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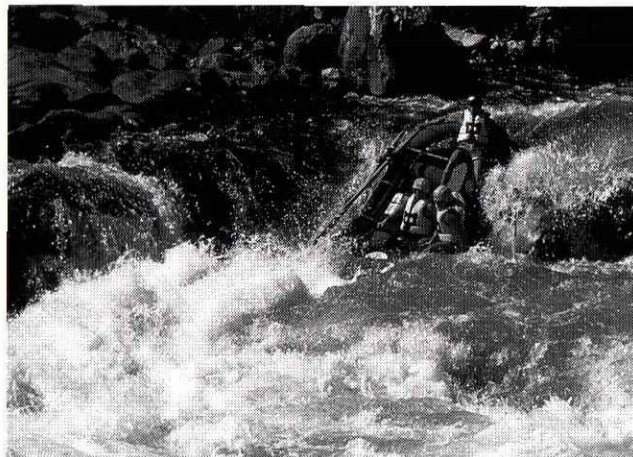
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Editorial

Welcome to the 3rd edition of KC Magazine. This issue continues to reflect all aspects of canoeing and I hope you enjoy the exotic Sea Kayaking Adventures, Alaskan Expedition as well as the results from the Slalom and Wildwater Nationals and Sprint Grand Prix Regattas.

In the last edition of KC Magazine, we asked for your help in providing articles and photos for future issues and I would like to thank all of you who sent in items. YOU - the contributors and readers will ensure the magazine's long term success. Whether you are a recreational or competitive canoeist, you will find valuable information contained within each subsequent issue of KC Magazine as it continues to grow and evolve to incorporate all areas of paddle sports.

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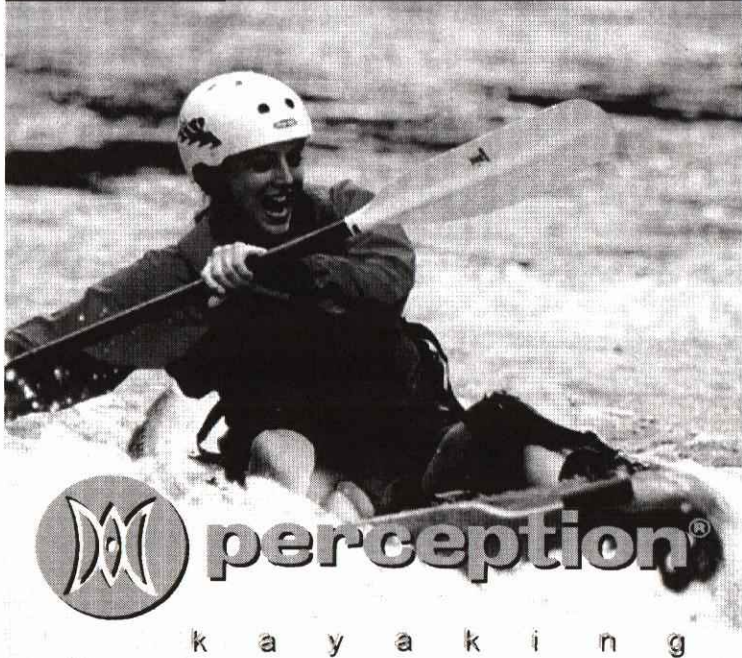
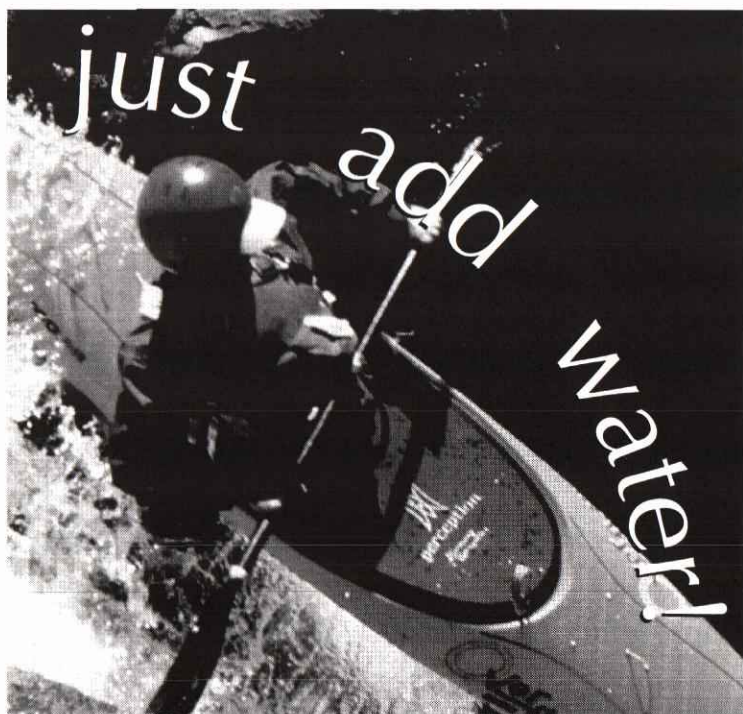
Congratulations



Congratulations to Olympian Cameron McFadzean who married fellow AIS paddler Leda Cunningham in October last year. The pair were married in their home State of Victoria before returning to training at the AIS on the Gold Coast. Congratulations also to Australian Canoeing's General Manager, Jon Bisset who will wed his long-term girlfriend, Sarah Armstrong in Melbourne on the Australia Day long weekend. It's actually double congratulations for this couple as they are expecting their first child later in the year.

AIS Coach Jamie Walker is a proud new dad. Jamie's wife Elaine, presented him with a healthy baby boy on December 28. Nicholas James weighed in at 3.49kg and 51cm long. Congratulations to Jamie and Elaine.

Congratulations also to Craig Humbley (President, Queensland Canoeing) and his wife on the birth of their first child - Alexander Craig - born on 2 December.



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Front cover photo: Sea Kayaking at the Sea of Cortez, Baja, Mexico
photo from Mountain Travel-Sobek

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Sea Kayaking Adventures...

The Douro 'River of Gold' Portugal's



Photo by Mike Gebicki

Paddling on the Douro

It had been a hot, dry summer and the harvest had begun early, in the second week of September. From the river we could see the pickers moving among the vines on the terraces that step the hillsides. Once, in the heat of mid-afternoon, they abandoned their work, came down to the bank and tossed bunches of grapes into our kayaks until the overseer shooed them back to work, and we paddled on with the taste of liquid sunshine trickling down our throats.

The Douro - "River of Gold" - is Portugal's wine river. The high, sharp hills of the Douro River valley are the heartland of the demarcated port region, the only region where grapes for true port wine

can be grown. It is also a region still tangibly rooted in the past - a feudal, rural corner of Europe, despite the Reebok t-shirts worn by the

teenage grape pickers.

For kayakers, it would be hard to find a kinder river than the Douro. From the Spanish border to Oporto, the river is broad, flat and well-mannered - a series of long mirrors - and perfect even for novice kayakers. There were nine of us altogether, plus our guide, Joe Toback from Mountain Travel-Sobek, and Vitor Ventura and his effervescent wife, Catarina. And Bruno. Bruno is Poseidon with a paddle, a giant with honey-coloured skin and a smile that would melt butter. When Bruno took off his shirt, men fell silent and women became 10 years younger. Over the dinner table, the question of which of the women would paddle with Bruno the next day became a matter of unseemly competition. Since this usually fell to the weaker paddlers, it was noticeable the standard of paddling became feebler by the day.....

by Mike Gebicki

Photo by Mike Gebicki

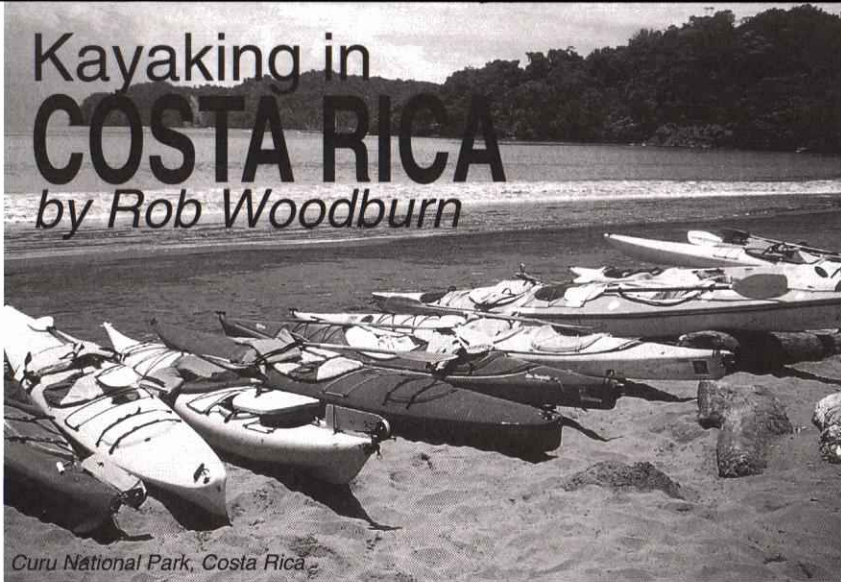


Douro River Portugal

Kayaking in COSTA RICA

by Rob Woodburn

Photo by Rob Woodburn



Curu National Park, Costa Rica

Costa Rica has been dubbed one of nature's great bottlenecks. Sandwiched between Nicaragua and Panama on the narrow isthmus that links North and South America, this tiny nation is smaller than Tasmania. Yet it contains an estimated five percent of the world's biodiversity; a dazzling fecundity of ferns and flowers, bushes and trees, mammals, reptiles and birds.

Four mountain ranges ripple north to south between the Pacific and Caribbean coasts. Flowing east to the Caribbean from these heights are several great rivers, notably the Reventazon and the Pacuare. Jutting from the Pacific coast are two peninsulas, Osa in the south and Nicoya to the north.

I had kayaked before, in New Zealand's magnificent Marlborough Sounds, but I feared the group that was destined to kayak off the Nicoya peninsula might consist of Iron Man clones. I need not of have worried for Mountain Travel-Sobek had done its homework and patched together a group of well-suited "adventurers".

Our party of 14 ranged in age from 21 to 63. Apart from an English couple living in Bermuda and myself, the rest were Americans. The oldest was a mum from Minnesota who, sharing a tent with her 30+ daughter, treated us to late-night caterwauling and an accompanying torch-lit *son et lumiere* whenever the crabs of

Curu scabbled under their thin foam mattresses.

Curu is a wildlife reserve on the southern tip of the peninsula. It's a 4 hour journey there from the capital of San Jose, using bus, ferry and taxi. Our private camp was set up in a secluded cove with a fine sandy beach.

Camp food was spicy, plenty of rice with assorted meats or fish and optional lashings of hot sauce. Everything was devoured rapidly by all after our daily exertions on water, which steadily increased in duration and intensity.

On our final paddle we circumnavigated two offshore islets in a journey lasting several hours but broken for lunch. Surprisingly, none of this activity proved unattractively strenuous or too exhausting. Kayaking for enjoyment means resting up a lot, enjoying the surroundings while finding a gentle rhythm to your paddle strokes.

The eight-day Costa Rica Adventure itinerary had promised kayaking and white water rafting. So we left Curu and crossed back to the town of Puentarenas, a rather grimy place where an oyster bar calling itself the "Pearl of the Pacific" backed onto a shoreline that was strewn with plastic refuse! This sad town with its forlorn inhabitants was quite unlike the rest of Costa Rica, where friendly smiles and an engaging informality proved to be the rule.

El Nino was flexing its muscles. Torrential downpours

caused a landslide that annihilated some motorists and blocked the road running through the Braulio Carrillo National Park. As rivers rose, the Pacuare, our original destination, was soon too bloated to ride safely. So we rafted the Reventazon along a stretch of swollen water, fast flowing but regulated by a power station upriver.

During this exhilarating 3 hour downriver swoop we tried our best to co-ordinate strokes and maintain our balance, navigating some strong but easy rapids. At the haul-out stood locals with boa constrictors. The youngest of our team, Debbie from Cockeysville USA, happily underwent the squirming litmus test of bravery by entwining one reptile around her body for a photo.

We finally reached our Pacuare jungle lodge the following day after hours on the river, paddling peacefully at first then frantically dodging rocks and clinging on grimly through a procession of surging rapids that grew steadily more severe. By now we were deep into Indian

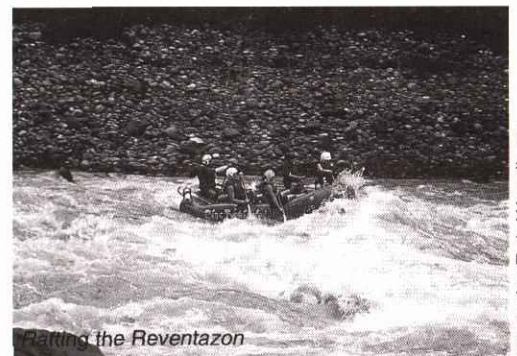
country, wrapped in remote, impenetrable jungle.

We passed exotic waterfalls that shimmered like fine gossamer within the green expanse of vegetation. Huge butterflies of iridescent turquoise fluttered above the water.

Guttural, throaty calls barked from the trees. Our raft was whisked through boiling foam past more hulking rocks and swept around a bend.

At once we saw wooden houses rising on stilts amid luxuriant foliage. "That's where we stay," yelled Roberto, the tour leader, "as long as we make it to shore! So paddle!"

In camp we were swallowed by the jungle, dazed by a vivid explosion of vibrant growth. Massive ferns hung like umbrellas over muddy paths worn between the huts. We bathed in torrents of cold water that gushed downhill from a hidden waterfall. Birds played flutes, oboes and bassoons in a wafting serenade. The occasional harsh screech and a bouncing motion of branches assured us we were being watched, even if we could not see the watchers.



Rafting the Reventazon

Photo by Rob Woodburn



Camping near Pacuare Jungle Lodge

Photo by Rob Woodburn

Greek Island ODYSSEY

by Linda Schlencker



Photo by Linda Schlencker

Paddling into a village on Ithica, Greece

Ever since mythical sailor-explorer Odysseus (or Ulysses to we westerners) set sail from his home island of Ithica to embark on his fantastic series of adventures, the Ionian Sea has held an irresistible fascination for seafarers. With its crystal-clear turquoise waters and dozens of islands with uninhabited sandy shores and high mountains, it's easy to see why I volunteered for this 'work' assignment.

Ten days later I had paddled over 100 kms, eaten well over 24 Greek salads and I don't even want to think about the retsina, ouzo and metaxa!

Most of the 12 kayakers arrived a few days early to catch up on the amazing historical sights in Athens - the Acropolis, Roman ruins, ancient agora, changing of the guard at parliament house, temple to Zeus and the list goes on.....there is a lot of old, broken stuff to see in Athens.

The trip officially started with a group dinner in the Plaka area below the Acropolis. The Plaka is the flea market area and has many great restaurants. The best way to navigate through the labyrinth of streets is to just get lost and then find yourself on the map. This was a good place to get to know my fellow adventurers - a writer, 2 school teachers, a yoga instructor, a surgeon from a Navaho reservation, a naval captain, an archaeologist, a NY society mom, a horse trainer, an optomologist and our two Danish born viking guides, Olaf and Ilsa.

By mid afternoon the next day we were on our flight to Preveza just a quick drive away from Lefkada - one of the few islands reachable without boat. Here we met up with our collapsible kayaks and rested up for the early morning start of our adventure. Over the next 8 days we explored 6 of the Ionian

Islands, which leaves only another 1994 Greek islands unexplored! These islands are on the western side of Greece, the only group of Islands not in the Aegean sea.

A typical day, if you can call sea kayaking in Greece *typical*, was an early breakfast followed by 4-6 hours kayaking with a few snack and swim breaks, followed by a long lunch, siesta and explore around the day's campsite or local village. Dinner was either at a small taverna in a local village consisting of, you guessed it, Greek salad, calamari, lamb chops, dolmades, 'little fishes' etc, or a BBQ of local seafood or meats around a camp fire complete with beer from the 'fridge' (rocks forming a pool in the calm ocean waters).

There were way too many highlights for me to try to explain my Greek experience. Apart from discovering small white washed ancient villages with their brilliant red, blue, green and yellow shutters, the most memorable experience for me was camping on an olive tree terrace overlooking a small beach and listening to the magical ringing of goat and sheep bells in the distance. After an hour spent in a futile attempt to hunt down the sheep and goats in the hillside bushes, to 'shoot them' with my camera, I returned to camp. About 2 minutes later the quiet ringing became very loud as a flock of sheep wandered through our campsite down to the ocean to stand on the white rock at the shore. Well, I had nothing better to do with that hour anyway!

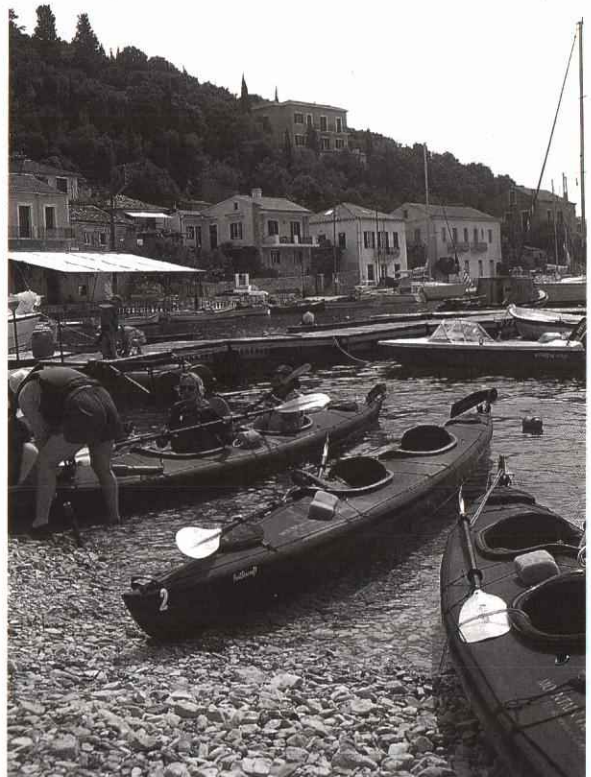


Photo by Linda Schlencker

Pulling in for lunch in Kioni, Greece

Our longest day kayaking was 27 kms - sounds a lot, but remember, there are two of you in the kayak and they always team a stronger paddler up with a weaker one. Our oldest paddler was 61 and had tendonitis of the shoulders, so if he can make it and still have fun, so can you! After the longer kayaking days we always had a rest day where we either kayaked for a couple of hours or we went on a day hike instead. If you feel sick or your arms just couldn't take it anymore, the inflatable zodiac boats, which carry luggage and food, were available to carry you, and tow your kayak to the next camp site or village hotel.

Far too quickly the kayaking was over and we arrived back into the touristy parts of the islands, where we no longer had ocean and beaches to ourselves. We travelled by bus back to Athens visiting Delphi with its temples to Apollo (the site of the Oracle) and Athenia, a stadium, gymnasium and theatre (more old, broken stuff). We made it back to Athens for our sad farewell dinner in the roof top garden at our hotel. The sun went down, throwing it's amber rays across the white marble of the Acropolis as some of us read poems that we had written in the lazy afternoons after our siestas, and then we said good bye, until the next adventure.....



Relaxing on Kastos, Greece

Photo by Linda Schlencker

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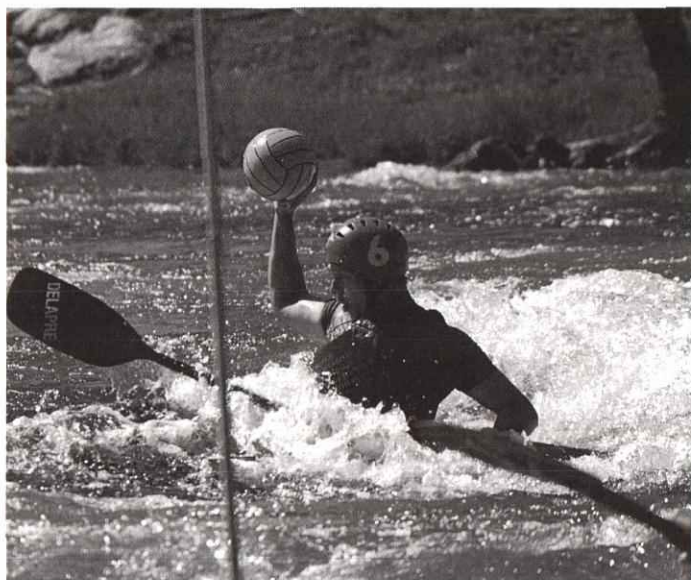
Canoe Polo Training Camp

As part of their preparation for the 3rd World Canoe Polo Championships in Portugal, the Australian Men's and Women's training squads spent the weekend of January 17th and 18th on Victoria's Goulburn River. The purpose of the weekend was to improve all players paddling techniques and boat control to enable them to use their kayaks more effectively.

As Canoe Polo has developed, it is becoming more and more crucial that all players have exceptional kayak control skills to complement their ball and paddle skills, team work and fitness. It is essential that all players can get maximum power out of the one stroke in order to gain possession of the ball. It is also vital that players can use their kayak to push an opponent off the ball or to out manoeuvre their opponent in attack, defence, or in a one on one situation.

The weekend involved sessions both on the river and the adjacent dams. Using the expertise and knowledge of Jane Farrance was extremely beneficial to all players and coaches. Not only did Jane improve the players paddling techniques, she also continued the sharing of knowledge between canoe polo and slalom.

by **Duncan Cochrane and Marg Smith**





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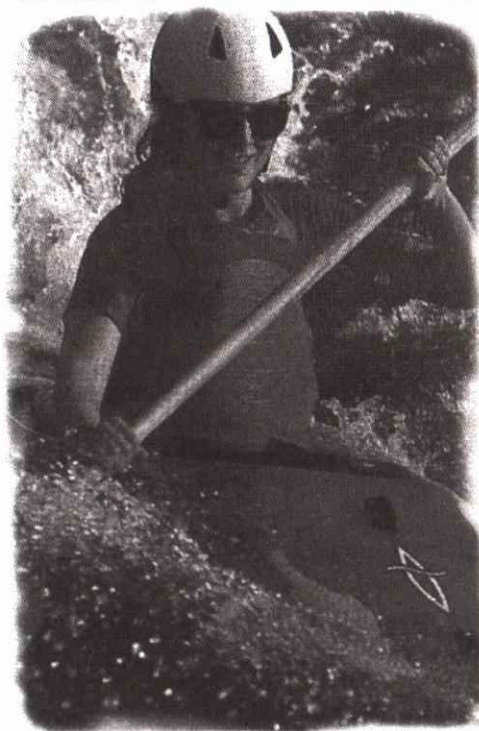
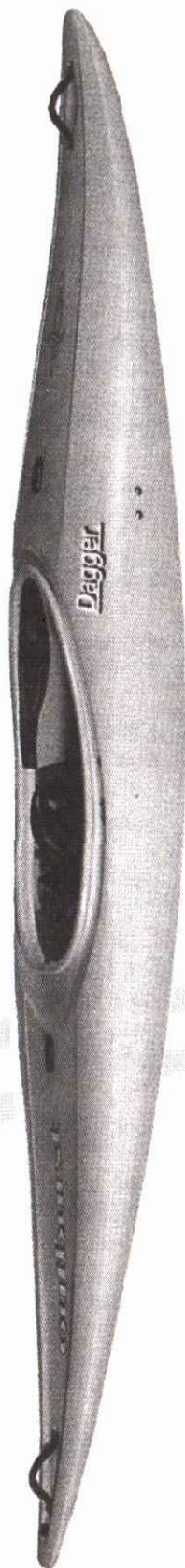
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The lament of the recreational Kayaker

The story of a happy go lucky recreational paddler's conversion to K1 marathon racing.

It all began in September 1990 when I bought my first kayak from John Slattery, Canoe World, Wollongong. I remember it clearly, a 5.1m sea kayak, long and sleek with a white hull and a yellow deck. With pride and much excitement my friend Gary Edmond and I launched our kayaks on to the windy and choppy ocean north of Wollongong. That day we fought with the wind, the lively chop and the white caps. We had a great time and went on to have many happy paddles on the ocean.

Late in 1992 as a member of the NSW Sea Kayak Club I organised a seven day trip from Wallagoot Lake on the far south coast of NSW to Mallacoota in Victoria. It proved to be a very eventful trip and a turning point in my paddling career. Eight of us left Wallagoot on Saturday in very rough and windy conditions. By Sunday afternoon we were six, two people had decided to pull out after a very difficult first day. One claiming to almost drowning in the big seas. It was an auspicious beginning.

Over the week we had three days of paddling into strong head-winds. I struggled and I hated it. I'll never forget the day we paddled from Nadgee to Mallacoota. As we rounded Cape Howe we were hit by very strong SW winds whipping up the Victorian coast. That day I had to work very hard, hour after hour. I strained into the wind. The stretch south of Gabo Island was horrible. We'd paddled for many hours with only a short break on Gabo. I was exhausted, my arms ached and Mallacoota was still so far away. At one stage I'd had enough and decided to head to the beach for a rest. When

my mates realised my intent three gathered around me and pushed me out to sea. Like a sick whale I was hurled to deeper water away from the big surf crashing onto the beach.

After what seemed like an eternity we made into the quiet waters of Mallacoota Inlet. I remember flopping on to the grass and feeling very angry that my leisurely paddle had turned into an endurance event. After a sleep I went looking for my mates and found them well into it at the Mallacoota Hotel. As I watched them celebrate, it was obvious they were no worse for the experience. Words like my lack of fitness and poor paddling technique came to mind. I remembered what Gary Parker had said to me during the paddle. He had encouraged me to sit up, lengthen my stroke and rotate my shoulders.

This led to the next stage of my canoeing journey. A few months later I was discussing the trip with Alan Wilson from the Illawarra Canoe Club. He listened to my tale and suggested I do some training with the club. So one sunny Tuesday afternoon, I arrived at Mullet Creek with my sea kayak. He watched me paddle for a while and then suggested I try his TK1. The seating position in my kayak was not good for technique practice. I enjoyed the TK1 and training session, so I started to train on Tuesday and Thursdays. Every session I heard the same advice from Alan and Brian Kemp: 'sit up straight, keep the top arm at eye height, rotate the body, keep the paddle parallel to the shoulders, increase your rate, etc'. I was confident that all

the training would make me a stronger sea kayaker.

In autumn of 1994, I went to my first race with the Lilli Pilli Kayak Club. I came second last and enjoyed myself, it was the birth of a recreational racer. I played about with the TKs for a couple of years and also went sea kayaking regularly. I enjoyed the routine of training on Tuesdays and Thursdays and a race most weekends during autumn and winter. I improved but my times were not stunning. It was always an achievement to beat six minutes per kilometre.

I was happy with the routine until the time Alan and Brian switched to K1s. It was a cruel blow. I was just getting to the stage where I could stay on their wash for short periods. I went from having the company of a helpful bunch of TK1 paddlers to no one. They had all either switched to K1s, got married or disappeared for some other reason. During training I watched the K1s fly by and this brought me to the final stage of my evolution. In the winter of 1995 I hopped in to a K1.

It was a rude shock. I'd conquered the rough ocean and gained some white water experience but nothing had prepared me for the tippy K1. I'll never forget the very cold winter when that evil K1 threw me in. It was almost dark and by the time I'd waded to shore and emptied the boat my toes, fingers and delicacies were almost frozen. I cursed and swore as I paddled the four kilometres back to the club house. I finished that year in my TK1!

1996 saw me make a stronger commitment to mastering the K1. I had no choice. I needed to train with

the others to learn about wash riding and racing tactics, so I had to master the K1. About this time, I met Terry Prosser. I knew that he had coached many juniors and seniors to the highest level, a place in an Australian Sprint or Marathon team. This man surely knows what it takes to become competitive.

I asked Terry to check my technique in the Cleaver X and what he said can't be printed in a family magazine. He explained to me that success is no accident, it comes down to the five basics: balance, technique, strength, endurance and mental attitude. I quickly realized I was deficient in all five and decided to do something about it. This realization was the death of the happy go lucky recreational racer.

Towards the end of 1997, I tried to establish a better training routine with some sessions at the gym under the guidance of Terry and Rob Rich, regular sessions in the K1 concentrating on balance and technique and for variety, the occasional run. Hopefully this routine will make me more competitive in my age group.

1998 will supply the next chapter. The routine comes at a price because there are always distractions. We've recently moved house and family, friends and work can't be neglected. I enjoy a hard session at the gym or on the water but crashing on the couch or barking at the kids is not acceptable and struggling to stay awake at dinner parties is not much fun. The Christmas and New Year period has taken its toll. Lots of good food and drink and the company of friends and family has seen the training routine go out the window. No doubt some of the men and women who have been successful in competition would say that these are just a bunch of lame excuses. On one level they are right and this surely must be the lament of every recreational paddler who wants to get serious.

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Spindrift International Guiding

'97 JLW CHALLENGE

Aussie athlete holds off Kiwi endurance challenge

Day One Saturday 29th November

New South Wales endurance athlete Novak Thompson is the surprise leader at the halfway mark of the Mt Buller to Melbourne JLW Challenge, upsetting New Zealand pre-race favourites Richard Brunton and Simon Yarrell.

Thompson, 28, from Sydney, completed the opening run, paddle and cycle legs of the gruelling 270km event in the time of seven hours 22 minutes and 17 seconds, 11 minutes and 35 seconds ahead of Yarrell, with Brunton a further two minutes behind in third place.

In the women's event, last year's runner-up, Alina McMaster, held a comfortable 30 minute lead over 1995 race winner, 46 year old New Zealander Sharon Prutton, with Melbourne's Stephanie Russell lying third.

With three time race winner John Jacoby a last minute withdrawal, and with a strong international contingent in the field, this year's JLW Challenge was wide open.

Dirkie Moolman, one of 14 South Africans contesting the event, led after the opening 33km run from the summit of Mt Buller to the shores of Lake Eildon, with Tasmanian David Ross in second place.

But cramp during the 20km paddle leg across the lake ended the South African's chances, and Thompson was the first to emerge from the water.

He increased his lead over the New Zealanders during the final 57km cycle into

Marysville, with Yarrell just managing to hold off a fast finish by his Kiwi training partner Brunton.

In his only previous attempt at the JLW Challenge, Thompson had pulled out after the tough opening run leg, so was surprised to be leading at the end of the first day, even though he has a team victory in the 1995 Eco Challenge to his credit.

"I'm happy to be leading. After the run I sure didn't think I would be. I was pretty miserable the last couple of hours."

"Tomorrow I'm just going to go out hard and hang on to the leading group and see what happens."

As usual, the race has claimed its share of casualties, 1996 winner Sharyn Davis withdrawing after a wretched run leg, and 1996 men's third placegetter, Gary Sullivan, also dropping out of contention after a series of mishaps.

Day Two Sunday 30th November

Novak Thompson has held off a powerful finish by New Zealand and South African competitors to take out the 1997 JLW Challenge.

Thompson finished the 230km, two day run, cycle and paddle race from Mt Buller to Melbourne in a time of 14 hours, 33 minutes and 50 seconds, five minutes ahead of New Zealander Evan McRae, with South African Alan Sharp just 28 seconds behind in third place.

Canberra lawyer Alina McMaster also overcame a strong Kiwi challenge, from 1995 JLW winner Sharon Prutton, to claim her first victory in the gruelling event by 43 minutes, in a race record time of 17 hours and 37 seconds. Third in the women's event was Melbourne's Stephanie Russell.

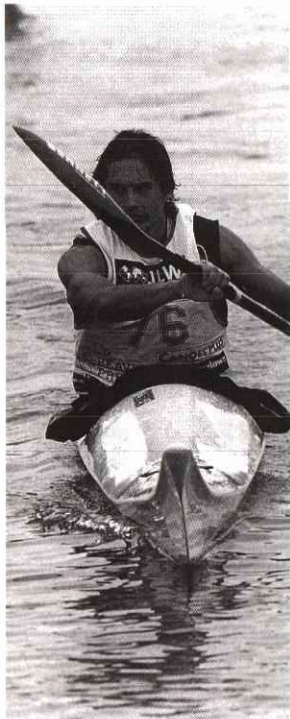
Thompson held a 12 minute lead over the rest of the field after Saturday's 110 km of racing, but McRae had cut that to just three minutes after the opening run leg, Sharp also moving to within eight minutes of the leader.

But Thompson, who had recorded the fastest time on the bike on the first day, responded, maintaining his lead on the 73km cycle leg from Dom Dom Saddle to the Yarra River in Ivanhoe, then holding on for a narrow victory in the 28km paddle into the heart of Melbourne.

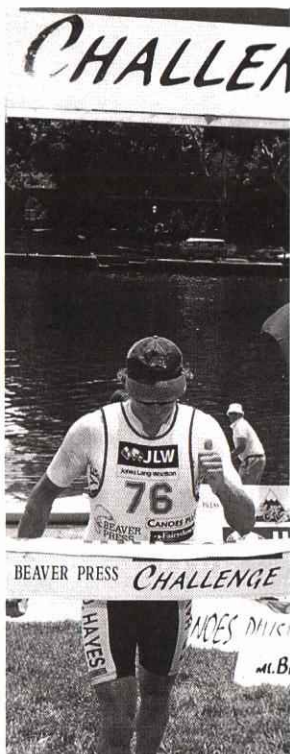
"It was really tough, and I was lucky to hang on," he said. "I was feeling sick during the run this morning, and was down on fluids, but I kept telling myself I had to get to the end."

The win confirms Thompson's status as one of Australia's leading endurance athletes.

The former Australian Junior triathlon champion was a member of the winning Australian team in the 1995 Eco Challenge, but the 1997 JLW Challenge is his first significant individual victory.



Novak Thompson Winner Open Male on Lake Eildon (Canoes Plus Paddle)



Novak Thompson at the finish line in Melbourne (Powerade Paddle)



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Australia

Board Affairs

So, what is happening in the Instruction and skills side of canoeing?

1. New Awards

With rewrites beginning to happen to the Award Handbook, with ORCA and RITABS, the entire structure of the awards has been looked at to ensure that Australian Canoeing is providing a viable structure which meets the needs of the canoeing industry. A proposal which has been accepted in principle by the Board is to institute a 'guide' level of award which is targeted directly at commercial operators leading trips in the world of tourism. It has been noted that guides require the theoretical knowledge of Instructors but not the high standards of paddling skills that are needed to ensure precise teaching.

What is required are good paddling skills and excellent leadership and foresight training.

The proposal is to train guides alongside instructors in all theory and safety areas, but to require an adequate but less technically accurate level of paddling skill. The candidate must be safe on the water but may not have good quality technique. An 'Instructor' rating is to be a higher award to that of 'Guide'.

2. The ORCA process

It is important to canoeing in Australia that Australia Canoeing retain its identity as the 'Peak Body' in canoeing. We have been the first outdoors sport to have a national award scheme, and to have a high skills base through competition which has fed back into that scheme.

We need to ensure that we retain our status as the reference body in canoeing and simultaneously to both dictate standards and to continue to actively teach to the public and to those wishing to gain qualifications, whether for pleasure, or for professional reasons. This need is dictated by the arrival of more bodies such as TAFE or university institutions offering canoeing courses. Obviously we have never had exclusive control of canoeing.

ORCA is the national body representing outdoor recreational pursuits to governments. It is trying to ensure that common standards exist throughout Australia in this area. To this extent, all curriculum and awards are being rewritten to a common 'competency' format. A start has been made to this through work done in Tasmania for the Tasmanian ORCA.

We can expect further changes and evolution to our awards with time as we keep under review the needs of the canoeing industry as a whole.

Ultimately, we are trying to develop safe, quality standards for people entering canoeing and ensuring that we are realistic in our expectations.

**by Jason Dicker,
Chairman, Australian Board of Canoe Education**

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on page 40

NSW MARATHON CANOE CHAMPIONSHIPS 1997

22/23 November 1997

Chipping Norton

The 1997 NSW Marathon Championships were held at Chipping Norton Lakes over a course similar to that used in the 1997 Australian titles.

The venue proved popular and it was pleasing to see a greatly increased turn up, particularly by the senior paddlers (50% increase). The juniors again turned up in good numbers thanks to the efforts particularly of Christine Duff and Brett Worth from the Academy and Ian Maitland and Ian Royds from Oxley College.

The strength of junior paddling in this State was exemplified by the very competitive, Under 18 and Under 16 Classes who produced close results and fast times by not just the top three paddlers. The Under 18 K1 race was a tactical race with Steve Burns putting on "burns" to ensure that Australian junior sprint representative Ben Squiers was not in the pack at the end.

It was pleasing to see the keen Under 14 paddlers. Hopefully they will stay in the sport.

Leigh Wilson still looks in good form and took out the double, although pushed in the early stages of the K1 by Owen Hughes. Daniel Jenkins opted to paddle Open although he was still eligible to paddle as a Junior. His third in the Open K1 and second in the Open K2 with Ian Bennett was an outstanding result. If the other juniors who are about to enter senior ranks can match this standard, it looks very promising for the future of the Open classes.

A number of paddlers came from interstate which added to the high standard of paddling which was seen over the weekend. As usual the Over 35 and 45 were very competitive with John Pawlow and Doug Burrell (Over 45) not far behind the Open K2s after the first lap. It was great to see the three Open C2s participate. Hopefully this trend will continue. It was disappointing, to have no Open K1 Women paddlers participating. To make a class, the Under 18's combined with a Veteran Woman to form the Open Class.

The Pointscore series drew to a close with the State Championships. In 1997 the winners of the two K1s were provided by the NSW Marathon committee (with the assistance from Competition Kayaks) were Steve Burns and Cassandra West. The scores were close with Steve winning on a countback from Kane Ballard and Cassie pipping Ashley Campbell by just one point.

Results

DAY 1

U/16 K2

U/16 K2 Casey Scott 0:56:42
U/16 K2 James Toby

U/16 Ladies K2

U/16 LK2 Brown Lucy 1:06:35
U/16 LK2 Targ Cara

Open Ladies TK1

OL TK1 Barbour Margaret 2:29:56

V35 TK1

V35 TK1 Smith Greg 2:24:39

V45 TK1

V45 TK1 Dally Bob 2:29:17

U/14 K2

U/14 K2 Marsh-Croft Ashley 0:56:54
U/14 K2 Smith Paul

Under 16 TK2

U/16 TK2 Copland Joanna 1:23:19
U/16 TK2 Flink Katherine

Under 14 TK1

U/14 LTK1 Oxley Tess 1:27:46

Under 18 K2

U/18 K2 Bolton Jay 1:59:12
U/18 K2 Burns Steve

Open K1

Open K1 Wilson Leigh 2:08:19

V35 K1

V35 K1 Chant Rob 2:07:08

V45 K1

V45 K1 Poole Terry 2:08:52

DAY 2

K2

Open L Wilson/D Cummins 2:10:30
Vet45 J Pawlow/D Burrell 2:03:38

C2

Open R.Roes/G Donovan 2:45:27

K1

Open Ladies Ashley Campbell 2:25:10
Mens (Under 18) Steve Burns 2:04:41
(U/16) Toby James 1:02:18
(U/16) Ladies Kellie Vernon 1:10:10
(U/14) Luke James 53.37
(U/14) Ladies Kim Gittoes 56:02

TK2

Open I. Boyle/M Hassell 2:12:17
Vet 35 G. Smith/S Slee 2:12:50
Vet 45 G. Crook/B Graber 2:16:12
Mixed Open: J Blackley/J Slade 2:19:44
Mixed Vet 45: J. Clark/B Clarke 2:26:33

For further information contact Peter Bailey (02) 9580 8908 or (0411 45 45 27)

1997 South Queensland Canoe Marathon Titles

Close and competitive racing was on display at the 1997 South Queensland Canoe Marathon Titles held at the Queensland University on Saturday 13 December and Sunday 14 December. Races were held on the St Lucia and Cemetery reaches of the Brisbane River.

Ninety-three individuals, some racing in both single and double craft, represented Canoe Clubs from Mackay, Rockhampton, Sunshine Coast, Ipswich, Beaudesert, Gold Coast and most Brisbane clubs. The last major canoe marathon in Queensland for 1997, was used as a "warm up" for the 1998 Queensland Canoe Marathon Championships in February.

On Saturday the most competitive race came in the Open Mens K1 over the distance of 30 kilometres. Damien Waites, Indooroopilly Canoe Club, managed to hold off a strong challenge from Luke Offord, Fitzroy Canoe Club - Rockhampton. Damien, the current Open Mens K1 Champion for the 1996 Murray Ultra Canoe Marathon, won in a time of 2 hours 5 minutes and 45 seconds. He beat Luke, the current Under 22 Australian Canoe Marathon Champion and ex-Australian Junior Marathon representative, by 6 seconds. Third place went to Wayne Parker representing the Fitzroy Canoe Club. Wayne finished 6 minutes behind Luke.

In yet another very competitive race Jeff Stuart, West End Canoe Club, took out the Vet 45 Mens K1 from Les Bauer, Sunshine Coast Canoe Club and Barry Gilliver, Nerang River Canoe Club. Jeff won the 20 kilometre race in 1:30:34.

In the Under 16 Boys K2, the crew of Peter Ingerman and Joel Kenny from Wynnum

Redlands Canoe Club finished 20 seconds in front of Chris Beaton and Shane Urquhart from Brisbane Canoeing. Just a fraction under 2 minutes from the winning time saw David Bauer and Brendon Millsom from the Sunshine Coast finish third.

The entertainment with the close racing continued on the Sunday. Ben Candy, Greater Logan Canoe Club, pipped Craig Budd, also from Greater Logan, by 4 seconds to win the Under 18 Mens K1. Cameron Petie, Newport Waters Canoe Club, finished third a further 6 minutes back.

In the Under 18 Womens K1, Sarah Kelly from the Sunshine Coast, easily won from Sarah Greig, Brisbane Canoeing, and Sandra Carroll, Greater Logan Canoe Club. Sarah Kelly has represented Australia in Canoe Marathon Racing.

Peter Ingerman made it double gold with a win in the Under 16 Boys K1. Peter beat Joel Kenny, his K2 partner, by 16 seconds over the 15 kilometre distance. Shane Urquhart, Brisbane Canoeing, managed to take third after a strong challenge from Brendon Millsom from the Sunshine Coast Canoe Club.

Brisbane Canoeing filled the first four places in the Under 16 Girls K1. Shelley Slade comfortably beat Kate Shepherd by three and a half minutes with a time of 1:14:36. Victoria Maccoll finished just over 4 minutes behind Kate for third.

The 1997 South Queensland Canoe Marathon Titles were sponsored by the Brisbane City Council. Full results are now available. Further information can be obtained from Jeremy Dunn on +61 7 3283 1034 or +61 41 606 1865.

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CONQUER Molokai Channel

The women from down under claim first place at the Bankoh Na Wahine O Ke Kai Outrigger Canoe Championship

HONOLULU, HAWAII 28 SEPT 97 — The women of Australia's Panamuna Rigaroo's crew took an early lead in the Bankoh Na Wahine O Ke Kai Outrigger Canoe Championship and held on to that lead across the Moloka'i channel until they crossed the finish line at Duke Kahanamoku Beach on O'ahu 5 hours, 35 minutes and 17 seconds later.

The battle for second place was between California's OffShore Canoe Club and Hawaii's Outrigger Canoe Club #1. The race follows a 41-mile course from Molokai's Hale O Lono Harbour to the beach in Waikiki. Conditions were moderate for the 63 teams when they left Moloka'i at 7:30am this morning, but 4 miles later when they reached the entrance to the Kaiwi (Moloka'i) Channel, they encountered 10 to 15 knot winds and 3 to 6 foot seas as they paddled toward the finish.

Panamuna team captain Lisa Curry-Kenny credited their win to positioning tactics early in the race. "We lined up in a good position at the start and just bolted out of the start," said Curry-Kenny. "We just decided that we had to race to La'au Point; we had to go as hard as we could because we knew we had the endurance to carry on the rest of the race."

"To go out hard wasn't a difficult thing. We just had to hold our speed," Curry-Kenny said. "If you relax, you fall, so we had to remind everyone to really concentrate." According to Curry-Kenny, their open-ocean changes were "spot-on," and everything went "just really well." Other members of the Panamuna crew were: Jasmin Kelly, Amanda Rankin, Robyn Singh, Brooke Harris, Cassandra

Sedgeman, Katrin Borchert, Kirsty Holmes, Jane Hall, Yanda Nossiter and Sue Neil.

"It's the first time Australia's women have ever won the Bankoh Na Wahine O Ke Kai, and I think this will be great for Australia's Outrigging," Curry-Kenny noted. "There are two other Australian teams here, and we had a lot of support." (The other Australian teams were Sunset Bay Outrigger and Raging Thunder.)

This year's Bankoh Na Wahine O Ke Kai comprised of an international field of teams from Australia, Canada, Guam, the mainland US and Hawaii.

Australian Paddlers CONQUER Molokai Channel Twice in 2 Weeks!

HONOLULU (OCT. 12, 97) - For the second time in two weeks an Australian outrigger canoe crew has conquered the Molokai Channel — only this time it was the men's Outrigger Australia 2 Crew who raced to 1st in the 46th Annual Bankoh Molokai Hoe Outrigger Canoe Championship. Their crossing time of 4 hours, 57 minutes 45 seconds was not a record but was the 3rd fastest ever posted in the race.

Conditions for today's event were radically different from the women's "windy with waves" competition 2 weeks ago. Today the channel was flat and still, forcing paddlers to stroke all the way. Australia got off to a good start and after the first 15 minutes crept up to the lead next to Tahiti and held it all the way.

"We went through a period there where we were really

hurting," said steersman Chris Maynard from Currumbin, Queensland. "We sort of went through that patch where we were struggling a little bit, and Lanikai must have had a good combination because they were coming up on us. It was a scary moment but in the end we got away."

The Lanikai Maynard was referring to was Hawaii's two-time Championship Crew, Lanikai Canoe Club 4, hoping for a third consecutive win. In 3rd place was Hinano Hoe from Papeete, Tahiti. Lanikai's time was 5:01.07 and Hinano Hoe posted a 5:02.58.

"We haven't won since 1992 but we've been back a few times since then," said Maynard. "We gave it everything, we had to try and get a lead out at the start and we were really happy with our course. We just crawled in that last half an hour, we had nothing left I'm just glad Lanikai wasn't next to us."

According to Maynard, the odds were "pretty amazing" that the Australian women would win the Wahine Championship only to be followed by the Australian men. But the gauntlet had been thrown down.

"The girls did a special job winning that race and the pressure was on us," Maynard said. It's just special to win the women's and the men's." Paddling with Maynard were: Ian Rowling, Rob Dorrrough, Brad Kane, Peter Evans, Matthew Jones, Heath Brown, Robert Pade, and Todd Murray.

An obviously disappointed Jim Foti, of Lanikai's record holding crew, was brief saying: "Hard race. Hard conditions, and Australia earned it, every stroke."

"The water was flat, then

it seemed to be quartering into our face so there was really no surf at all," Foti said. "The current was in our favor, at least. Australia just owned it. We kept trying to push on them but couldn't quite pull it off." Paddlers with the Lanikai crew included: Michael Smith, Michael Pedersen, Rich Lambert, Rocky Owens, Kalani Irvine, John Foti, Bo Eastabrook, Peter Binny and Jim Foti. Both the Bankoh Molokai Hoe and the Bankoh Na Wahine O Ke Kai are sponsored

by Bank of Hawaii, which is celebrating its 100th year of service to the people of Hawaii and the Pacific this year.

For more information, please contact Linda Chinn, Bank of Hawaii, 808-537-8658 or Carol Hogan, Ocean Promotion, 808-325-7400. Australian Canoeing would like to thank HoloHolo Internet Publishing for permission to use these press releases.

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Mars Murray Marathon

by Steve Strevens



The Murray River canoe marathon, now known as the Mars Murray Marathon, is in its twenty eighth year of raising funds for Red Cross, and is one of the world's longest and toughest endurance canoe races - a five day journey of 404 kilometres starting just after Christmas in Yarrawonga and finishing in Swan Hill on New Year's eve.

Over the years it has attracted all sorts of people to attempt this extraordinary test of mind and body, and this year is no exception with over 1000 entries from all over the country as well as a couple from overseas.

And there is an array of craft. As well as the normal canoes and kayaks there are sea kayaks, wild water kayaks, an outrigger canoe and a bunch of surfies from Long Reef in New South Wales who are rowing their surf boat the whole way.

As well as the elite paddlers who are testing themselves on the course there are hundreds of ordinary men and women who just want to finish. And there are some who like to do it each year. Such a person is 76 year old Queenslander Ted Jackson. On his sixteenth marathon and paddling this year with his 60 year old mate from Adelaide, John Hales, Jackson says he loves the challenge. "I've been paddling since I was a youngster, and anyway I have to keep in shape."

Then there is Atlanta Olympic sculler and AIS scholarship holder, Jane Robinson, who is attempting to row the distance facing backwards. Says Robinson, "Others at the institute are either having a few days off or are riding bikes and stuff, but I'm a rower so I decided to row. Besides, it hasn't been done before so why not?"

At the start, hundreds of people line the banks and wish all the paddlers the best of luck for their journey.

The ground crews, who are an important part of this event, then head for the next camping ground. They set up the campsites, cook the food, make sure the paddlers have enough to drink at the checkpoints and, most importantly, encourage.

A southerly wind makes the river choppy on the first day and conditions are difficult. The 92 kilometre journey to Tocumwal is exhausting but most make it. As the crews head for the camps the talk is of the next day's 96 kilometres to Picnic Point near Echuca, the longest and most difficult stage of the event.

Temperatures creep up to the mid thirties on the second day but there are only a few casualties, mainly from exhaustion. The first paddlers start arriving at the finish line in the mid afternoon, and the last about five hours later.

One of the relay teams is led by world endurance canoe champion, Chad Meek, and they arrive early, as expected. But another of the early arrivals is fifty seven year old Bill Dunn, a veteran of 26 Murray Marathons.

On the third day the ground crews chase the marathon through the red gum forests in the area with the dust and dirt making it hard to see.

The day passes without mishap although the campsites are becoming a lot quieter a lot earlier in the evening and the massage tents are very popular.



One of the entries that is plugging on is that of Peter Rickards and Barry O'Sullivan, who are both visually impaired. Rickards has only five percent vision while O'Sullivan has been totally blind since birth.

They paddle with sighted people in the front of their two man kayaks and say they do it not only for the challenge but to prove there is not much they can't do.

The fourth day is a short 62 kilometres from Echuca to Torrumbarry but the bodies are emerging a lot more slowly from the river. Hands are blistered and shoulders hunched with the constant repetition of the paddling, but they can see the last day's 76 kilometres to Swan Hill ahead and are determined to be there.

As the marathon ends the paddlers, although tired but happy they have finished, are all looking for a good night's rest. But that may not happen too easily as they head for the New Year celebrations at the last camping ground in Swan Hill.



Photo by Steve Strevens



Photo by Steve Strevens

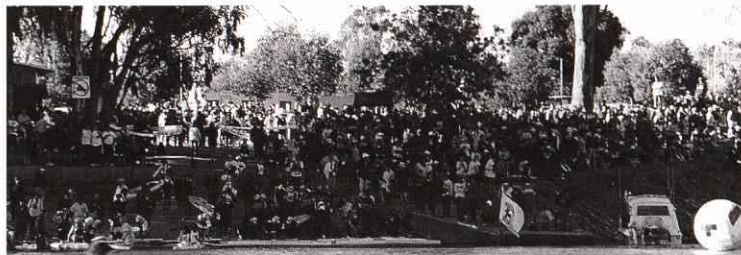
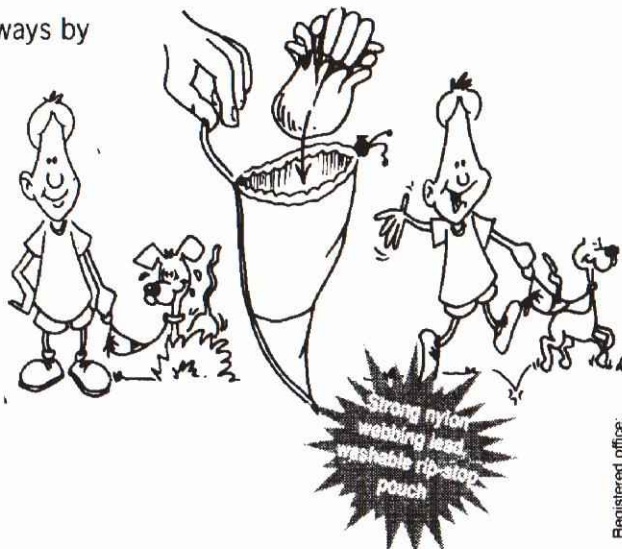


Photo by Steve Strevens

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RAPID ACTION

**from the 1998 Australian
Slalom and Wildwater
Racing Championships**

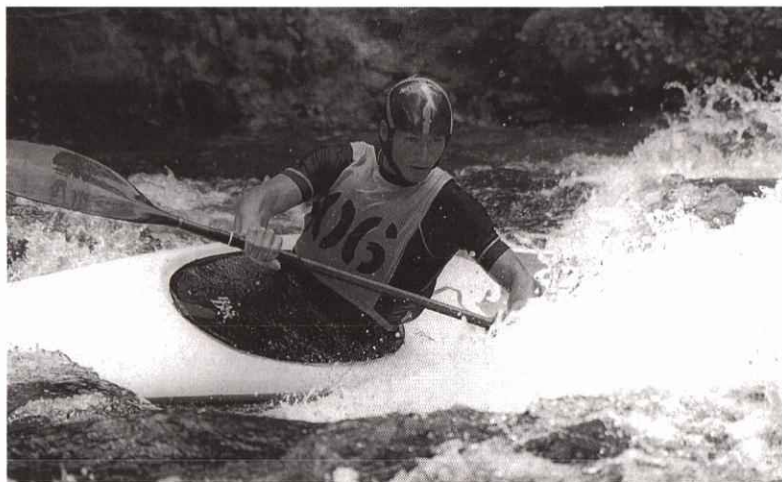


photo by Sue Price

*John Wilkie, NSW U22 1998 National Champion K1
2nd fastest Men's K1 time overall*

**The whitewater
action was fast
and furious at
the recent 1998
Australian Slalom
and Wildwater
Racing
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held recently by
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Nymboida Canoe
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Whitewater canoeing is an adventurous sport, involving speed, balance, co-ordination, good feel for the water, willingness to take risks, and an adrenaline rush much like that of downhill snow skiing. At the recreational level it is almost always fun and often challenging. At the highest level of elite competition, it is an exacting sport demanding power, great aerobic fitness in the upper body, and great concentration. At this level, the sport is always exciting to watch, and the past week at the Nymboida Canoe Centre was no exception.

In a week when the record books changed again, our Australian Atlanta Olympic Team members, and upcoming paddlers, excelled on their path to glory towards the Olympic Canoe/Kayak Slalom in 2000.

Tough Women's Competition – as Olympic Silver Medalist wins again!

For Barcelona Olympic Silver medallist and past World Cup winner, Danielle Woodward, it was another week at the office, and yet another week of milestones and achievement – and one which we mere mortals can only dream about. Against class competition Danielle, a long-time VIC Institute of Sport and AIS athlete, has again won the premier women's title in a time of 264.01 in the Women's Single Kayak (WK1) at the 1998 National Slalom Canoeing Championships.

Woodward's Victorian and Australian team mate and friendly rival, Mia Farrance, pushed her friend all the way with a close second place in a time of 266.44. Having recently finished her 4th year physiotherapy studies and worked to overcome a shoulder injury of a few years ago, Mia has already represented Australia at the Atlanta Olympics. On the international scene in 1997, Mia's experience, talent and commitment are also beginning to shine through, with a fine 5th place in the World Cup in Minden, Canada.

Third fastest women's time went to talented

upcoming Victorian paddler, Louise Natoli when she scored gold in the Ladies Under 22 National Championship in 298.74 sec.

Woodward scores impressive record number of National Women's Titles

In over a decade of competing in the National Canoe Slalom Championships, Danielle Woodward has now achieved what no one else (male or female) in any age group has been able to: she has won no fewer than 12 National Open Single Kayak (WK1) Titles. Danielle has also won many other Whitewater Canoeing and Kayaking titles, including 11 Women's Team titles and 5 Mixed C2 National Championships, many with her long time coach, Roy Farrance.

Not yet back into full training again in preparation for the Sydney Olympics, Woodward also dabbles in coaching and in 1997 toured overseas with the National Slalom Team as Team Coach.

Tasmanian Olympian wins Men's Canadian Canoeing Title

On his path to glory at the 2000 Olympics, young Justin Boocock from Tasmania, again showed why he has been a Junior World Canoe Slalom Champion, and 4 times National Junior Champion (often scoring faster times than those in the open men's event), and 4 times National Men's Open Champion in the C1 class. Like Woodward in the K1, Boocock has already scored a record number of National Titles in C1 events.

In a sizzling time of 246.04, Justin was streets ahead of 2nd and 3rd place getters in the open class. With a strong challenge from upcoming C1 paddler Robin Bell of Western Australia who won gold in the Under 22 class and 2nd fastest time overall in a time of 248.04, and talented Tasmanian Matt Newton who scored bronze in a time of 263.14.

Still yet to achieve his full potential on the international scene, Justin is a naturally gifted paddler, who like Woodward, also excelled on

by Sue Price

the National scene as a Junior winning National Open Titles, or scoring faster times than the Open Men whilst still a Junior. However, Justin is in many respects self taught, but has also been guided and sometimes 'coached' by his dad, Bob Boocock, who is also a keen paddler, and the National Chairman of the Australian Canoeing Slalom and Wildwater Committee.

Now competing in the Men's Open in international races, it was in 1996, that Justin truly began to challenge some of the top men's paddlers in the world, with a memorable and impressive 3rd place ahead of the reigning world and Olympic champion in the 1996 La Seo D'Urgell World Cup prior to the Atlanta Olympics. Unfortunately for Boocock, an untimely roller blading accident saw him with a badly injured knee a few short weeks prior to the 1996 Olympic final. This injury left him unable to kneel properly in his single Canadian racing canoe (C1), and meant some of his training on the Olympic course was spent sitting in a kayak (K1) instead of kneeling in his C1. Despite this, Justin made the Olympic final, and all the finals of many World Cups in 1996. An unlucky break for such a gifted paddler.

Pallister wins Men's National Kayak Championship

Olympian Matt Pallister from New South Wales is now the two times National Men's Open Kayak (MK1) Champion with a time of 235.42 seconds. For a paddler who has been largely self coached, Matt has done remarkably well, having represented Australia at the Barcelona and Atlanta Olympics.

Second fastest Men's K1 time (236.87) went to rising star John Wilkie of Tweed Canoe Club from the Gold Coast. John's medal winning effort also secured him the Under 22 National Title.

Silver medal in the Open Men's K1 went to promising

talent, Andrew Stamp from Victoria. The Bronze Medal went to Andrew Farrance of the Victorian Institute of Sport. For full National Whitewater Canoeing Championship results – see page 23

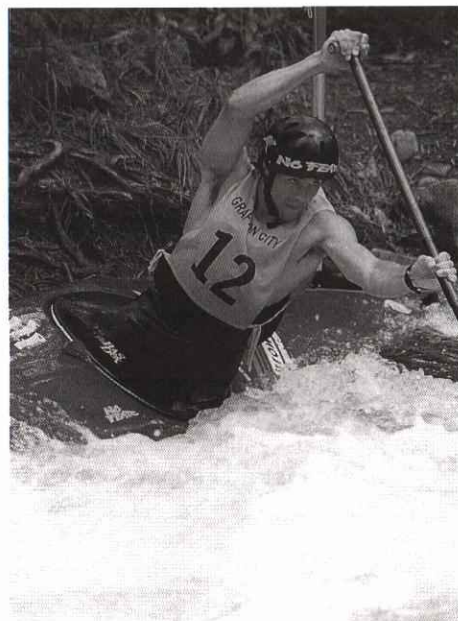
On the path to Olympic glory – toward 2000

For talented young canoeists like Boocock, the quest for paddling glory has barely begun, and perhaps the road to destiny leads to Sydney in 2000 – certainly the home course familiarity and fan support should prove an advantage.

Legendary World Champion is new Australian Coach – Paddlers to benefit

Another advantage for our Australian canoeists is the recently appointed National Slalom Coach – Richard Fox from England. For talented 'old hands' like Danielle Woodward, who have been there and done it all before, the promise of our own international standard home course, and being coached by the legendary Richard Fox, is very exciting, and brings renewed motivation to reach the dizzy heights set every four years at the Olympics. Richard Fox, a member of the International Canoe Federation, dominated international Canoe Slalom for 10 years in 1980's and early 1990's. As a competitor he was 10 times World Champion (5 singles & 5 teams titles) and easily the greatest ever long-standing World Slalom Kayaking Champion. He is now a highly regarded and experienced international coach and our top paddlers greatly look forward to benefiting from this legendary champion's experience.

Canoe Slalom is a brilliant spectator sport - all you need to do is 'just add water' – at a venue like the Penrith Whitewater Stadium and the crowd can sit back and cheer, and experience the joy of watching classy Australian and international athletes streak



Brock Flowers NSW C1 1998 National Slalom

photo by Sue Price



Mia Farrance VIS, Victoria 2nd place National Women's Canoe Slalom 1998

photo by Sue Price



Kai Swoboda Open Men's K1 1998 National Canoe Slalom Titles

photo by Sue Price

down the thrilling course, challenging the best there.

Penrith Olympic Whitewater Stadium to open Xmas 1998

So if you're looking for an exciting spectator venue for the Year 2000 Olympics, come out to the Penrith Lakes Whitewater Stadium and you won't be disappointed! The design for the Penrith Whitewater Stadium is all but finished, with the finishing touches being added for various planning approvals. Initial construction of the fully man-made course is planned to begin in May 1998, and the Whitewater Course should be finished in time to open for Christmas 1998.

The Stadium constructors, Pacific Power International, are also being assisted via guidance from Australian Canoeing and the International Canoe Federation. A primary spectator feature of the course is that seating will surround the entire outer perimeter of the 300 metre U shaped course, allowing the thousands of spectators to have excellent views of almost the entire course length.

The Whitewater Stadium will of course remain after the Olympics, and will be used for recreation and beginners,

rafting and canoeing, as well as competition Canoe racing. The water flow and course obstacles will be flexible and adjustable to cater for various levels of excitement.

The Australian and international Canoeing fraternity and friends look forward to the 2000 event with eager anticipation.

Australia is expected to host a number of international canoe slalom events on the Penrith course as practice in the lead up to the Sydney Olympics. Australian Canoeing is bidding to hold both the 1999 World Cup Finals and a World Cup event in 2000, and future World and Junior Championships at the Penrith course.

So come along to the Penrith Whitewater Stadium in 2000 and join in the unbelievable spectator action that is International Canoe Slalom – you won't be disappointed!!

For more information, and for contacts for canoeing in your area, contact your State Canoe Association or the Australian Canoeing on:

Phone: 02 9552 4500

Email: auscanoe@ausport.gov.au

Internet: www.ausport.gov.au/canoe

The Dagger Towards 2000 Challenge

The concept was to give the top Australian paddlers a fast, high pressure race, backed on the Australian Championships similar to a finals race run at all international events. The course was only 10 gates, 40 seconds of high pressure slalom where one missed stroke will send a paddler back to the end of the field. The course was designed by Richard Fox to be difficult, paddlers had to have awesome boat control, perfect judgement and great speed.

The start was directly above the strangely named 'tennis court' rapid, beginning with a very tight left hand break out into a minuscule eddy followed immediately by an exit into a big wave and then back across a powerful stopper for gate 4 which was missed by almost 25% of participants. Then on to a very difficult stagger on the so called easier water. The participants followed each other at 45 second

intervals so the action never stopped.

First down the course was Scott Wiltshire, who earlier had been having some control problems with the middle waves in 'Tennis Court' this time he did well over the first few but miss judged the flicking power of the last haystack and over he went to the roar of the crowd. Only hands and paddle came up, the paddle was broken in the middle of the shaft. Scott came out, raised both halves of his paddle and saluted the crowd. The cheer which went up was the loudest of the day.

Race commentators, Bob Boocock and Scott Crabtree did a great job of keeping the crowd informed as to who was doing what, and with the insight only paddlers really can understand they kept everyone intrigued and excited.

The remainder of the C1's then had a hard act to follow. But some paddlers had great runs with the double emphasis of speed to win the

race, yet clean to win the Dagger RPM. Canoes Plus and Dagger had donated the RPM and it was to be drawn from a hat containing the names of all the paddlers who achieved two clean runs in the Dagger 2000 Challenge. As soon as a gate was touched the crowd groaned in sympathy as that paddler lost the chance to win. The pressure was on with the first run over, with over half the field left with clean runs. The question was if they could clean the course twice. After the final run there was less than a quarter of the paddlers left in the draw. Out of the hat came the name of Lauren Sykes, who is now the proud owner of a Dagger RPM.

The race was the shortest, yet most intense of the 10 days at Nymboida. Finishing the week of racing on such a high was really good planning. Congratulations to Peter Flowers and the NSW team who put together an excellent week of racing.



Photo by Roy Farrance

Well it does not always go to plan as Pru Doyle discovers. But still enjoying the event.



Photo by Roy Farrance

Philip Quayle, winner of the under 16 with that total concentration which slalom requires.

AUSTRALIAN CANOE SLALOM AND WILDWATER RACING CHAMPIONSHIP CARNIVAL

Nymboida Canoe Centre

1st - 11th January 1998

RESULTS

Australian Schools Canoe Slalom and Wildwater Racing Championships
Junior Girl Champion Claire Beach (Eltham College)
Senior Girl Champion Jacqueline Lawrence (Bonalbo Central School)
Junior Boy Champion Mark Bellafiore (Eltham College)
Senior Boy Champion Kynan Maley (Hollywood Senior High School)
Overall Champion School Eltham College

CLASS	PLACE	NAME	CLUB
Rapid Sprints Wildwater Selection Race			
Open Ladies K1	1st	Leila Muir	BRCC
	2nd	Karen Maund	HVCC
	3rd	Leonie Palmer	SWCC
Open Mens C1	1st	Chris Smidt	THCC
	2nd	Ben Young	BRCC
	3rd	Steve Cole	THCC
Open Mens C2	1st	C Smidt / S Muir	TH/BRCC
Open Mens K1	1st	Matt Dalziel	TasCC
	2nd	Glenn Singleton	INCC
	3rd	Chris Humphrey	KKK

1998 Pre Australian Championships Interstate Challenge			
Open Ladies K1	1st	Mia Farrance	CPRT/VIS
	2nd	Danielle Woodward	CPRT/VIS
	3rd	Alexia Hill	ICC
Open Mens C1	1st	Justin Boocock	DCC
	2nd	Matthew Newton	DCC
	3rd	Kevin Songberg	CPRT
Open Mens C2	1st	D Heard / R Bell	CPRT
	2nd	A Farrance / K Swoboda	CPRT
	3rd	R Cork / P White	BRCC/TH
Open Mens K1	1st	Matthew Pallister	ICC
	2nd	Andrew Stamp	CPRT
	3rd	Andrew Farrance	CPRT
1st	Victoria		

1998 Australian Wildwater Championships			
Open Ladies K1	1st	Leila Muir	BRCC
	2nd	Leonie Palmer	SWCC
	3rd	Karen Maund	HVCC
Open Mens C1	1st	Chris Smidt	THCC
	2nd	Justin Boocock	DCC
	3rd	Ben Young	BRCC
Open Mens C2	1st	C Smidt / S Muir	BRCC
	2nd	J Hill / R Smidt	BRCC
	3rd	P Harvison / P White	THCC
Open Mens K1	1st	Matt Dalziel	TasCC
	2nd	Glenn Singleton	INCC
	3rd	Chris Humphrey	KKK

1998 Australian Slalom Championships			
Open Ladies K1	1st	Danielle Woodward	CPRT/VIS
	2nd	Mia Farrance	CPRT/VIS
	3rd	Alexia Hill	ICC
Open Mens C1	1st	Justin Boocock	DCC
	2nd	Matthew Newton	DCC
	3rd	David Heard	CPRT
Open Mens C2	1st	David Heard/R Bell	CPRT
	2nd	R Cork/P White	BRCC/TH
	3rd	A Farrance/K Swoboda	CPRT
Open Mens K1	1st	Mathew Pallister	ICC
	2nd	Andrew Stamp	CPRT
	3rd	Andrew Farrance	CPRT

Please contact Australian Canoeing on (02) 9552 4500 for a copy of the full results.

Look out for next year's Australian Championships Carnival for Slalom, Wildwater and Rodeo which will be held at the Forth River and Mersey River Slalom sites in January 1999. For event and accommodation information, please contact Bob Boocock on phone and fax: (03) 63 301 454 and email: bboocock@tassie.net.au.

Photo by David Humphrey



Christopher Cole 12 years Mens K1 champion at the Australian Schools Slalom Championships

Photo by David Humphrey



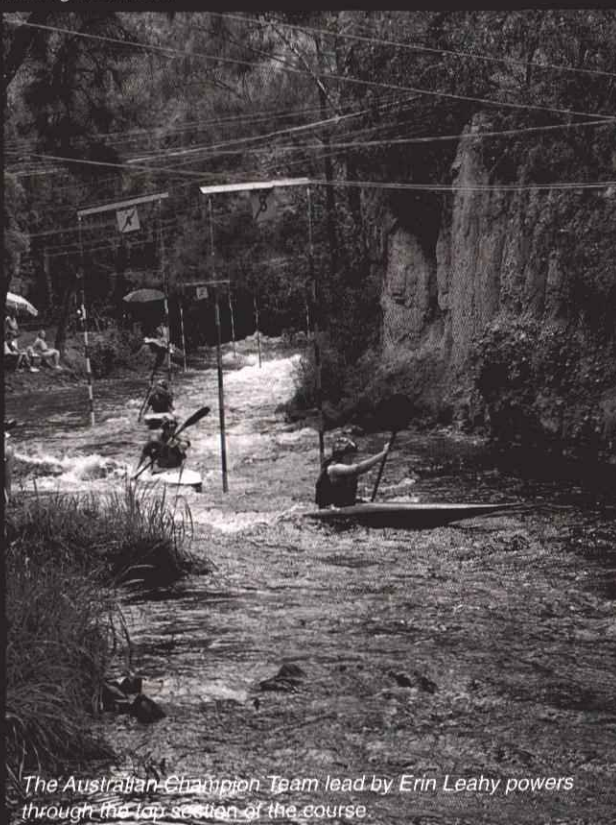
Glen Singleton Open K1 runner up in the 1998 Australian Wildwater Championships

Photo by Roy Farrance



Andrew Farrance and Kai Swoboda one of the new C2 crews making their mark

Photo by Roy Farrance



The Australian Champion Team lead by Erin Leahy powers through the top section of the course.

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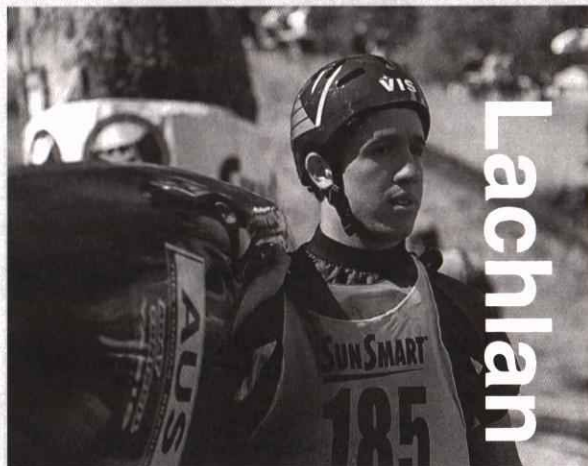


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Paddler Profile



Lachlan Milne

photo by Roy Farrance

Name: Lachlan milne
Nickname: Lachie
DOB: 26/08/78
Height: 183cm
Weight: 75kg
Place of birth: Melbourne
Marital status: Single
Rep honours: 1997 Australian slalom team
Occupation: Student
Discipline: Slalom kayak
Team: 1997 Aust Slalom Team
Event/s: K1
Training venue: Melbourne
Coach: Danielle Woodward

Best Performances in K1 events

1998 3rd 22years Aust. Slalom Champs
 1997 4th Aust. Slalom Champs
 1997 14th Internat. Race, Meranon, Italy
 1997 27th Internat. Race, Bovec, Slovenia
 1997 30th Internat. Race, Augsburg, Germ.
 1997 63rd World Cup, Bourg St.Maurice, France
 1996 30th Jun. World Champs, Czech
 1995 40th Jun. Pre World Champs, Czech

Goals: to make the Australian team in 1998 and 1999, compete at Sydney 2000 Olympic games.

Best advice you've been given: 'slow down and paddle more smoothly' – Roy Farrance

Biggest influence on career: Danielle Woodward

Interests/hobbies: travelling – especially through Europe; photography – especially action sports; surfing; volleyball; music and foreign languages.

Dislikes: cheats – steroid users

Most admired sportsperson: Danielle Woodward

Favourites: Food: Lasagne, **Drink:** Red cordial,

Movie: Nothing to lose, **Book:** To Win the Worlds,

TV : Blue Heelers, **Magazines:** Kayak/Canoe Mag.

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9th April 1998
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- **Off-water training
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methodical in Kayak
- Explanation of Flatwater Racing rules
and qualification system for Sydney 2000

6th - 8th November 1998

State University of Gent Belgium

For more information please contact:

Antonia Kieran,

Coaching Development Officer

Ph: (02) 9552 4500

Fax: (02) 9552 4457

Email: kierana@ausport.gov.au

Internet: www.ausport.gov.au/canoe

AUSTRALIAN COACHING COUNCIL

UPDATE

Update on the Penrith WhiteWater Stadium

Peter Heeley, Project Director, Pacific Power International

December's KC Mag outlined some basic information about the Penrith WhiteWater Stadium. Since that time the process of gaining approval on the design and construction has been underway in earnest. Peter Heeley from Pacific Power International (PPI) continues the information about the project.

The design of the project is interesting from a management perspective because of the number of parties involved. Most contracts are between 2 parties. In this project we have the Olympic Co-ordination Authority as the main client, but PPI has also to satisfy the other financial contributors to the project. Thus Penrith City Council have a range of requirements, as do the International Canoe Federation (ICF). The ICF gained their financial support from national canoeing federations of the major countries involved in slalom (with a major contribution from Australian Canoeing's members).

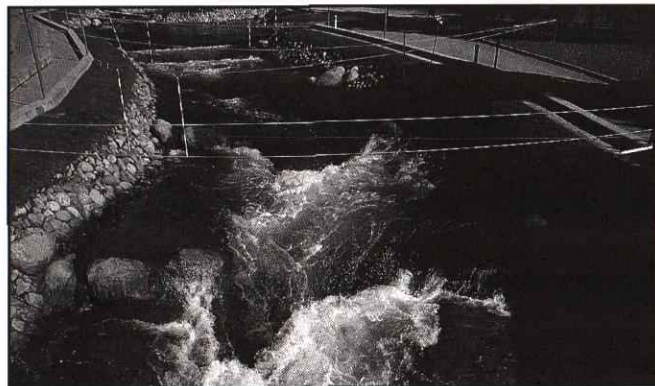
All of these groups justifiably expect their interests to predominate in considerations of design. It is a careful balance for us then to address the needs of all within the budget constraints of the project. The first phase of the design required PPI to provide sufficient details to allow for a development application to be advertised. All projects being developed for the Olympic Games have an extensive process of consultation between the developers and various state government departments. We have met a number of times with diverse groups who may be impacted by the project.

There has been much discussion about water quality with an initial request from Department of Urban Affairs and Planning (DUAP) for the water to be treated to swimming pool quality. Because this is an Olympic related project DUAP is the

organisation that issues planning approval for the project. Thus it looked like being a major problem, (and a huge unbudgeted cost) if they were going to insist on chlorinated water separated from the lakes. Fortunately common sense prevailed and people realised that the water in the lakes of the regatta centre is closely monitored and is almost always safe for swimming. Apart from that I don't know many white water paddlers who would like to paddle a chlorinated course!

The formal Development Application will be lodged with DUAP on 2nd March, 98. Attached to that DA is an 1/2 inch thick Statement of Environmental Effects which covers everything from estimates of visitor numbers, impacts of extra traffic in the area, water quality issues, where sewage and water connections will be made, heritage issues, endangered species surveys etc. All of these matters read favourably in the documentation, we are confident that the approvals will be issued in April ready for a construction start in May.

Getting agreement of other interested parties is no less complex than the Government ones. In Penrith City Council's case they are particularly interested in the urban planning aspects of the project. Buildings, carparks and landscapes must be architecturally appropriate and cost effective to operate and run. Penrith have been involved in many meetings so far and they are closely involved in our design. Similarly the ICF have nominated John Felton as their



Seu D'Urgell Barcelona

local contact for design discussions. John has been able to feed information back to the ICF so that they are fully informed of all significant design matters. The ICF Slalom Committee members are due to visit Sydney in February for their next meeting and it is expected that during that time they will be able to sign off on the final design for the course.

On a more practical level basic design of the channel and the obstacle system has been ongoing. The channel is constructed from concrete, about 1m deep and with sloping sides. This will help reduce any surging of the type experienced in Augsburg. Above the water line the channel sides will be finished with river pebbles, similar to the regatta course surrounds but set into concrete. This will try to make the course look as much like a natural river as possible. Those obstacles which protrude from the water will be large relatively immovable rocks. The picture shows a similar design (empty) from Spain (Seu D'Urgell venue for slalom at Barcelona Olympic games). In addition there will be a series of movable obstacles for fine tuning of the rapids.

The proposed source of rocks has been identified (on Pacific Power property at an old power station). They are large grano-dolerite boulders, water worn and smooth. These will be initially placed by crane

in their designated locations within the channel, and then the water turned on to check the performance before they are concreted into position. The movable obstacles will be secured to the sides and/or bottom of the channel and should not be visible when there is water in the course. They are likely to be made of either fibreglass or plastic for ease of movement.

Finally the boat conveyor design is nearing completion. This is similar to the one used at Seu DiUrgell in Spain. The problem with the Seu design however is that it is quite hard on the hull of boats because the conveyor decking is flat. Boats with a steeply curved hull such as C2 sit up on one point and may break if paddlers stay in their craft in transit. Our design is much more forgiving on boat hulls and will let any type of boat use the conveyor without risk of damage.

Our next article in the April edition will outline the design of the pumping station and describe the pumps as well as updating progress.

a thrilling encounter

on water

photos by Lee Farrant

The Aussies in action at the whitewater rafting championships on the Zambezi River in Africa



photos by Lee Farrant

The Slovenians winners of all three rafting discipline events - take a tumble here!

We wish to thank The Daily Examiner and Max Godbee for allowing us to reproduce the story above. Also we thank Lee Farrant for allowing us to reproduce these photos above.

The Zambezi River

Former champion Grafton canoeist Philip Benfield described competing in the World Whitewater Rafting Championships on the Zambezi River in Africa as 'the thrill of a lifetime'.

"The rapids were bigger, tougher and faster than anything we have in Australia", said Benfield, who is now a rafting guide in Cairns.

"The Zambezi River had record water and turned it on full blast for competitors."

"Those waves are as big as city buses. You sure know you are in the rapids when they hit you."

Benfield was one of eight chosen to represent Australia at the championships held on the Zambezi River in Zimbabwe, just below the world famous Victoria Falls.

Each of the eight is a full-time professional rafting guide at Cairns.

Twenty one nations had teams competing and the Australian squad did well to finish eighth outright.

For the third year in a row the world title went to a team from Slovenia. The USA finished second and Germany third.

Of the three disciplines Australia finished sixth in each of the slalom and downriver racing and 12th in the sprints.

Benfield put his canoeing expertise to good use in non championship kayak events held in conjunction with the rafting, finishing second in the K1 Rodeo and ninth in the 10km Downriver event.

The Downriver had a mass start with 21 canoeists starting the sensational, fast running white water.

The object of rodeo kayaking is to catch and manoeuvre waves in the turbulent water.

by Max Godbee



Phil Benfield

photos by Lee Farrant



The Australian team from left to right top row, Rick Coates, Rheece Spring, Steve Harris, Phil Benfield, Shane Geary and James Probst.

photos by Lee Farrant

Alaskan Expedition

on the

Part 1

Four women from Victoria, Australia, stood excitedly on the banks of the Yukon River just below Marsh Lake near Whitehorse, Canada. They were about to undertake the longest journey of their life, paddling 2000 miles from Whitehorse to the Bering Sea. Over 100 years ago stampedeers from the Klondike gold rush trudged over the rugged Chilkoot trail and paddled the lakes above the Yukon River to then float down the Yukon to search for gold in Dawson City 400 miles downstream.

We had decided that part of the expedition would be to promote women in the outdoors. After eighteen months of organizing, faxing, posting, e-mailing, talking and paying we were finally ready to start canoeing down to the Bering Sea. Four women, Robyn Fox, Jenny Mc Kenzie, Georgia Le Plastrier and Jo Van Son, all outdoor educators had put their normal lives aside and decided to spend time exploring the wilderness of Canada and Alaska. Carrying one months worth of food and receiving two food drops along the way, tents, guitars, books, we were fully loaded and glad that the gunnel of the canoe remained above the water.

Leaving all the friends we had made during our preparation we floated off into the midnight sun. Our first dinner of dehydrated vegetables set the mood for the trip. Sea gulls swooped down to attack us on an island above Lake Laberge. Tomorrow we would paddle the pristine, clear water of the lake back into the Yukon flowing from the other end of the lake. The two canoes handled the waves of the lake fairly well. We fine tuned our surfing skills, glad we

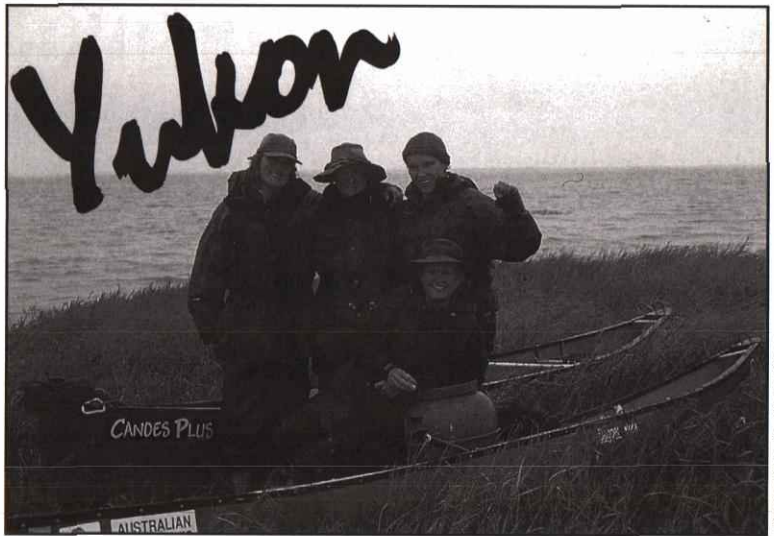


photo by Jo Van Son

had chosen the eastern bank so the winds were behind us. We stopped in to see a new friend we had made who had a cabin on the lake. Enjoying the luxuries, we knew that it would be a long time before we would live inside again.

The first week floating the Yukon was swift and wild. We passed rocky outcrops with mud and sand falling into the river. An abundance of birds; eagles, hawks, Peregrine falcons, blue jays soared around us and sat on the tree branches watching us go by. We saw our first moose and calf and felt that we had really immersed ourselves into the North American wilderness. We explored wood camps made by the stampedeers to fuel their huge paddle steamers, and ancient Indian burial sites and settlements. Not only travelling forward but also reliving history of the mighty Yukon River, we enjoyed the peacefulness of the water and land.

We settled into the routine of living simply by the river. Cooking, camping and canoeing with a different person for the week allowed our group to interact happily. Cooking primarily on the fire, and living in two tents to prevent the bugs from eating us, we were content. Our campsites were structured carefully to prevent the invasion of Grizzly bears,

moose and wolves. Hence we predominantly camped on islands and were careful not to have any unnatural scent in the tents that might attract bears.

The Yukon carved through patchwork mountains and valleys with river confluences making the river wider and browner. The strange sound of silt grinding on our canoes filled our ears as we flowed freely downstream. We had now passed through our first town, 'Carmacks' and about to endure the only rapids on the Yukon. The famous "Five Finger Rapids" had claimed many lives a century ago when the stampedeers desperately tried to get to Dawson City on their makeshift crafts with a winters supply of food and equipment they had carried over the mountains and down the river.

Our heavily loaded canoes remained fairly stable as we paddled through the small standing waves of the five finger rapids. Five channels flow through tall rocky cliffs thus the name Five Finger rapids. We watched a raft come down through the rapids. Four men had a similar idea to us. They had decided to float the Yukon River: not in canoes, but a man-made raft. They had spent two weeks building a raft in Whitehorse and they were filming a documentary of

themselves while sitting comfortably in arm chairs on the deck. We were to see them again in Dawson City.

The next week was spent travelling through the beautiful 'Minto' area of the Yukon. Many islands filled the river. The high basalt cliffs, floating trees and other debris reminded us how powerful the river was. We stopped at Fort Selkirk, a big settlement in the gold rush, but now sparsely populated. We socialized with the Indian people living there and they took us to "Mushroom Rock" a high cliff above the river. We returned back to our camp at 12.30am in the sunlight after walking through the thick brush 10km downstream.

We saw some fishwheels en route to Dawson City. Huge traps that are made of wood and mesh designed to turn

with the current and trap the salmon swimming upstream. We hoped to soon taste the delicacies of the Yukon, King Salmon at one of the many fish camps we would see downstream. Our paddle into Dawson was fairly strenuous. The river was now 1km wide at intervals and the winds were very strong. We battled through head-winds and persistent rains for over 55km to Dawson City. We saw the men's raft outside the town and paddled in to 'live it up' in Dawson. Two weeks on the river we were ready to interact with civilization!

We spent a relaxing weekend exploring the old gold town of Dawson City and then continued the journey to the ocean. Many days passed and we enjoyed the swift current of the river. On day 20 we paddled 140 km down-

stream to Eagle City in Alaska, where we would receive our first food drop and this took over 12 hours. We stopped in at Forty Mile, a ghost town from the goldrush, where we walked through abandoned homes, cinemas, stores with tall pink grasses waving in the wind. We finally arrived in Eagle at 3am in the morning - it was our first midnight sun paddle. The sunset across the waters of the Yukon left a beautiful light on the trees and reflection in the water. It was cloudy, clear, dark, light, raining and clear with a rainbow all at the same time. These variations in weather patterns were amazing.

Organization was our focus in Eagle. We found our food drop in one of the three stores in town which had been flown in by plane. There is minimal access to Eagle by

road. The main highway is the Yukon river, either by boat in summer or snow-machine in winter. Receiving mail and enjoying fresh food, we immersed ourselves in the Indian culture there. The summer solstice, the longest day of the year was spent in primitive Eagle overlooking the massive Yukon River carving it's way into the wilderness.

This adventure will be continued in the next edition of KC magazine.

The Paddy Pallin Cradle To Coast Ultra Challenge

Tasmania February 28 - March 2, 1998

The Paddy Pallin Cradle to Coast is a demanding 350 km multi-sport event which begins at Cradle Mountain and ends 3 days later at Salamanca Place on Hobart's waterfront. It is a journey which involves running, cycling and kayaking through some of Tasmania's most spectacular country.

Participants can enter as individuals, or as part of 2 or 3 person teams. In 3 person teams competitors specialise in one discipline. In the 2 person category, the only requirement is that each team member completes 1 leg per day.

For those interested in kayaking, the event has 3 paddling stages, 1 each day. On the first day paddlers begin a 15km traverse of Lake St Clair, after either running the 62 km Overland Track or, for team entrants, after being tagged by their runner. Lake St Clair is quite exposed and conditions can sometimes be demanding. Most paddlers complete this leg in under 2 hours, with the average time about 1 1/2 hours. The faster paddlers have completed the stage in under 1 hour and 10 minutes.

On the second day of the kayaking leg is again the final stage. It is a 42km paddle down the upper Derwent River. The river is usually deep with a gentle current, however, there are a few short grade 2 rapids, and numerous faster flowing sections. This stage takes between 4 and 5 hours for most paddlers. The record for this leg is 3 hours and 20 minutes.

On the third day, the first leg is a 16km flatwater paddle on the lower reaches of the Derwent. The downstream journey features an exciting mass start. The times for this leg are similar to those for the kayaking on Day 1.

Whether you take part individually or as part of a team, whether competition or participation is your goal, finishing the ultra-challenge is an extremely satisfying achievement. The 1998 Paddy Pallin Cradle to Coast promises to be the biggest in the event's 7 year history.

If you are a paddler and need assistance forming a team, the event's competitor liaisons are able to help.

For more information please contact:
Genevieve Duncan
Ph: (03) 6234 5177
Richard Eccleston
Ph: (03) 6226 7542
(03) 6224 8298
Fax: (03) 6224 0973
Email- ctoc@southcom.com.au
or visit the web site at:
www.ctoc.southcom.com.au

Slalom and Wildwater Racing *news*

New national coach

At the National Carnival we were able to welcome our new National Coach, Richard Fox. He was instrumental in getting Slalom back into the 2000 program. From a paddling point of view he's a World Champion and a technical coach of renown. The S&WWC regard his appointment with enthusiasm and look forward to a positive future for Slalom.

Selection events

Slalom: Mersey, Brady's and Penrith. Should Penrith not be ready the fall back will be Eildon.

Wildwater: Forth, Mersey (10 min) Mersey (2 min)

Modified rules

Single runs are to be scored after combined runs. This means that those who capsize may take a second run and still record a score and perhaps a place.

Committee direction

The S&WWC continues to endorse the need for junior development and fully supports the development plan currently in place. We are negotiating with Australian Canoeing to try to find ways to fund our programs.

Special Presentation

When we lost Olympic funding we were unable to pay our National Coach (Roy Farrance) and National Development Coach (Jane Farrance). Both of whom have continued in a voluntary capacity. Roy has now agreed to take the position of National Elite Programs Consultant. At the Presentation Dinner for the National Carnival, a special presentation was made to Roy Farrance for his outstanding contribution to Slalom.

Coaches

i) All coaches should now be paid for the work they undertake. What you are paid will depend on a range of factors: qualification, working conditions, who you are coaching etc.

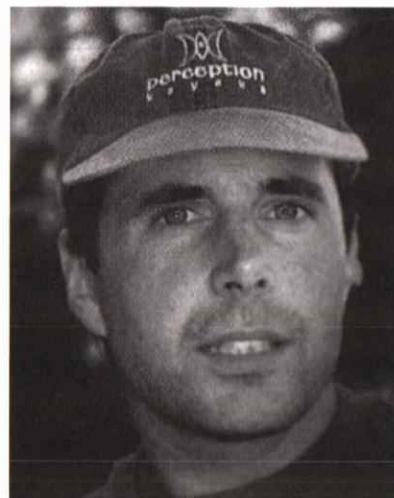
ii) The National Coach and Scholarship coach are to be involved with the National coaching co-ordinators network.

Wildwater separation

Work is continuing to facilitate a smooth transition. At the Nymbodia meeting the sub committee was re appointed with the only change being Neil Long to replace Ewen McGregor for WA. A job list was identified and the tasks allocated.

Open meetings

The open forum for Wildwater has proved so successful that Slalom will try it. Our first meeting was held at Nymbodia and organisers for next year's National Carnival in Tasmania have been asked to organise a space on the program.



Multiple World Champion joins Australian Canoeing

Canoe Slalom Olympian and ten time World Champion, Richard Fox, has been appointed National Slalom Canoe/Kayak Coach with Australian Canoeing Inc.

Fox represented Great Britain at an international level for seventeen years during which time he won ten World Championships (5 individual and 5 team). He was also a 3 time winner of the World Cup and placed fourth at the 1992 Barcelona Olympic Games.

Fox retired from international competition in 1993 and has had extensive international experience coaching the British and other National teams. He was also the coach of Atlanta Olympic Bronze medallist, Myriam Jerusalem.

In his new role Fox will head up the National Slalom Canoe/Kayak Squad.

"I am very excited by the challenge of coaching the Australian team and I look forward to meeting the coaches and athletes at the National Championships this weekend," he said.

"We have to set-up a new program very quickly and I anticipate an intensive season in Europe during 1998 while the Olympic course in Penrith is being completed."

Fox has enjoyed a close relationship with Australia over many years making five visits for training and coaching. He also directed the successful international campaign, on behalf of the International Canoe Federation, for the re-inclusion of Slalom on the Olympic Program.

Fox was also a member of the UK Sports Council from 1988-92 and has been a TV commentator for the BBC and Eurosport.



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Across the Desk

Jon Bisset General Manager

December 20, 1997 marked 1000 days to the Sydney Olympic Games. A major milestone in our goal of fielding the best possible teams in the two disciplines of Slalom and Sprint. With the commencement on January 6 of Richard Fox, our Slalom Program has new leadership and in the next few weeks the appointment of a High Performance Manager will complete the team that will lead our athletes to achieving the best possible results.

Unfortunately our previous High Performance Manager, Charles Turner, has moved on to a new position with the New South Wales Institute of Sport. On behalf of Australian Canoeing I wish him luck.

River Access

Recently Australian Canoeing has been working closely with the Burley Griffin Canoe Club and other Canberra canoeists to prevent the establishment of a jet-ski hire business on a 380m stretch of the Molonglo River near Duntroon. The section of river is used daily by canoeists and has been a regular competition, training and recreation area for canoeists for over 20 years.

Apart from the obvious environmental damage caused by pollution, noise, wave action and wildlife displacement Australian Canoeing is concerned about the safety of jet skis in the hands of inexperienced riders. Experience has shown that canoeists and jet-skiers can not co-exist in the same area of water and thus the proposed hire business would exclude canoeists from that part of the river for six months of the year. The risk of collision between jet skis and other craft such as canoes, on this relatively small, narrow section of river is a real risk.

The support of members in this issue is vital and I encourage individuals and clubs to write expressing their concern to Mr Gary Humphries MLA, Minister for Environment Land and Planning, GPO Box 1020, Canberra 2601.

This issue and the problems with environmental flows on the Nymbodia and Snowy Rivers as well as access problems with landowners being experienced in various states shows the importance Australian Canoeing must begin to place on such issues.

Several states are well advanced in this area. Victoria has for several years run the Canoe Victoria Project. It provides an authoritative and professional mechanism to respond to natural and resource planners and managers on issues that have an impact on canoeing.

Olympic Qualification

The Olympic Qualification systems for the Sydney Games have just been released by the ICF and IOC. As expected the Slalom system grants automatic qualification to one Australian boat in each class.

Athletes will qualify at the respective World Championships in 1999. The quota's for each discipline will be 275 for Sprint and 75 for Slalom.

Full details can be obtained from the Australian Canoeing Office.

Deputy Victorian Premier Hails Sprint Grand Prix as a Major Success

by Sharyn Bojczenko,
Sprint Competition Manager for National Sprint Events.

The second of the Australian Sprint Grand Prix was held on the new course at Nagambie Lakes, Victoria on Jan. 11/12. The Honourable Patrick McNamara made several visits to the course during the weekend competition and was totally impressed not only with the strong competition but the organisation and friendliness of everyone there.

The new course was designed specially for sprint canoeing and rowing for the conduct of National events and training. The new and innovative starting pontoons impressed everyone and contributed to the regatta running on time.

There were a record number of athletes for a Grand Prix, with all five Intensive Training Centres present. All National team members were present with the exception of Clint Robinson, Anna Wood and Katrin Borchert. The high standard of competition and the great organisation by Sprint Competition Manager Sharyn Bojczenko and her team of officials, coming from Victoria, Sth Australia, New South Wales and Queensland made this Grand Prix a runaway success.

Repeating his success from the Grand Prix No.1 in Adelaide in December, Nathan Baggaley won both the K1 500m and K1 1000m open finals. In a final in which he was the only competitor not to represent Australia (in either the Australian or Australia II teams), Trevor Henty finished

a credible 5th in the K1 1000m, and then raced well the following day to finish 4th in the K1 500m. In the open K2 finals, the new crew of Scott Austin and Ross Chaffer (from the NSWIS) surprised a few people to win the K2 1000m ahead of Baggaley and Norton-Smith. While in the K2 500m Austin/Chaffer finished second to the world champion duo of Andrew Trim and Daniel Collins.

Jacqui Mengler blitzed the field in the LK1 1000m to beat Australian team-mate Yanda Nossiter by 3 seconds, with Brooke Harris a further 2 seconds behind in third. However, illness prevented Jacqui from contesting the LK1 500m the next day. In a close race, AIS paddler Leda McFadzean beat home Yanda Nossiter (NSWIS) by 0.08 seconds, with Victorian Paula Harvey in third place. Mengler/Nossiter combined well to win the LK2 1000m, from Amanda Simper/Shelley Oates-Wilding and Paula Harvey/Amanda Rankin. The AIS crew of Brooke Harris and Leda McFadzean won the LK2 500m from Simper/Oates-Wilding and Rankin/Harvey. Mengler/Nossiter did not race due to Jacqui's illness.

In the junior 18 year events, Jay Bolten from NSWIS, continued his winning streak in the K1 1000 18, while Kellie Vernon from Manly proved her No 1 position by winning the LK1 500 18 by 4 secs ahead of her rivals.

Nine new members have

been selected on the Olympic Athlete Program(OAP) Squad from the results of the 2000m time trials held at the Sprint Grand Prix in Adelaide in December. The three ladies are Leda McFadzean (AIS) formerly from Victoria, Natasha Leaversuch and Fiona Scarff from WAIS. The six males are Scott Austin (NSWIS) Jamie Beavis and Brett Fielder (SASI), Peter Leaversuch (WAIS) and Heath Brown and Luke Young (AIS). Congratulations to all these athletes.

The third Sprint Grand Prix, in conjunction with the first ICF International Regatta, will be held at the Sydney International regatta Centre on 13-15 February. It is the first of the selection events for the National Team to compete at the World Championships in Hungary in August/September this year. Already five countries have confirmed entries with more still to come.

The Australian Sprint Championships will be held at the Sydney International Regatta Centre on 10-14 March. Entries are expected to be exceptional thus creating an exciting spectacle for all spectators.

One quick note: Former paddler Jo Beavis has been appointed as the Announcer for the Grand Prix's and the Australian Championships in March. Jo has done a great job at the first two grand prix's and has provided entertaining and informative announcements. Keep up the good work Jo!

DEDICATION PAYS OFF!

In 1977, Gail Austen OAM paddled her first Brisbane Valley 100, now in its twenty first year and growing. 1992 saw the foundation of the GBV100 Association to secure the future of this great race. The other events, individual paddlers, clubs and projects that Goodtime have given 100 percent support, are too numerous to mention. The Wynnum Canoe Club hosted a very memorable evening, awarding Honorary Life Membership to Gail, which said it all.

One of the premier occasions for us, was being an integral part of the World Marathon Championships in Brisbane in 1988 and the International Masters Games, hosted by the West End Canoe Club in 1994. Gail founded this club in 1992 and was a very proud Aussie, chairing the host club for 1200 canoeists, as well as collecting a World Championship Gold Medal in the marathon.

1997 saw Gail start "Polluter Looters" in Brisbane to which she dedicates a lot of time.

The whole idea is to help clean up our waterways and have a Goodtime. For more information please give Gail a call on (07) 3391 8588 It's also a great way to do something for our environment while keeping fit.



Gail Austen OAM, Proprietor of Goodtime, Brisbane finds time almost daily for a paddle on one of Brisbane's Waterways.



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State Round-Up

■ Tasmania

So what's been happening in Tassie. It's summer time and the paddling's easy! Every weekend there seems to be a different event as far as the calendar can stretch. So that's a healthy sign that there are bums in boats and after all that is what we are all about isn't it? It must be in the genes as all canoeists seem to be mountain bikers as well as skiers together with the occasional hang gliderer, freefaller or other gung ho sports. Hence the popularity of multisport events like the Mystery Mersey Descent held last weekend (Dec 6th). This year's organisers Nic Deka and Andrea McQuitty got everybody up to the Arm River at crack of sparrow before they let on where we were going. Basically downhill, downriver, downdale ...farrrrst!! I hasten to add that hang gliding was not one of the legs, yet!! Great fun, on a great summer day and we all look forward to the next mystery event or for those running, canoeing and biking masochists, the gruelling Cradle to Coast in March.

News snippets:

Canoe Polo have just completed their strategic plan for enhancing the base of players - all it needs now is the commitment to carry it through.

Last weekend's Schools Challenge slalom race at the Forth was well attended and the trophy taken out by Grammar whose dedicated coaching by Adrian Cooper (or Polo fame) has obviously paid off.

The annual Franklin River after exams trip seemed to go off as usual without a hitch despite the bleary-eyed partied out participants.

Julian Carter, Canoe Tasmania Secretary, is finally on e-mail thanks to a cast off 386 from Canoeing Australia, unfortunately he has been unable to clear enough room on his desk to make use of it!

The TIS has announced 1998 scholarship holders including Justin Boocock for Slalom. Matt Dalziel for Wildwater, Danny Collins and Julian Norton-Smith for Sprint. The support of a slalom program has been suspended depending on what is done nationally.

Bob Boocock

E-Mail bboocock@tassie.net.au

Phone/Fax 03 63 301454 home

Mail 26 Nobelius Dr Legana 7277

■ Victorian Canoe Association

The VCA has a new Executive Officer - Mr Michael Cassar - started work on a part-time basis initially. Welcome to the VCA Michael!

Melbourne has been awarded the rights to host the World Masters Games in October 2002. The canoeing will take place on the Yarra River and Albert Park Lake. So all you Masters paddlers and the soon to be Masters paddlers can look forward to competing with a home ground advantage.

The VBCE calendar of courses for 1998 is now available. You can contact the VBCE for further information on (03) 9459 4277.

■ NSW Canoe Polo

State teams

NSW Canoe Polo State Team selections have commenced and a number of selection events will be held in December, January and February. A number of experienced coaches have been selected to coordinate the State Team training sessions which will be held every weekend during February and March. State team managers also play an essential role in the success of State Teams. Brad Wicht, State Team Manager and Sue Cartwright, Junior Manager will be devoting a lot of their time to organising all the team logistics from transportation, accommodation and inspiring team spirit. NSW is looking forward to fielding strong teams in all categories to compete at the Australian Interstate Championships, being held from the 10th - 13th April 1998 in Adelaide.

Social Canoe Polo Competitions

A number of Social Canoe Polo Competitions were held in 1997, including the 3rd Mud Cake Challenge run by Kangaroo Valley Canoe Club at Bomaderry Pool and Canoe Polo Mania at Narrabeen run by the Wakehurst Touring Canoeists. New players are also welcome to come and try Canoe Polo at any of the following events in 1998: Parramatta Canoe Polo Competition in February at Parramatta Lake and Parramatta Pool and the Goulburn and Tumut Competitions in March.

Autumn season

The Sydney Autumn Canoe Polo Season will run for 12 weeks from the 15 March to 7 June 1998.

Please contact Liza Holmes on (02) 9878 5777 for more information about Canoe Polo in NSW.

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Paddlers with a Disability Reference

Australian Canoeing and the Australian Sports Commission are planning to design a "Willing & Able" course to assist people who want to become involved in canoeing with people with disabilities, either as instructors, coaches or helpers. The course aims to give participants an awareness of disability and ways in which people can access all aspects of canoe-sport.

* The first step of the course design process is to identify

experienced people to help with the content of the course and who can give first hand experience of the issues relating to paddlers with a disability.

* The second step is to form a Reference Group which represents the interests of paddlers with a disability

* The third step will be to hold a teleconference meeting to discuss future strategies

Australian Canoeing has obtained some valuable resources from the

British Canoe Union about "Paddlability" and "Handykayak" programs and would like to hear from anyone who can assist with this exciting project. Expressions of interest are called from any paddlers with a disability or coaches and Instructors who would be interested in becoming part of the Paddlers with a Disability Reference Group. Please contact Antonia Kieran on (02) 9552 4500 if you are interested.

Group

anaerobic system

The bottom line:

High intensity sprinting, resistance training, hills, all create a demand for the anaerobic system to play a significant role. There is a cost for this activity and it comes in the form of a by-product called lactic acid. You will remember the burning sensation in the muscles after your burst of high sustained activity, and the feeling that your co-ordination is faltering. This will occur during a sprint, 500 metres, 1000 metres or a sustained burn in a marathon.

Can you make it better:

This system must be used or you will surely lose it. Yes, I am aware this will mean (painful) intervals. With this training you can expect to raise your lactate tolerance to more than 90% of maximum heart rate.

There are things we can do:

Our older anaerobic systems just don't function as they used to. As a result the lactate we do develop takes just that little longer to clear. We can blame some of this on the loss of large muscle mass and a decrease in the number of fast twitch muscle fibres. Take heart though - regardless of age you cannot expect to raise lactate tolerance above about 93% of max. Above that and you will hit the wall.

Muscles

The bottom line:

As we get older we seem to be able to maintain muscular endurance better than strength, but gains can be made in both areas.

Can you make it better:

Rust will develop if we stay still for too long. One clear finding is that lack of use will certainly accelerate aging. Most of the

decline we see in muscular work up to age 70 is simply a matter of lack of use. Weight training, paddling and cycling will help arrest the rust.

There are things we can do:

We lose muscle mass as we grow older, you know, women lose a greater percentage of the mass than men.

Brain:

The bottom line:

When aerobically fit adults are compared to sedentary individuals they almost always display better cognitive function (memory, reasoning, decision making etc.) Exercise has been shown to improve mood and ward off depression.

Can you make it better:

Keep paddling or peddling. Forget the jokes about paddling or peddling killing off the brain cells (presumably you are supposed to sit on them) studies, show that increased exercise increases cognitive ability.

Don't forget:

Exercise will certainly help with your outlook on life, and your mood will remain buoyant.

Is it all worth it?

There are sports medicine doctors and physiologists who say physical fitness is worth 30 years in terms of an aging body's ability to transport oxygen. I know, I know - how? Well it has been shown that a fit 60 year old can have the same O² carrying capacity as that of a 30 year old. Goodness, there is hope for us yet.

Recommended reading: all of Angie Calder's recovery work. This is well presented and very worthwhile. Work with an adviser or coach where and when possible. Remember that you are different to every other human being - therefore you will have different needs.

Upcoming Events

Date	Discipline	Event Details	CONTACT
FEBRUARY			
7-8	Marathon	Queensland Marathon Championships Gold Coast, Queensland	QLD Canoeing 07 3278 1033
14-15	Sprint	Grand Prix Regatta 3 Sydney International Regatta Centre, Penrith	Sharyn Bojczenko 03 9850 1046
14-15	Slalom	HVCC Autumn Series Slalom & Downriver #1 Glenbawn Dam	Keith Albury 02 4982 0146
21	Sprint	NSW Junior Sprint Regatta 3 Lake Illawarra Yacht Club	Diana Kemp 02 4296 3843
28-1	Sprint	Victorian State Championships Nagambie Regatta Centre	Vic. Canoe Assoc.
28-1	Sprint	Queensland Sprint Championships Wivenhoe Dam	Queensland Canoeing 07 3278 1033
MARCH			
7-8	Slalom	HVCC Autumn Series Slalom & Downriver #2	Keith Albury 02 4982 0146
10-14	Sprint	Australian Sprint Canoe Champs Syd. Internat. Regatta Centre, Penrith	Sharyn Bojczenko 03 9850 1046
21-22	Marathon	Burley Griffin Bash Molonglo River & Lake Burley Griffin	Jane Hiatt/Greg Hall
		** Selection race for 1998 Australian Teams	02 6291 9925 02 6247 2343
APRIL			
4	Marathon	Port Hacking Classic	Bruce Clark 02 9528 5355
10-12	Marathon	Aust Marathon Canoeing Champs Surfers Paradise, QLD	Craig Humbley
10-13	Canoe Polo	Australian Inter-State Competition Adelaide Aquatic Centre	Anthea Courtney 08 8395 5603
14	Marathon	Australian Schools Marathon Championships Gold Coast, QLD	QLD Canoeing 07 3278 1033
25-26	Rodeo	2nd Australian Whitewater Rodeo Goolang Creek	02 6288 5610
MAY			
31	Sprint	QLD Schools Sprint Championships Forest Lake, QLD	QLD Canoeing 07 3278 1033
AUGUST			
16	Marathon	QLD Schools Marathon Championships TBA	QLD Canoeing 07 3278 1033
SEPTEMBER			
3-6	Sprint	Senior World Championships Szeged, Hungary	Australian Canoeing 02 9552 4500
14-20	Canoe Polo	Canoe Polo World Championships Portugal	Australian Canoeing 02 9552 4500
OCTOBER			
5-14	Sea Kayaking	World Cup Manua, Papua New Guinea	World Cup Office 0011 675 4709 450
17	Sprint	Forest Lake Challenge Forest Lake, QLD	QLD Canoeing 07 3278 1033

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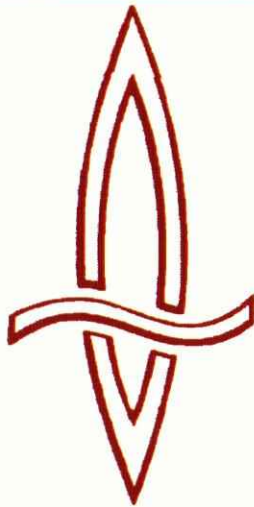
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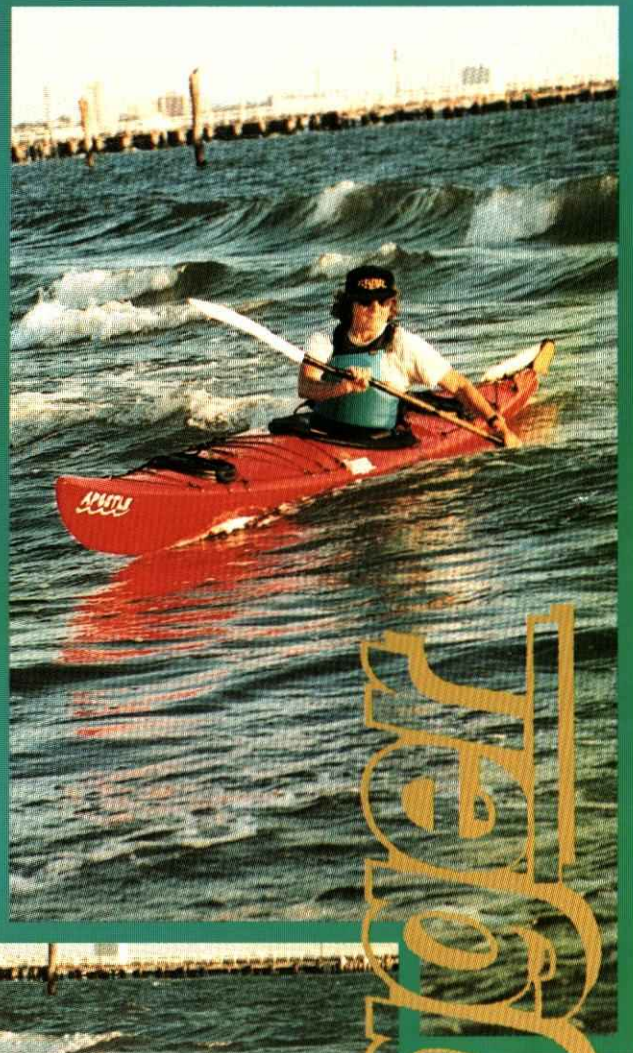
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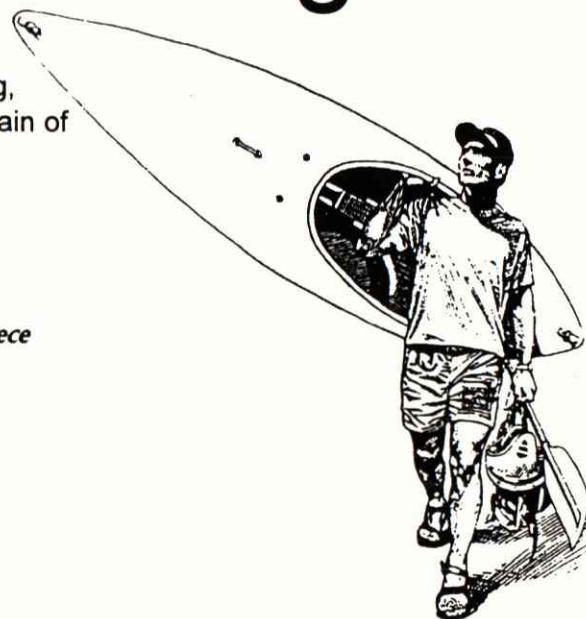
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