

Paddler

THE MAGAZINE OF THE VICTORIAN CANOE ASSOCIATION INC.



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THE VICTORIAN CANOE
ASSOCIATION INC.

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DEADLINE FOR NEXT ISSUE WILL BE FEBRUARY 28

FRONT COVER: Antony Morris in 18 yrs K1 practicing at the Australian Slalom
Championships
Photo: Roy Farrance

The ICI Red Cross Marathon this year saw a magnificent battle between the Uncle Toby's Iron Men and the Rural Water Corporation of Victoria teams in the International K1 Cup Teams Relay. The third team in this class to play a crucial part in the eventual result was the aptly named Underdog team.

The teams:

"Waterboys"

Greg Barrett
Cameron McMullan
Chad Meek
Andrew Stimpson

"Ironmen"

Trevor Hendy
Grant Kenny
Guy Leech

Clint Robinson

"Underdogs"

Tim Bates

Matt Beale
Pete Krautz

Craig Vipond

It may seem strange that the opening paragraph about a canoe race should include mention of three sponsors. This is obviously a sign of things to come and something that has been going on in this event for some time. The high profile of the men from Uncle ensured a strong media following and the closeness of the racing held their attention for the duration of the race. As a result, the race got more media coverage than the usual footage of the start and finish. Sponsors were happy and the way opens for even greater involvement of this kind in this and other canoeing events.

The Uncle Toby's boys were late partly because of the media circus. They would have missed their start except the opposing teams made it clear they

had come to race the best and would wait until lunch time to do this if necessary.

A comment from the crowd was seized upon by the media to blow out a few stories of aggro between the groups. Good for circulation but it meant the boys spent time in interviews hosting this down instead of educating the viewing and reading media about the absorbing and exciting nature of the sport we know and love. Media attention is a double edged sword and there is no telling where they will focus their attention next and the reason for this particular focus. This is a point canoeists would do well to consider.

The first day was very fast racing. The "Waterboys" tried to test out the resolve of the "Ironmen" by attempting to break away whenever a small opening presented itself. Greg Barrett had a big go at checkpoint A to capitalise on a good changeover against Grant Kenny. He managed to hold Kenny off for 10 minutes but learned the cool, professional approach he was facing.

Cameron McMullan took off hard at B to shake the commitment of Leech. He misjudged his own effort and was unable to maintain this burn. There were several other efforts in this leg but Leech showed his own endurance by grinding back each time. Pete Krautz, from the Underdogs, showed they were not to be underestimated by putting in the performance of the day and grinding back this pair by more than a minute and a half.

Chad Meek tried to crack Kenny in the short leg from C to D and Andrew Stimpson put his considerable endurance skills into finding out if Trevor Hendy was really as inexperienced in a kayak as we were led to believe. He most certainly was not.

When Andrew outsprinted Hendy to the finish line the race had left plenty

of questions to answer. The media circus surrounded Hendy to look for excuses while we notched up the scoreboard with one legend down and three to go.

One feature of our race was to plan how to approach each opposition paddle, to test them out to look for weaknesses to pressure them. The nature of the relay meant they were most vulnerable on the change. We felt we had better take advantage of these. Mostly this proved to be true and some of the best pieces of spectating came from watching the awesome power performances of Clint Robinson catching up on distance lost during changeovers.

The first deepwater changeover of a number we tried at A on the fourth day gave us an eighty metre break when Greg Barrett showed his boat control to remove his number from behind him and place it into Chad Meek's number slot whilst on the move. K1 paddlers will be aware of the skill needed to do this in such an unstable craft.

This was another of the changes to bring a huge Robinson pace response with acceleration, water spraying and the boat hardly touching the water. No-one is capable of resisting this surge.

The highlight of the second day came at the finish line. Clint Robinson against Chad Meek on that shallow right handed bend into the finish. Clint miscalculated and did not use his pace to take the lead coming into the turn. With Clint on the inside of the bend in shallow water, Chad held his line and left Clint up against the bank with no way to come around and use his speed to win. Legend number two down, two to go.

Needless to say Clint did not appreciate this very much and when Kanga met him racing into Echuca he at-

tacked for the lead about two kilometres out. It was obvious he had learned marathon racing tactics when he used a sea kayak to get Cameron off the wash one hundred metres from the line.

During the third day we also had the opportunity to see how good Leech and Hendy really were. We also had a chance to watch some top paddling from Underdog, Tim Bates during the second leg into Barmah.

Leech damaged his rudder, got out and repaired it and made up plenty of this distance with his hard, consistent grinding effort. He did this despite suffering from bad blisters from the second day.

Trevor Hendy took up the chase after a flying Chad Meek to pull back about a minute over 18kms. Hendy was later heard to say that he caught up one wave at a time, paced himself over the distance and that rolling over waves was his bread and butter. Who could deny this after watching some of his amazing Sunday afternoon efforts on Channel 10.

The fourth day saw our boys try to make their break at checkpoints but it became a bit of a stalemate really as we couldn't break away and they wouldn't take much of a lead. Kanga avenged his previous result by outsprinting Grant Kenny on the finishing line and Matt Beale featured in the sprint also. Matt put in some big turns in an attempt to keep the pace of the race fast enough to hurt Grant's finishing burst.

The start of the final day was notable because of the effort of Craig Vipond from the Underdog team. He had a real go from the start and spectators could see how valuable the racing experience had been for him. He got stronger as the race progressed and his racing became more aggressive and tactically astute. Three boats arrived at the first checkpoint together, three left together.

The real turning point of the race was to occur on the road to checkpoint C. Marathon land crew will recognise this as a hard spot to get to in a hurry because of the difficulty moving in the narrow roads. Our own plans had included our third paddler, Andrew Stimpson, travelling straight from the start to this checkpoint and missing Beta. We thought it was better to be there and wait, than to lose our cool in the traffic.

The Uncle Toby's boys thought they could drive there in time. Sitting behind them in the car, watching time tick by, we thought Trevor Hendy would need to run the last 300 metres to get to the water on time. He ran down there to hear a call from Grant Kenny that the other boats had arrived.

Guy Leech had to make the change on the outside of a wide sweeping bend leaving Hendy 100 metres adrift. The trouble was he had to catch Andrew Stimpson who had a sniff of glory and was flying with Pete Krautz. Pete is a quality paddler from Albury, a hard doer who thrives on racing and he was keen to test out the Iron Men himself. This pair worked together to hold off Hendy's attack and were succeeding well, until an attempted short cut cost Trevor his rudder.

The Iron Men finished a dejected bunch. Let's hope this disappointment brings them back again next year to finish what they started. There is no doubt they are quality athletes, excellent paddlers whose failure to take the initiative eventually cost them the race. I suppose it is hard to take control of a race where you lack real knowledge of what to expect. They know now.

The benefits gained from racing the Uncle Toby's Iron Men were many. As well as racing against each other our boys had the chance to exchange training ideas and to hear more on paddling techniques from Ron Robinson. Ron is an ideas man who was behind bringing the Uncle Toby's people into this race. The sponsors gained plenty of media attention, the

race was able to raise its public profile thanks to the paddlers from the surf, spectators were able to see some real athletes and understand that marathon paddlers are quality athletes too. Canoeing was the winner.

One thing that did stand out to those watching from close range is the time the Uncle Toby's Iron Men had to spend with children, spectators, the media and ourselves. They were always polite and handled themselves like the true professionals they are. I cannot remember seeing any small child going away without an autograph, a muesli bar or a bit of friendly advice. They were there for photographs with mum, dad and the kids. I even saw Guy Leech hold someone's dog to be photographed at one stage. They did this even when they were worn out from hard racing.

Red Cross and ICI are keen to continue these races and hope that our marathon team going to the World Championships will be able to entice a few overseas teams onto the Murray next Christmas.

I did hear a few criticisms about the media attention being given to one small group out of a whole race. Indeed, the relay paddlers did not complete the whole course as many other participants did but I defy these critics to show me any fitter athletes who train as hard and as completely as these people.

The point is that to gain a high profile for the sport we must attract the media's attention with our strongest, fittest and fastest athletes. Once there they will then be able to see some of the amazing feats of endurance, courage, bravery and determination which have become part of the Red Cross Marathon legend. Where we ordinary people raise ourselves above the ordinary, to meet the challenges of the Great Adventure. Where lifelong friendships are forged in the dirt of a marathon checkpoint.

STREUER - PETER SORENSEN

by Reg Hatch

West from Copenhagen across Sealand to join the mainland of Jutland. North past Horsens, the home of Birgitta Froberg and Barcelona Gold Medallist, sailor Steen Secher on narrow and well maintained roads to Hostelbro.

Hostelbro will bring some very windy memories to many of the older readers and even back to Martin Ralph and Peter Genders who competed on this course.

Just thirteen kilometres further north west and we arrive in the industrial town of Streuer.

Hans Christian Anderson described the Jutland beaches in bountiful terms - I don't believe they are remotely comparable with Australia's golden sands. Still speaking of this green island (Jutland) Anderson described the area as 'The head of land separating the Baltic and the Kattegat Seas from the North Sea.'

Streuer with its lakes and delightful harbour welcomes you with red and white flags in a show of patriotism we seldom see in Australia.

Streuer kayaks and canoes have been, and it is hoped will remain an institution that is around for a long time to come. Simply, they are beautifully hand made craft with a rich, if somewhat short history in Danish terms. The oldest lived in house in Denmark is a mere seven hundred years old - original dirt floors included.

Step from the small gravel car park through the half glass door and you step back to the time of the old shipwrights. To watch these workmen display man's ingenuity and skill with timber is to marvel at a disappearing facet of the old world. One of these boats could be made with no more instruments than a pair of scissors and some clamps. I would think any good

dressmaker could assemble the patterns to make a boat.

Peter Sorensen is the proprietor of Streuer Kayaks or more correctly;

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Denmark.

Tel: 0011.45.9785.1137.

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In Peter there is a strength of character and a nicer man you would not meet. Despite his middle years he already has a face that would have been famous during the Renaissance and would have been painted by many of the masters. His orange peel complexion and nonchalant tilt of the head hides, one suspects, a lot of pain. I suspect he smokes too much but is aware of this. Peter tends to shuffle with a stoop belying his years rather than walk. There is always the cheery welcome and there seems to be nothing that is too much trouble. There is no ageing of his mind and he is as sharp as a pin in conversations ranging through the languages. He has a beautiful open style house tucked away in a quiet spot not far from the factory. His wife works and they drive a lovely Audi 80, black in colour.

The chief designer at Streuer is a man who lives very near Lake Bagsvaerd in Copenhagen (the site of the 1993 WCs) and has worked for the company for more than forty years.

One of Samson's (the designer) main strengths is his conviction and dedication to make the best for the best. It is a healthy relationship between designer and athlete that has bore great delight for many competitors around the world. Samson is an ex competitor of note and a real hydrodynamics whiz. Thor Nielson has considerable contact with this somewhat reclusive man and Thor was responsible for the

design of the knife blade rudder you get with the Cleaver X. To get to see Samson you must row or preferably paddle to his house on the small island that gives him utter seclusion.

I had the opportunity to ask Peter Sorensen a series of questions, as follows:

Peter Sorensen - Married - born and raised very close to Streuer. Considers himself to have lived all his life in this very neat town - a Streuerite?

Peter started in the factory in August 1971. It was the same year the World Championships were in Belgrade. The next time the World Championships were held in Belgrade in 1978, Robbie Lee was eighth in the K1 1000 and John Sumegi was sixth in the K1 500. Prior to working at the factory, Peter underwent training as a bank clerk for five years in the area of exports and design. He worked his way up to a managerial position in the very area that would stand to be tested in years to come.

Peter never competed in canoeing and spent one of his early years experimenting in craft, but nothing except enjoyment came of the experience.

** I asked Peter about the apparent bending of the rules in areas of our sport, in particular boat design.*

He feels that the ICF must do something and indicated that a technical committee would be set up in October 1994.

** Did he feel there were political motivations involved with allowing some of the American boats, but not boats from New Zealand?*

He did not think there was any money involved, but questioned the changing ethical standards with the time honoured excuse of 'not in the spirit of competition'.

FACTORY

There are two parts to the Streuer factory - literally out the back they develop and make the canoes and up the front they make the kayaks. The same roof space caters for C1 - C2 - C4 - K1 - K2 - K4 plus all fittings and finishings. The pressure chamber in which the craft are matured and finished is also on site. The making of parts - footbars - seats - rudder wheels - floor boards - is a separate area as is the spray painting booth.

We were able to watch a boat start off as a paper pattern and quickly take shape on the various moulds in the factory. Staples, glue and that fabulous timber smell was a cocktail for undisturbed wonderment. It was like watching a time lapse camera as the boats evolved and developed.

** Whenever you and Samson design a boat it is copied around the world with ridiculously small changes that allows unscrupulous proprietors to get away with patent rules. How do you feel about this?*

It is disappointing, but I also think it is a case of copying the Rolls Royce - there is still only one original.

** How long does it take from start to finish to make a boat that you can put on the water and paddle?*

K1 / C1 - Three weeks
K2 / C2 - Three weeks
K4 / C4 - Four weeks.

** How many people work in the factory?*

Eight.

QUALITY CONTROL

Tage Madson is the man responsible for actually building and overseeing the production of the boats. Tage (Tay) has been on the floor for more than 20 years and works from Samson's drawings. He is responsible for the running of all aspects of this workshop. Tage is the second friendly face you meet in the factory. He has

children involved in the sport and has a keen interest in the performance of what he must see as 'his boats'. He exudes enthusiasm and just had to show me some photos of the Australian K4 with what he described as perfect technique. In fact Australian competitors played a significant role in the photo series - Martin Hunter and Clint Robinson are Streuer favourites and are bracketed with Thor Nielson.

** What sort of timbers are used in the craft?*

African Mahogany for the outside and skin - the middle layer is Nigerian Abachi - the inner layer is from African Mahogany also - sometimes we get this timber from Brazil.

** What about the glue used.*

It is industrial non toxic waterproof glue.

** Are there special requests when building a boat?*

Yes, for instance Knut Holmann gets his boat the same as all the others except that he does not want the hull polished.

** Do you see the craft you have developed competing with the fibreglass and composite boats in terms of sales and success?*

These boats are a threat but they are not what everyone wants.

There is something special about a wooden boat.

Van Dusen boats may not be legal after 1994 unless the rules change.

** What impact have the German and American boats had on business?*

Not a large impact at all - the greatest impact is the East European Countries. Since the disintegration of the Soviet Union the new countries cannot afford to buy our or our rival's boats.

** What have you in mind for new boats?*

The Fanfare (K2) will be different this coming year. The hull will be modified to give an increase in speed. The chine will be enhanced. The edges will remain square in line with legal requirements. The boat will not have as much height.

** Why did you stop making paddles?*

We never really made paddles just farmed our name out to a very good paddle maker.

** There seems to be some difference in the German boats from the old DDR boats.*

These boats are quite secret and are made under licence by the FES Company - this is the same company that made the radical bicycle for the Englishman Peter Boardman for Barcelona. The company is quite angry at not being able to sell the boats. These boats are expensive. The K2 will cost around DM50,000. It appears the Germans are also not happy with Van Dusen designs - it just may be that Kirton - Streuer and the Germans will get their way with design.

INJURY

Peter was just back from hospital where he was having a problem with his eye rectified - he could not see. The retina had dropped and they used laser and silicon to prop it up for attachment - I asked if it was a similar uplifting experience that some ladies have. He indicated that his beauty would need more than an internal implant.

** What about the threat of C1s being dropped from competition at world level?*

The break up of the Soviet Union will in fact save this part of the sport. It will be a little slow at first, but the numbers will pick up.

** How do your boats get their names?*

Samson names them as he goes. Many of the names are of Danish origin.



I would like to do a story on another significant figure in our international travel and racing in the next issue. Mr. Johan Blondelle - Haziewinkle - Belgium.

There is an original Pointer in our club at present and it looks like new, such is the care taken with the boat and the workmanship in the initial instance. Thank you very much to Peter for his time and as the quality of his craftsmen is as good as ever I hope you can see that the boats are not really expensive and if looked after will give you a lifetime of very enjoyable paddling.

Steve Wood / Clint Robinson / Ramon Anderson / Ian Rowling / Commander	Silver medal World Champs
Clint Robinson	Gold medal Olympic Games
Steve Wood / Grant Kenny	Bronze medal World Champs
Regina	Bronze medal Olympic Games
Peter Foster / Kelvin Graham	Bronze medal Olympic Games
Regina	Bronze medal Olympic Games
Ian Rowling / Ramon Anderson / Kelvin Graham / Steve Wood / Commander	Bronze medal Olympic Games

GREAT AUSTRALIANS
 Australians to benefit from wooden Streuer boats and a lot of very hard work are:

Our first Olympic Games were to be the much heralded 1936 Berlin Games. Only since 1970 has the ICF organized World Championships. The very first World Championships were held in 1938 in Waxholm in Sweden.

(ICF).
 Federation Internationale de Canoe Athens the IRK became known as sport held on the Seine. In 1934 in Olympic debut as a demonstration 1924 there was the IRK with our Austria and Germany) set up and in committee (Denmark - Sweden - and running. 1923 saw a working role in getting the ICF (the ICK) up time. Denmark played a significant they will be around for a very long timber boats and I for one hope that Streuer forms the basis for the tradi- man who lives by the rules of sport. Peter is a thoughtful and deep thinking

not mention influential.
 from this region and is rich and we will is the primary reason. Sergio Orsi is the ICF congress being held in Acapulco do with Mexico City and it may be that It may be that the racing has nothing to

** What do you think about the World Championships being held in Mexico? (This was a similar question asked of Rob DeCastella by Bruce McAveny recently and he answered in a similar diplomatic way, but still asked the hard question of - why we need to subject our athletes to Mexico?)*

ATTENTION PLEASE GO!

by Reg Hatch

The Pacific Polo Championships were held in Melbourne before Christmas.

The first Canoe Polo Nationals were held in 1978 at the famous Australian slalom site of Brady's Lakes in Tasmania.

Gail Songberg is believed to have played in every championship since that time, giving her a unique record - Gail has a brother (Kevin) who has been down the Brady's Lake course more times than he would care to remember - he was also an outstanding C1 International representative for Australia.

Has canoe polo benefited or suffered by new appointments? New National Coach Steve Bath has banned players from extra curricular activity and this means that the successful ladies team now has no coach - if anyone out there is interested you should contact the ACF office.

It was a shame there were no presentations made at these championships with visiting teams from NZ and Germany - who won what?

Tasmanian sprint and surf coach Jeremy Norton and wife, Marcelle, have completed a S.E.T. of children with the newly arrived Tom. Tom arrived at near 10 lb. and happy - Marcelle is well and Sam and Emma are delighted with their new brother.

It is great to see Clint Robinson doing so well in the surf and receiving all those accolades directed at his kayaking prowess. Along with Grant Kenny we are indeed blessed with ambassadors such as these.

Peter Genders will tie the knot in the new year. Peter has a novel reception

arranged and it will be held in Strahan - Tasmania.

I went to see Jarrod Fraser on Christmas day and he has improved remarkably. It appears to my untrained eye that he has recovered most of his function and is on the verge of speaking. Seeing Jarrod lying in that bed and looking so normal makes me, and I know his family feel the same, want to get him out of there and either home or on the water in the motor boat. Still his patience is holding - his family remain totally supportive and there are visual signs of improvement.

Thank you to those readers and supporters of Jarrod who took the time to either contact the family or send cards - you will never quite know what your support has meant.

Martin Ralph also continues to be very positive and recovery is well under way. Martin has more good days than bad now and that in itself is just great.

John Jacoby finished second to the current National 50 km champion in a downhill race over 54 kms from the highlands to the Political capital (no not Sydney). Where does this young man's talent stop?

John Jacoby will be married in June - will this slow him down?

Suzanne Gunnarson is pregnant and will have her baby just six weeks prior to the World Marathon Champs - she fully intends to race in Amsterdam.

Jacque Dundee had an unfortunate coming together with a car while riding her bike recently. Jacque suffered a broken arm which required surgery before plaster. She was just starting to go well too.

Murray Marathon: Did we really expect that two brilliant canoeists and two ironmen would really be a match for four trained canoeists? Guy Leach summed it up when he said this is totally new territory for he and Trevor Hendy. I trust we do not lose sight of how good this exposure will be for canoeing. These are four of the best known competitors in the country and our sport is benefiting - no matter what the result.

Similarly Tom Hafey and Michael Wilson are doing interviews and generally publicising the great benefits of our sport. It is a shame when the small minded among our fraternity resort to taunts about the media exposure these people receive. For mine they are just fantastic to do the race - to support the Red Cross - to finish - and to send that message to the masses who generally have little idea about this sport in any of its forms.

I took the opportunity to speak to Grant Kenny and Clint Robinson at the QLD regatta and they are disappointed, but not surprised at the attitude of a few - the really disappointing part was that one of the noted antagonists was a Victorian, and in my opinion should have known better.

These people will do this race again next year and I feel we can expect a better performance after seeing what has to be done. It will be great for Red Cross and canoeing if the organiser is able to engage the professionalism of these high profile sportsmen.

One wonders how the team that raced the Iron Men would have fared if a return match was held in the surf at Portsea??

Well done all round, I think the sport of canoeing has in no way suffered from this exposure and to have been victorious to boot is just fine.

Recently we received a forty page booklet on this race. The organising committee changed their race literature this year and produced this booklet to serve as the rule book and programme. Somehow Paddler has come to their attention and we received a copy of the book. Here is a short summary.

THE OBJECT OF THE RACE

To further the interest in long distance canoe racing and to encourage the design of canoes and equipment that are light, serviceable and easily transported over rough ground, yet suited to estuary conditions.

THE EVENTS

Senior doubles race this as a non stop event. For all other classes it is a four day event with specified start and finish locations for each day.

THE COURSE

The starting point is at Couch Lane Bridge, Devizes on the Kennet and Avon Canal. The course follows 54 miles of the canal and occasional stretches of the River Kennet to Reading where it joins and follows the River Thames for a further 71 miles. It includes the 502 yards long Bruce Tunnel at Savernake and 56 locks, all of which have to be portaged.

On the Thames, much of which must normally be negotiated in darkness, some assistance is gained from the current but most of the 20 locks must be portaged. Crews that successfully catch the tide may have as five knots assistance at the height of ebb tide, while those that miss the tide find it virtually impossible to make any headway against the flood stream. Hazards to be encountered include obstructions along the canal banks, steep and slippery banks, strong winds, weirs on the Thames, sub-zero temperatures at night, the heat of the sun by day, and finally the danger of being swamped and capsized by passing pleasure craft on the tidal stretches of the Thames. The finishing point is just downstream from Westminster Bridge, where an many exhausted canoeist has had to be lifted from their boat.

Specific mention is made of submerged rocks and stakes which occur in countless places. Special care is suggested when paddling beneath low bridges as head-height steel reinforcing girders underneath cannot be seen in the dark. Easter usually coincides with the nesting season for swans and many canoes have been capsized by irate parents protecting their young. Paddlers are advised to keep to the opposite bank or portage if a chase ensues. They are also advised not to retaliate with paddles as previously paddles have been broken during this manoeuvre.

No shortcuts through weir streams and backwaters are permitted.

All portages must take place on the towing path (except where otherwise instructed).

Crews may stop and camp immediately adjacent to the course, subject to the landowners consent. Apart from this, crews which depart from the course will be treated as having retired.

The record for senior doubles is 15.34.12 and the fastest time for the four day event is held by a junior K2 in 14.12.59. The fastest K1 time is 14.46.42.

CANOEES AND KAYAKS

Canoes and kayaks may be of any type but must be either singles or doubles. In order to qualify for the Canadian Trophy only single bladed paddles are allowed and rudders are not permitted.

All boats must contain sufficient buoyancy to support their crews in the event of a capsizing.

SAFETY OF CREWS

Competitors must be able to swim 100 metres in canoeing dress.

All competitors while paddling and portaging must wear a buoyancy aid which contains no less than 6 kilograms of up-thrust (before inflation).

Crews are not permitted to shoot any weirs.

Kayaks must carry spraydecks at all times and they must be used on nominated sections of the course.

COMPULSORY KIT

In addition to clothing worn by the crews at the start, the following items must be carried. Crews will not be permitted to start without these and the committee reserves the right to inspect for them at any stage throughout the race. Penalties will be imposed for items missing.

- Survival bag Penalty 30 mts
- Complete tracksuit or thermal 'wear with sleeves' 30 mts
- Emergency rations - 250g chocolate 500mls drink
- " 20 mts
- Spraydeck (kayaks) - Above Teddington 10 mts
- Below Teddington Disqualification
- Head covering capable of covering the ears Penalty 10 mts

Competitors in the Junior Doubles and Senior Doubles must carry additional items of compulsory equipment. This relates to the nature of their event, not because they are doubles.

continued over

DIET FOR THE D - W

by B. Greenaway

This article on Diet For The D - W came from the booklet mentioned earlier. We have published many articles on diet in earlier editions of Paddler, we print this one not as a recommendation but as another view on this important aspect improving performance. Ed.

Devizes to Westminster is probably unique as an event, in that it is actually possible to suffer from heat, exhaustion and hypothermia during the course of the same race. The two main problems to cope with regarding diet are firstly, dehydration and secondly, fuel supply for the muscles.

Most support crews underestimate the amount of fluid their crew requires. You should work on a minimum of half a pint of fluid per person per hour. For a crew taking 20 hours for the race it means that the support team will need to supply over 20 pints of liquid. The only way a crew will be able to ingest this fluid at the correct rate, ie little often, is by the use of drink bottles. You will need at least three bottles per crew member in order to keep them continually supplied. At most the body can only absorb about two pints of fluid per hour. On a hot day, not unknown on Devizes to Westminster, you can dehydrate over three pints per hour, so heat exhaustion can be a real possibility. Two things can affect your water uptake. Firstly the temperature of the drink itself. Cold drinks, 5°C are absorbed from the stomach at a significantly faster rate than tepid drinks, the second factor to consider is that glucose inhibits water absorption and very strong glucose solutions have an osmotic effect, ie they draw water from the blood to the stomach, thus exacerbating the problem of water loss.

So you will have to decide during the race what is more important. On a hot day water is the priority. On a cold day or night, a glucose solution is more important. On race day, you should hydrate about half an hour before you start with approximately three quarters of a pint of water. Glucose drinks must not be ingested in the two hours prior to the start - reasons for this will be given later.

A useful guide to whether or not you are dehydrated can be seen from the colour of your urine, it should be a pale straw colour - if it is darker you need fluid. The ideal glucose solution should be about 2.5% ie 2.5 grams of glucose per 100 mls of water. Flavoured with lemon or lime it helps alleviate the nausea many people feel when continually ingesting sweet drinks. However, everyone has their own tastes and a variety of flavoured drinks makes for a happier crew. It is much cheaper to make up your own drinks and it is not necessary to add salts to them. If you wish to use expensive electrolytic drink make sure they are diluted enough. If your crew complains of nausea or stomach cramps, it is often because the glucose solution is too strong.

In theory, you have adequate fuel supplies for the race in the form of stored carbohydrate (glucose), approximately 1.5 hours and fat stores, over 60 hours. The fuel for high intensity effort is glucose and for low intensity, fat. Although you should note that fat never meet all your energy needs, you need a certain amount of carbohydrate in order to metabolise it. Fat also requires more oxygen than carbohydrate to release the same amount of energy, which is why your work rate drops when you have run out of glucose stores. If you run out of carbohydrate stores, in order to keep the fat metabolism going, the body will start to break down muscle proteins to get a source of carbohydrate. This is undesirable and something you should try to avoid. It is important then that we maintain our carbohydrate stores as long as possible. You can do this in two ways:

- (1) By maximising your carbohydrate stores prior to the race by rest and diet.
- (2) By ingesting carbohydrate during the race in the form of glucose drinks and snacks, eg jam sandwiches etc. You should not eat fats or proteins during the race; they are not necessary and require too much digesting.

Your pre-race meal should consist of easily digestible carbohydrates with very little fat or protein. If you carry out the following regime which has been used by many winning crews, you ensure that you start the race with your carbohydrate stores at maximum. On Saturday morning prior to the race, go for a very hard paddle, 2 - 2.5 hours duration; immediately after the paddle go on a diet of fat and protein only - **no carbohydrate**. You will feel quite peculiar on this diet, but that is normal. On Monday revert to a normal diet, with an excessive amount of carbohydrate. Do not train - rest is more important. If you wish to do something, run instead of paddle.

The earlier you can get your fat stores to contribute to your energy demands the greater the sparing effect on your carbohydrate stores. It has been suggested that if you ingest a strong unsweetened caffeine drink (coffee) one hour prior to an event, it will enhance your fat metabolism. However, a glucose drink prior to a race has the opposite effect. It reduces your fat intake; during the race it does not have this effect. So, **no** glucose drinks immediately prior to the race. Sprint efforts also stop fat metabolism. There is no point at all in sprinting off the start line, and avoid such efforts during the race unless absolutely necessary! As well as inhibiting fat uptake, sprints burn off glucose stores very inefficiently - steady effort is the rule.

When feeding crews, make sure you do it when they are back in the boat after a portage. Running with the boat and trying to eat at the same time is very difficult. Make sure at night that your crew is adequately clothed, otherwise they will be

expending valuable energy just maintaining their body temperature.

Never give alcohol - it upsets the body temperature by opening the surface blood vessels and also causes dehydration. At night warm drinks give a strong psychological boost, if nothing else.

It is recommended that you use siopel cream, which can be obtained from most chemists. It helps repel water, spread thickly it helps keep you warm, as well as containing an antiseptic to stop the infection of any cuts, stings and chafing. Normally, use on the tops of your legs, back, neck and anywhere else where there is chafing, eg. groin area arm pits, etc. If there is a strong head wind, some on the face will stop wind burn.

A list of carbohydrates is shown below:-

High Carbohydrate Foods

COMPLEX

Wholemeal bread flour and crispbreads, wholemeal pasta, brown rice, pulses and legumes, peas, lentils, beans (kidney, haricot, baked etc) pearl barley, potatoes, sweet corn, root vegetables, cereals (weetabix, shredded wheat, bran flakes, puffed wheat, sugar free muesli), nuts (peanuts - not salted, brazil, hazelnuts, chestnuts, almonds, etc.), fresh fruit, dried fruit, tinned fruit in natural juice.

Devizes to Westminster (cont'd)

In addition to the above, the book contains a lot of specific instructions and general information. In these categories are five pages of instructions and diagrams for portaging the locks, five pages of route directions for drivers of crew support vehicles and a diet guide.

When I was last talking to Robin Belcher he told me that he was having another go at the D-W this year. We wish him well. Eds

SIMPLE

Sugars, syrups, jams, marmalades, confectionery, boiled sweets, chocolate, toffee, fudge etc., sugary drinks, lemonade, cola, malted bedtime drinks, sugar coated cereals, sugary cakes, biscuits, pastries, fruit pies and crumbles, jellies, cheesecake, icecream, fruit yoghurt, tinned fruit in syrup, sweet custard, milk puddings, sweet pickles.

Certain foods fall between these two classifications. These include white bread and flour, plain biscuits, cream crackers, white pasta and rice, cornflakes and rice crispies. These are not as sugary as simple carbohydrates but contain less fibre, vitamins and minerals than the complex carbohydrates.

- (i) Because of high water content these foods contain less carbohydrate than the others, thus being less carbohydrate dense.
- (ii) Nuts are also high in fat, protein and fibre.

Fats

VISIBLE FATS

Butter, margarine, lard, suet, dripping, oils (vegetable, fish etc), fatty meat, pork, crackling, skin on chicken and duck.

NON VISIBLE FATS

Meat, especially beef, pork, lamb, bacon, ham, duck; oily fish (mackerel, sardines, pilchards, salmon, herrings), meat pies and pasties, sausages, burgers, pates, salami, cheese (except curd, cottage and low fat varieties), whole milk, cream, creamy puddings, cheesecake, nuts, olives, avocado pears, chips, crisps, fried foods, mayonnaise, peanut butter.

Low Fat Alternatives

Skimmed milk, skimmed milk products, low fat cheeses eg. cottage, curd, low fat spreads. Use natural yoghurt instead of cream. White meats - poultry (remove the skin); white fish, eg. plaice, cod, sole, shellfish, crustaceans, eg. crab.

Proteins

ANIMAL PROTEINS

Meat, offal, poultry, fish, shellfish, milk, cheese, yoghurt, eggs.

VEGETABLE PROTEINS

Pulses, lentils, peas, beans, (haricot, mung, butter beans, baked beans).

Note:

1. Animal proteins tend to be too high in fat and salt.
2. Vegetable proteins are high in carbohydrate and fibre.



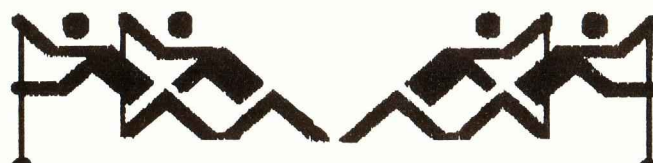
AUSTRALIAN CANOE MARATHON CHAMPIONSHIPS

*aquatic reserve
bower road, west lakes*



01/03 APRIL 1994

*(Friday 09 - Scrutineering)
(Saturday 02 - Singles)
(Sunday 03 - Doubles)*



*For further information & entry forms contact:
Jim Murphy (08) 262 1368
Dawn Mickelborough (03) 754 4292*

HOW OLD IS A VETERAN?

by Peter Currie

At the recent ACF Marathon annual general meeting the state delegates voted to change the veteran classifications. From 1995 veteran ranks will start from over 40 years for the national titles rather than the current over 35.

One can only wonder what the actual motives for the change were, but the proponents must have been very convincing speakers. I have heard the arguments that were put forward and quite frankly none seem to be based on fact.

Supporters for the change must know something that other sports administrators don't. The commencement of veteran ages for the following sports are:

* SWIMMING	25 years
* TRIATHLON	30 years
* TRACK & FIELD	30 years
* ROWING	27 years
* SURF LIFESAVING	30 years
* TENNIS	30 years
* AUST RULES F'BALL	35 years

Some of the arguments used were:

ARGUMENT 1

PADDLERS FROM 35-40 YEARS OLD ARE JUST AS FAST AS THE OPEN RANKS.

In international class this is certainly not the case. The 1993 Victorian and National Marathon Championships will attest to that. Terry Poole, a convincing winner in the Vet35 K1 section at the state titles was six minutes off the open time over a distance of 31 kilometres.

At Aussie championship level, Murray Donaldson won the Vet35 section in a time of 3.18:10. This was without two portages which he estimated would have added about 5 minutes to the times. The open winner finished in 3.00:33. If we were to include the

portage the Vet35 winner would have been a massive 23 minutes behind.

Two eligible veterans chose to compete in the open ranks, which under the current system they are entitled to do. Rene Mol finished 7 minutes 26 seconds off the pace and Colin Brown at 35 years of age, 18 minutes 49 seconds behind the winner.

Touring boats are a different matter. For the past few years the Vet35 winners have posted better times than the open ranks. This can be explained by the movement of paddlers in this class. Being a developmental class the open paddlers tend to progress to K boats as they improve. Peter Williams, Tim Bates and Cameron McGill are a few examples. The best veterans however have largely remained within the touring section enhancing that class' strength.

If we were to include the portage the Vet35 winner would have been a massive 23 minutes behind.

One wonders if the decision makers called on any medical evidence, or do they presume to know better than highly credentialled physiologists. Research has shown that a persons physical potential between the ages of 35 to 40 years is significantly diminished from its peak (just ask Robert DeCastella). Regardless of this, there still may be a small number of paddlers who are competitive after 35. Robin Belcher is one who immediately comes to mind. Unfortunately he was used as an example to justify the change. Being a former multiple

world cup winner, he still has the capacity to perform well at national senior level even with diminished potential.

Robin has in the past chosen to paddle open rather than veteran as he is entitled. It would be wrong to categorise all Vet35 paddlers in the same class as him by forcing them to be uncompetitive in the open ranks.

Using their same argument, if by chance an individual junior competitor does exceptionally well in the open ranks, do we drop the junior age to under 17 or 16.

ARGUMENT 2

BY KEEPING THE 35 TO 40 YEAR OLDS IN THE OPEN DIVISION IT GIVES OUR YOUNGER CHAMPIONS IMPROVED COMPETITION AND AN OPPORTUNITY TO GAIN FROM THEIR EXPERIENCE

It is hard to believe that this argument was actually used. Firstly the Victorian regular races are organised on a divisional basis where paddlers race against competitors of their own speed. We are therefore only talking of championship events.

How many veterans are capable of pushing Chad Meek or Cameron McMullen? Will they realistically be able to provide extra competition and show the young ones a 'thing or two' by being three washes behind?

I urge the ACF to reconsider its decision. If the aim is to boost participation at the championship, we need decisions that will encourage people to attend. We do that by allowing them to be competitive, not making them whipping boys for the elite.

I have not included our female paddlers in this discussion. Their situation is different to the men's and I am unaware of their position.

This is a Singles Selection Event for the 1994 Victorian Canoe Marathon Team

The 2nd "SNOWY RIVER"

CANOE MARATHON

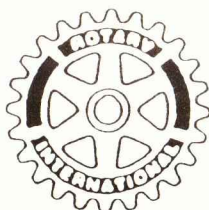
SUNDAY 20TH FEBRUARY, 1994

Start / Finish at Forest Park, Orbost

- Check-in: 9 a.m. Sunday 20th*
Briefing: 10.30 a.m.
Start: 11.00 a.m.
Distance: 30 km. 18 km. 10 km
Classes: Seniors, Veterans, Juniors (must wear buoyancy)
Male, Female, Singles and Doubles.
Prizes: To all constituted classes, trophies as well as many 'spot' prizes.
Certificates to all who finish.
Course: Wide deep river with some sandy shallows on the inside of
some bends. Very little flow from tide or current.
Camping: Adjacent start / finish Orbost Caravan Park (Tel: (051) 541097)
Also excellent motel and lodge accommodation in Orbost.

*Further information from:
The Rotary Club of Orbost
P.O. Box 448 Orbost Vic. 3888*

*Presented by
The Rotary Club of Orbost
in conjunction with
The Victorian Canoe Association
Marathon Committee*



VICTORIAN CANOE ASSOCIATION INC



ITC REGATTA - ADELAIDE

by Reg Hatch

The warm air shimmers off the deserts to the north and rushes south gathering pollens and dust that will ensure hay fever sufferers a hard time. The dust is thicker at this time of the year as the farmers busy themselves stripping the golden grain that will help provide for them and their families until the next year. The highlight of our trip west was to have a wheel part company with the trailer fifteen kilometres north of Ballarat. While this caused no immediate concern it is always a worry when you think of the what ifs. Twelve hot, dry and windy hours saw us checking into the Del Monte retreat right on the beach in Henley.

Day one broke overcast and still very warm with a wind that looked ominous. West Lakes has the ability to provide as many changes as a mother with a baby. Change it did. By ten o'clock it was blowing a gale, raining and the only thing coming down faster than the rain was the temperature.

Still, there was an air of outward non-chalance among the competitors that belied the nervous tension within. Six heats of quality was going to be put to the test with a ridiculous disqualification rule that meant you raced the distance and found out at the end that you had been disqualified. In fact this did not happen and although there were many breaks they were all put into a special repechage. International competitors who saw a blatant break did what they were conditioned to do, stop. It is my opinion that the reason for these regattas is to hone our cream and foster their improvement - this Mickey Mouse system does neither and frustrates people. There were two cases where very prominent competitors were scrambling to the finish to qualify. Peter McDonald was left at least four boat lengths behind when his field both broke and he did not hear the start - it was not good and given

the people involved in this charade, I will not be popular.

In a hotch potch regatta there were some great performances. Anna Wood - Lynda Lehmann - Michelle Miller and Shelley Oats had a superb battle in the LK1 500 and finished in these positions. Watch out for Yanda Nossiter in the near future.

Men's K1 1000 was controlled by Heath Brown in commanding fashion and this lad looks to be still improving. Heath was followed home by Danny Collins and Grant Leury.

Ladies K2 was dominated by our World Championship representatives Lynda Lehmann & Michelle Miller and there was an absolute battle for second between Anna Wood & Denise Cooper and Natalie Hunter & Agneta Anderson, all finalists at World Championships or Olympic Games. The ladies competition has taken a visible leap forward in the last year and this race was evidence of the quality.

The 1000 Men's K2 was a great race with four crews vying for honours. Two established and two new crews. The established crews were to dominate with Heath Brown & Danny Collins taking first from Martin Hunter & Ramon Anderson. Of the new crews, it was Paul Lynch & Tim Munro who dominated over Steve Wood & Brett Fielder. Both these crews were within the same boat length and all four were worthy of a place such was the pace, 3.12.00.

Remember when we used to get excited about K4 crews doing these times!

With muscles aching from the cold more than the racing the athletes and officials searched more comfortable climes and retired to their respective temporary accommodation.

Sunday. A new day and it might well have been a new place - the sun was warm and developing to hot, the wind was from the rear and all in all it was quite pleasant. They say you remember the last things best and in this case it was looking at a mirror finish on the West Lakes course and wondering why we cannot have an indoor course. (I know why).

Four athletes from AIS plus Greg Skewes and myself ventured out to the new Super-Drome and watched the racing on cycles. It was worth the trip - just fantastic. Charlie Walsh is known for calling it how it is and when he said publicly that Gary Niewand's ride in the Keirin event was the best he had ever seen, we knew that our collective reaction was well justified. It was just fabulous. No more than thirty minutes later he came out and lowered the track record in an attempt that was visibly faster than anyone else - there was no need to look at the stop watch to know he had shattered the record. The two members of our victorious Four Man Pursuit team at the Norwegian World Championships took home an armoured guard to protect their winnings after they dominated the Madison event. A fabulous night in a great venue and congratulations to SA and the supporters who undertook this revelation in sporting venues.

Martin Hunter won the K1 500 without undue stress and a fast improving Paul Lynch bettered Heath Brown in third. Heath was later disqualified under the sham rules.

The ladies were providing some superb racing and unless I am mistaken it is the closest racing I have watched in Australia. There is no shortage of contenders and they are coming from far and wide. Anna Wood maintains her throne at this time and it must be added that she is training for enjoyment and not competition at the pres-

FOOTSCRAY REGATTA

by Reg Hatch

The drumming of the loudspeakers penetrated your very being and erupted in the head with a resounding reverberation that made hearing anything other than the music very difficult. The Salt Water Festival was in full swing and the announcer was telling all just how much Melbourne Water had done to clean up the beautiful Maribyrnong. There is a great deal of truth in this and in fact you can actually see into the water and the Ecoli levels were the lowest recorded - this is indeed an improvement.

Racing got underway late as Tony White struggled with minimal help to get entries in and draws done - it is a real shame that there is not just a little more help.

It was disappointing to hear that Paul Tierney's son Scott has broken his arm - we wish Scott all the best and a speedy and full recovery. Also best wishes to Paul as he moves towards his wedding day.

A strong tail wind ensured fast times and encouraging performances from all at this regatta.

Hunter and Anderson reigned supreme again and demonstrated that they can

work full time - study full time and complete in excess of 26 hours training in the week leading up to this regatta. Cameron McFadzean showed a little of what he may be able to do and split the VIS competitors with a regular second place spot. Mike Mills Thom was very close and also very consistent. Stuart Morarty indicated that his improvement continues and paddled strongly into fifth spot. Team boats were not so well attended with only two competitive boats making the race.

Natalie Hunter was most impressive and kept her team mate very honest in all races.

Martin Hunter was electrifying in the 500, blistering to a 1.35.00 and more than five seconds clear of the second place. It will be interesting to see how these athletes scrub up for the Nationals on what is regularly a fast course.

Brooke Harris contracted a bug that made her very sick and she was unable to race this series. It was good to see her helping Martin Ralph gather data.

Terry Prosser - National Junior Coach was in attendance from NSW and was impressed with the professional attitude of the competitors. It was good to see

the VIS athletes assisting other athletes with information and ideas to help them race more efficiently.

A good roll up also with four heats being used to decide the men's final.

An interesting pairing of Daniel Watson and Jamie Tarrant - these lads come from opposite ends of our regional areas and combined in a very constructive way which showed the benefit of similar training and technique habits playing a role.

Tony White's young Sam was fighting his way down the course and impressing all with his grit and determination. This young fellow has a great deal of ability for the short space of time he has spent in the sport.

Thank you to the hard working few and to the Footscray community for allowing us to be a part of the historical Salt Water Festival in great and entertaining surroundings.

Thank you also to Melbourne Water for promoting and sponsoring the festival and cleaning up the river.

A great day and an atmosphere conducive to making this sport what it should be - the best.

ITC Regatta - Adelaide (cont'd from page 14)

ent time. Lynda Lehmann seems to be the heir apparent and has improved her start enormously. The return of Shelly Oats will ensure that the need to get out is enhanced. Lynda turned the tables in the 200 and with Michelle Miller who is flying, won the 200 K2 to emphasise the new starting speed.

Martin Hunter and Ramon Anderson won the K2 500 after some technical problems earlier. They were followed home by Heath Brown and Danny

Collins and it is hard to see anyone challenging these two crews between now and the Nationals - especially over this distance.

I should mention that there were some good innovations at this regatta and most of them worked well. I wonder if there is a need for so many events if the problem is a time concern with getting through the regatta. Because of the weather the organisers were forced to drop many under-age events and

even with this and the time saving new disqualification rule, we still finished over an hour late. I guess, like the weather, change is good but being a little conservative, I feel it should be more gradual.

A fun eleven hour trip home rounded out the first of the ITC regattas and now it is back to see what needs to be done for next time.

CONTRASTING CAMPS

by Reg Hatch

Cool, clear water cascading down from fresh mountain springs. Lush ferns with gum trees that seem to touch the sky. Warm weather, great camp site and enough stimulation to make the most entrenched person feel that this really how life should be. An enthusiastic and just a little tentative group of boys greeted the first challenge of many at the top of the first rapid. The excitement was to become more intense as we carefully negotiated the Big River in the High Country surrounding Jamison in Victoria.

This was to be the start of a week to remember for these lads and some real talent emerged which I am sure will develop into fine competitors in the near future. A trip to Mt. Terrible allows a spectacular view of the surrounding ranges and Lake Eildon. You can trace the river from the Big River Arm all the way back to Chaffe's Creek. Wood hunting is always a highlight and this trip was no different.

From this canopy of Australia's high country I travelled north to Lake Victoria and was greeted by 40 hot and dry degrees. The trip was one of continual contrasts. Out of a steadily sprawling Melbourne past the rocky outcrops that surround Bendigo over the diminishing forests and into a rusty and desolate landscape that reminds one of a patched and rusted ship's hull, uncared for and wasting. The dams (tanks) change colour and many are surrounded and reflected upon by the salty deposits that are making them worthless save for marveling at, for the different colours. On to the swollen Murray wending its way south at a methodical and receding pace leaving behind deposits of silt, mud and lagoons festering with mosquitos.

Over the railway line to Red Cliffs and another world unfolds before you can differentiate grape vines from orange trees - golden crops of wheat border this unbelievable oasis that is Mildura.

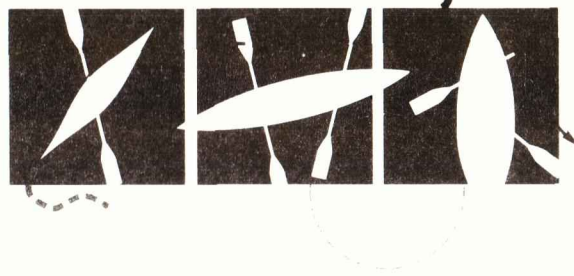
Ninety kilometres north - west of Mildura to NSW for a Victorian camp on water owned and controlled by SA. Lake Victoria is a supplier of water for the Adelaide people and has had its level raised for this purpose. Ten kilometres wide and twelve kilometres long, it is a wonderland in what is a desert. Salt bush predominates and is only outnumbered by rabbits closely followed by mobs of kangaroos and emus with up to eight chicks feeding happily on the sparse wheat crops that would struggle to return seven bags an acre.

One hundred and twelve boys and girls guided by a staff of twenty enthusiastic and bush smart teachers, settled into ant infested tents without a complaint.

Each student takes part in three activities a day and has compulsory sport every day. Canoeing is one of the highlights and much success was had in getting kids into racing K1s and there was real delight at the sight of young people lining up to have another go at these unstable craft in their limited and precious free time. Greg Skewes is to be congratulated on his enthusiasm and indoctrination of what our sport is all about. Greg is a very valuable and respected VIS regional coach doing a brilliant job. On this camp alone he identified no less than twenty young people who will take up the sport on a competitive basis and many more have discovered the joys of being on the water with the freedom it offers. Interestingly enough, most of the talent spotted was of the female variety and very gifted. I am aware that many of these young people will be spirited away and enticed into other sports but the chance is that we will maintain some of them.

I had the opportunity to learn a great deal on this camp and was fortunate enough to uncover two previously unknown aboriginal burial sites. It was fascinating to see the two different ways these people were buried and the proximity to camp fires and middens that they were laid out. World wars are nothing short of wasteful and the need for people to train is imperative if they are to survive. This area was a firing range for the airforce and we found many clips of .303 and 10 mm shells. This was a day of adventure for the kids and they thrived on the challenge. Exclusion sites - the Rufus river system - life skills like search and rescue - the Nampoo cliffs which show the make up of the earth - Lunettes - the hotel site where the Overlander stage coach would stop and the associated bottle and crockery dump provided ample fossicking and discovery - the evidence of megafauna (big animals) - an old red gum that sits defiantly in the middle of a clay pan to decrease the Murray's salinity - snakes and foxes rounded out what was a fabulous week of contrasting features.

One thing remained stable though, and that was the incredible care and interest shown to the two groups of young developing children and this must eventually pay dividends.



POSITIONS VACANT

Applications are invited from suitably qualified people for the following positions.

EXECUTIVE OFFICER

The Executive Officer, under the direction of the Victorian Canoe Association Executive, is responsible for the function, coordination, marketing and development of canoeing in Victoria. Salary \$30,000 Neg.

PROGRAM MANAGER

The Program Manager, under the direction of the Executive Officer, is responsible for the day to day operations of the Victorian Canoe Association, primarily the programming of the Victorian Board of Canoe Education. Salary \$25,000 Neg.

For detailed job descriptions for the above positions, telephone the Victorian Canoe Association office on (03) 459 4277.

Applications in writing to the
Victorian Canoe Association,
332 Banyule Road,
Viewbank, 3084
by Friday 28th February, 1994.

THE SUMMER OF SLALOM

The summer of 1993-94 has been very active for the slalom enthusiast. Reports of the activities have been done as a seven part story.

- Part 1 Victorian Slalom Championships at Dights Falls
 - Part 2 Eildon Training Camp
 - Part 3 N.S.P. Camp Tasmania
 - Part 4 Australian Schools Championships, Tasmania
 - Part 5 First Australian Selection Event, Tasmania
 - Part 6 Australian Championships and Second Selection Event, Tasmania
 - Part 7 Third Selection Event Cataract Gorge, Tasmania
 - Part 8 Overview
-

Part 1 - LIFE.BE IN IT

VICTORIAN SLALOM CHAMPIONSHIPS 1993 - DIGHTS FALLS

by Jane Farrance

Congratulations must go to the organizers, officials and competitors. The slalom was a great success due to the co operation of all involved. The championships, which could have been a disaster were a resounding success.

Most canoeists know of the problems with the development of Dights Falls, so I will not go into detail, except to say there was no problem with parking, the course was erected with no damage to the environs, the site was left absolutely spotless and although a Collingwood Council photographer was in attendance I have not heard of any complaints about our usage of the area.

The water which had constantly been in flood conditions for weeks leading up to the event dropped just a little too much for the weekend, and even temporary sandbagging of the fish ladder was not enough to make running the falls a realistic option. Nevertheless Roy Farrance as always, designed an interesting and challenging course. Even gate one was difficult and many paddlers agonized over the decision to attempt it forward or reverse and many penalties were incurred on this first gate.

Melbourne Parks and Waterways were of great assistance in the running and preparing the site. Without their assistance and support we never would have been able to run the event at Dights Falls. Dights has enormous potential for the sport, the only site in Australia situated in a capital city and so easy for the general public to access. It is important that Victorian Canoeing make full use of this site and run annually at least one major event here and generate as much publicity as possible. So many canoeists remember Dights Falls as a rubbish tip, now it is a major competition site thanks to the vision and support of Melbourne Parks and Waterways personnel.

The slalom was run on the same lines as the new World Championships format, with some modifications. Saturday's events were in normal class divisions and the Victorian State titles were decided on Saturday's results.

Sunday was the final, with only the top 20 men eligible to compete and the top 10 in other classes.

Our VIP guests were seeing the best paddlers in the country as the field included all but one of the 1993 Australian

The Summer of Slalom (cont'd)

Slalom Team. In fact several people noted that these top paddlers made it all look too easy and that we should have had some weaker paddlers competing to give a perspective on the skill and speed of the top paddlers.

The Winners of the overall final of the Victorian Championships were:-

<i>MENS K1</i>		<i>LADIES K1</i>	
R. Macquire	VIS/CPRT	D. Woodward	VIS/CPRT
M. Pallister	NSW	R. Galloway	VIS/CPRT
W. Thomas	VIS/CPRT	C. Kesterton	VIS/CPRT

<i>C1</i>		<i>C2</i>	
J. Boocock	TIS/TAS	Felton/Wilson	NSW
M. Pallister	NSW	Crabtree/Martini	CPRT
M. Newton	TIS/TAS	Greedy/Stamp	CPRT

RESULTS OF SATURDAYS EVENTS

<i>LADIES K1</i>		<i>LADIES 18 K1</i>	
D. Woodward	VIS/CPRT	L. Natoli	CPRT
R. Galloway	VIS/CPRT	L. Sykes	CPRT
C. Kesterton	VIS/CPRT	E. Mountain	

<i>MENS C1</i>		<i>MENS 18 C1</i>	
D. Heard	VIS/CPRT	J. Boocock	TAS/TIS
M. Newton	TIS/TAS	A. Morris	CPRT
M. Pallister	NSW	A. Martini	CPRT

<i>MENS K1</i>		<i>MENS 18 K1</i>	
R. Macquire	VIS/CPRT	J. Boocock	TAS/TIS
M. Pallister	NSW	R. Ledger	CPRT
A. Farrance	VIS/CPRT	A. Martini	CPRT

<i>MENS 17 K1</i>		<i>MENS 16 K1</i>	
A. Morris	CPRT	D. Milne	VCC
W. Draper	CPRT	T. Natoli	CPRT
A. King	CPRT	B. Patrick	VCC

<i>MENS 15 K1</i>		<i>MENS 14</i>	
L. Milne	VCC	D. Boulton	KKK
R. Orbe	ETH	D. McDonald	ETH
C. Reinbach	VCC	C. McAllister	ETH

<i>MENS MASTERS K1</i>	
G. Ledger	CPRT
P. Martini	CPRT
B. Whelan	CPRT

<i>C2</i>		<i>MIXED C2</i>	
Wilson/Felton	NSW	Macquire/Linden	CPRT
Ledger/Moore	CPRT	Woodward/Farrance	CPRT
Greedy/Stamp	CPRT	Sykes/Black	CPRT

We were fortunate to have several dignitaries to present prizes and to say a few words. Julie Bond from Life.Be in it. Geoff Floyd from Melbourne Parks and Waterways. John

Bartlett from Bartlett Constructions, who physically made the course and had great input into its design, spoke on the history and development of the area. We thank all these people for attending and contributing to the day's success.

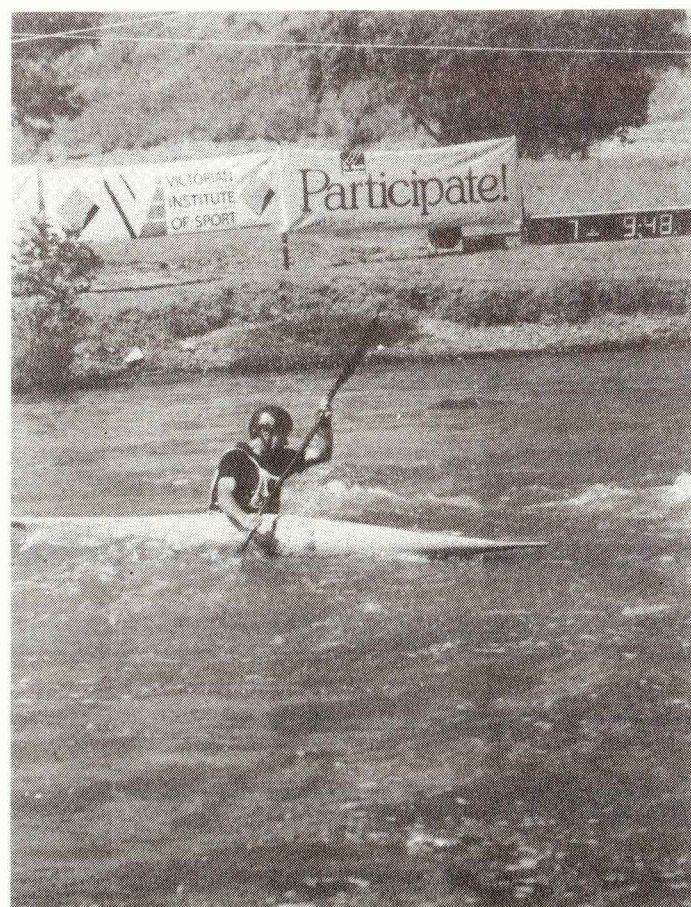
The final act of the day was to award the 1992-3 Victorian Canoe Associations 'Canoeist of the Year' award to Danielle Woodward, a fitting end to a great Championships.

Thanks to our valuable sponsors:

Life.Be in it
Vic Health
Melbourne Parks and Waterways
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And the workers - particularly:

Roy Farrance - Andrew Farrance - Robin Sanders
Mandy Linden - Chris Moore - The Tasmanian TIS
and all the judges, timers, compilers and everyone who assisted.



*Electronic timing at Dights Falls
Photo: Roy Farrance*

Part 2 - EILDON TRAINING CAMP

by Jane Farrance

The Annual VIS training camp was planned for the week between Christmas and New Year. The camp was by invitation only, the full VIS squad, and the VCA/VIS development squad only were involved. The added incentive of world ranked number three paddler, Ian Raspin from Great Britain made this camp one not to be missed. Ian spent four weeks in Australia, at the invitation of the AIS and VIS slalom units. Twenty paddlers were to brave these six days of intensive hard work.

The Goulburn at Eildon is an excellent venue for a hard work paddling camp, combined with some excellent technique sessions. Each morning started with a group stretching and flexibility session. We found Ian Raspin carried on the tradition set by Richard Fox, of being very high in the flexibility stakes, doing a 40 min session 4 times a week. Some of our younger paddlers found they have a long way to go to achieve maximum benefit. Young Warwick Draper quickly found sleeping in was no substitute for an early morning flexibility session and never missed even a minute of another session.

Each day was basically divided into skill or technique sessions in the morning, and the dreaded hard work endur-

ance sessions in the afternoon. In the periods between sessions paddlers could choose to do their own session - which could be a run, a ride, or just collapse and sleep.

Many of the VIS senior paddlers helped coach the development squad paddlers. It was part of each day for the junior paddlers to receive coaching from Danielle, Robyn, Andrew and Mia, which made for a long and tiring day for these paddlers. Ian Raspin, the 1985 junior World Champion and a member of the British Team for 12 years, was an inspiration to many on this camp. Technically he is one of the most proficient and knowledgeable paddlers in the world. Ian had a great deal to offer. It was interesting to watch the different style of paddling between Ian and our own Richard Macquire. Ian being the power paddler, while Richard Macquire being the typical Fox protege, the smooth precise paddler using every bit of leverage his height gave him.

The show down was imminent at the Australian events in the next few weeks. Who would take the mens kayak honours? The camp was the final preparation for most of the Victorian paddlers before the Nationals. This was without doubt the strongest group of paddlers assembled in Victoria but only the start of 'The New Generation'.



Ian Raspin from Great Britain and the Australian ladies at the Eildon camp

Photo: Roy Farrance

Part 3 - NSP CAMP JANUARY 1994 FORTH RIVER TASMANIA

by Jane Farrance

There were 54 participants on this camp, half from Victoria with the remaining paddlers from; Western Australia (10), Tasmania (8), NSW (4) and Queensland (1).

Coaches, who consisted of eleven, including two international coaches, four from Victoria and Tasmania, and one from WA.

The weather was wet, rain, rain and more rain.

The camp officially began on the Monday evening with the coaches meeting with their groups to discuss and plan the week's programme. Although a strict timetable had been planned and all groups were obliged to work within that plan, each coaching group worked as an autonomous unit. With the coaching deciding the programme of both practical and theoretical sessions. Most groups found this very beneficial, particularly with the theory sessions. In the past when theory was taken in large groups, it tended to lose relevance to many. By dividing the camp into small, ability groups the theory was kept at a very relevant level and paddlers were able to have input and direct the level of theory to ensure its relevance. This worked very well. The only draw back was the added work load for the instructors, who found it very tiring and difficult to fit their own training in around the coaching programme.

From the feedback the camp was a great success and all paddlers felt they had improved and learned a lot.

Every event has a down side and the main criticism of the camp came down to the cramped accommodation, made more

difficult by the wet conditions, which meant wet paddling gear draped over every available piece of furniture and window sill. However, it was much better than being under canvas. The other difficulty of the camp was the logistics of travelling from the camp to the Forth River twice a day for each of the ten groups. This led to some chronic overcrowding of cars, which, had there been an accident, could have caused some legal hassles. Occasionally paddlers were left behind for a time waiting for another vehicle, making them late to a session.

Another innovation for this camp was, that although the camp was officially over on Friday, the coaches continued to coach their paddlers during the Australian Schools Championship. For some this was the first time they had ever been coached during an event. This was very popular with the paddlers and hopefully can be repeated at future NSP camps.

The camp was a great success and congratulations must go to the organisers and also to the coaches. Without the high standard of coaching, both theory and practical, the paddlers would not have shown such improvement. Having the services of world renown paddlers Ian Raspin and Gareth Marriot added to the status of the camp. The paddlers directly under their guidance gained great insights into not only their own level of paddling, but also the requirements of international success. One of the highlights of the camp was the questions and answer session with Ian and Gareth. The paddlers were encouraged to ask whatever questions they wished of the two paddlers, who did not always give similar answers. It was most interesting and informative to all who attended.

Part 4 - AUSTRALIAN SCHOOLS SLALOM CHAMPIONSHIPS 1994 FORTH RIVER TASMANIA - JANUARY 1994

by Jane Farrance

The event for which our school squad had been training hard for several months, the event around which parents and families had organized holidays, the highlight of many of the paddlers' year, was a disaster.

It all began with the rain during the NSP camp, filling the dams to overflowing. As the week progressed the water slowly got higher and higher, eddies got smaller, some disappearing. Rescue became difficult as the finish pool was no longer a pool but a full fast flowing river.

Still it was a suitable course for the standard of most paddlers competing. Several paddlers decided on the Friday not to paddle and the number of non starters increased as the weekend progressed.

The plan was for course erection after the Down River race on Saturday, and as the water was high this was more difficult than usual. Several people were noted by their absence making it even harder for the few who were working. Fortunately for the organizers and unfortunately for the few paddlers who volunteered to help, we did manage after many

hours to get the course in position. However, the paddlers who assisted were exhausted and I believe this extremely difficult work was detrimental to their paddling the next day.

Practice runs were held later on Saturday and several capsizes occurred, alerting the organizers to the difficulty of rescue. The organizers had just enough planning to cope with a race with no real problems, however as soon as a problem occurred they did not have the planning or resources to cope. Rescue was a prime example, it was obvious, they were warned, rescue was still insufficient, and not on the water at the appropriate times. A couple of capsizes occurred early in the competition programme and these younger, less experienced paddlers had long swims, and one boat floated about a 1km with another competitor from the same class trying, alone, to get it to shore. For a junior event this is simply not good enough.

Race day. Water had maintained its high level, but most of the water was pouring into the Forth from the Leven River below the dam and was thus uncontrollable. The race went ahead and first runs ran smoothly with some good performances making the competition tight and interesting. During the last class to paddle, the water began to rise, the flood peak from the Leven had arrived. The gates soon became too low and then actually in the water. It was now that some junior paddlers learned a valuable lesson, most continued down the course as cleanly as possible, some however just gave up and decided to have a re-run. But of course re-runs are not the paddlers decision or a right. The rules state that if the poles drop a paddler has the right to a re-run, but not if the water rises.

The water kept rising, the poles were raised as much as possible, some breaking under the strain and having to be rehung. The organisers decided to keep running the event, but now runs were taking about 30 seconds longer than first runs. Upstream gates were in non existent eddies, some were impossible. Most paddlers just decided to leave out the upstreams in the middle of the current and take the 50 penalty. Several paddlers just did not paddle second runs. The race was now a debacle.

A decision had to be made to continue with teams events. It was decided that the entries would be scrutinized by a suitable person, and several teams did not compete. Safety was potentially compromised. Although the river was still not technically difficult, it was fast and rescue was very difficult. By this time there were sufficient senior paddlers on the water, but several seemed more intent on who could do the best pivots on the course. With 3 or more craft on the water at once there was the potential of a multiple capsize. However with the calibre of the paddlers involved not one capsize occurred in teams runs.

RESULTS

Victorians were the bulk of competitors and the State swept the field and it had to be a Victorian School who won the schools Trophy - Melbourne Grammar School.

Individual winners were:

Junior Boys -	Craig Elliot
Junior Girls -	Alison Wilkie
Senior Boys -	John Wilkie
Senior Girl -	Lauren Sykes

SLALOM - 1st Places

Year 8/9 LK1	Year 10/11 LK1
Louise Natoli	Lauren Sykes

Year 8/9 C1	Year 10 C1
Craig Elliot	Antony Morris

Year 12 C1	Year 7/8 K1
Aaron Martini	Phillip Page

Year 9 K1	Year 10 K1
Lachlan Milne	Piers Christiansen

Year 11 K1	Year 12 K1
John Wilkie	Aaron Martini

Year 9/10 C2	Year 11/12 C2
Milne/Patrick	Morris/Morris

Teams
Milne/Patrick/King.

DOWNRIVER

Year 7/8/9 LK1	Year 10/11 LK1
Alison Wilkie	Heather Jamieson

Year 9 K1	Year 10 K1
Craig Elliot	Piers Christiansen

Year 11 K1	Year 12 K1
John Wilkie	Aaron Martini

Despite the difficulties it was great to see so many young paddlers competing at such a high standard, most had a great week, met lots of new friends and had some great paddling. The New Zealand paddlers did very well and certainly their presence adds to the importance of the event. I hope the difficulties do not deter N.Z. teams of the future, particularly Michael who helped so much on the far bank.

To add to the list of difficulties, this event was also a selection event for the Australian Junior team to compete at the Junior World Championships in Wausau (USA) 1994. The Australian Slalom Committee decided later in the week that the Australian Schools event would no longer be counted as a selection event.

Part 5 - FIRST AUSTRALIAN SELECTION RACE

by Andrew Stamp

The first of the three selection races for the Australian Slalom Team, the Pre-Australians course was held on the lower course of the Mersey slalom site. Designed by Peter Eckhardt, former Olympian and now coach of Matt Newton, and the sunglasses sporting Gareth Marriot, the course had a definite C1 bias. Nonetheless, it was a flowing course that challenged all in their search to be fast and clean.

Racing first on the course was Ladies K1. Race favourite Danielle Woodward (the one with the strong left arm that stopped her falling out at the bubble at the Olympics) blitzed the course in a time that left not only the other women, but also many of the men in her wake. Fellow VIS member Robyn Galloway raced strongly into second with Jane Gilchrist third. Again, this time in Mens C1, the race favourite did not disappoint either the spectators or the even more numerous leeches. Although in his off season, World Number 1 Gareth Marriot showed excellent pace to win the Mens C1, with World Junior Champion Booga (Justin Boocock) second and Matt Newton third.

Mens K1 was to be a showdown between visiting UK world number three ranked K1 paddler, Ian "Bulldog" Raspin and Richard "Blue" Macquire. However, the race got off to a rocky start as the water dropped rapidly mid-event due to a power failure throughout Tasmania. This was made ever more obvious as Western Australian Simon Thorpe ground to a halt on top of a rock in the centre of gate 18. The

growing absurdity at the diminishing ratio of river to rock resulted in the postponement of all Mens K1 to the following day.

The following day, paddlers were greeted by fine conditions and the subsequent curtailment of the leech's insatiable blood lust. The field was very close bar the top three who achieved a gap on the rest of the class. Richard overcame the pressure to take the lead from Ian, as did the surprise rocket Matt Pallister, who forced Ian into third.

Also a selection race for the junior team to compete in Wausau, USA, NSW paddler John Wilkie raced convincingly to win with Warwick Draper in second and Antony Morris third.

The ranking for the Junior LK1 shows Louise Natoli ahead of Lauren Sykes and Rachel Elliot.

Mens Open C2 saw the surprise crew Matt Pallister and Gary Nelson display their talents to win from the Victorian crew of Dave Heard and Dave Empey with Andy Wilson and John Felton taking out the bronze.

Despite problems with inconsistent water levels and leeches with an attitude, the event ran well considering the uncontrollable circumstances the organisers were forced to deal with.

Part 6 - AUSTRALIAN SLALOM CHAMPIONSHIPS 1994 MERSEY RIVER

by Jane Farrance

I had gone home after the wet of the NSP and Schools Championships. Now upon return I found sunshine and pleasant warmth, a welcome change.

The gates were up when I arrived and paddlers were walking the course working out their strategies. The course was well designed and the comments I received was that it was a better course than the pre Australian course. There were certainly many options. Gate 4 alone, an upstream, could be done from the right, left, or as a Merano. By the end of the competition most people took the Merano option. Several off-sets could and were done as reverse. Gate 8 caused trouble for many paddlers, as water reading had to be exact. The first sideways gate, 12, could be done in 3 ways, direct, with a full spin or around the rock. This was immediately

followed by another group of off-sets, which for many forced a reverse. Gate 17 was missed by all of the demonstrators and I believe only one paddler managed this gate, forward direct, most paddlers did 17 reverse. The next gate, 18, seemed to be hit by more paddlers than any other gate. Although a forward downstream, it was placed behind a stopper and wave which could easily throw a paddler off line and lead to a penalty. The final few gates were relatively straight forward to negotiate successfully, however difficult to do really quickly and smoothly. Gate 21, behind a large rock and in an almost sideways position when done well, took a split second to negotiate, but many people had a low break out and took 8 or more seconds to clear.

Practice runs saw all options attempted as people tried to work out the quickest way down the course, however it was still not clear and many went to bed that night still trying to decide on their race plan.

Saturday was again pleasant, warm weather, the programme ran to time, the competition was close in all events and results were quickly on the board. The most interesting results were, in my opinion to be found in the younger ranks. We have grown to expect tight finishes between those aiming at National selection, but in the past immediately behind the top paddlers was a gap, but not at these Championships, between 5th and 12th place was only 4 seconds. This second group of paddlers consists of many who are in only their first or second year out of juniors. The period between juniors and being a top senior is very a difficult time for all paddlers and most do not rise above the middle rankings for several years.

In the junior ranks it is great to see the depth of competition. Warwick Draper clearly won the 18 years by 9 seconds, but immediately behind him we see the next 8 paddlers within 10 seconds of each other.

In the 16 class, won by Kevin Austin from N.Z. young Mike Collister (WA) and Craig Elliot (NSW) paddled extremely well. If we can keep these young paddlers developing and motivated, our national and international standard is only going to get better.

The ladies events have been dominated by 5 ladies with little or no development in the junior ranks, now we see several juniors paddling at a very high standard, giving confidence for future female international success. Particularly notable are Louise Natoli and Lauren Sykes. Lauren although still a junior had to compete in the open class as there were insufficient entries in 18 class. The 16 class is building strongly with 6 competitors of a very high standard.

Victoria again proved to be the dominant force in slalom led by the VIS team we won 10 of the 13 individual events and 4 of the 5 team events. Victoria easily won the State Trophy and Canoes Plus Racing Team won the Club event by a huge margin.

Presentation was held on Saturday evening at the local hotel which provided spit barbecue for the paddlers. It was a pleasant evening in balmy weather

RESULTS

LADIES K1		16 YEARS LK1
1. Danielle Woodward	VIS/CPRT	1. Louise Natoli CPRT
2. Cathy Kesterton	VIS/CPRT	2. Joanna Hoyle NZ
3. Mia Farrance	VIS/CPRT	3. Rachael Elliot HVCC

MASTERS LK1		OPEN C1
1. Jane Farrance	CPRT	1. Gareth Marriot GBR
2. Leanne Guy	CPRT	2. Justin Boocock DCC
3. Sue Joubert	SCC	3. Mathew Newton DCC



Phil Page from Bendigo paddling in the 16 yrs K1 at the Australian Championships Photo: Roy Farrance

The Summer of Slalom (cont'd)

18 YEARS C1		MASTERS K1		TEAMS LK1	
1. Warwick Draper	CPRT	1. Graeme Ledger	CPRT	1. Woodward/Kesterton/Farrance	CPRT
2. Antony Morris	CPRT	2. Peter Martini	CPRT	2. Galloway/Linden/Farrance	CPRT
3. Tim Natoli	CPRT	3. John Wilde	CCC	3. Thorpe/Hill/Collister	SCC/ICC
VINTAGE K1		OPEN K1		TEAMS C1	
1. Roy Farrance	CPRT	1. R. Macquire	CPRT/VIS	1. Eckhardt/Boocock/Newton	DCC
2. Bevan Dashwood	DRCC	2. Ian Raspin	GBR	2. Heard/Empey/Farrance	CPRT
3. Colin Thorpe	SCC	3. Matt Pallister	ICC	3. Greedy/Hodge/Ebersteine	CPRT/DCC
18 YEARS K1		16 YEARS K1		TEAMS MASTERS K1	
1. Warwick Draper	CPRT	1. Kevin Austin	NZ	1. Ledger/Martini/Farrance	CPRT
2. John Wilkie	THRACC	2. Michael Collister	SCC	2. Dashwood/Wilde/Elliot	Mixed
3. Antony Morris	CPRT	3. Craig Elliot	HVCC	3. Thorpe/Dashwood/Hayes	SCC
OPEN C2		18 C2		TEAMS K1	
1. Wilson/Felton	RCC	1. Natoli/Morris	CPRT	1. Macquire/Thomas/Farrance	CPRT
2. Nelson/Pallister	ICC	2. Patrick/Milne	CPRT	2. Pallister/Hannal/Muir	ICC
3. Empey/Heard	CPRT	3. Downes/Cuxson	ICC	3. Borojevic/Patel/Farrington	DCC
MIXED C2				TEAMS 18 K1	
1. Woodward/Farrance	CPRT			1. Morris/King/Draper	CPRT
2. Linden/Macquire	CPRT			2. Rankin/Walker/Austin	NZ
3. Thorpe/Boocock	SCC/DCC			3. Naughtan/Cheetan/Tungatt	NZ
				TEAMS C2	
				1. Woodward/Farrance//Macquire/Linden//Heard/Empey	CPRT
				2. Crabtree/Martini//Greedy/Stamp//Ledger/Moore	CPRT

Part 7 - RACING AT THE GORGE

by Cathy Kesterton

Following the National Championships at the Mersey River, the slalom contingent headed east to Launceston for the final selection race, at the infamous Cataract Gorge. The paddlers welcomed the warm sunny weather, (especially those who had just experienced one of Tasmania's delights - Brady's in peak summer; where the temperature doesn't get above 10 degrees, and the wind chill drops that back to -5). Due to the site's location (in the centre of the city), and the fine weather, a lot of spectators and passers-by watched in anticipation on Saturday afternoon, as the paddlers sat anxiously on the rocks with their boats and paddles poised, waiting for the water to come up. Unfortunately, both were to be disappointed, due to technical (or mathematical) difficulties with the water release. The following day, however, the paddlers were fired up, after a sleep in and a big buffet brekky, and ready to hit the water. And it was ready to hit back.

The course is a steep, fast flowing and pushy grade 3 rapid, that has a series of drops, stoppers and big rocks, as the racers were soon to discover. The power and enormity of the water, and good weather, made for excellent spectating - and lots of thrills and spills for the paddlers. Being the final

selection race for the '94 ASCKT, combined with the size of the water meant that, as the race drew closer, the tension was mounting. The course set was virtually the same as that of the World Cup Race, held at the Gorge in 1992, with some slight alterations. It proved a testing course, despite being relatively straight forward and there were only a few paddlers who got through two runs without any 50's. Our international visitors, Ian Raspin and Garreth Marriott, both from Great Britain, demonstrated the skill and control that has given them the World Championship and Olympic results they have achieved.

The race was very well run, and thanks must go to Bob Boocock for doing all the organisation and preparation for the event. Congratulations on another job well done. Thanks must also go to all the judges and compilers, without whom we wouldn't have a race. The site at Cataract is undoubtedly one of the best in Australia, in terms of location, water, facilities, and local interest and support. Being situated at an already popular tourist attraction, it provides an excellent opportunity to display and publicise the sport, which is crucial for increasing its profile, particularly in terms of sponsorship. And from a paddler's point of view, it's great fun water.

Hopefully there will be many more races held at the Cataract Gorge in the future. And now at last, the results:

David Heard C1 at the Cataract Gorge Photo: Roy Farrance

MENS K1

1. Ian Raspin
2. R. Macquire
3. D. Borojevic
4. W. Thomas
5. E. Stackpole
6. A. Farrance

WOMENS K1

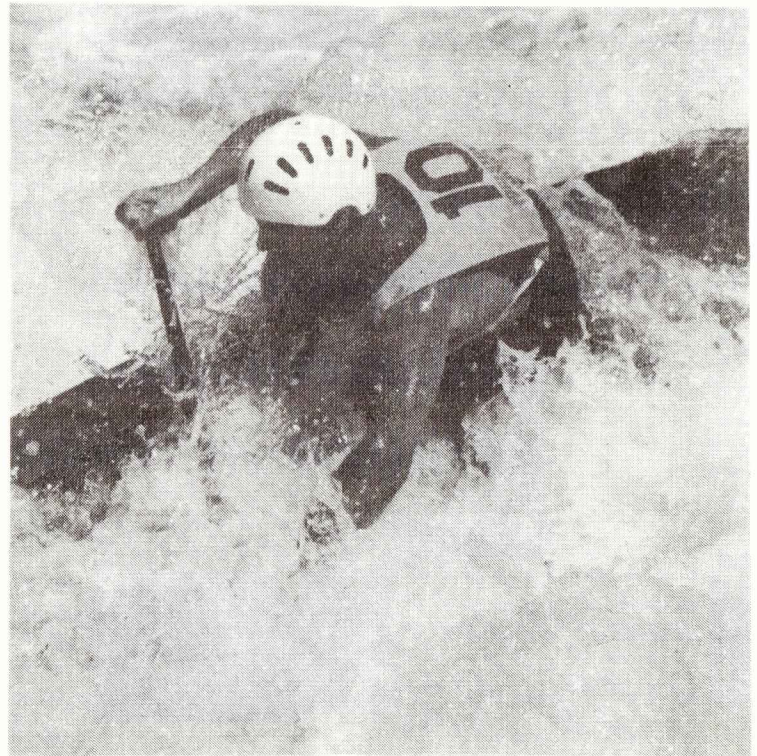
1. C. Kesterton
2. D. Woodward
3. J. Gilchrist
4. M. Farrance
5. R. Galloway
6. A. Hill

C1

1. G. Marriott
2. J. Boocock
3. J. Hodge
4. D. Heard
5. M. Newton
6. A. Farrance

C2

1. Wilson/Felton
2. Pallister/Nelson



**Part 8 - OVERVIEW
.....WITH DUE PROCESS**

by Roy Farrance

To start this article, I would like to say that I have enjoyed this last summer of slalom - its competition, its training, its social events. I have organised, coached and competed, because competition is enjoyable. I appreciate the hard work put in by many people, the coaches, the administrators and the organizers, and I would never criticise the hard labour of people such as Bob Boocock, Geoff Walker, John Borojevic and many others. However, I do see a problem in the lack of people in this area.

Having now enjoyed slalom for a quarter of a century, at the end of an enjoyable summer, I stand back and take a careful look at a few aspects of slalom that frustrated or annoyed me over these couple of months. Slalom is growing in its public image, the paddlers do find it enjoyable, but is this enough? Following, are a few specific areas that I believe need careful scrutiny.

1. JUDGING

Over the past decade in slalom, poor judging has taught me to coach paddlers to be extra clean, to avoid that water touch which will often incur a penalty. I felt judging at this year's events was just short of appalling. At the Mersey, it was common to have one judge on a section of 5 gates, spread out over 75 metres. This makes it very difficult to judge properly. The worst example was gate 6 at the pre Australians, the gate behind one on the 'Gemini' rocks. The judging position was in such a place, that the judge could only see the top half of the gate. How do you judge this

accurately when you can't see it? At Cataract Gorge, we had willing people, who had never judged before, judging gates on probably the hardest events in Australia.

It is just as bad for judges not to give penalties as to give penalties if they see a gate move. Remember, a gate will move without the paddler touching it. A judge must see the gate being touched, before awarding a penalty.

Here at a major event, the chief judge's job is to ensure judges are correctly placed and can see each gate, not just to settle disputes.

Results of one slalom or another are not so important, but these particular events, these selection events, are vital to team selection, scholarships and funding. In fact paddler's futures and careers are based on these results, and as such, near enough is no longer good enough. Paddlers should not have to live with bad judging and take it in the name of good sportsmanship. Correct and accurate results at selection events is essential.

2. PADDLERS REPRESENTATIVE

Years ago at Nymboida, I got involved in a public debate on how this committee delegate should be elected. Certain protocols and recommendations were agreed upon. This year, I believe many of these protocols were ignored. I for one, believe no one on the Victorian Slalom and Wildwater Committee even knew an election was to be held in January, until turning up at Mersey. It is basic protocol to notify all states of a pending election and call for nominations. The

I hope you read these comments as positive ideas, to identify problems and hopefully find solutions to help improve our sport. Slalom is enjoyable, it is growing, lets keep it growing to the benefit of all paddlers.

Slalom like every other facet needs sponsorship for teams and events, why do we feel so much alone? - when will the ACF help gain sponsorship for teams and committees and involve other people in these decisions? Why not a national group on sponsorship to approve or accept sponsors and work out acceptable details to suit all committees.

The slalom team has wanted sponsorship with Qantas for some time, but unsuccessfully as the ACF executive has an agreement with Ansett. We now hear, on that infamous grapevine that the ACF may now also be looking at Qantas. But again for the ACF executive, not the committees, not the teams. When sponsorship agreements are negotiated why aren't other committees either informed or involved?

Why, do I feel like a mushroom? As manager of the Australian Slalom Team when the ACF is involved I am kept in the dark and fed I find it hard to get information. After six months of negotiation with Uncle Tobys, why do I hear on the grapevine, slalom may be given a whole \$2000.00 out of a quarter of a million dollars sponsorship proposal! Why is it alleged that Tasmania may be to receive a fleet of slalom boats in return for naming rights to the Australian slalom team. When will the ACF come clean and put in writing Uncle Toby's proposed sponsorship details? If it involves slalom or the slalom team why do I have no idea?

6. LITTLE MUSHROOMS

Presentations need to be carefully thought out and made to be a prestigious event so we can be proud to have sponsors and dignitaries present. Athletes need to dress appropriately and look like the athletes they are. Standing around or walking up to receive a medal with a stubby in hand is no longer acceptable for athletes representing Institutes of Sport. If we wish to improve our profile to the public, other paddlers, sponsors and the media we need to greatly improve our protocol in these matters. Dr Frank Whitebrook set high standards for presentations at Nymboida in the seventies - why have we gone backwards?

When we run national events, we need to accept the fact that we will be under public scrutiny, the media will attend, it is no longer a hope, we now have high profile paddlers which attract media attention. All major events need to cater for media and produce facilities, personnel and information for such people.

5. PROTOCOL

the ACF Slalom Committee should also look to a new structure to improve its performance.

Unfortunately, one of the problems of democracy is the equality of everyone to vote. I have never been wholly in favour of our National Committee structure, but it is some-thing that we must live with, I do not have any ready answers. Victoria has a strong, vibrant slalom and wildwater committee who meet and debate topics regularly and have informed opinions. I do not necessarily agree with the decisions, but when they are debated and voted on, I accept and support the view decided, this is democracy. However at national level how can you compare equality? The Victorian delegate represents hundreds of paddlers, including the majority of the Australian Team members. Victoria gets one vote. Some state delegates represent as little as one paddler at the national event. Other delegates seem to represent their own personal interests. How can one expect to go forward with this type of voting structure. The ACF is working on a more efficient re-structure system, perhaps

4. COMMITTEE EQUALITY

To hold three selection events in Tasmania this year was a gross mistake. To hold two events on the Mersey simply shows which paddlers can get good results on this one site. It does not really tell me, as a selector of VIS and AIS scholarships, who the most talented paddlers are. Yet we are going to repeat the same mistake in '95. I smiled inwardly when two events were nominated for Nymboida in '95, it suits my paddlers, but at the same time I was appalled at the outcome and even more on how the decision was reached.

My personal preference for the '95 selection events was to hold two at Nymboida. My bias is because some of my paddlers will perform better at this course, but it is not the best and fairest selection choice. Victoria, and Victorian paddlers discussed this selection at length and decided that the fairest possible venues were three different venues in three states. 1995 is Olympic selection year - so these events are critical. Olympic selection is only relevant to a select few, therefore the events must be the fairest possible. Cost of travel and personal course preference should not be considered. This is where the committee members should make intelligent well informed decisions, and not ask the nearest few paddlers and use their opinions when it is not even relevant to them. These decision should not be made on popularity, but on effectiveness of good selection.

3. SELECTION EVENTS

ACF can this persist in the presence of senior members of the like this keep going on and who takes any notice, and why professionalism when elections are run so loosely. Activities exactly who voted? How do we maintain any element of eligible paddlers kept or marked off. So how do we know major criticism of this election is that there was no roll of people nominated is neglect of the committee. However, my voting. To be told that many paddlers did not know the paddlers to all those eligible to vote at some time before tradition in the past has been to introduce the nominated

1994 SLALOM COACHING PROGRAM #1

Once again the Slalom & Wildwater Committee will be running coaching clinics throughout the year. If you are interested in improving your slalom skills we look forward to coaching you!

- PROGRAM** - 6 x 1 hour weekly sessions
COST - \$60.00 (cheques made payable to V.C.A. Slalom & Wildwater Committee)
CLOSING DATE - 9th February, 1994

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**

PREFERRED DAY - (Please list your preference in order 1 - 6 *)
 * Do not include a day if it is not suitable

	FEBRUARY	/ MARCH	TIME (List your preferred time)
MONDAY	7/14/21/28	7/14	
TUESDAY	8/15/22	1/8/15	
WEDNESDAY	9/16/23	2/9/23	
THURSDAY	10/17/24	3/10/17	
FRIDAY	11/18/25	4/11/18	
SATURDAY	12/26	5/12/19/26	

PREFERRED VENUE - (Please list your preference 1 - 3)

- WESLEY
- FINNS RESERVE
- DIGHTS FALLS

[Note: At this venue the setting up of gates requires all participants to assist half an hour before scheduled time]

We cannot guarantee your first preference, but will endeavour to do so.

VICTORIAN STATE SLALOM CHAMPIONSHIPS

by Reg Hatch

There were not many Collingwood Council members at these championships and this was a shame as they would have seen just what a facility they inherited. What's more it will soon be more popular than they could believe. There were a great many people at the weekend who were just passing and stopped, watched, got interested and spent a lot of time asking questions.

There will be a full report by Roy or Jane but I must mention the spectacle and the running of the competition - first class - I did not hear one complaint and only positive reinforcement of what was a good weekend.

Peter Eckhardt summed it up when he said "it is a truly worthwhile venue that is at last accessible and useable by all members of the community".

If there is going to be an over use issue in this area it will arrive via the bicycle path and the accompanying pedestrian traffic that simply wants to

watch the wonder of the falls and have a picnic in a country atmosphere whilst in the middle of a thriving city.

Roy and Jane Farrance made a lot of people very happy and continued their unbelievable support to canoe sport when they awarded an encouragement award to the twenty fifth best performance to the value of a cool sixteen hundred dollars. The young fellow who won truly believed he had won Tattsлото. His emotional reaction was worth every cent and I am sure canoeing has a convert for life.

Dave Empey was back and finished a creditable fourth behind a bevy of established athletes, lead ably by young Justin Boocock from Tasmania. Our latest and first Slalom World champion is ably looked after by one of canoeing's nice people in Peter Eckhardt and assisted by his nutritionalist father, Bob. In all, we have three extremely gifted people working towards one goal - to raise the profile of Australian canoeing.

Melbourne Water were in attendance dividing their members between the Footscray Salt Water Festival and the State Slalom Championships.

A great weekend, well worth a look and a real credit to the Collingwood City Council.

The sponsors:

Life.Be in it
Faberge
Canoes Plus
Melbourne Water
Cadbury Schweppes
Commonwealth Bank
Yakka
Subaru

Just Communications all played a significant role on the weekend, so too did the VIS.

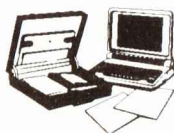
Congratulations to all the winners - some predictable, some nice surprises.

Participate



Life. Be in it™

Letters



Bartlett Earthmovers Pty Ltd
253 Mansfield Street,
Thornbury.

2 December 1993

The Editors
Paddler

Dear Jill and Tony,

Thank you for the opportunity to include this letter in Paddler.

At the completion of the 1993 Victorian Slalom Championships held over the weekend of 27-28 November at the new course at Dights Falls, I was one of five people privileged to present the awards.

I took this opportunity to publicly thank some of the major players responsible for creating the canoe course. Being uncomfortable with public speaking I spent considerable time preparing my speech but later I realised that I had missed reading a paragraph thereby failing to acknowledge the contribution of Robin Sanders. Without Robin's enthusiasm, determination and negotiating skills the site works would not have been completed.

During the construction period there were many delays caused by concerns of interest groups and at one time the earthmoving machines were removed from the site and there were fears that the job would be stopped. These were the times that Robin's negotiating skills came to the fore ensuring that the training and racing course we now have today became a reality.

Regards

John Bartlett.

Open letter to Victorian Slalom & Wildwater Racing Committee

My letter is a request for the committee to consider eliminating the requirement for a minimum entry of three paddlers to constitute a class in schools championship events.

I believe this rule discriminates against individuals and schools that make the effort to submit an entry or two in an under age class, only to find there are insufficient entries. With the present system these youngsters are forced to compete against older more mature students, often with little chance of gaining the success and recognition they deserve for themselves and their schools. Such a system in fact, favours schools that do not enter that class as they, by default, prevent another school scoring 10 points.

A championship event usually is an annual event open to all schools, that some students work towards for some time. I would like to see the efforts of individuals in advertised under age and less popular classes appropriately awarded. We need to give all the encouragement possible to participants in these events. As an example I mention the case of Tim McDonald in the recent Australian Schools Championship. After winning the Victorian School Slalom for his age group Tim trained hard and raised the money himself to go to Tasmania. Because of insufficient year 7 entries he paddled slalom with year 8 and downriver with year 9. In spite of a great effort in the downriver, in which he beat several other competitors, he did not gain the personal recognition awarded to most other age groups and his school did not benefit from all his efforts.

In future let us reward those who make the effort and do something, rather than those who don't.

Ian Whitford
Head of Outdoor Education
Eltham College.

CLUB CORNER

The Gippsland Waters Canoe Club (Inc)

The Gippsland Waters Canoe Club is an organisation based in the Latrobe Valley which was formed to allow canoeists to participate in their sport whilst enjoying the safety and convenience of paddling in a group. The primary canoeing activity of the club is white-water touring, with other activities occurring as desired by the members of the club. Other activities include beginners and intermediate instruction, eskimo rolling instruction nights, canoe slalom, whitewater racing, surfing and canoe polo, with occasional participation in flat water racing events. The prime determinant of canoeing activities is the interests of members.

The club has regular trips on the Thomson, Macalister, Mitta Mitta, Mitchell and Snowy Rivers, with occasional trips further afield.

These rivers provide a variety of paddling conditions, catering for all paddlers...young and old, experienced and novice.

The club meets at 7.30 pm on the second Tuesday of every month at Room 1N206, Monash University College Gippsland, Switchback Road, Churchill.

Interested persons are most welcome.

For additional information contact:

Andy Ringin	223397
Greg Ryan	742649
Ted Wiseman	741117
Peter Freeman	222550

A notable trip report from the past is included to demonstrate the type of

trips attempted and the reading you will find in your monthly newsletter.

THE COBUNGRA AT ITS BEST

25/9/89

....Just when you thought it was safe to go back in the water

I was paddled out and relaxed - all I wanted when we reached Omeo on the way back from Khancoban, was a pie. Instead I was confronted with three idiots cavorting about the main street of Omeo grinning and jabbering about the Cobungra being up. Not being a person who is easily led I resisted the temptation to paddle it with them and bought a pie. Now all I wanted was home and bed, but the pressure was still on. A decision had to be made. Did I do the smart thing and head home and put up with another summer of crap about "When we did the Cobungra..." or did I paddle?

I weighed up the alternatives - what was the worst that could happen? If I paddled I could be injured or drowned. If I didn't paddle, it would be like another "Did I ever tell you about when Bruce and I won the Mitchell River Classic..."? There was no choice, I had to paddle!

Ian, Bruce, Shaun and I with Corey and Katrina as drivers, put in at a farm well above the Blue Duck for what I was assured would be an easy one and a half hour paddle.

What followed is difficult for me to write about - this is being typed because my hands still shake when I re-live that trip. Those turkeys had done the trip previously at a level of 3'-2" at the Blue Duck. Now it was

3'-10", which doesn't sound much higher but in a narrow river it can make a big difference.

The rapids were close together and had to be inspected. The drops were enormous, the paddling technical and invitations to disaster were everywhere with plenty of trees, boulders and stoppers. For variety there were a number of chutes just wide enough to wedge a kayak sideways.

Fortunately the worst rapid had a chicken chute - consisting of a simple three metre vertical drop into a calm, bath tub size pool above an easy grade 4 featuring a good selection of entrapment hazards. At least that was one rapid I didn't have to worry about too much.

All of us eventually finished the trip intact, although Bruce and I had one swim each. The Cobungra is not a river which encourages too many tries at rolling because of the speed of the water and the size of the drops. My motto was 'if at first you don't succeed - swim'.

At that water level I rated several of the rapids at Grade 5. Combined with the fast water and the possible consequences of failing to run a rapid cleanly, they make this the most exciting and dangerous river I have attempted.

I think it was after about three and a half hours that I dragged myself out of the river at the Duck, vowing never to put myself through it again. But that was a couple of weeks ago, and thinking about it now I reckon that if I paddled just to the left of that bloody big rock and broke out to the right.....

SPRINT RACING STATE TITLES - 1994

NATIONAL WATER SPORTS CENTRE
Carrum

26 & 27th February, 1994

- CLUB COLOURS:** Must be worn.
- BOAT NUMBER:** Must be displayed in approved holders.
- PROGRAMME:** A special programme of events will be drawn up, based on the entries received.
- The programme will be published the week prior to the Titles.
- Paddlers must fit in with the programme.
- All entries should be checked by *Club Coordinators* 30 minutes in advance of the race.
- ENTRY FEES:** All competitors pay (*including interstate & international*). Only financial members of Clubs currently affiliated with the VCA, ACF or ICF are permitted to enter.
- Senior: \$40.00** **Junior: \$20.00**
- Entries Close February 13, 1994. All fees must accompany the entries.
- Entries to The Secretary, P.O. Box 413, Chelsea. 3196.
- LATE ENTRIES:** Late entries (*if accepted*) are double the standard fee and CASH must accompany all late entries.
- THREE BOATS:** At the close of entries three boats constitute a race.
- MEDALLIONS:** Gold, Silver and Bronze medallions are awarded to the paddlers in the first three boats across the line in "A" grade finals.
- Ribbons only are awarded for "B" & "C" grade finals.
- LONG DISTANCE:** 5000m. races will be conducted if there is sufficient interest.

CALENDAR OF EVENTS

1994

February

12-13	Basic Skills Instructor Assessment	V.B.C.E.	459-4277
20	Marathon - Snowy River Canoe Marathon Forest Park Orbost	D. Mickelborough	754-4292
26-27	Sprint - Victorian Championships Carrum	Tony White	583-5953

March

5	River Rescue Course	V.B.C.E.	459-4277
5- 6	White water Instructor Assessment	V.B.C.E.	459-4277
5- 6	Marathon - Albury Wodonga Murray River Hume Weir to Albury	Bruce Phemister	(060) 592-117
12-13	Inland Senior Instructor Intake/Assessment	V.B.C.E.	459-4277
13	Marathon - Grand Prix Race Yarrawonga	Wendy Phillips	(057) 431-944
20	Marathon - Rowboat & canoe race Cobram to Tocumwal	Zane Douglas	(058) 711-711
26-27	White water Instructors Intake	V.B.C.E.	459-4277

April

2- 3	Sea Instructors Intake/Assessment	V.B.C.E.	459-4277
10	Marathon - Nagambie Goulburn River	Les Hopwood	598-2540
23	White Water Skills Instructor Workshop	V.B.C.E.	459-4277
24	Marathon - Winter Series Race 1 Warrnambool	Mike Lee-Ack	(055) 910-298

May

14-15	Basic Skills Instructor Intake	V.B.C.E.	459-4277
14	Marathon - Interschools Championships Essendon	Ann Marley	(058) 548-467
15	Marathon - Winter Series Race 2 Essendon	Bill Smith	311-3402
21-22	River Rescue - Course 1	V.B.C.E.	459-4277

June

12	Marathon - Winter Series Race 3 Yarrawonga	Kevin Phillips	(057) 431-944
13	Marathon - Winter Series Race 4 Shepparton	Peter Cole	(058) 211-242
26	Marathon - Winter Series Race 5 Yarra River City	Kevin Thomas	773-1703

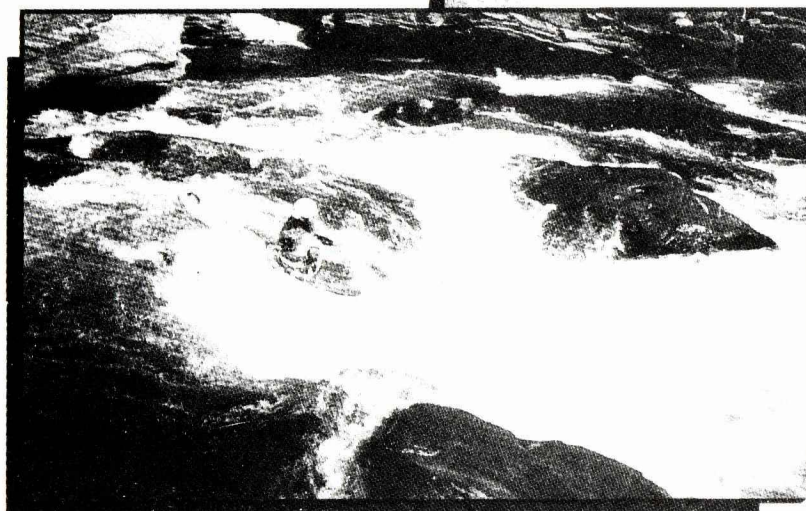
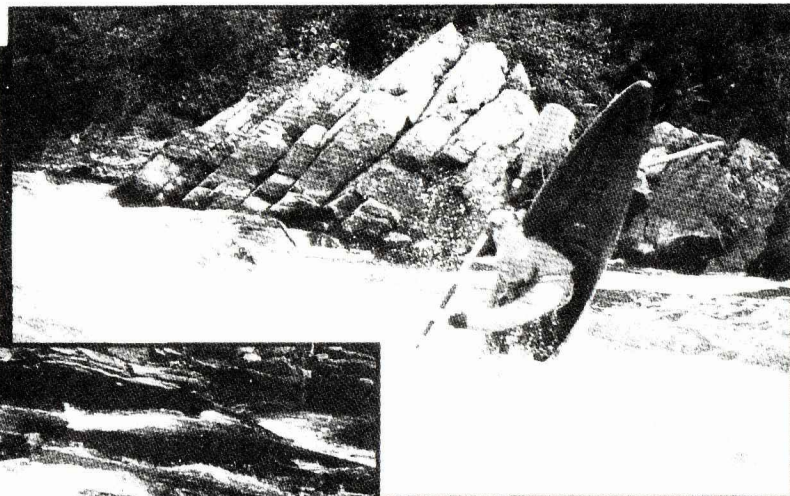
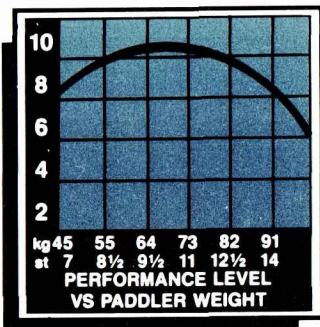


perception®



CORSICA S

A Paddler's Dream



specifications

Length: 310 cm

Width: 61 cm

Weight: 17.6 kg.

Volume: 252 Litres

Cockpit size: 85cm x 49 cm

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

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