniques and clean runs, but not the speed, now we have the speed.

Both Danielle and Richard received invitations to compete at the Tamar International race in Japan in October and it will be interesting to see if they can maintain their form and speed.

VIS & VCA SQUADS

by Jane Farrance

THE VIS & VCA SLALOM SQUADS HAVE BEEN ANNOUNCED.

Congratulations to all the following paddlers who have earned themselves a place on the slalom squads. To gain a position on any of the squads is a great honour and with that honour goes the responsibility of always representing the squad with 100% effort and always with good sportsmanship.

VIS MEMBERS

Danielle Woodward	Richard Macquire
Robyn Galloway	Wayne Thomas
Cathy Kesterton	Andrew Farrance
Mia Farrance	David Heard

These paddlers are directly under the responsibility of Roy Farrance VIS head Coach and receive support from the VIS in areas of travel, training, career development, personal development and sports science.

VCA DEVELOPMENT SQUAD

Aaron Martini	Robert Ledger
Antony Morris	Brenton Marshall
Warwick Draper	Chris Moore
Scott Crabtree	Andrew Stamp
Rod Greedy	Dan Milne
Tim Natoli	Ben Patrick
Lauren Sykes	Louise Natoli
David Boulton	Erin Leahey
Nathan Moore	Anton King
Mark Swoboda	

These paddlers will receive the benefits of year round coaching and planning advice from an allocated VIS assistant coach under the overall control of VIS head coach Roy Farrance. Selected members will also be VIS Development paddlers and will earn the right to wear the VIS helmet and T-Shirt.

VCA SCHOOLS SQUAD

ST MICHAELS GRAMMAR SCHOOL

Scott McNair	G. Le Plastrier
--------------	-----------------

IVANHOE BOYS GRAMMAR SCHOOL

D. Briar	S. Cuxson
P. Downes	T. Campbell
N. Campbell	

BENDIGO SECONDARY COLLEGE

T. Esnouf	P. Page
-----------	---------

ST LEONARDS COLLEGE

E. Mountain	M. Turbiak
J. Baldock	

IVANHOE GIRLS GRAMMAR SCHOOL

K. Riddell

MELBOURNE GRAMMAR SCHOOL

L. Milne	S. Wharton
J. Hammond	

ELTHAM COLLEGE

Tim O'Leary	R. Orbe
D. McDonald	G. Black
C. McCallister	D. Norgate
D. Proust	K. Garriock
J. Pierini	M. Davis

RINGWOOD SECONDARY COLLEGE

D. Graham

TINTERN GIRLS GRAMMAR

S. Humphries

This year a squad of 30 paddlers has been selected from the Victorian Schools Championships to receive 6 weeks of coaching from some of Victoria's top coaches and paddlers. The aim of the programme is to develop the skills of the selected paddlers and to encourage them to compete in the normal slalom calendar events, culminating in the National Schools Championships, to be held in January, 1994 in Tasmania.

It is a significant achievement to be selected in the squad and the attendance at the coaching sessions is of great benefit to any aspiring paddler.

This year's squad members will be expected to attend several events this year and early next year. The Yarra Slalom No.5 at Warburton, the Forest Edge Camp Slalom on the LaTrobe, and the Canoes Plus Annual Slalom on the Goulburn, are all part of the squad training and development programme.

It is from this programme that many of Victoria's top paddlers have developed into true champions. We congratulate the 1993 Victorian Schools Squad.

FURTHER TRAINING

For paddlers wanting coaching in slalom, we also have a series of coaching sessions available to all standards and ages. The next coaching programme will be beginning in October. For further information see last month's edition of 'PADDLER' or contact:

Mandy Linden
57 Sommerville St
GLEN IRIS. 3146.
(03) 809 2238

For coaching in Wildwater or Downriver Racing, see the programme advertised in this edition of 'PADDLER'.

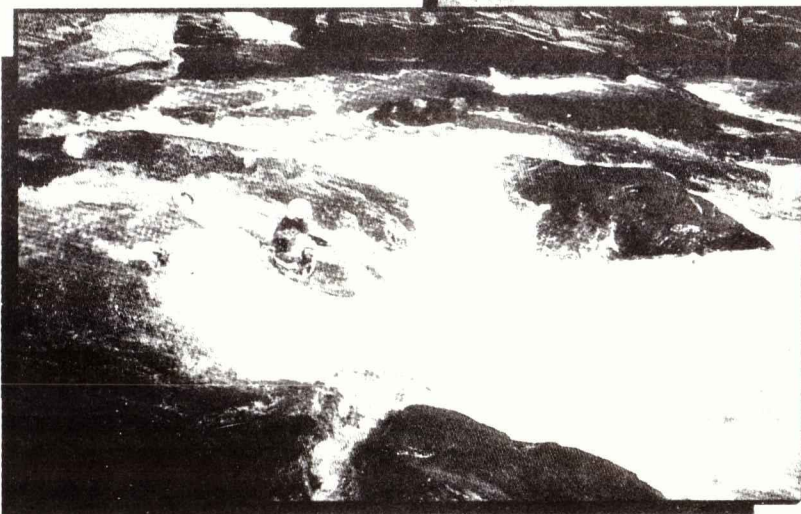
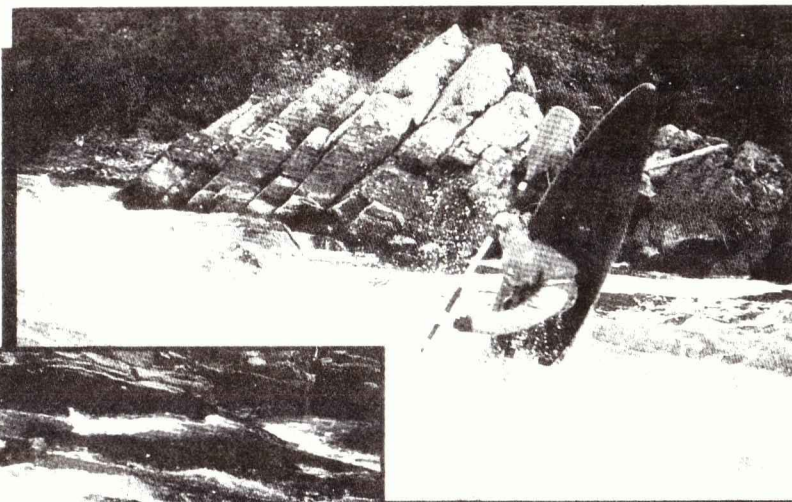
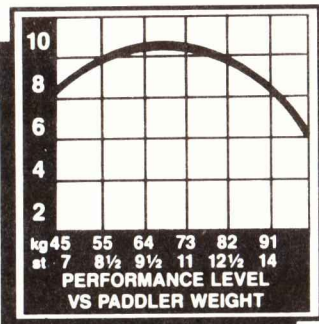


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CORSICA S

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specifications

- Length: 310 cm
- Width: 61 cm
- Weight: 17.6 kg.
- Volume: 252 Litres
- Cockpit size: 85cm x 49 cm

AVAILABLE
NOVEMBER 1993

& INTRODUCING

→ Pirouette®

Pirouette S™

Scaled down in size, not performance! The Pirouette S is designed for super surf and airtime. Low profile deck makes rolling, leaning back a cinch. Seat and thighbrace easily accommodate smaller paddlers. Unique system permits easy access to rear storage and lower back support.

Pirouette™

The Pirouette challenges even the whitewater experts to discover what they can do. This ultimate playboat accelerates like a shot across eddy lines for a "must" ferry. Turns on a dime. Loves to surf, do 360's and pop-ups. *Yes, it pirouettes like crazy.*

CANOES PLUS

140 Cotham Road
KEW. 3101
Tel: (03) 816 9411
Fax: (03) 817 1820

Country Slalom & Wild Water Racing Series No. 5 On the Thomson River

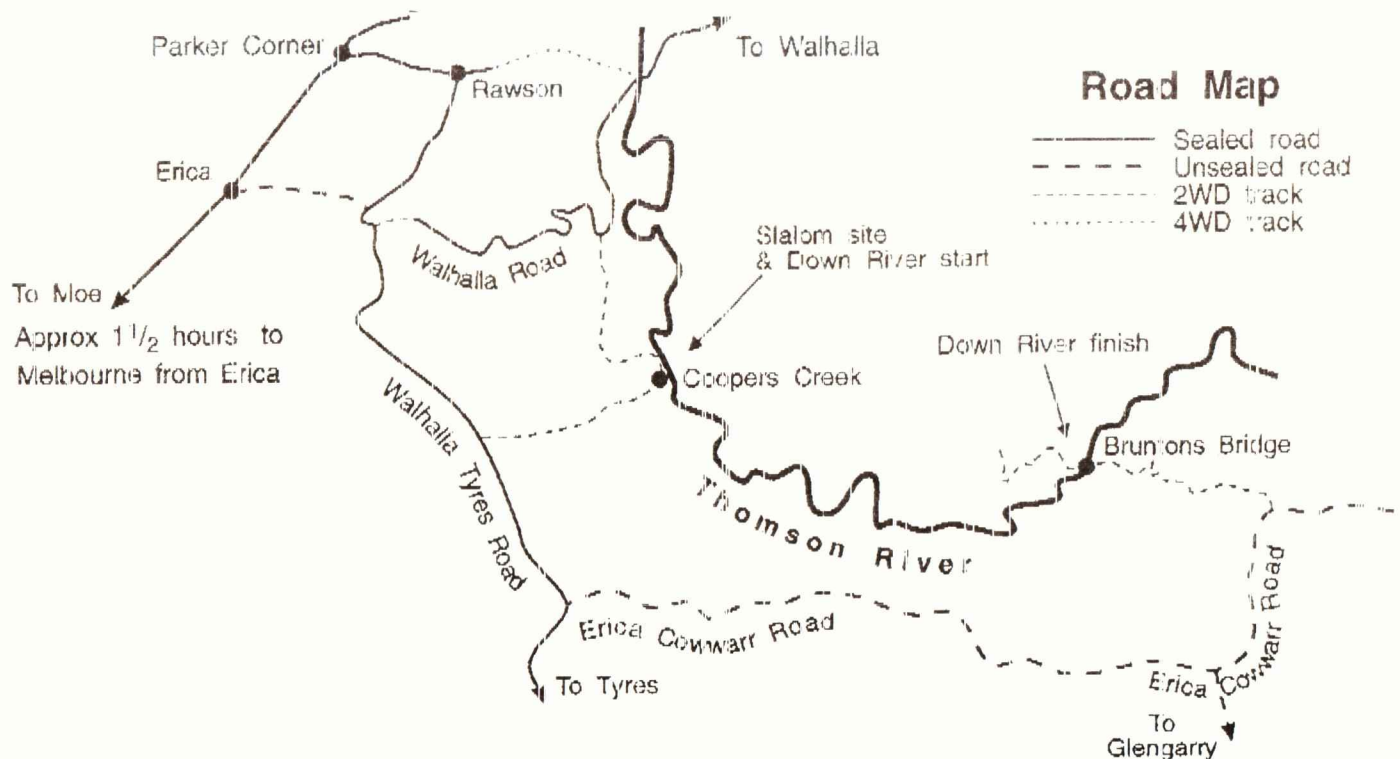
Down River: Saturday 9 October, 10 km on grade 1 & 2 water from Coopers Creek to Bruntons Bridge.
Briefing 1.15 pm at Coopers Creek
Start 1.30 pm at Coopers Creek
Finish & Presentations 2.30 pm at Bruntons Bridge.

Slalom: Sunday 10 October at Coopers Creek on grade 1 & 2 water.
First runs 10.30 am
Presentations straight after second runs.

Entries Will Be: Down River on Saturday \$5.00
Slalom on Sunday \$5.00 unlimited events

Post Entries To: 140 Cotham Road,
Kew. Vic. 3101

Enquiries Call: Wayne Thomas (03) 816 9411 (BH)



Canoe Slalom Access Map

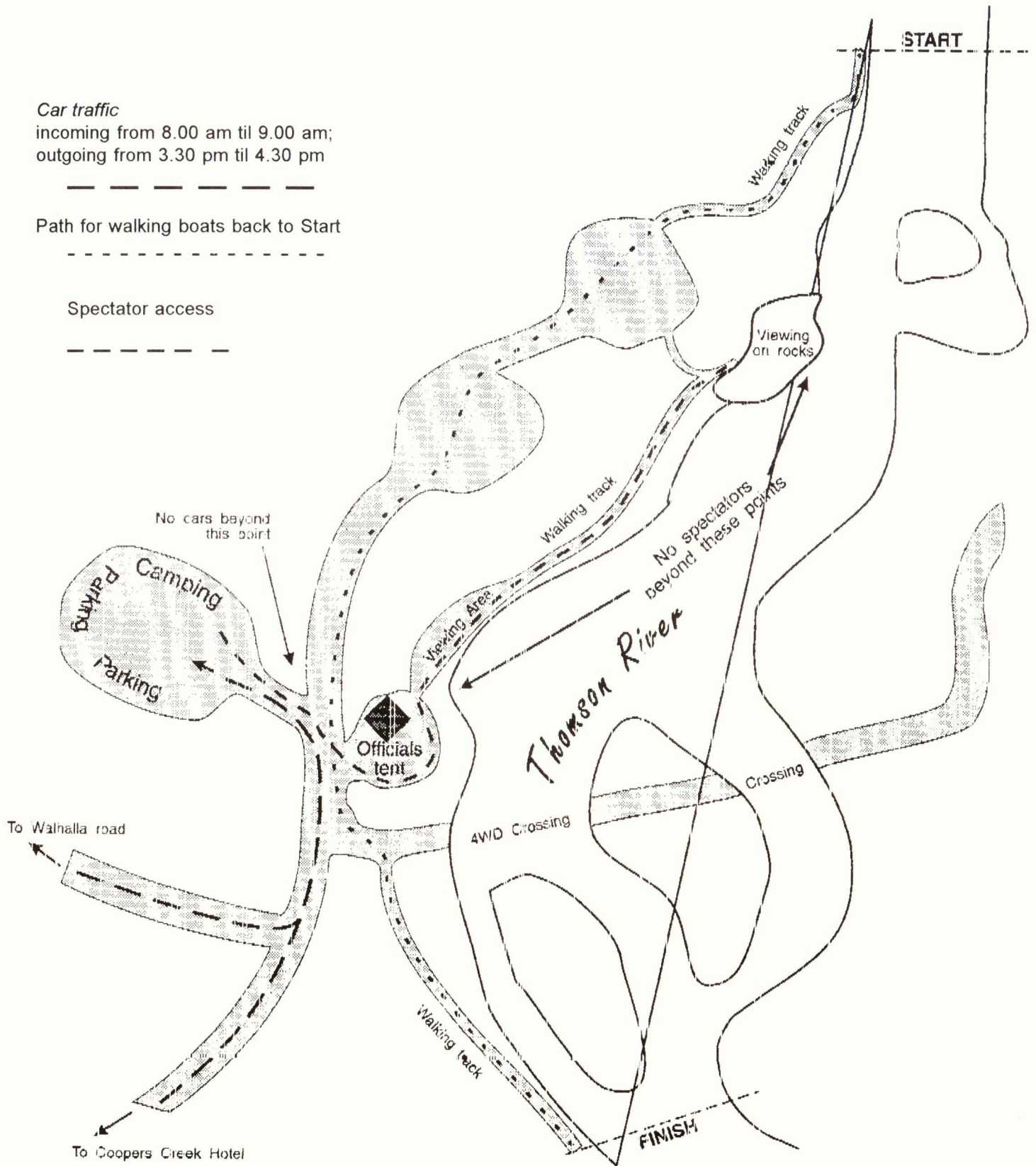
- Following is a map of the event as requested
- All roads and tracks are existing

Car traffic

incoming from 8.00 am til 9.00 am;
 outgoing from 3.30 pm til 4.30 pm

Path for walking boats back to Start

Spectator access



ENTRY FORMS

Down River entry form - 9th October from Coopers Creek to Brunton Bridge															
Name	Sex		Age								Event				TOTALS
	Ladies	Men's	12 Yrs	14 Yrs	15 Yrs	16 Yrs	17 Yrs	18 Yrs	Open	Masters	K1	C1	C2	Touring	
Please enclose a cheque for this amount. Make cheque payable to Victorian Canoe Association.															

Slalom entry form - 10th October at Coopers Creek																
Name	Sex		Age								Event				TOTALS	
	Ladies	Men's	12 Yrs	14 Yrs	15 Yrs	16 Yrs	17 Yrs	18 Yrs	Open	Masters	K1	C1	C2	Mx C2		Plastic
Please enclose a cheque for this amount. Make cheque payable to Victorian Canoe Association.																

Yarra Canoe Club Inc.

We have moved!!!!

We are no longer located in the Melbourne rowing club. From the 1st of October we will be moving into the State Swim Centre.

This will give our members some of the best facilities in the State- Inner city location minutes from Flinder street, a place to paddle any time of the year, swimming, fully equiped gynasium, aerobics and a sauna.

Because of the move we now have a limited number of racks available for paddlers wishing to train out of the centre. We also have a small number of spaces for boat storage eg people looking to store rather than to train out of the venue.

Cost: Rack space and club membership until June 1994-\$100

Rack and full membership of state swim centre and Yarra Canoe Club-\$500

We also offer family, school and individual rates.

Yarra Canoe Club are active in Marathon and Sprint and are looking to develop in downriver, slalom and touring.

Interested?-Phone Shane on 5984081

NEW SLALOM SITE

AT

FOREST EDGE CAMP, NEERIM EAST

After two years of development and general hard work, Forest Edge Christian Camp is about to launch its new Slalom Canoeing Site. Located near Neerim South in West Gippsland, it offers facilities for the beginner, expert and even the spectators!

The property at Forest Edge was purchased in 1983 and developed as a Christian Youth Camp and Conference Centre. It comprises a site of 189 acres, bordering state forest, with 1½ km of river frontage in the form of the Latrobe River. An integral part of the development of Forest Edge has been its canoeing program. They have been working with Gippsland Water (the local water authority) for two years developing the river with regard to removal of dangerous obstacles and the establishment of the slalom course.

Forest Edge has toilets, showers, barbecue facilities, overnight accommodation in both budget and motel style, as well as recreational facilities for children (trampoline, rope course, etc.).

The course itself is approximately 400 metres of fast flowing grade 2 water, the last section being fairly tight. Apart from the approval given by Gippsland Water to build the site, they have this year, placed approximately 180 cubic metres of rock to control erosion problems. This has meant the creation of the tight section at the end of the site.

To help with the design of the course, they enlisted the help of Robin Sanders from the Victorian Canoe Association. His help was invaluable in the negotiation of the original proposal to Gippsland Water and subsequent negotiations.

Training Camp & First Slalom - 20, 21 November

On Saturday 20 November, there will be a training camp for slalom paddlers. Overnight accommodation is available in both budget and motel style units. The Forest Edge Camp is approximately 1½ hours drive from Melbourne. The course should be suitable for both experienced and beginners alike. Catering is available for those booked into the training camp.

On the following day, there will be the First Slalom on the new course. Many of Australia's top paddlers will be there, using it as a 'warm up' for the Victorian Championships the following weekend. Hot food and refreshments will be available on the day of the slalom.

For further details, contact:

Dave Sharman on (056) 231939 or Bryan Whelan on (056) 254173

SLALOM NEWS

by Graham Ledger

2-Session Slalom Events

The Slalom & Wildwater Committee recently decided to explore the possibilities of improving event organisation by adopting a 2-session program. Many people's views were sought about the idea before finally deciding to have a trial event. Ian Whitford and his colleagues at Eltham College very kindly agreed to run the Fitzsimons Lane slalom according to the proposed new system.

An outline of the session format and a summary of possible advantages (+) and disadvantages (-) appears below.

Session 1

Practice, followed by 1st and 2nd runs for:

MK1 paddlers (excluding Plastic and Novice).

* Lady Canadian paddlers have the option of taking Canadian runs in session 1.

Session 2

Practice, followed by 1st and 2nd runs for:

LK1, C1, C2, Plastic and Novice.

(+)

With largest class completed in 1st session, organisers have more chance of getting all results compiled by the time the course is dismantled.

Students with a heavy workload can minimise their time at events: it may make the difference between doing the event, or not.

Opportunity to get paddlers to judge for each other, easing the burden on organisers.

When the ranking system is introduced, there will be less chance of scores being given to the wrong paddler (MK1, LK1 and C1 will have the same numbers, although different colours).

There is a better chance of similar water conditions for both runs.

Less congested practice sessions.

Beginners can watch the first session to learn how to attempt gate sequences.

(-)

Too few people in the second session can mean runs are too close together, particularly for ladies paddling K1 and Canadian (see* above).

There needs a reasonable break between sessions for the second session practice. (Could also be a positive.)

Many paddlers may only attend for their session, creating a division in the slalom community and leaving the same people to dismantle the course.

After considering the feedback from paddlers and event organisers, the committee has decided not to introduce the 2-session concept. Another factor influencing the decision is the intention to introduce a ranking system in 1994. The committee feels that the introduction of the ranking system will create opportunities for improving event organisation and it would be best to concentrate our efforts on that initiative at the moment.

The committee would like to thank all the people who assisted in the trial of the 2-session concept and gave feedback, in particular: Ian Whitford and Eltham College, Jane Farrance, Wayne Thomas and John Willis. We would also like everyone to continue to pass on any ideas you have about how to make our sport as enjoyable as possible.

Ranking System for 1994

In 1994 all slalom paddlers will be given a ranking number, based on their

results over the 1993 season. The intention is to increase motivation to train and compete and provide a means of indicating progress within the sport. Paddlers will be advised of their ranking number at the beginning of the season and will race with that body number throughout the season. This only applies to Yarra and Country series races.

How will the ranking be calculated ?

For each Yarra and Country series race during 1993, each competitor will be awarded points based on their position. As it is difficult for many people to get to every race, ranking will be based on a person's best four results.

How will the ranking be applied to different classes ?

For the purposes of ranking, there will be four major classes - K1 Ladies, K1 Men, C1 and C2. Unfortunately, it is not practical to rank every age category separately, although end of season results will still be published in age groupings.

To accommodate the new system, it is intended to purchase three different coloured sets of body numbers in the following number ranges:

K1 Ladies	1 to 50
K1 Men	1 to 100
C1	1 to 50
C2	51 to 100

What difference will it make to the running of events ?

The main difference will be that, each class will run in ranking number order, regardless of category (age grouping, novice, plastic etc.), with the highest ranked paddler first. Prizes will still be awarded to 1st, 2nd and 3rd place getters in each category, just as they are now.

What about people new to the sport, who don't have a ranking ?

There will be sufficient body numbers in each range, to leave spares to be

continued next page...

INDOOR SLALOM CANOEING AT DROUIN

by Bryan Whelan

On the 29th July at the Drouin Secondary College indoor heated swimming pool, we held the first (we think!) indoor slalom canoeing race.

The whole idea started as a bit of a joke between some of us fellow teachers. Why not extend the usual interschool sports that we have each year and introduce something completely different, like indoor slalom canoeing. Well, fate provided us with an opportunity. With the massive funding cuts to education, our annual Winter Round Robin of interschool sport was to be axed. However, the five local schools, (Warragul High, Warragul Secondary, Marist Sion College, Neerim District Secondary and Drouin Secondary), decided to conduct the sports only on a local basis.

It was proposed, that as no teams could continue to zone or state finals (as there weren't any!), there would be no restriction on the types of sports offered. I jumped in with the idea of holding an indoor slalom competition and a friendly joke turned into reality.

The planning did not involve very much as we already had ropes and gates set across the pool and it was available for use on the day. Also we had several slalom kayaks permanently at the pool. The main dilemma was the experience of the contestants. Our students at Drouin had some experience due to the facilities but others did not. In fact I was not expecting the other schools to field teams for this reason. To my surprise, all did and we had over 30 girls and boys competing on the day.

Because of the lack of experience of the students, the rules were modified somewhat. There was only a twenty second penalty for missing a gate and capsizes could have a re-run. Also the course consisted of only five gates of which only one was an 'upstream' gate (does water flow down to the deep end?). An area at the shallow end was set aside for practice and coaching.

On the day, we had many staff from other schools pitching in to help. Their incentive was a free swim (and paddle) at lunchtime. Each school was given a short course on correct procedure for capsize and some pointers on paddling technique. It seemed to do the trick as we had very few capsizes for the day. Also, as each student went through the course, there was a teacher on each side coaching them through the gates. As the competition progressed, the skill level of the students became better with many students on their second try having clean runs.

We decided not to have any classes as such and all students competed against each other, regardless of age. Also, we had a school competition whereby the best five placegetters from each school scored points for their school.

The competition was most successful, not so much from the point of view of having a good time at the pool but more importantly that we were able to introduce slalom canoeing to many interested students (and teachers). The enthusiasm shown by the students was most gratifying. In addition, we had the opportunity to advertise our new artificial slalom course at Forest Edge (at Neerim East). So all in all, it was a great promotional exercise for the sport and something that other schools with access to pools might want to consider as an alternative interschool sport.

If you would like further details of the event, feel free to contact me:

Bryan Whelan
(Drouin Secondary College)
Phone: (056) 251002 school
(056) 254173 home.

Slalom News (cont'd)

issued to people without a ranking. These numbers will, obviously, be higher than everyone else's, but at the end of the season their results will enable them to be ranked for the following season

Will there be any additional costs attached to the new system ?

No. We need to buy new body numbers anyway and we will try to get sponsorship towards this (can anyone help with this?). An idea for the future is to issue body numbers to

each individual, to keep all season. This would, undoubtedly, involve a refundable deposit but we don't intend to pursue this for 1994.

Additional information

If you have any questions, or concerns about the system, please don't hesitate to contact any member of the Slalom & Wildwater committee. We think this will be a great step forward for our sport. During 1994 we will be considering applying a similar system to Wildwater for 1995.

NATIONAL SLALOM AND WILDWATER COACHING CAMP - JANUARY 3 - 9

(Including the Australian All Schools Championships)

Organised by Jane Farrance - National Director of Coaching
Peter Eckhardt - AIS & TIS Coach, Tasmania

DID YOU KNOW the N.S.P. coaching camp is on again this January, this time in Tasmania. The camp will be held at the Forth River Slalom Course. All of Australia's top coaches will be in attendance. The Camp will cater for slalom paddlers of all ages up to National Team level, in all classes. The Camp will also cater for Junior Wildwater paddlers. Find application form below.

COSTS, ELIGIBILITY. Grants from the Australian Sports Commission enable us to subsidise the costs of the camp. Participants under 21 years and who have not been an Australian Team member (senior or junior) qualify for additional assistance. **Full fee \$260 Subsidised fee (U21) \$150.** The fee includes accommodation, food, coaching fees and theory sessions. Interstate paddlers may also qualify for an additional subsidy, the level of this will vary according to the number of participants.

FAMILIES. Self contained units have been booked at Camp Clayton and nearby Delaney Park. These cost approximately \$60 per night for 4 people. They have been reserved for families of camp participants, but, only limited numbers are available. These bookings will be held until **October 30**. Accommodation for friends and families is also available at the slalom site (camping) or in Devonport, Ulverstone or Turners Beach.

TRANSPORT. Some assistance from families would be of great assistance to help with transport between the slalom site and Camp Clayton. (We will hire a mini bus if we can afford it).

PLEASE NOTE THE DATES, ORIGINALLY ADVERTISED AT 6 - 9 JANUARY, ARE NOW:
N.S.P. CAMP 3 - 7 JANUARY
NATIONAL ALL SCHOOLS CHAMPIONSHIPS 8 - 9 JANUARY

THE COST OF THE CAMP HAS CHANGED DUE TO 2 DAY EXTENSION AND INCLUSION OF FOOD AND ACCOMMODATION.

.....

APPLICATION FORM NATIONAL COACHING CAMP JANUARY 3 - 7

Only complete if applying

Name: Address:

Phone:

I have enclosed payment for full fee \$260 Subsidised fee \$150 (circle applicable)

I require coaching in slalom Wildwater

Class of Boat/s Type of Boat/s

Name 2 major events competed in: 1.
and your place 2.

Send form to: **Organising Committee**
Slalom and Wildwater Champs
26 Nobelius Drive, LEGANA. 7277, Australia **Closing Date: 3 December**



Life. Be in it™



VICTORIAN SLALOM CHAMPIONSHIPS

PROPOSED PROGRAM:

SATURDAY 27TH

10 am Practice Runs
 12 pm Group 1 Ladies, C1, Masters
 2 pm Group 2 Mens K1 & C2 Mixed C2

SUNDAY 28TH

Finals start 11 am
 K1 top 25 paddlers from Saturday
 LK1 top 10 paddlers from Saturday
 C1 top 10 paddlers from Saturday
 C2 top 10 paddlers from Saturday
 TEAMS: All categories

All individual Victorian titles will be decided upon Saturday's results. Finals events on Sunday will be for class championships, and will be awarded special prizes by individual sponsors. Sunday's final programme will be announced early November.

ENTRIES:

Close on *Wednesday November 10, 1993*, and must be in writing with entry fee. Entry fee \$10 per event; \$20 per team. Fee includes competition t-shirt per competitor. LATE ENTRIES, ONLY if organizers have space, plus late fee of \$30.

Entries to: Mandy Linden, 57 Summerhill Road, Glen Iris VIC. 3146.
 Enquiries: Roy Farrance (03) 816 9411 or Mandy Linden (03) 809 2237

SAFETY:

Standard safety rules apply. All competitors must be competent on grade 3 water, and have paddled either one previous Country Series, Australian or Victorian championship event.

CLASSES:

Mens K1:	Open, 18 yr, 17 yr, 16 yr, 15 yr, 14 yr
Ladies K1:	Open, 18 yr, 17 yr, 16 yr, 15 yr, 14 yr
C1:	Open, 18 yr, 16 yr
C2:	Open, 18 yr
Mixed C2:	Open, 18 yr
Teams:	All categories Open, 18 yr

A minimum of 3 entries will be required to make a class when entries close on November 10th. The course will be at Dights Falls and consist of 25 gates.

1993
 DIGHTS FALLS - MELBOURNE
 Saturday November 27 & Sunday November 28



1993 WINTER CLASSIC - A PADDLER'S PERSPECTIVE

by Torsten Krebs

For several years the annual Winter Classic competition has been a major feature on many calendars. Attracting the whole range of standards of competitors, from recreational through to world class, in four different sports the Winter Classic has developed a strong following and sound organisational base which has survived not only changes of ownership, sponsorship etc., but also the vagaries of the Australian economy.

Numbers were down somewhat in 1993, due supposedly to the economic situation and to some uncertainty regarding the event. Nevertheless the quality of both the organisation and the competition were a great credit to Eric Ward, who has steered the Winter Classic to date, as an employee of different owners and now as his own baby. It must have taken a great deal of both faith and courage to leave the security of employment with Peregrine Adventures and cast his lot entirely on the fortunes of the race and its sponsors. I hope it paid off for him (literally!) and that support from both sponsors and competitors will continue to be strong, not just for the Winter Classic, but for a revival of its sister races, the Spring and Summer Classics.

By mid-June I was still without a team for 1993, my old team of four years having finally broken up. I had intended to put a team together myself, but you know how these things get away from you..... A number of calls from various people looking for paddlers did not really enthuse me until a fairly low key approach from Warren Key of Melbourne Bicycle Centre. Warren had a team of people who 'did a fair bit of orienteering' and 'had done fairly well in ski and bike races'. They 'thought it sounded like a fun event' and were going to 'check it out this year' rather than take it too seriously. None of them had done it before. My initial, non-committal 'I should be able to find somebody' altered considerably

after a casual conversation with a chance acquaintance who also 'did a bit of orienteering'. Warren and the skier were both Australian representatives and the cyclist was well on his way, having won a number of A grade races!

There was no time for the usual pre-race visit to Omeo to practice; just a few hours Friday afternoon showing the others where the various starts, finishes, transitions and interesting spots were, a quiet meal pondering over maps and a notepad computer and a nights sleep punctuated by the arrival of other teams.

The '93 ski season had been pretty bad already, the course of the ski leg had been changed several times. Rain all night Friday had things looking dreadful for skiers and hairy for canoeists. Saturday dawned cold and wet, with Mt. Hotham's patchy cover made more difficult by wind and poor visibility. Our skier, Karl Dalheim, skied classic on waxed skies - and won by thirteen seconds! An excellent job concocting the right wax mix for the snow conditions and a course which did not provide much space for skating gave Karl the edge he needed for victory in his first ski race since 1987 and sent our team off to a strong start.

Rather than re-route the entire race, the organisers had decided to allow half an hour for teams to drive from the ski finish at Mt. Hotham to the regular run start at Dinner Plain. Warren presented himself in good time to have his kit scrutineered, receive the map and then hung around until someone said 'you can go now'. (I believe they became a little more formal with later runners). Warren promptly charged off down the road at a blistering pace with us coasting behind in the car. I was amazed at the pace and quite sure he would not be able to maintain it for the fifteen kilometres until someone pointed out that the open country pace has to be

faster than that in the backcountry. The weather was still ordinary and visibility low, but Warren's bright yellow orienteering garb made him visible as he approached the various check points where we waited with water, snacks and encouragement. He seemed to be going just as fast to me, certainly faster than the film crew we'd all left behind after the second check point!

Warren came bounding down the road to the run finish without any change of pace and a good ten minutes ahead of the next finisher (and the film crew) to win the day one run by two minutes. A pause has been inserted in the programme at this point: the whole event is re-started for the stage three bicycle. All teams whose runners had finished by 12: something were re-started en-mass at 12:30. The waiting around was irritating at the time, but it was probably a good idea as the race became a lot less spread-out than it used to, which was good for both spectators and competitors (and film crews).

I didn't see the re-start, but I believe it was a real fight to get a clean lead before the first off-road section. Fergus Fitzwater ran everything to plan - taking the off-road sections safely and winding the leaders back over the long climbs - and met me at the canoe start twenty seconds in the lead and well ahead of the film crew.

I had arrived in good time to warm up, get scrutineered, check out the river level, decide how I was going to tackle the one kilometre upstream paddle, choose my put-in point and then sit around on the bank getting cold and nervous. Finally Fergus came tearing across the bridge and I was on. The worst part of the entire event is getting the spray-deck on neatly when you know that every second counts. I'd decided to stay calm and get it on properly the first time, which I did. Even some smart-arse yelling 'no hurry



Warren Key checks the map on the day 1 run

Photo: Torsten Krebs

Torsten, this isn't a race' didn't phase me. The rain Friday night had brought the river right up - 1.8 metres - so the upstream paddle was a real slog; no eddies, no shallows, just smoke from some campfire and Eric Ward running up the bank beside me saying he was going to move the marker downstream - if he could get there before I did! Eventually he decided that we had gone far enough and directed me to go around a tree about two metres out from the bank.

Only after rounding said tree did I realise how close the bicycle leg had been; Rob Russell was approaching the tree as I pulled out into the current. Knowing that Rob had raced the Winter Classic many times and had put in a lot of marathon paddling recently spurred me to really push it out, determined to stay in the lead. Rob was not the real challenge however, I wanted to know how far Chris Humfrey - one time trainee, now training partner and at that moment arch-rival - was behind me. His team were our strongest threat. We passed shortly above the start, so roughly ten minutes; no risk of him passing me, but very difficult to pace to ensure I got a faster time. Chris looked strong and aggro - dangerous. We did not say a word.

The paddle on day one is fifteen kilometres and usually takes fifty to fifty-five minutes in good water, so that's what I set the pace for. It is also technically undemanding, even in big water, which did not favour me. The river height made lots of good waves, strong currents and big eddies, so it was more interesting than usual, but also much faster; forty-one minutes, the finish took me by surprise. I lost Rob Russell about half way down, more as a result of working the river than working my body, but from then on had only myself to push me. It was not enough, though I still got to the finish before the film crew.

The final results were Chris forty seconds ahead of me and Andrew Stamp another minute in front, which caught us both by surprise. In retrospect, the conditions were ideal for Andrew; he is very fit and doing his training on Port Phillip Bay, is most at home in waves and bouncy water. He also had Eugene Stackpole start thirty seconds ahead of him, which gave him some-one good to try and catch. I was not happy, especially at being the only member of the team not to win their leg on the first day, but had to concede to not yet being sufficiently fit to do well in conditions which favoured fitness over skill. Mark Swoboda, in peak condition from a recent slalom

team trip to the United States, was fourth, just two seconds behind me. I was determined that day two, with its greater technical demands, would be a different story.

Still, the team was happy; in front by twenty-three minutes from Chris's team, another thirteen to Rob Russell's team and then eight minutes to the local team (with Mark Swoboda paddling) in fourth place. It was looking good, but no race is won until it is run. The key had been consistency; we had not won any leg by much, but each was won from a different team, giving us a strong position overall.

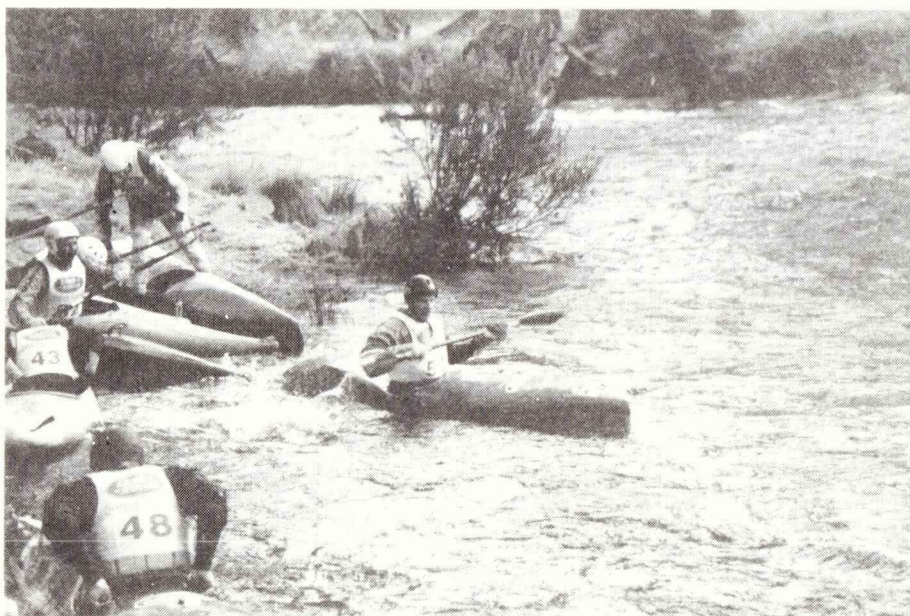
Saturday night it was clear and cold; the bilge water in the kayaks turned to ice and the outsides were covered in frost. With the kayak leg first off on Sunday morning I felt that a good stretch and a good sleep were in order. Sunday's start is in groups, reverse-seeded by place on Saturday and commencing with a Le Mans style fifty metre run to the river carrying kayaks. I HATE doing that! Fortunately all the serious rivals were in the same start.

The river was still high, but nothing like the previous day; a good height for the race. I opted for a sure and easy put-in point rather than the closest spot, unfortunately so did half the rest! I had to ease the spray deck on all round, organise my paddle mitts and then push off. By that stage Mark, Eugene, Rob and Trevor Reid were well on their way. Chris, however, had opted for the shortest run. When I set off he was still trying not to get swept away before his spray deck was on. My satisfaction was to be short-lived.

Determined to move quickly to the head of the pack (and capitalise on the advantage over Chris), I set off strongly with the smell of blood in my nostrils, intent on working the river to my advantage. Under the Big River bridge and approaching the first corner I caught sight of Rob Russell and lifted the pace. Much to my surprise he swung wide on the corner, straight

under an overhanging branch which tipped him. To my greater surprise he failed to roll and bailed out. A quick question confirmed that he was all right, so I jumped onto a chute and shot off in search of the lead.

Eugene Stackpole's yellow deck beckoned ahead between rocks, trees and Dancers. Negotiating the swarm of touring boats around a misplaced tree trunk held me back until Eugene chose to stay in the current and go the long way around one bend. Whether it is faster to cut through the eddy or run with the current is something that varies with every situation, only the stop-watch can tell for sure. On that occasion I guessed correctly and left Eugene bouncing in the waves. Next up was Trevor Reid. Although out of wildwater racing for some years now, Trevor has a lot of experience behind him, including representing Australia as a junior. He was working the river well and keeping me at bay. I made several attempts to get past before finally edging him out on a short, straight sprint through shallow water.



Torsten Day 2 commencing paddling after the Le Mans start

Several bends later I had Mark Swoboda in my sights. He was paddling really strongly, but not always in the best place. For a while I simply stayed with him, waiting for some tricky spot I hoped to use to gain the upper hand. Some large rocks in mid-current around a blind corner gave me the opportunity. Mark took the cautious line, staying clear of the rocks, whilst I aimed the boat straight at them, let the cushion shunt me clear and into the faster water running beside them and paddled off with Mark hot on my tail. It required several more manoeuvres to get a good lead, by which time I was at the confluence

with a tributary creek on river right, where the road joins the river again. Some years back I timed splits and calculated that place as a quarter of the way.

For a while I settled down to dodge the Dancers and enjoy the race, not much slower, but just backing off from the high-risk pace I had set to get in front of the pack. I was aware of someone not far behind and assumed it to be Mark still on my tail. Not until a particularly sharp corner with a flat bank could I get a good view behind me without losing any speed, I saw a rainbow boat and a face to kill; Chris Humfrey was gaining on me!

I've got to hand it to him, the kid sure has got a lot of kill! From then on it was on for young and old, I lifted the pace, took every risk I thought I could pull off and tried every trick I knew. I cut the corners closer than a razor, pulled out all the stops in the current, threw the boat through every twiddle and twisty bit and even manoeuvred the other boats we were passing to deny Chris the assistance of my wash. At one place I nicked past a Dancer just in time to hit a boil slightly off centre. It duly shunted me sideways in front of the Dancer, effectively cutting Chris off for a short while. As the

rapids became more severe so did the rivalry, until at one place we were neck and neck headed for a chute that would not fit us both.

The boats clashed sides, neither of us could take a stroke, we both swore and Chris's boat caught the edge of the big stopper, which pulled him to the right and slowed him, banging his tail. A quick look back to check that he was all right (he is my training partner) and I moved off, still in front. In the area of the picnic grounds, which I reckon to be half way, the river widens and flattens with several shallow gravel races and low islands. Chris was back with me by that stage, duelling for the lead as we took different ways around

the islands. Finally I lucked out, entering a left-hand route a boat length ahead of him and coming out of it a boat length behind, the right-hand route was faster!

So now it was my turn to eat dust. I rode his wash more or less successfully until the real rapids started again. We headed into the first one with me directly in line behind him, but Chris could see what to do whereas all I

could see was him. After banging and nose-butting rocks I could not see in time to avoid, I deliberately gave Chris enough of a lead to allow myself the space to read the water. I thought I'd be able to catch him again after the rapid, which proved to be the case, so we progressed in that fashion for a while. I kept trying to get back in front, Chris kept trying to get a break on me.

He nearly pulled it off with a high risk line at 'Pin-ball' rapid. There are usually so many paddlers hovering around the approach or stuck in the main

passage down that rapid that I have a policy of avoiding the hold-up altogether by taking the slower, harder but clear left hand route, which I did. Chris had no such qualms and promptly powered straight down the middle. Fortunately (I'm not sure for whom) there was no-one in the rapid at the time, so Chris got a clean and fast run, putting him too much ahead of me for my liking.

Very hard work in a boat that was becoming hard to handle from water leaking in (and from fatigue) brought me back to within striking distance and put the pressure on again. A tree across what used to be the final rapid (until the finish was moved further downstream) caused us both hassles; Chris screamed 'MOVE!' at some poor guy in a Dancer who was just about to enter a boulder garden; the bump-and-grind rapid was in fine form - a steep drop into huge waves and cross currents - as we powered through it, knowing the finish was very close. Chris went into the final rapid - a shallow, twisty rock garden - about three boat lengths ahead of me and took the obvious line. I quickly decided that the high water had made it possible to by-pass the entire rapid down river right. It worked, but not by enough; around the final corner and Chris made the bank a boat length in front of me.

The race does not finish there, however, the runners were waiting at the top of the track - a rough, steep hundred metres to be covered with boat and paddle! I tumbled out of the boat, grabbed it and tipped it over to bail the water out. Water cascaded out of the cockpit and over my legs as I watched Chris start on up the track. That was it, grabbing the paddle and cockpit combing I lunged on after him. Quarter way up the slope my legs said 'no more', but Chris was still ahead, half way up it got steeper, I stubbed my toe and thought I was going to collapse, but Chris was just ahead and dragging his boat; three quarters of the way I was beside him and sure I was going to empty my stomach into the cockpit.

I crossed the line seven seconds ahead, dropped boat and paddle and stood there swaying, staring at Warren who was beckoning to me from the transition area. Chris stumbling past me towards his runner brought me back in touch. I wrenched the race bib over my head and helmet as I headed for Warren, passed it to him and stepped into the sun, looked at the ground and thought 'yes'.

I'm not sure how long I lay on the nice solid ground, in the nice warm sun with our support crew saying things I could not understand. I drank some water, watched them pick up my equipment and finally sat up. The first thing I saw clearly was Chris nursing some warmth and life back into his hands and feet. Walking over to him was out of the question; I crawled over, propped myself up against a tree, put my hand on his shoulder and started to talk.

Warren and Chris's team's runner, Jim, ran the creeks, mountains and scrub of the run leg neck and neck, crossing the finish line as a dead heat. Fergus and Andrew (Chris's team's cyclist) set off into the wilds. We could not see anything of them until the creek crossing

at the bottom of 'suicide drop'. Somewhere in there Fergus got ahead of Andrew, who tried to make up time by cycling down suicide drop. From the video it looks to my untrained eye as if he let the bike get too much speed up too early and could not pull it back. A step in the track set him airborne into a double somersault. True to form he picked himself up and set off again.

Fergus, ever cautious, dismounted for the creek crossing and took the circuits around Omeo in fine style to cross the line some nine minutes ahead of Andrew, though in fact Rob Russell's team notched up the fastest cycle time of the day. Only afterwards did we find out that Andrew had cracked his collarbone!

It was smiles all round for us after a great weekend. For me, the satisfaction of finally winning the Winter Classic was enormous, but I was very glad someone else was driving home!

Thanks again to Eric Ward and to the sponsors; Rover, Thermateck and the Shire of Omeo. We all look forward to a bigger and better Winter Classic in 1994.



Creek crossing Day 2 cycle leg - Fergus Fitzwater ever cautious on creek crossing

PRODUCT INFORMATION

Canoes Plus announces the following new season's products.

New in Australia, the latest whitewater rafting and canoeing sandal, similar to other popular sandals but with a more wrap around sole giving great protection when climbing rocks and walking in river beds. Great for all outdoor work in the summer.

Top Sport, a well known New Zealand brand of PFD is now in Australia with a full range of PFDs at a very realistic price. The basic Cascade is the most popular for river touring. The new Polo vest is perfect for competitive canoe polo, with protection under the arms yet with plenty of freedom of movement. They can be ordered in club or team colours with numbers on front and back. They look a lot better than a T shirt stretched over a vest. The top of the range is the Expedition Rescue PFD which is great for instructors and outdoor educators.

Paddling Shoe - Since the loss of the Okesport range, **Canoes Plus** has been trying to get a replacement and we believe we have it. It has a wrap around sole with good grip and a neoprene shoe, only extending to the ankle. It is great for whitewater and marathon paddlers as the sole offers protection to the heel where it is pressed to the hull of the craft. The neoprene upper allows good contact and feel of the rudder stick for those in marathon craft. The good grip and sole is great for walking over rocks and uneven ground. The shoe is neat and can fit into most slalom craft without cramping the feet.

Safety - As the developments of safety evolve, so does the relevant equipment. The new Expedition PFD is an excellent example of this leadership in safety. Rescue ropes are also improving all the time and **Canoes Plus** has a range of different types to suit all needs. The latest version is a bag with an erect wall so the bag can stand by itself for easy reloading. The 15 metre long rescue rope has a karabiner on both the end of the rope and the bag. The second karabiner tucks neatly away in its own pocket for safe throwing. This is a very well designed rope at a very reasonable price. At **Canoes Plus** we are always very aware of safety and also carry tow lines to suit all craft and loaders.

Sun Protection is becoming more important each year. **Canoes Plus** have a range of peaked covers with an optional legionnaires flap which will sit neatly over your helmet to ward off the sun's harmful rays and keep the glare out of your eyes. For the marathon paddlers and flatwater paddlers who do not wear helmets we also have the hat model with peak and optional flap to cover the neck. One model uses a water resistant material and is perfect for the K2 pair. They come in a great range of colours and styles. They're here for

the hot summer but you'll have to get in early to get the widest choice.

Available from **Canoes Plus**, the canoe shop for canoeists, run by canoeists.

140 Cotham Road, Kew. 3101
Phone(03)816 9411 Fax (03)817 1820.

Davenwood

Davenwood is a small company based in Perth Western Australia, employing around six people, specialising in the manufacture of racing kayaks and canoes, for the disciplines of sprint, slalom, downriver, and marathon racing.

With over fifty moulds, thirty of them in production, **Davenwood** is one of Australia's largest racing kayak manufacturers. All laminating is done by hand under strict quality control by craftsmen in temperature and humidity controlled areas.

The materials used are mainly exotics and include Kevlar aramid, graphite, Dyneema, Diolen, Parabeam etc, along with epoxy and vinyl ester resins. These laminates are used in conjunction with the vacuum bagging techniques that **Davenwood** has developed over the past twenty years.

Another development that has only recently been achieved with the help of Colan fabrics is an ultra stiff laminate without the use of carbon fibre, allowing a world class sprint race boat to be manufactured at a very reasonable price.

Davenwood is also seeing an increase in its export orders with enquires now being received from a number of different countries.

For an up to date price and product list, write, phone or fax **Davenwood** direct.

Davenwood Canoes and Kayaks,
144 Railway Parade, Bassendean,
Western Australia. 6054
Phone (09) 378 2747
Fax (09) 378 3828

DOWNRIVER RACING COACHING SPRING PROGRAMME

Do you want to be coached by Australian Downriver Team Members and Victoria's top Downriver Racing Canoeists?

If so, enrol NOW as we anticipate this programme to be very popular due to the weather getting warmer and interest generated by the Winter Classic, Whitehorse Bush Triathlon etc.

The programme will focus mainly on skill development - steering the boat, missing rocks, not eddying out! Some fitness will be included if desired.

PROGRAMME - 6 x 1 hour weekly sessions
 COST - \$60.00 (cheques made payable to V.C.A. Slalom/Wildwater Committee)
 CLOSING DATE - 15th October, 1993

N.B. Trainees must paddle a Downriver Racing Kayak or Canoe, unless by arrangement with the Committee.

Please fill in the following form and return it with your payment to:

Mandy Linden
 57 Summerhill Road
 GLEN IRIS. 3146.
 Phone (03) 809 2238

.....
 Name
 Address
 Postcode
 Phone (B) () (H) ()
 Age Craft (e.g. K1, C1)

PREFERRED DAY - (Please number in preferential order & circle time available)

	<u>OCTOBER</u>	<u>NOVEMBER</u>	<u>DECEMBER</u>	<u>TIME</u>
MONDAY	25	1/8/15/22/29		4.30 pm - 5.30 pm or 6.00 pm - 7.00 pm
TUESDAY	26	9/16/23/30	7	" 6.30 pm - 7.30 pm
WEDNESDAY	27	3/10/12/24	1	" "
FRIDAY	29	5/12/19/26	3	" "
SATURDAY	30	6/13/20/(27*)	4/11 *	9.30-10.30am 12.30-1.30pm 4.30-5.30 pm

(* 27/11 probably postponed to 11/12 due to Victorian Slalom Championships)

PREFERRED VENUE - (Please number in preferential order)

Warrandyte Bridge
Finns Reserve
Dights Falls

N.B. It will not be possible to run a programme for every day/venue combination - final details will depend on demand so give a few preferences.

REMEMBER - All paddlers, whatever standard, are welcome to the Thursday evening time trial at Princes Bridge, 6.30 pm. Start in handicapped groups from the rowing tower (south bank) to Herron Island and return, 35-40 minutes.

by Laurie Atkins

Readers of this column will be aware of the Touring Committee's involvement with many natural resource and recreation management plans over the years. There is useful and important work to be done in this area but the Committee does not carry out this work in isolation. Importantly it needs to be able to canvas the views of touring canoeists and the other standing committees to ensure that the views which are put forward are representative of constructive management of the canoeing resources of the State as well as consistent, or at least not inconsistent with, the stance taken by the Association in other areas. It would be hoped that other Committees would feel the same.

The primary difficulty in establishing this consultation within the Association is often in the short time-lines which the various enquiries operate under. The following enquiries are active;

Snowy River Management Plan (Department of Conservation and Natural Resources) - Submissions close 30 September 1993

The key feature of this management plan is that it proposes a permit system for canoeists and rafters to control their numbers during December and Easter in order to preserve the wilderness experience of the Snowy River. A preliminary analysis of the implications of the plan on canoeing has been circulated and there will be a workshop on the 15th of September. All VCA clubs would have been sent the notice for this. Details of the final submission will be put in Paddler.

Marine and Coastal Special Investigation (Land Conservation Council) - Submissions close 29 October 1993

This special study aims to identify the important features of the coast and marine environment in Victoria and to establish planning guidelines to ensure the preservation of such important features. The submission will take the form of a "capability analysis" of the Victorian coastline to provide a full range of canoeing experiences in perpetuity. The preliminary analysis will be circulated to selected sea canoeists and the Victorian Sea Kayak Club. Contact is invited from other interested canoeists.

Review of Educator Dredging in Victoria (Natural Resources and Environment Committee).

The Committee was contacted and asked what number of canoeists were in Victoria and which streams were popular for canoeists.

Land Conservation Council, in following up an issue raised in an earlier submission, contacted the Touring Committee to ask what the experience of canoeists was with deer hunters.

Publications Department

Marine Board of Victoria (April 1993) Vessel operating and zoning rules for Victorian waters. This book details the general rules and lists the local rules governing approximately 160 specific waterways. The waterbodies comprise waters navigable by larger craft. This is typically large rivers, lakes and reservoirs. Of particular interest to canoeists might be the information concerning on which water bodies motorised craft are prohibited and which water bodies are closed to boating. Also included are the regulations exempting canoes and kayaks from carrying certain prescribed equipment.

East Gippsland Water Review

A report has been made to the Minister but it has not yet been made public. Exactly what the recommendations are and which ones will be supported is not yet known. However, it is anticipated that the report will reflect the attitude and approach to canoeing that was evident in the first report and public hearings. It would appear likely that canoeing and even recreation generally has been discounted as a water related activity of importance to East Gippsland.

In some ways this is acceptable. The water which has been stored in dams becomes available at a substantial cost and the main consumers are able to purchase the water at the going rate. Why should water be provided to a minority interest group at such a community cost? It is hard to argue with a cost of approximately \$1.5M/gigalitre (\$1400/ML).

An important part of the East Gippsland Water Review was to revisit the entitlements for water from the Thomson/Macalister System. Basically the water entitlement has been split three ways between the Thomson and the Melbourne drinking water. Gippsland Irrigation and the environment. Drinking water is diverted away from the catchment and is therefore not available for canoeing. Irrigation water will be released downstream but not in quantities which would make the Thomson more than marginally canoeable. Cowart Weir can only divert a limited flow into the irrigation system. The allocation of water for the environment takes a number of forms. Water allocated for the environment downstream of Cowart may require high flows from Thomson, but they would be very marginal. There has been suggestions that channel maintenance flood need to be established annually to ensure the

health of the physical character of the stream. The proposal is for a 1,980 Megalitres/day flow for a period of five days to be coordinated with the rising river levels between April and November. Clearly, canoeists will be able to take this opportunity to briefly paddle the river in something like its former glory. The arrangements for hydroelectricity generation results in certain volumes being released down stream from Thomson. Whether a higher or lower volume is permitted to pass through the turbines is dependent on the level of Thomson Reservoir. The agreements are only in operation until the water of the system is fully committed, which is anticipated around the year 2000. There is an issue with logging the Thomson Reservoir Catchment. Logging reduces the effective runoff in the catchment and therefore may affect yield of the reservoir. The extent to which this becomes an important factor depends on the proportion of the catchment regrowing after logging.

Finally the Aberfeldy will provide the only uncontrolled flows and will be responsible for the provision of canoeing flows. Where these flows can be used for irrigation and environmental flow, the amount required to be released from the dam will be reduced.

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DOWNSTREAM

ADVANCED OUTDOOR FIRST AID
RED CROSS - GENERAL INFORMATION

Cost:- Per person is \$350.00 which includes all meals, accommodation and course fees.

Course Content

The Advanced Outdoor First Aid Course is a specialised course designed to provide successful applicants with the knowledge and skills to deal with a range of first aid situations in an outdoor or remote setting where medical aid may not be readily available.

Topics covered in the course include:

Revision of general first aid and resuscitation skills.
Recognising and dealing with specific first aid and medical conditions

- Advanced resuscitation
- Patterns of assessment
- Practical decision making.
- Problem solving/conflict resolution.
- Communication Skills.
- Casualty handling/evaluation.
- First aid kits.

Prerequisites

Intending students must be at least fifteen years of age, hold a current Senior First Aid Certificate or equivalent and will be required to complete a self evaluation workbook prior to the course. This workbook is aimed to assist students to refresh their general first aid skills. Students will also require a current copy of the Australian Red Cross First Aid Manual.

Evaluation and Certification

Proficiency is assessed at the completion of the course by a written and practical assessment. Upon successful completion of these course assessments, participants will receive an Australian Red Cross Advanced Outdoor First Aid Certificate together with an Advanced Resuscitation Certificate.

Participant Numbers

The number of participants is to be kept to a manageable number in order to give the maximum possible involvement for all participants.

Minimum number 12 students maximum number 15 students.

Bookings and Enquires

To book the course contact:
Health Safety Education Department
Australian Red Cross, Victoria
P.O. Box 536, SOUTH MELBOURNE. 3205.
Tel: (03) 685-9990

BORED OF CANOE EDUCATION

After nearly five years with the Board of Canoe Education I have decided it's time to move on. I have always had a concern about administrators who lose contact with what's happening in the field and I have decided that before I become too comfortably entrenched in my office duties it is time to move on. It is as much for the V.B.C.E., who I feel need new people and new ideas on a regular basis, as for my own interests. I have enjoyed my time with the Board immensely, the friendships I have formed here will stay with me for a long time.

I leave at an exciting time with a restructure of the V.C.A. and hopefully a new direction for the future.

I wish the V.C.A. and especially the Board of Canoe Education all the best for the future and I hope that on my return I can once again offer my services, that's if my instructors award is still current, whose idea was that in the first place.

You are all by now quite used to my style of writing, I have asked Robin, my partner in crime, to write this, the last CanoEd under my responsibility, to offer some relief.

So if you wish to hear where we go from here read on.

MAIN STORY

How to plan an escape from 332 Banyule Road, Viewbank.

Michael was barely in the door, mumbling poor excuses for the three-month postal drought I'd just endured, before he had begun planning the epic canoeing trip - and this time we were both going.

I'd been planning an extended overseas trip anyway, and as we'd decided roughly half an hour ago to get married, we thought it would work better if we had the same destination.

It wasn't hard to sell me on the idea.

I knew a canoeing expedition would provide a great angle to sell stories on all kinds of topics, at the same time as offering a view of countries and cultures that I would never see as a tourist.

Michael agreed, and thought it would also be a great opportunity to present a different account of some of the

countries we would visit, which were often the victims of stereotyped reporting.

India had already been at the top of my itinerary and Michael had convinced me that the only danger I would face in Syria was of being overfed by well-meaning locals, so they both became part of the plan.

Then, somehow, Sudan got slipped onto the itinerary when I wasn't looking and I began to have grave concerns about how much back-packing through Europe I was going to be able to fund after we'd traipsed over most of the globe.

This was the topic of several discussions actually, and anyone who's tried having similar discussions with Michael will be able to surmise how successful my European campaign was.

Until, that is, one night while Michael was giving a Basic Skills theory session and I sat at home, sulking with my maps of Europe.

Staring at the atlas, I was struck by a lightning bolt of inspiration. Look at all those rivers!!!! Why hadn't it occurred to me before? Michael will say yes to anything that involves even the slightest trickle of moving water.

And he did.

We had already lined up work in France, so there was no great compulsion to choose a river there.

The Danube ran rather conveniently right through the middle of the home town of two of my favourite people, whom I'd met during an exchange program in America seven years ago and still keep in touch with.

It also cut a large swathe through a portion of Europe that boasts an enormous cultural diversity - not always to its benefit though, it seems.

The recent events in what we used to know as Yugoslavia have meant that since the original plans were laid, part of the Danube has been blockaded to river traffic.

We won't be certain whether we will be able to paddle the entire river or be forced to leave out a section in the middle until nearer the time when we begin that leg of the journey.

So, by this stage, the grand plan had become rather more grand than our pooled resources, so we decided we'd search for sponsors, at the same time as cutting back living expenses to a mere pittance - just in case.

Countless hours were spent in front of a computer to produce what we've lovingly come to call the submission from hell.

Copies were then duly sent to all the big names in the fields of travel, outdoor equipment and canoe manufacture, all of whom we were more than willing to jump through flaming hoops for.

In time it became obvious that it was just as well we had given up life's little luxuries. Times were tough and no-one wanted to know us.

Still, we were relatively relaxed in the knowledge that we'd adopted the lives of paupers early enough to fund the trip ourselves.

Of course, that was before we learned that I would have to have surgery to remove a dodgy looking lump where good lumps shouldn't be.

I can honestly say that before thoughts of rampant cancer and my own mortality even entered my head, I'd dragged out the calculator to see how enormous the hole in our finances would be at the end of that little exercise.

Luckily, I was scheduled for surgery the very next day and, all having turned out just fine, I happily handed over the wads of cash, vowing not to worry about money. Anyway, surely it's not necessary to eat every day.

When we weren't prostrating ourselves at the feet of corporate giants, we spent a lot of our time fielding requests from people who wanted to sign on for the expedition.

For my part, the requests generally came from frustrated colleagues, sick of the new smoke-free working environment and the Melbourne winter. However, people who told me how well they could "row" a canoe were obviously out of the running before they'd even taken their size nines out of their mouths.

Despite this, the party has grown from two to three; and no, I am NOT planning to give birth to a Higginson baby halfway down the Euphrates!

Our new addition is Rob Scott, who may be known to some readers, some of whom still carry a fond memory of his last night in Melbourne spent largely gazing up at the stars (Michael assures me it will raise a smile for those in the know. If anyone, like me, is scratching his/her head; I guess you just had to be there).

Rob initially signed on for the Indian leg of the expedition. Later, he concluded the horror stories Michael had told about my temper and fondness for threats involving sharp kitchen implements could not be

true (sorry Rob, they are) and decided to stick with us to the bitter end.

Dejected and continually rejected by possible sponsors everywhere (some people just don't know when to give up) we stuck doggedly to our plan; though I've lost count of how many times I've looked up from my calculator (during another vain attempt to add and subtract funds and expenses and come up with a more favourable result) to wail pitifully: "Why doesn't anybody love us?"

This was about the time that the black clouds should be broken apart by a beam of golden light, wasn't it (during a Melbourne winter? I don't think so?)

Well, this cynic had to eat her words.

Kodak, God bless their little logo, phoned with an offer of valuable support, closely followed by Lawrie Shem of Canoe Sport South Australia, who said he had been able to interest New Zealand canoeing accessories manufacturers Day Two in our expedition.

Day Two has since offered to outfit the three of us for the duration of the expedition with a full range of their top of the range products, as well as replace any gear we may damage along the way.

Lawrie must have been feeling the need to appease some gods somewhere, because before we'd had time to thank him for pointing Day Two in our direction, he'd donated one boat and offered two more at prices that we know leave him virtually no profit margin.

The joy turned to panic momentarily when we found out exactly what it would cost to ship the boats around the world with us.

Again, just before the ulcer was declared inoperable, a solution was found.

Concorde Travel, Melbourne, who have taken care of all our initial travel arrangements, odd requests and excited badgering in general, worked out agreements with Singapore and Royal Jordanian Airlines to fly the boats for free.

The hours of preparation, constant dead ends and disappointments, financial concerns and practical quandaries have largely been left out of this report because, I am glad to say, we are past them now and know that we are secure in our plans.

The degree of security we now have is largely due to the generosity of our sponsors. Their contributions make the difference between a mishap putting the expedition's future under a cloud and the knowledge that the unexpected will bring nothing worse than a slight delay.

Expedition Itinerary

November 1993 India Cauvery river-one of the most sacred rivers to India's hindus.

February 1994 Syria Euphrates river-cradle of civilisation in the Middle East.

September 1994 Europe Danube river-a river of major significance to the development of Europe.

December 1994 Africa Nile river-the lifeline of ancient Egypt.

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SPRINT RACING WORLD RECORDS

The following information was taken from a list prepared by Prof. Dr. J. Lenz, a member of the International Racing Committee from 1976 to 1990.

WORLD RECORDS

K1	M	200m	0.33.98	1992	FRA	Lasak	Szeged*
C1	M	200m	0.38.69	1992	HUN	Kolonicz	Szeged*
K1	W	200m	0.39.10	1992	HUN	Koban	Szeged*
K1	M	500m	1.39.10	1986	HUN	Czipes	Moscow
C1	M	500m	1.49.05	1989	URS	Sliwinski	Paris
K1	W	500m	1.45.82	1991	ITA	Idem	Szeged
K2	M	500m	1.28.27	1992	GER	Bluhme / Gutsche	Barcelona
C2	M	500m	1.38.27	1989	POL	Golias / Lbik	Paris
K2	W	500m	1.40.29	1992	GER	Portwich / von Seck	Barcelona
K4	W	500m	1.31.73	1992	HUN		Szeged
K4	M	500m	1.20.78	1989	URS		Paris
C4	M	500m	1.30.21	1989	URS		Moscow
K1	M	1000m	3.32.16	1990	GDR	Krentz	Szeged
C1	M	1000m	3.52.51	1988	ROM	Macarencu	Duisburg
K2	M	1000m	3.11.62	1989	GDR	Bluhm / Gutsche	Plovdiv
C2	M	1000m	3.29.03	1982	URS	Osatschin / Klementjev	Copenhagen
K4	M	1000m	2.54.18	1991	GER		Barcelona
C4	M	1000m	3.15.76	1989	URS		Moscow
K2	W	5000m	18.33.63	1991	HUN	Donusz / Meszaros	Duisburg
K1	W	5000m	21.25.47	1991	HUN	Koban	Szeged
K2	M	10000m	35.52.93	1991	NOR	Holmann / Ribe	Duisburg
K1	M	10000m	39.17.45	1991	USA	Barton	Duisburg
C2	M	10000m	39.16.93	1991	DEN	Nielson / Fredrikson	Duisburg
C1	M	10000m	46.19.77	1991	HUN	Bohacs	Szeged
K4	M	10000m	34.24.01	1991	GER		Szeged

* First test - unofficial

These are the best winner times during finals of ICF racing events from 1975 to 1992. In 1992 competitions at Szeged, Duisburg, Barcelona, Mechelen and Roundice were considered.

K1 Women 500 metres

1.	1991	ITA	Idem	Szeged	1.45.82
2.	1991	HUN	Koban	Duisburg	1.50.41
3.	1992	GER	Schmidt	Barcelona	1.51.60
4.	1988	GDR	Schmidt	Duisburg	1.51.70
5.	1989	URS	Sawenkov	Paris	1.51.88
6.	1992	POL	Dilewska	Mechelen	1.52.05
7.	1986	BUL	Geschewa	Paris	1.52.38
8.	1992	HUN	Koban	Szeged	1.52.48
9.	1990	FGR	Borchert	Brandenburg	1.52.60
10.	1982	POL	Dilewska	Moscow	1.52.60

K2 Women 500 metres

1.	1992	GER	Portwich / von Seck	Barcelona	1.40.29
2.	1988	GDR	Schmidt / Nothnagel	Duisburg	1.40.83
3.	1989	URS	Salviakova / Sawenkov	Paris	1.40.93
4.	1984	GDR	Fischer / Kuhn	Copenhagen	1.41.20
5.	1991	HUN	Donusz / Mescaros	Duisburg	1.41.71
6.	1986	BUL	Geschewa / Paliska	Paris	1.42.12
7.	1987	GDR	Schmidt / Nothnagel	Duisburg	1.42.13
8.	1992	GER	Portwich / von Seck	Mechelen	1.42.29
9.	1989	GDR	Nothnagel / Singer	Plovdiv	1.43.17
10.	1991	GER	Poprtwick / von Seck	Paris	1.43.21

Sprint Racing World Records (cont'd)

K4 Women 500 metres

1.	1992	HUN		Szeged	1.31.73
2.	1987	HUN		Szeged	1.32.78
3.	1989	GDR		Plovdiv	1.32.90
4.	1986	GDR		Brandenburg	1.32.95
5.	1988	GDR		Duisburg	1.33.01
6.	1986	HUN		Montreal	1.33.82
7.	1989	HUN		Paris	1.34.09
8.	1989	GDR		Nypoking	1.34.46
9.	1980	GDR		Brandenburg	1.34.60
10.	1983	GDR		Mechelen	1.34.65

K1 Women 5000 metres (from 1989)

1.	1991	HUN	Koban	Szeged	21.25.47
2.	1992	GER	Borchert	Szeged	21.38.84
3.	1990	HUN	Koban	Szeged	22.05.41
4.	1990	FRG	Borchert	Duisburg	22.08.41
5.	1989	GDR	Borchert	Plovdiv	22.15.80
6.	1991	ITA	Idem	Paris	22.30.70
7.	1990	FRG	Borchert	Poznan	22.34.17
8.	1989	POL	Dilewska	Duisburg	22.36.35
9.	1992	AUT	Profanter	Mechelen	23.04.51
10.	1990	ITA	Idem	Nykoping	23.12.71

K2 Women 5000 metres

1.	1991	HUN	Donusz / Mescaros	Duisburg	18.33.63
2.	1992	GER	Portwich / von Seck	Szeged	19.56.08
3.	1991	HUN	Donusz / Mescaros	Szeged	20.10.21
4.	1990	GDR	Portwich / Rabenow	Szeged	20.20.30
5.	1989	ROM	Hertae / Bitulianu	Duisburg	20.25.28
6.	1989	GDR	Portwich / Bunke	Plovdiv	20.27.00
7.	1990	GDR	Bruckner / Geist	Moscow	20.30.50
8.	1990	GDR	Portwich / von Seck	Duisburg	20.39.49
9.	1991	GER	Portwich / von Seck	Paris	20.43.82
10.	1990	GDR	Portwich / von Seck	Poznan	20.46.63

K1 Men's 500 metres

1.	1986	HUN	Czipes	Moscow	1.39.10
2.	1992	USA	Bellingham	Mechelen	1.39.65
2.	1991	HUN	Gyulay	Szeged	1.39.69
4.	1991	CAN	Crichlov	Duisburg	1.40.27
5.	1992	FIN	Kolehmainen	Barcelona	1.40.34
6.	1989	URS	Plitkin	Paris	1.40.36
7.	1988	GDR	Bluhm	Duisburg	1.40.75
8.	1990	USA	Herbert	Duisburg	1.40.76
9.	1990	BUL	Dutschew	Szeged	1.41.48
10.	1989	AUS	Hunter	Plovdiv	1.41.65

K2 Men's 500 metres

1.	1992	GER	Bluhm / Gutsche	Barcelona	1.28.27
2.	1989	FRA	Lasak / Lancereau	Paris	1.28.93
3.	1991	GER	Bluhm / Gutsche	Duisburg	1.30.31
4.	1991	GER	Bluhm / Gutsche	Szeged	1.30.67
5.	1989	GDR	Bluhm / Gutsche	Brandenburg	1.30.68
6.	1992	DEN	Nielsen / Stahl	Mechelen	1.30.92
7.	1992	GER	Bluhm / Gutsche	Roudnice	1.31.34
8.	1992	HUN	Rajna / Advovicz	Szeged	1.31.39
9.	1986	GDR	Wohllebe / Fischer	Stockholm	1.31.40
10.	1990	GDR	Bluhm / Gutsche	Szeged	1.31.55

Sprint Racing World Records (cont'd)

K4 Men's 500 metres

1.	1989	URS		Paris	1.20.78
2.	1989	URS		Plovdiv	1.22.50
3.	1986	GDR		Stockholm	1.22.50
4.	1982	URS		Copenhagen	1.22.50
5.	1990	HUN		Szeged	1.22.73
6.	1986	GDR		Copenhagen	1.22.76
7.	1991	GER		Duisburg	1.22.95
8.	1987	URS		Duisburg	1.23.21
9.	1991	GER		Paris	1.23.25
10.	1992	GER		Szeged	1.23.39

K1 Men's 1000 metres

1.	1990	GDR	Krentz	Szeged	3.32.16
2.	1992	ROM	Popescu	Szeged	3.32.25
3.	1991	DEN	Nielsen	Duisburg	3.32.84
4.	1990	NOR	Holman	Poznan	3.33.18
5.	1989	GDR	Krentz	Brandenburg	3.33.29
6.	1992	NOR	Holman	Mechelen	3.33.51
7.	1990	USA	Barton	Duisburg	3.33.82
8.	1988	GDR	Wohlebe	Duisburg	3.34.04
9.	1991	NOR	Holman	Paris	3.35.19
10.	1989	GDR	Krentz	Nykoping	3.35.94

K2 Men's 1000 metres

1.	1989	GDR	Bluhm / Gutsche	Plovdiv	3.11.62
2.	1989	POL	Bobreschow / Veta	Paris	3.12.45
3.	1988	GDR	Behling / Krentz	Duisburg	3.13.06
4.	1992	GER	Bluhm / Gutsche	Mechelen	3.13.44
5.	1991	GER	Bluhm / Gutsche	Paris	3.15.46
6.	1992	HUN	Czipes / Abraham	Szeged	3.15.91 ?
7.	1989	GDR	Bluhm / Gutsche	Brandenburg	3.15.73
8.	1990	GDR	Bluhm / Gutsche	Poznan	3.15.77
9.	1992	GER	Bluhm / Gutsche	Barcelona	3.16.10
10.	1992	SWE	Olsson / Sundquist	Duisburg	3.16.12

K4 Men's 1000 metres

1.	1992	GER		Barcelona	2.54.18
2.	1991	GER		Barcelona	2.54.31
3.	1989	HUN		Plovdiv	2.55.30
4.	1990	HUN		Szeged	2.55.41
5.	1982	SWE		Copenhagen	2.56.08
6.	1988	GDR		Duisburg	2.56.32
7.	1992	HUN		Szeged	2.57.04
8.	1986	GDR		Brandenburg	2.57.13
9.	1992	GER		Mechelen	2.57.25
10.	1990	GDR		Duisburg	2.57.33

K1 Men's 10,000 metres (From 1989)

1.	1991	USA	Barton	Duisburg	39.17.45
2.	1991	HUN	Petrovics	Szeged	40.51.25
3.	1990	USA	Barton	Duisburg	40.54.97
4.	1991	USA	Barton	Paris	41.54.73
5.	1989	CSR	Szabo	Duisburg	41.57.65
6.	1992	USA	Barton	Mechelen	42.05.98
7.	1990	FRA	Boccaro	Poznan	42.24.03
8.	1990	CSR	Szabo	Szeged	42.37.55
9.	1989	CSR	Szabo	Plovdiv	42.48.94
10.	1990	URS	Kirsanov	Nykoping	43.36.92

Sprint Racing World Records (cont'd)

K2 Men's 10,000 metres (From 1989)

1.	1991	NOR	Holmann / Ribe	Duisburg	35.52.93
2.	1989	FRA	Boccara / Boucherit	Duisburg	37.35.61
3.	1991	HUN	Szabo / Horvath	Szeged	38.02.99
4.	1990	ITA	Scarna / Luschi	Duisburg	38.39.63
5.	1991	FRA	Boccara / Boucherit	Paris	38.58.69
6.	1992	ITA	Luschi / Scarpa	Mechelen	39.06.57
7.	1990	HUN	Lazlo / Gots	Szeged	39.08.72
8.	1989	HUN	Abraham / Hodosi	Plovdiv	39.24.99
9.	1990	GBR	Lawler / Barne	Poznan	39.48.10
10.	1990	DEN	Nielsen / Koch	Nykoping	40.34.98

K4 Men's 10,000 metres (From 1989)

1.	1991	GER		Szeged	34.24.01
2.	1990	HUN		Szeged	35.11.35
3.	1990	URS		Poznan	35.21.86
4.	1992	GER		Paris	35.37.98
5.	1990	URS		Moscow	36.18.84
6.	1992	POL		Mechelen	36.18.34
7.	1990	CUB		Mexico	39.48.94

C1 Men's 500 metres

1.	1989	URS	Sliwinski	Paris	1.49.05
2.	1988	GDR	Heukrodt	Duisburg	1.50.08
3.	1984	POL	Lbik	Poznan	1.50.48
4.	1991	URS	Slivinski	Duisburg	1.50.57
5.	1986	GDR	Heukrodt	Stockholm	1.50.60
6.	1992	BUL	Buchalov	Mechelen	1.50.82
7.	1992	BUL	Buchalov	Barcelona	1.51.15
8.	1990	HUN	Szabo	Szeged	1.51.35
9.	1986	GDR	Heukrodt	Brandenburg	1.51.73
10.	1989	GDR	Heukrodt	Moscow	1.51.80

C2 Men's 500 metres

1.	1989	POL	Golias / Lbik	Paris	1.38.27
2.	1989	URS	Shurowski / Renaiski	Moscow	1.39.50
3.	1986	GDR	Heukrodt / Schuck	Stockholm	1.40.20
4.	1992	DEN	Nielson / Fredrikson	Mechelen	1.40.60
5.	1982	YUG	Ljubek / Nisovic	Belgrade	1.40.80
6.	1989	URS	Shurowski / Renaiski	Plovdiv	1.40.90
7.	1988	BUL	Bojidow / Slawow	Duisburg	1.40.91
8.	1991	GER	Papke / Spelly	Duisburg	1.40.93
9.	1985	HUN	Sarusi / Vaskuti	Mechelen	1.41.36
10.	1992	EUN	Masseikov / Dovgalenok	Barcelona	1.41.54

C4 Men's 500 metres (From 1989)

1.	1989	URS		Moscow	1.30.21
2.	1989	URS		Plovdiv	1.31.10
3.	1989	FRA		Paris	1.31.21
4.	1991	URS		Paris	1.32.42
5.	1991	URS		Duisburg	1.32.78
6.	1991	HUN		Szeged	1.33.87
7.	1990	URS		Moscow	1.34.17
8.	1989	CSR		Duisburg	1.35.31
9.	1989	CSR		Szeged	1.36.10
10.	1990	POL		Duisburg	1.36.13

Sprint Racing World Records (cont'd)

C1 Men's 1000 metres

1.	1988	ROM	Macarencu	Duisburg	3.52.51
2.	1986	ROM	Macarencu	Montreal	3.55.78
3.	1992	LAT	Klementjev	Mechelen	3.56.98
4.	1986	URS	Klementjev	Moscow	3.57.10
5.	1992	HUN	Pulai	Szeged	3.57.69
6.	1987	GDR	Heukrodt	Moscow	3.57.75
7.	1988	GDR	Schmidt	Brandenburg	3.57.88
8.	1986	URS	Klementjev	Szeged	3.58.81
9.	1986	GDR	Papke	Brandenburg	3.58.87
10.	1987	URS	Klementjev	Szeged	3.59.23

C2 Men's 1000 metres

1.	1982	URS	Osatschin / Klementjev	Copenhagen	3.29.03
2.	1988	GDR	Heukrodt / Spelly	Duisburg	3.29.13
3.	1986	GDR	Heukrodt / Schuck	Copenhagen	3.38.02?
4.	1986	GDR	Heukrodt / Schuck	Brandenburg	3.33.42
5.	1992	DEN	Nielson / Fredrikson	Mechelen	3.33.73
6.	1990	DEN	Nielson / Fredrikson	Szeged	3.33.83
7.	1989	URS	Shurowski / Renaiski	Moscow	3.34.42
8.	1987	URS	Gurin / Veschko	Moscow	3.34.49
9.	1982	URS	Osatschin / Klementjev	Brandenburg	3.34.71
10.	1989	URS	Shurowski / Renaiski	Mechelen	3.35.01

C4 Men's 1000 metres

1.	1989	URS		Moscow	3.15.76
2.	1990	BUL		Szeged	3.18.24
3.	1991	URS		Paris	3.19.50
4.	1989	URS		Plovdiv	3.19.74
5.	1990	URS		Moscow	3.20.00
6.	1991	HUN		Duisburg	3.20.78
7.	1990	BUL		Duisburg	3.22.03
8.	1989	BUL		Duisburg	3.23.04
9.	1990	URS		Poznan	3.24.74
10.	1991	HUN		Szeged	3.26.19

C1 Men's 10,000 metres (From 1989)

1.	1991	HUN	Bohacs	Szeged	46.19.77
2.	1992	HUN	Bohacs	Szeged	46.31.59
3.	1989	HUN	Bohacs	Duisburg	46.48.63
4.	1989	URS	Klementjev	Plovdiv	46.49.96
5.	1991	HUN	Bohacs	Paris	46.57.58
6.	1990	CSR	Bartunek	Duisburg	46.57.83
7.	1990	HUN	Bohacs	Szeged	47.30.58
8.	1992	ROM	Partnoi	Mechelen	47.58.50
9.	1990	HUN	Bohacs	Poznan	48.48.24
10.	1990	URS	Klementjev	Moscow	49.35.90

C2 Men's 10,000 metres (From 1989)

1.	1991	DEN	Nielson / Fredrikson	Duisburg	39.16.93
2.	1991	DEN	Nielson / Fredrikson	Szeged	40.27.53
3.	1989	DEN	Nielson / Fredrikson	Duisburg	41.25.78
4.	1990	DEN	Nielson / Fredrikson	Duisburg	41.27.63
5.	1989	DEN	Nielson / Fredrikson	Plovdiv	41.42.59
6.	1990	DEN	Nielson / Fredrikson	Szeged	42.42.52?
7.	1992	DEN	Nielson / Fredrikson	Szeged	41.54.89?
8.	1991	HUN	Gyulai / Petervari	Paris	42.58.20
9.	1990	DEN	Nielson / Fredrikson	Poznan	43.04.38
10.	1992	DEN	Nielson / Fredrikson	Mechelen	43.41.68

CALENDAR OF EVENTS

1993			
October			
2- 3	Marathon/Sprint - Bendigo Cup Bridgewater	Tony Misson	(054) 411-170
2- 4	Peregrine Spring Classic Jyndabyne NSW	Eric Ward	663-8611
9-10	Basic Skills Instructor Intake No.3	V.B.C.E.	459-4277
9-10	Slalom & Wildwater - Country Series No.5 FINAL Thomson River	Tony Baxter }	(059) 774-910
		Peter Freeman }	(051) 222-550
9-10	Advanced Whitewater Course	V.B.C.E.	459-4277
10	Shepparton C.C. Canoe Criterion	Tony O'Loughlin	(058) 221-410
16	Marathon - Red Cross Echuca Mini	Red Cross	685-9837
16	Marathon - Hawkesbury Canoe Classic 111 km.		
16-17	Basic Skills Course No.8	V.B.C.E.	459-4277
23	Polo - Finals Spring Competition State Swimming Centre	Stephen Simmons	882-2115
23-24	Senior Instructor (Inland) Assessment	V.B.C.E.	459-4277
23	Sprint - Footscray Regatta	Kevin Thomas	773-1703
23-24	River Rescue Programme	VCA Office	459-4277
24	Slalom - Yarra Slalom No.5 FINAL Warburton	Rodger Fenwick	876-1366
24	Ted Pace Memorial Canoe Race Footscray	Noel Hunter	749-1386
30-31	Polo - Glenelg Games Hamilton	Stephen Simmons	882-2115
31	Marathon - Swan Hill Murray Classic	Owen Hayden	(050) 324-878
31	Marathon - Bridge to Bridge Geelong	Peter Shorten	(052) 292-260
November			
6- 7	Skills Improvement Course No.4	V.B.C.E.	459-4277
7	Touring - Novice Tour	Rod Jones	723-5117
7	Marathon - Red Cross Yarra Marra Yarra Glen	Red Cross	685-9837
13-14	Marathon - Goulburn Classic Day 1 & 2	Zane Douglas	(058) 711-711
14	Proficiency Test No. 4	V.B.C.E.	459-4277
16	Basic Skills Course No.9	V.B.C.E.	459-4277
20	Sprint - Hazelwood Regatta	Kevin Thomas	773-1703
20-21	Slalom - Training camp & competition LaTrobe River	David Sharman	(056) 231-939
21	Marathon - Sale	Col Brown	(051) 345-422
21	David Champion Memorial Race		
26&28	Level 1 Course - Mildura	V.C.A.	459-4277
27	Marathon - Red Cross Barwon Mini Geelong	Red Cross	685-9837
27-28	Slalom - Life,Be in it Victorian Slalom Championships Dights Falls	Mark Swoboda	489-5328
27-28	Basic Skills Course No.10	V.B.C.E.	459-4277
December			
4	Skills Improvement Course No.5	V.B.C.E.	459-4277
4	Marathon - Murray 40 Yarrawonga to Cobram	Robert Schram	(058) 711-446
4- 5	Slalom - Canoes Plus Slalom Goulburn	Canoes Plus	816-9411
5	Touring - Novice Tour	Rod Jones	723-5117
8	Basic Skills Course No.11 Twilight	V.B.C.E.	459-4277
10-12	Polo - Pacific Canoe Polo Championships State Swimming Centre	Stephen Simmons	882-2115
11	Basic Skills Course No.12	V.B.C.E.	459-4277
12	Proficiency Test No.5	V.B.C.E.	459-4277
27	Marathon - Red Cross Murray Marathon	Red Cross	685-9837
1994			
January			
3- 7	Slalom & Wildwater - National Coaching Camp Tasmania	Jane Farrance	816-9411
8- 9	Slalom & Wildwater - National All Schools Championships Tasmania	Bob Boocock	(003) 301 454
8	Basic Skills Instructor Intake	VCA Office	459-4277
11-16	Slalom & Wildwater - Australian Championships Tasmania	Bob Boocock	(003) 301 454
15	Sprint - Ballarat Regatta	Kevin Thomas	773-1703
21-22	Slalom - Cataract Gorge Slalom Tasmania	Canoes Plus	816-9411

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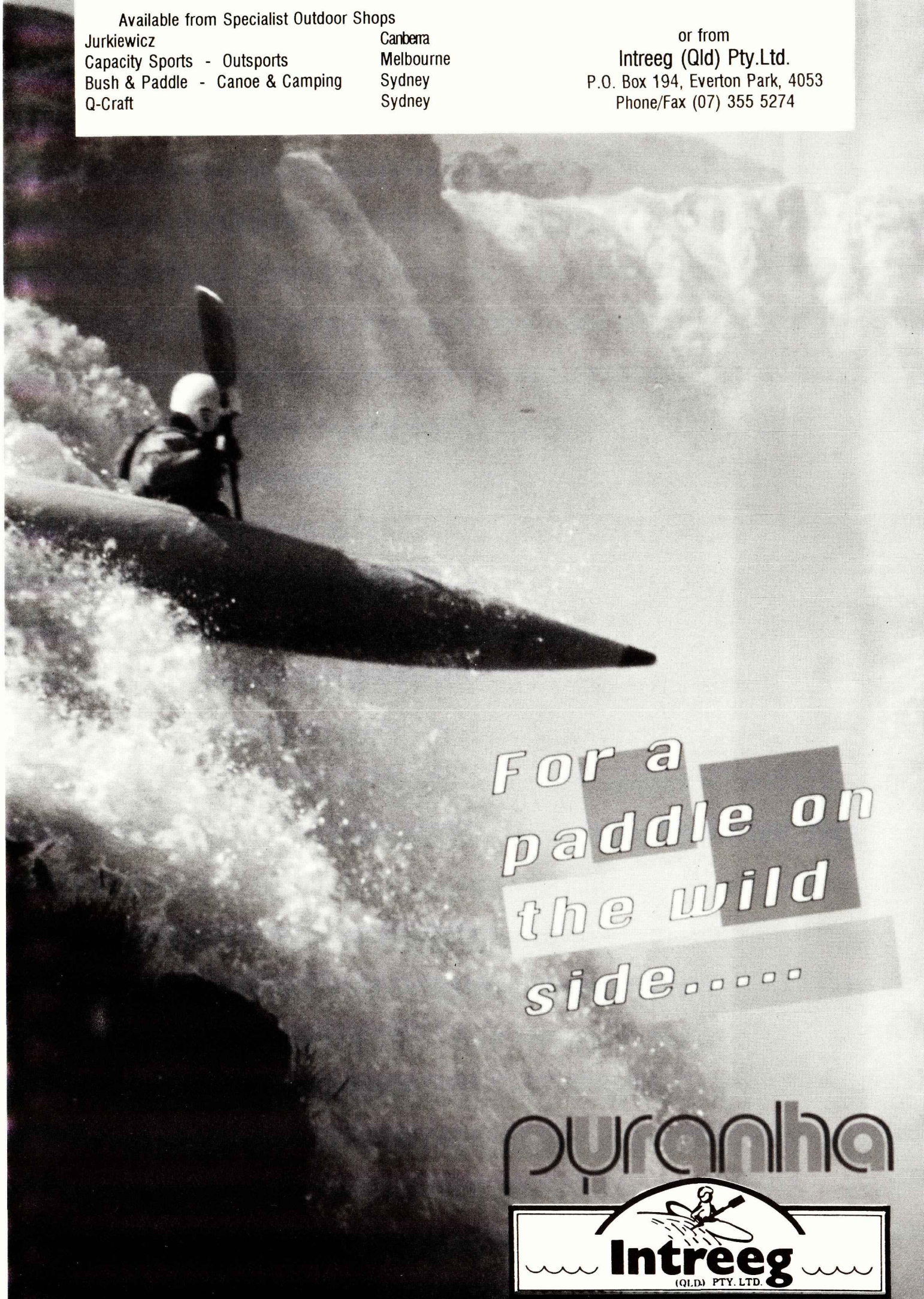
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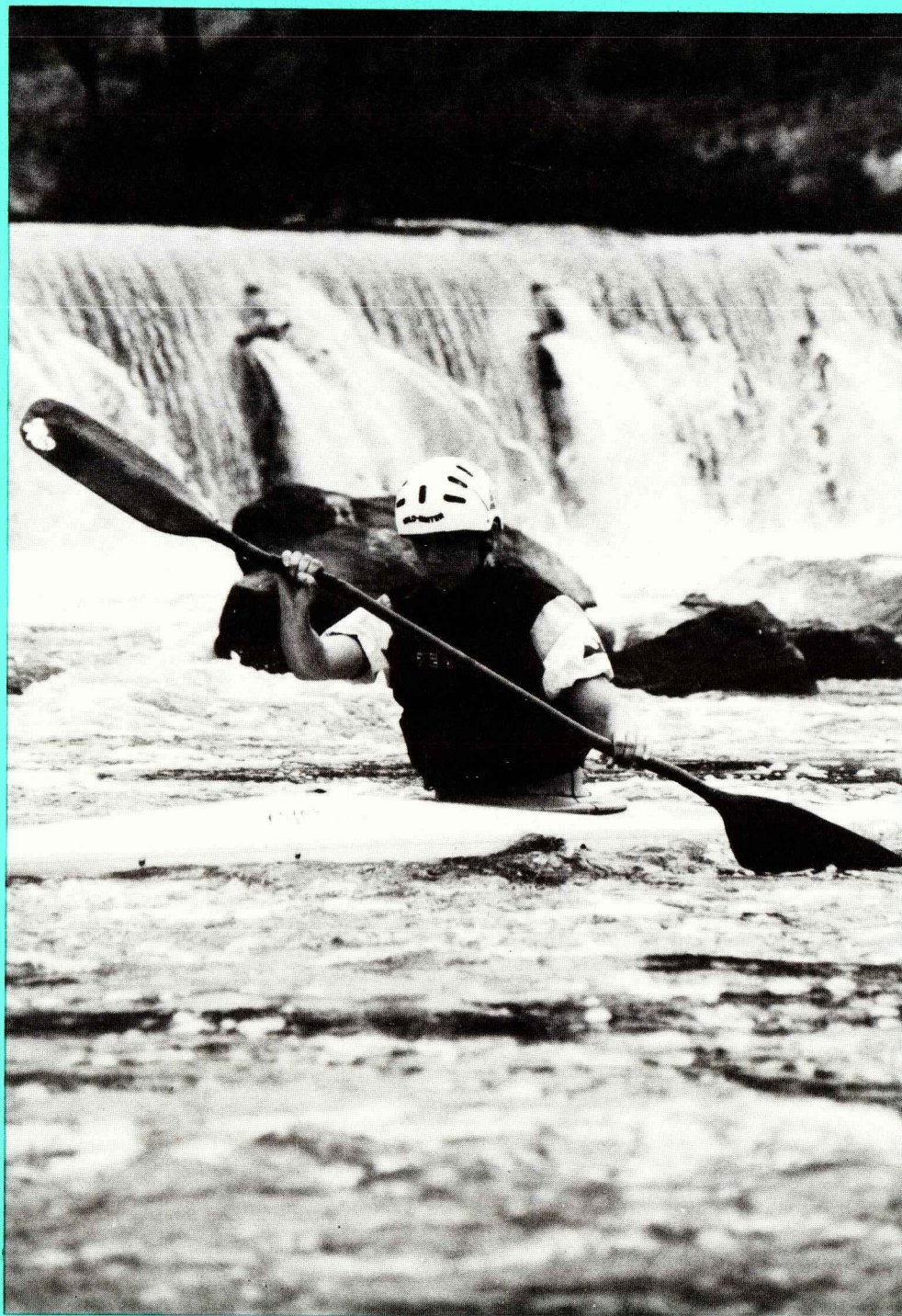




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