

kayak & canoe



magazine

VOL: 10 1999 \$5.95

# SEA KAYAK: PADDLING DOWN UNDER



**AUSTRALIAN CHAMPIONSHIPS:**  
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### Standard Outfitting

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- Deck loops and seat accessory loops
- Moulded-in drain plug
- Bulkhead footbraces
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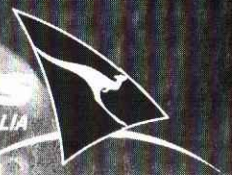


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Let me start dear patient readers by saying a sincere sorry about the last issue, a couple of teething problems got way out of hand and our deadline was a forgotten memory of what might have been. Then, to top it all off I realised that I had called it issue number eight instead of number nine.

I believe that people have been flogged for less and it reminded me somewhat of a comment made by one of my old teachers on an end of year report. He wrote "I am convinced that Wood only comes to school to eat his lunch". I'm not really sure exactly what this has to do with my current magazine predicament but for some reason it came to mind and seemed slightly relevant to the situation I have managed to get myself into.

What a performance from our Canadian Canoe paddlers at the Sprint Canoe and Kayak National Titles. Jason Egan, Nick Richards and George Wakim all paddled under the qualifying time set for World Championships and for the first time in quite a few years Australia will be represented internationally in the 'C' Class. Full wrap of those Championships this issue as well as a comprehensive coverage of the Whitewater International Slalom from the Olympic venue at Penrith where all the Australians performed solidly amongst the worlds best.

This issue also sees the Canoe Polo Nationals from Hobart, Rodeo Nationals from the Mersey River in Tasmania, Sea Kayaking from New Zealand, Liam Guilar takes behind the scenes of the life of a kayak instructor and heaps more.

Also, this year Australian Canoeists and canoeing supporters can apply for the new Australian Canoeing American Express Card, this was created to offer financial support to our sport every time Card Members make a purchase with the card. This support will help foster the growth and development of Australian Canoeing. In addition the Australian Canoeing American Express Card will offer a highly competitive interest rate, a terrific Rewards program and up to 55 interest free days.

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If you have any queries regarding the Australian Canoeing American Express Card, please contact Jon Bisset on (02) 9552 4500 or via email at [jon.bisset@canoe.org.au](mailto:jon.bisset@canoe.org.au).

Thanks again for your support with KC Magazine, if you ever have any enquiries, suggestions or information you would like the canoeing world to know just call or email me on the numbers provided.

Scott Wood  
Editor



**JLW**

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**Printing:**  
 Torron Printing  
 Crows Nest NSW

**Copy Deadline:**  
 First day of preceding month  
 (March, May, July, September, November,  
 January)

**Copy and Advertisements to:**  
 Australian Canoeing Inc.

**Subscriptions:**  
 Individual copies: \$5.95  
 \$30.00 p a

**Front Cover:**  
 Front cover photo of Ireland's Ian Wiley,  
 former World Champion.  
 Photo by Sue Price.

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# CONTENTS

## features

- 25 Paddling Down Under:  
Sea Kayak Journey
- 33 True Tales From-  
An Instructor's Life
- 37 Sea Kayak:  
Trip Grading
- 44 1999 National Sprint Racing

## events coverage

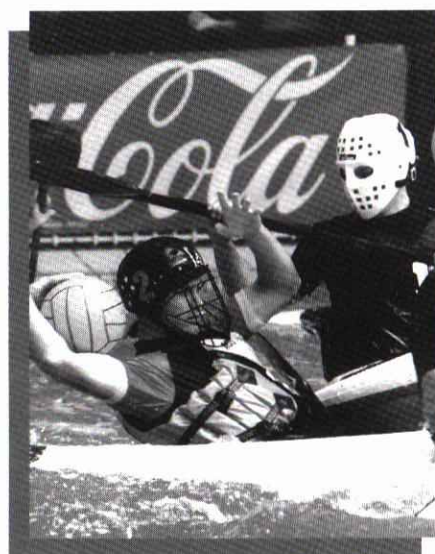
- 5 Australian Sprint Canoe/  
Kayak Championships
- 17 Whitewater International  
Slalom Series
- 29 Australian Kayak Rodeo  
Championships
- 31 1999 Interstate Canoe Polo  
Championships

## regulars

- 13 E News
- 16 Paddler Profile  
(Toby James)
- 39 Sports Science -  
Medicine Update
- 41 Calendar
- 42 State Contacts



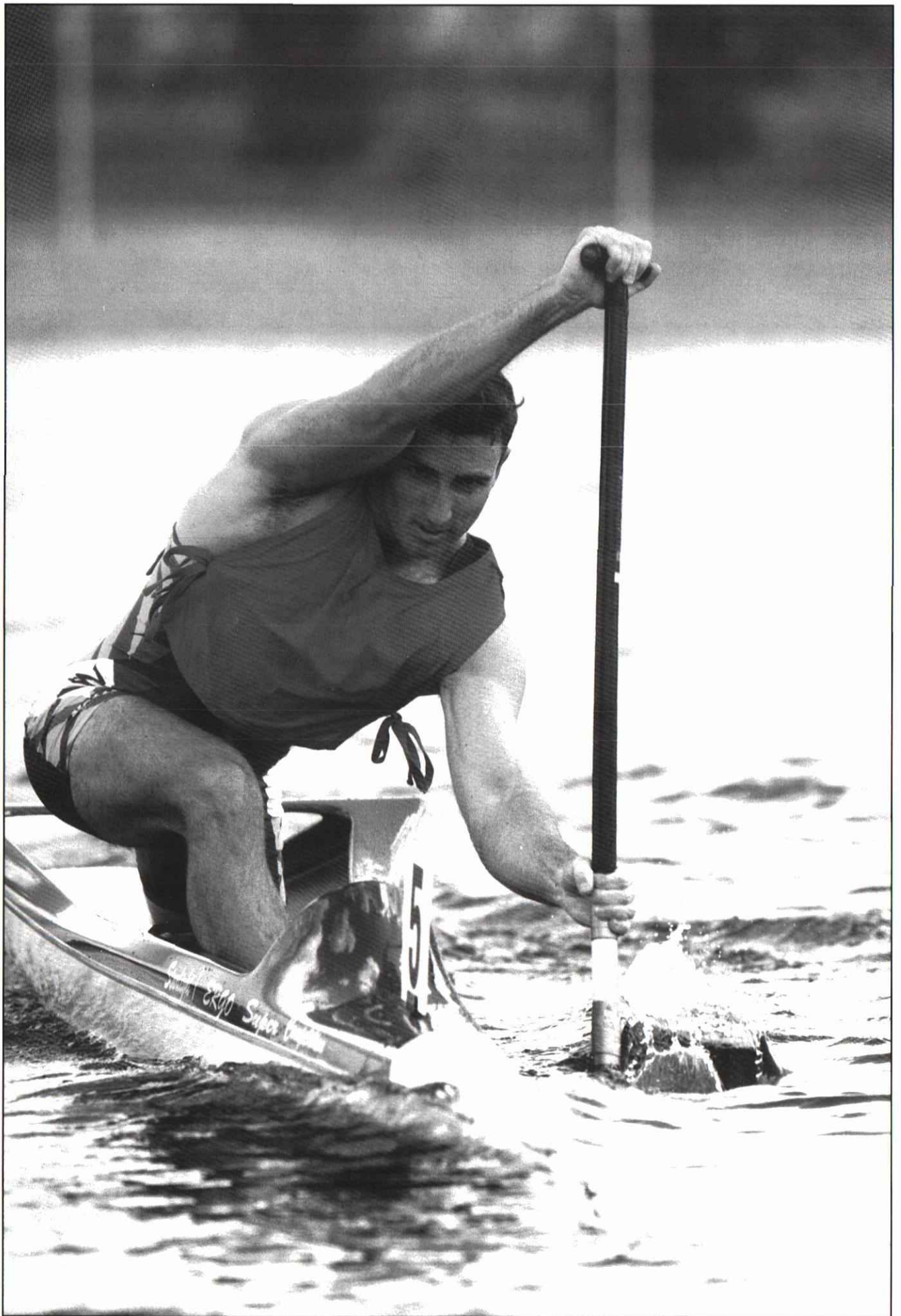
AUSTRALIAN SPRINT CHAMPIONSHIPS  
*page 5*



INTERSTATE CANOE POLO  
 CHAMPIONSHIPS  
*page 31*



WHITewater INTERNATIONAL  
 SLALOM SERIES  
*page 17*



# Australian Sprint Championships

SYDNEY INTERNATIONAL REGATTA CENTRE, PENRITH  
MARCH 16-20, 1999

For the Seniors, one year away from the glory of participating in an Olympic Games in their own country, these 1999 Championships were critical to their chances of being on the 2000 Olympic Team.

Over 300 paddlers from around Australia and overseas descended on the Sydney 2000 Olympic Canoe and Kayak venue to contest 1999 National Championships in Junior, Open and Masters Divisions. Whilst many of the competitors use these championships to chase an elusive national medal or a personal best, Australia's elite Junior and Open competitors, chasing spots on Australian Representative Teams, dealt with the type of nerves and pressure that comes from five days of intense competition. For the Seniors, one year away from the glory of participating in an Olympic Games in their own country, these 1999 Championships were critical to their chances of being on the 2000 Olympic Team.

## DAY 1

The opening day of the championships started with the news that eight time K1 1000m Australian Champion, World Champion and Olympic gold medallist, Clint Robinson had withdrawn from the Championships. Australia's greatest

ever paddler, Robinson stated that personal reasons were behind his decision not to race. This will be the first time Robinson has not competed at the Australian Championships since 1989 - when he first contested the event as a junior. Robinson's decision virtually excluded him from selection in this year's National Squad to be announced at the conclusion of the regatta. Robinson also missed the first National Team selection event held last month at Penrith.

The spectators that lined along the course were treated to a sensational finish to the final of the Men's K1 1000. Swede Markus Oscarsson won the final (3.31.40), but his effort was overshadowed by the battle for second place - and the title of Australian Champion. Reigning Australian K1 1000m champion Nathan Baggaley (Byron Bay) tried desperately to hold off a fast finish from 1997 K2 500m World Champion Daniel Collins (Tasmania). After a 25-minute wait for officials to study the photo finish it was announced a dead heat in (3.32.159). Baggaley and Collins were named dual Australian Champions.

Somewhat overlooked in fourth place was Olympian Peter Scott (3.34.84) - a reversal of his disappointing form in last month's selection event. The red-hot favourite for the race Narrabeen's Scott Austin was relegated to fifth place (3.36.75).

The final of the Ladies K1 1000m was somewhat predictable with Australia's premier female paddler, Katrin Borchert (Gold Coast), winning the event comfortably in 3.52.97 from her K2 world champion partner Anna Wood who was second in 3.56.83. In third place was Sweden's Anna Karlsson in 4.02.53. Missing from the final were a number of Australia's top female paddlers who elected to skip the non-Olympic event to focus on the Open Female K1 500m, the National Squad selection event at this regatta.

## DAY 2

In the Men's K1 500m final Peter Scott (NSW) completed a great return to form by winning the final in 1.39.15 from the AIS's Nathan Baggaley (1.39.26) and fellow NSWIS team mate Shane Suska (1.39.90). Two seconds separated the entire field and

*C1 500m & 1000m Champion of Australia Jason Egan. Photo courtesy Trevor Wallace Photography.*

# Australian Sprint Championships

Scott, disappointed with his result in the first National Selection Regatta held last month, was thrilled with the victory and as a result, he earned the right to race off against his NSWIS team mate Scott Austin, for the K1 500m position in the Australian Team.

Australia's K2 World Champion Katrin Borchert came home strongly to beat fellow Olympian Shelley



Oates-Wilding in the LK1 500m final. Borchert, widely acknowledged as Australia's premier female paddler had a slow start to the final K1 selection event as Oates-Wilding (NSW) jumped to the lead. Oates-Wilding combined the speed that makes her so dangerous over two hundred metres

with an unchallenged determination to succeed to hold out Borchert for 400 metres. Borchert unleashed a torrid last hundred, overcoming the gutsy Oates-Wilding to win the race in a time of 1.49.87 with Oates-Wilding second in 1.49.99. Third place went to Borchert's World Champion LK2 partner Anna Wood in 1.51.70. With the win, Borchert secured the K1 500m position in the Australian Team for this year's World Championships (she also won this event at the first selection regatta held last month).

Without a doubt, one of the highlights of the first two days of the National Championships was the performance of the 'C' boat paddlers. Australia, for many years without a paddler capable of mixing it on the world stage, now appears to have developed some paddlers whom we hope will lead and develop this class of canoe well into the new millennium. The 1999 Australian Team Selection Policy set qualifying times for the 'C' boat paddlers to meet and until these championships, no 'C' Boat paddler had been able to qualify to represent his country. However, NSWIS athlete Jason Egan, based at Penrith, beat the qualifying mark for the C1 500m by 0.08 second. Egan is now eligible to be selected in the 1999 Australian Senior Sprint Canoe / Kayak Team to compete at the World Championships in August in Milan, Italy. The World Championships double as the Olympic Qualification event and Egan is hopeful of qualifying Australia in the C1 for next year's Olympic Games. Egan's performance had the crowd cheering and urging him on and was without doubt the highlight of a great day's racing.

Following on from the amazing effort of Jason Egan to beat the qualifying mark for selection in the 1999 Australian Team in the C1 500m final, Melbourne's Nick Richards and George Wakim then sent the crowd into yet another frenzy by charging in well under the qualifying time for the C2 1000m. Richards and Wakim had a near perfect race in idyllic conditions to finish the final in an amazing 3.56.81 - the Australian Team qualifying time was 4.00.00. Richards, 28 and Wakim, 32 have overcome a number of recent obstacles to beat this qualifying time and were understandably ecstatic with their performance. Wakim underwent surgery in October which limited

K4 500m & 1000m Champions of Australia, Shelley Oates-Wilding, Amanda Rankin, Kerri Anderson and Yonda Nossiter. Photo courtesy Trevor Wallace Photography.

the pairs training together and has been sick on and off since January. With only a month of solid preparation behind them and a much slower and older boat than they would like, the duo were hoping that they could get as near to the qualifying mark as possible. They did more than this, improving their personal best time by an outstanding seven seconds.

After two days of intense individual competition, in terms of earning K1 and LK1 points for the National Ranking list, the athletes were now able to focus on their crew boat races. Hot favourites in the women's events were World Champions Katrin Borchert and Anna Wood. Whilst in the Men's K2 500m 1997 World Champions, Andrew Trim and Daniel Collins, were expected to dominate. With the men's standard in both the 500 and 1000m individual events at an all time high, finals in K2 and K4 over both distances was shaping as dynamic.

#### DAY 3

Swedish stars Markus Oscarsson and Henrik Nilsson stormed home to beat the Australian crews in the final of the Men's K2 1000m. Paddling in lane zero the Swedes went into overdrive with 100 metres to go, passing Andrew Trim and Daniel Collins just metres from the line. Oscarsson and Nilsson finished in 3.16.54, Trim and Collins were second in 3.16.80, NSWIS duo Scott Austin and Peter Scott were third in 3.18.59, and the pair from the AIS, Brian Morton and Julian Norton-Smith were fourth in 3.20.49.

In the Women's LK2 1000m final World Champions Anna Wood and Katrin Borchert continued their golden run at Australian Championships winning for the third straight year in a time of 3.45.37. AIS paddlers Brooke Harris and Paula Harvey claimed the silver medal in 3.46.84. WA's Simper sisters - Amanda and Rachel - claimed the bronze medal in 3.51.90 - a great result for the sisters with Rachel in her first year of open competition.

In the Men's K4 1000m final the Swedish (Per Lindgren, Anders Svenson, Persson, Niklaes and Mattias Oscarsson) again pushed the Australian crews all the way, however the NSWIS crew held on to win. The NSWIS crew consisting of Scott Austin, Ross Chaffer, Peter Scott and Tim Watkin, recorded a time of 2.57.36. The

Swedish crew claimed the silver medal in 2.58.10. AIS crew (Nathan Baggaley, Luke Young, Karl Russell and Heath Brown) were third in a time of 2.59.27.

#### DAY 4

Australia's current World Champions Anna Wood and Katrin Borchert, as expected, led all the way to claim victory in the LK2 500m final. The victory, their 5th Australian title in a row, was their first step towards defending their title at the World Championships in Italy in August. The win also took Borchert's personal gold medal tally for the Championships to four from four events, and an amazing fourteen from fourteen since 1997. Second place getters from the NSWIS Kerri Anderson and Amanda Rankin had a great start but were unable to reel in the World Champions. Borchert and Wood finished in 1.45.74, Anderson and Rankin were second in 1.47.72, the Swedish pairing of Ingela Erisson and Anna Karlsson continued Sweden's impressive run at this regatta finishing third in 1.49.29.

In the Men's K2 500m final, 1997 World Champions Andrew Trim and Daniel Collins are heading to Italy to reclaim their world title after winning the final in a time of 1.32.31. At the half way mark Collins and Trim were in a line of four crews across the course. But with a throng of family and friends on the sideline cheering them home the pair lifted a gear with 100 metres to go and won handily, their 4th Australian title in a row. AIS crews battled with the Swedish pair for the minor placings. Second place went to Nathan Baggaley and Julian Norton-Smith finishing in 1.33.39 with their AIS team mates Cameron McFadzean and Justin Quill (both originally from Victoria) in third place in 1.33.50. The Swedish pair of Nilsson and Oscarsson were unable to repeat their gold medal performance in the K2 1000m finishing fourth in 1.33.74.

In the Ladies K4 500m final the NSWIS crew, consisting of three Olympians, proved too strong winning the race in 1.40.89. The crew consisting of 1992 Olympian Kerri Anderson and 1996 Olympians Shelley Oates-Wilding and Yanda Nossiter. Along with 1998 National Squad member Amanda Rankin, the

Following on from the amazing effort of Jason Egan to beat the qualifying mark for selection in the 1999 Australian Team in the C1 500m final, Melbourne's Nick Richards and George Wakim then sent the crowd into yet another frenzy by charging in well under the qualifying time for the C2 1000m.

# Australian Sprint Championships

**Australia's Junior paddlers, who last year performed so well at the Junior World Cup, again showed that at this year's World Championships we could be in for a realistic chance of our best ever performance at the top level of Junior kayaking.**

four held off a fast finish from the QAS crew. Second place was a great result for the QAS crew where world champions Anna Wood and Katrin Borchert teamed with two of their younger team mates from the Sunshine Coast - Michelle Millsom and Sharlene Meredith - the first open Australian medal for the two Sunshine Coast paddlers. Third place was filled by the crew from the Australian Institute of Sport made up of Brooke Harris, Paula Harvey, Jacqui Mengler and Leda McFadzean who finished in 1.41.59.

The Men's K4 500m final was a great race with crews from South Australia and a combination crew from Queensland and Western Australia holding off the fast finishing Swedes. In first places was the crew of South Australians - Jamie Beavis, Brett Fielder, Chris Alagich (now training at the AIS) and Justin Needham in 1.27.42. Just behind the winners were Peter Leaversuch and Greg Tate from Western Australia and Ryan Gaylard and Matt Roser from Queensland in 1.27.82. The Swedish four of Per Lindgren, Magnus Lundberg, Niklaes Persson and Mattias Oscarsson came home strong to finish third in 1.28.06.

Australia's Junior paddlers, who last year performed so well at the Junior World Cup, again showed that at this year's World Championships we could be in for a realistic chance of our best ever performance at the top level of Junior kayaking. Toby James, eldest brother of Luke and Nick, whom were all selected to travel overseas with the Australian Team, was the dominant paddler across all divisions and age brackets. Toby won an incredible eight Gold Medals out of a possible nine events and was only denied his ninth when K2 partner and fellow National Team member Scott Casey snapped his paddle while they were leading the K2 200.

Following the conclusion of racing, selectors announced the paddlers selected in this year's National Junior Squad. The following kayakers were named:

## **MEN**

Blake Ballard (NSW)  
Jay Capel (NSW)  
Scott Casey (NSW)  
Jono Chalmers (NSW)  
Luke James (NSW)  
Nick James (NSW)  
Toby James (NSW)  
Scott Leeson (NSW)  
Joel Munroe (QLD)  
Louis Neethling (QLD)  
Ben Sherry (QLD)  
Dane Sloss (QLD)  
William Tuplin (SA)

## **WOMEN**

Amanda Allen (QLD)  
Jessica Beck (VIC)  
Rowena Coghill (QLD)  
Kristie Colomb (VIC)  
Kim Gittoes (NSW)  
Elizabeth Hegarty (SA)  
Cara Targ (NSW)  
Kellie Vernon (NSW)

As with the Australian Senior Squad, the 1999 Australian Junior Team will have 'C' boat representation, for the first time since 1985. The 'C' boat paddler selected to represent Australia is:

Sebastian Marczak (NSW)

The junior kayakers then went into an intensive three-day selection camp at the Sydney International Regatta Centre to finalise the Australian Team to travel overseas in July for the 1999 Junior World Sprint Canoe/Kayak Championships in Zagreb Croatia, July 25-27. The team selected to paddle for Australia at the World Championships consists of eleven men and six women. The team is as follows:

## **MALE KAYAKERS**

Blake Ballard (NSW)  
Jay Capel (NSW)  
Scott Casey (NSW)  
Jono Chalmers (NSW)  
Toby James (NSW)  
Scott Leeson (NSW)  
Ben Sherry (QLD)  
Dane Sloss (QLD)  
David Foureur

Chris Kelly

#### **FEMALE KAYAKERS**

Rowena Coghill (QLD)  
Kristie Colomb (VIC)  
Elizabeth Hegarty (SA)  
Shelley Slade (QLD)  
Cara Targ (NSW)  
Kellie Vernon (NSW)

#### **MALE CANOEIST**

Sebastian Marczak (NSW)

#### **TEAM MANAGER**

Christine Duff

#### **COACHES**

Denise Cooper (Head Coach)

Of the fifteen kayakers selected, six were in last year's Junior Team which competed at the Junior World Cup in Poland. It is expected that the experience that these six athletes (Casey, Chalmers, James, Leeson, Colomb and Targ) gained last year will assist them individually and as a team to produce great results at this year's World Championships. The Junior Team will travel to Europe at the end of June for training and competition before heading to Croatia for the Junior World Championships in Zagreb.

The following athletes have been named as a Junior Development Team and will tour with the Australian Junior Team for three weeks to gain international competition and training experience:

#### **MALE**

Luke James  
Nick James

#### **FEMALE**

Amanda Allen  
Kim Gittoes

All four of these athletes are under 16 and it is hoped that by sending them overseas with the Australian Junior Team, they will gain invaluable experience which will only benefit Australia in the coming years.

Following the conclusion of racing selectors announced the athletes selected in this year's National Squad. The following kayakers were named:

#### **MEN**

Scott Austin (NSW)  
Nathan Baggaley (NSW)  
Ross Chaffer (NSW)  
Daniel Collins (NSW)  
Peter Leaversuch (WA)  
Cameron McFadzean (VIC)  
Brian Morton (NSW)  
Julian Norton-Smith (TAS)  
Karl Russell (TAS)  
Peter Scott (NSW)  
Shane Suska (NSW)  
Andrew Trim (QLD)  
Tim Watkin (NSW)

#### **WOMEN**

Kerri Anderson (NSW)  
Katrin Borchert (QLD)  
Paula Harvey (VIC)  
Leda McFadzean (VIC)  
Jacqui Mengler (QLD)  
Shelley Oates-Wilding (NSW)  
Amanda Simper (WA)  
Anna Wood (QLD)

The Senior kayakers, as with the Juniors kayakers were also subjected to a three-day selection camp at Penrith to finalise the Australian Team to travel overseas in June for a month's competition and training in preparation for the World Championships in Milan, Italy in August. The 1999 World Championships double as the Olympic Qualification regatta, which will be Australia's only chance to qualify boats for next year's Olympics.

After the selection trials, selectors announced the following paddlers to tour Europe during June. The Team consists of thirteen men and six women kayakers. The Team is as follows:

#### **MALE KAYAKERS**

Scott Austin (NSW)  
Nathan Baggaley (NSW)  
Daniel Collins (TAS)  
Cameron McFadzean (VIC)  
Brian Morton (NSW)  
Julian Norton-Smith (TAS)  
Peter Scott (NSW)  
Shane Suska (NSW)  
Andrew Trim (QLD)  
Tim Watkin (NSW)

#### **FEMALE KAYAKERS**

Katrin Borchert (QLD)  
Paula Harvey (VIC)  
Jacqui Mengler (QLD)  
Shelley Oates-Wilding (NSW)  
Amanda Simper (WA)  
Anna Wood (QLD)

#### **COACHES**

Serghei Cuesa ('C' Boats)  
Ben Hutchings  
Barry Kelly  
Carsten Loemaker  
John Sumegi

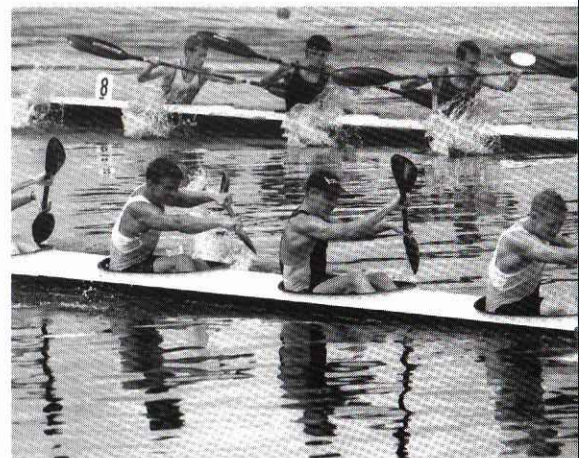
For the first time in more than fifteen years, the selectors announced that Australia would be represented at the World Championships in August by 'C' boat paddlers.

The following men were selected for the World Championship Team:

Jason Egan (NSW)  
Nick Richards (VIC)  
George Wakim (VIC)

The trio will join the kayakers in Europe in June for training and competition and will head to the World Championships trying to qualify 'C' boats for the 2000 Olympic Games. The canoeists automatically qualified for the World Championships, to be held in Milan, Italy August 26-29 this year, by beating the qualifying marks in the C1 500m (Egan) and the C2 1000m (Richards and Wakim). Andrew Trim, Daniel Collins, Anna Wood and Katrin Borchert automatically qualified for the Australian Team for the World Championships by winning the same event at both Selection Regattas. After this trip, the Australian Team to contest the World Championships will be confirmed on August 1st 1999.

Australian Canoeing and Canoe and Kayak Magazine would like to thank all competitors and spectators who attended over the five days of competition and wish our representative paddlers the best of luck during their European tour and World Championship campaign later in the year.



*Final of the Under 18 K4 1000m. Photo courtesy Trevor Wallace Photography.*

# Australian Sprint Championships Results

## OPEN FINALS RESULTS

### *K1 1000m "A" Final*

1	Markus Oscarsson	SWE	3.31.40
2	Daniel Collins	QAS	3.32.159
2	Nathan Baggaley	AIS	3.32.159
4	Peter Scott	NSWIS	3.34.84

### *K1 1000m "B" Final*

1	Karl Russell	AIS	3.36.25
2	Jamie Beavis	SASI	3.36.44
3	Tim Watkins	NSWIS	3.37.12

### *LK1 1000m "A" Final*

1	Katrin Borchert	QAS	3.52.97
2	Anna Wood	QAS	3.56.83
3	Anna Karlsson	SWE	4.02.53
3	Chantal Meek	VIC	4.03.72

### *LK1 1000m "B" Final*

1	Kate Forgione	WAIS	4.13.59
2	Barbora Futerova	CZE	4.15.99
3	Michelle Millsom	QAS	4.16.61

### *C1 1000m Final*

1	Jason Egan	NSWIS	4.11.95
2	Nick Richards	VIC	4.15.90
3	Steven Vegh	VIC	4.30.70

## 22 YEARS FINAL RESULTS

### *LK1 1000m 22 Final*

1	Rachel Simper	WAIS	4.10.80
2	Barbora Futerova	CZE	4.13.51
2	Rikki Johnson	AIS	4.13.99
3	Lisa Oldenhof	WAIS	4.15.37

### *K1 1000m 22 Final*

1	Keith Colomb	VIC	3.41.05
2	Daniel Aulert	QLD	3.41.32
3	Glen Pickering	QAS	3.41.51

## 18 YEARS FINAL RESULTS

### *K1 1000m 18 "A" Final*

1	Toby James	NSWIS	3.38.69
2	Jono Chalmers	NSWIS	3.42.90
3	Scott Casey	NSWIS	3.43.48

### *K1 1000m 18 "B" Final*

1	Simon Thompson	SA	3.56.47
2	Nick James	NSW	3.56.67
3	Keith Garrash	NSWIS	3.56.70

### *C1 1000m 18 Final*

1	Ivan Novakovic	NSW	5.01.44
2	Chris Armour	NSW	5.06.27
3	Daniel Armour	NSW	5.34.63

### *LK2 500m 18 Final*

1	C. Targ / L. Brown	NSWIS	1.53.30
2	R. Coghill / S. Slade	QAS	1.54.00
3	A. Allen / J. Sumegi	QLD	1.55.80

## INTERNATIONAL FINAL RESULTS

### *K1 1000m Int. Final*

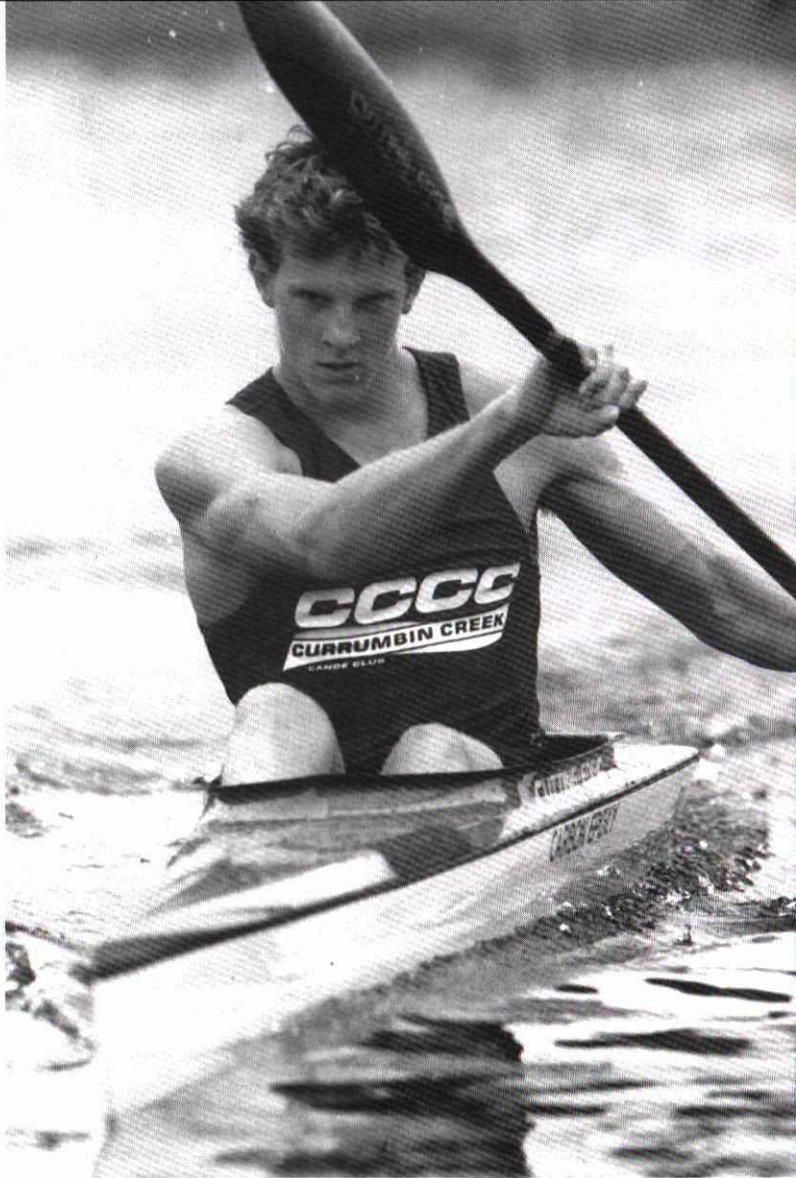
1	Markus Oscarsson	SWE	3.46.71
2	Owen Hughes	NZL	3.48.93
3	Peter Longdill	NZL	3.52.78

### *LK1 1000m Int. Final*

1	Anna Karlsson	SWE	4.15.45
2	Asa Eklund	SWE	4.17.74
3	Barbora Futerova	CZE	4.21.29

Kim Cuttose, Under 16 K1 1000m & 5000m Champion of Australia. Photo courtesy Trevor Wallace Photography.





## OPEN FINALS RESULTS

### *K2 1000m Final*

1	H. Nilsson / M. Oscarsson	SWE (INT)	3.16.54
1	A. Trim / D. Collins	QAS	3.16.80
2	S. Austin / P. Scott	NSWIS	3.18.59
3	B. Morton / J. Norton-Smith	AIS	3.20.49

### *LK2 1000m Final*

1	A. Wood / K. Borchert	QAS	3.45.37
2	B. Harris / P. Harvey	AIS	3.46.84
3	A. Simper / R. Simper	WAIS	3.51.90

### *C2 1000m Final*

1	G. Wakim / N. Richards	VIC	3.56.81
2	J. Egan / S. Marczak	NSW	4.08.25
3	S. Vowles / S. Vogh	NSW	4.22.27

### *K4 1000m Final*

1	S. Austin / R. Chaffer / P. Scott / T. Watkin	NSWIS	2.57.36
2	P. Lindgren / A. Svenson / N. Persson / M. Oscarsson	SWE	2.58.10
3	N. Baggaley / L. Young / K. Russell / H. Brown	AIS	2.59.27
4	S. Suska / D. Webster / B. McGregor / L. Wilson	NSWIS	3.02.15

## 22 YEARS FINAL RESULTS

### *LK1 1000m 22 Final*

1	R. Simper / L. Oldenhof	WAIS	3.48.07
2	A. Wood / B. Futerova	QLD / CZE (INT)	3.48.40
2	E. Seidl / C. Meek	WA / VIC	3.53.07
3	A. Muecke / K. Barclay	SASI	3.59.30

### *K2 1000m 22 Final*

1	K. Colomb / A. Carrie	VIC	3.28.83
2	S. Burns / J. Bolton	NSWIS	3.32.17
3	B. Lewis / J. Nuich	WA	3.33.65

### *K4 1000m 22 Final*

1	A. Carrie / K. Colomb / D. Aulert / D. Jenkin	VIC / QLD	3.08.19
2	B. Lewis / J. Nuich / G. Rogers / G. Pickering	WA / SA / QLD	3.09.65
3	M. Walker / P. Jennings / P. Longdill / C. Whitehead	NZL (INT)	3.11.85
3	J. Capel / B. Sherry / T. Hawkins / L. Neethling	NSW / QLD	3.41.63

## 18 YEARS FINAL RESULTS

### *K2 1000m 18 Final*

1	T. James / S. Casey	NSWIS	3.25.03
2	W. Tuplin / D. Sloss	SA / QLD	3.25.25
3	J. Capel / B. Sherry	NSW / QAS	3.29.59

### *LK1 1000m 18 "A" Final*

1	Kristie Colomb	VIC	4.22.07
2	Cara Targ	NSWIS	4.23.91
3	Rowena Coghill	QAS	4.25.16

### *LK1 1000m 18 "B" Final*

1	Lisa Barnes	VIC	4.36.90
2	Clare Denver	QLD	4.38.30
3	Emily Owen	WAIS	4.39.79

## INTERNATIONAL FINAL RESULTS

### *K1 500m Int. Final*

1	H. Nilsson / M. Oscarsson	SWE	3.29.27
2	P. Lindgren / M. Lundberg	SWE	3.32.28
3	M. Walker / P. Jennings	NZL	3.33.07

# Australian Sprint Championships

## 16 YEAR FINAL RESULTS

### EXH. LK1 1000m 16 Final

1	Kim Gittoes	NSW	4.27.03
2	Amanda Allen	QLD	4.33.07
3	Jillian Ireland	NSW	4.35.12

### EXH. K1 1000m 16 Final

1	Ken Wallace	QLD	3.47.32
2	Luke James	NSW	3.57.17
3	Rhys Kenny	QLD	3.59.13

## 14 YEAR FINAL RESULTS

### K1 2500m Final

1	Luke Morrison	SA	11.54.70
2	Mark Leeson	NSW	11.58.80
3	John Toro	QLD	13.22.90

## 35 YEAR FINAL RESULTS

### K4 500m 35 Final

1	J. Newton / P. Borserini / P. Stanek / G. Bird	QLD	1.40.90
2	T. Holm / D. Russell / P. Kitney / C. Luckman	WA	1.49.20
3	T. Townsend / J. Berkley / T. Meek / R. Burns	NSW	2.00.40

### LK1 1000m 35 Final

1	Margie Bohm	NSW	4.39.92
2	Merril Meek	VIC	5.04.38
3	Lorraine Harper	NSW	5.05.35

### K2 1000m 35 Final

1	G. Bird / P. Stanek	QLD	3.51.61
2	J. Berkley / M. Krasny	NSW	3.51.86
3	J. Newton / P. Borserini	QLD / WA	3.53.38

### K1 1000m 35 Final

1	Milan Krasny	NSW	3.50.94
2	Matt Pepper	NSW	3.57.02
3	Peter Borserini	QLD	4.07.37

## 40 YEAR FINAL RESULTS

### K1 1000m 40 Final

1	Milan Krasny	NSW	4.17.28
2	Geoff Bird	QLD	4.18.28
3	John Berkley	NSW	4.54.49

### K2 1000m 40 Final

1	M. Krasny / B. O'Sullivan	NSW	3.58.64
2	J. Berkley / R. Chapman	NSW	4.04.33
3	T. Holm / D. Russell	WA	4.22.61

## 50-55 YEAR FINAL RESULTS

### K2 1000m 50 Final

1	L. Bauer / J. Reilly	QLD / NSW	4.16.21
2	R. Burns / C. Campbell	NSW	4.23.76
3	B. Johnson / A. Robinson	NSW	6.33.30

### K1 1000m 50 Final

1	John Newton	QLD	4.19.11
2	Les Bauer	QLD	4.23.84
3	Trevor Holm	WA	4.26.24

### K1 1000m 55 Final

1	John Newton	QLD	4.21.37
2	John Reilly	NSW	4.23.19
3	Brian O'Sullivan	NSW	4.38.71

## OPEN FINALS RESULTS

### K2 500m Final

1	A. Trim / D. Collins	QAS	1.32.31
2	N. Baggaley / J. Norton-Smith	AIS	1.33.39
3	C. McFadzean / J. Quill	AIS	1.33.50

### LK2 500m Final

1	A. Wood / K. Borchert	QAS	1.45.74
2	K. Anderson / A. Rankin	NSWIS	1.47.72
3	I. Ericsson / A. Karlsson	SWE	1.49.29
3	B. Harris / P. Harvey	AIS	1.49.68

### C2 500m Final

1	J. Egan / S. Marczak	NSW	1.52.81
2	G. Wakim / N. Richards	VIC	1.54.29
3	S. Vowles / S. Vegh	VIC	2.04.30

### K4 500m Final

1	B. Fielder / J. Beavis / J. Needham / C. Alagich	SASI / AIS	1.27.42
2	P. Leaversuch / G. Tate / R. Gaylard / M. Roser	WAIS / QAS	1.27.82
3	P. Lindgren / A. Svenson / N. Persson / M. Oscarsson	SWE (INT)	1.28.06
3	K. Colomb / S. Burns / J. Bolton / A. Carrie	NSWIS / AIS	1.31.35

#### LK4 500m Final

1	Y. Nossiter / S. Oates-Wilding / K. Anderson / Amanda Rankin	NSWIS	1.39.89
2	A. Wood / K. Borchert / M. Millsom / S. Meredith	QAS	1.40.99
3	B. Harris / L. McFadzean / P. Harvey / J. Mengler	AIS	1.41.59

#### 22 YEARS FINAL RESULTS

##### LK1 1000m 22 Final

1	E. Seidl / C. Meek	WAIS / VIC	1.53.11
2	A. Wood / B. Futerova	QLD / CZE (INT)	1.54.20
2	L. Oldenhof / R. Simper	WAIS	1.55.72
3	R. Johnson / S. Wirth	AIS	1.57.88

##### K2 500m 22 Final

1	D. Hinc / D. Aulert	SA / QLD	1.37.08
2	S. Burns / J. Bolton	NSWIS	1.37.75
3	K. Colomb / A. Carrie	NSWIS / AIS	1.38.22

##### K4 500m 22 Final

1	J. Bolton / D. Hinc / T. Whitmore / S. Burns	QAS / SASI / NSWIS	1.29.54
2	M. Walker / P. Jennings / P. Longdill / C. Whitehead	NZL(INT)	1.31.06
3	A. Carrie / K. Colomb / D. Aulert / D. Jenkin	VIC / QLD	1.31.59
3	B. Lewis / J. Nuich / G. Rogers / G. Pickering	WA/SA/QLD	1.32.24

#### 18 YEARS FINAL RESULTS

##### K2 500m 18 Final

1	T. James / S. Casey	NSWIS	1.37.51
2	W. Tuplin / D. Sloss	SA / QLD	1.38.11
3	J. Capel / B. Sherry	NSW / QAS	1.39.97

##### K4 500m 18 Final

1	T. James / S. Casey / S. Leeson / J. Chalmers	NSWIS	1.30.61
2	T. Hawkins / L. Neethling / J. Capel / B. Sherry	NSW / QLD	1.32.29
3	W. Tuplin / D. Sloss / D. Thompson / S. Thompson	SASI / QLD	1.34.35

##### LK4 500m 18 Final

1	C. Targ / L. Brown / K. Gittoes / J. Beck	NSW / VIC	1.47.60
2	S. Slade / R. Coghill / A. Allen / J. Sumegi	QLD	1.47.62
3	E. Hegarty / K. Manderson / E. Owen / S. Martin	WAIS / SASI	1.47.91

#### INTERNATIONAL FINAL RESULTS

##### K2 500m INT. Final

1	H. Nilsson / M. Oscarsson	SWE	1.37.63
2	M. Oscarsson / N. Persson	SWE	1.38.57
3	M. Walker / P. Jennings	NZL	1.39.56

##### LK2 500m Int. Final

1	I. Ericsson / A. Karlsson	SWE	1.49.10
2	F. Andersson / A. Eklund	SWE	1.51.39
3	A. Wood / B. Futerova	CZE	1.55.68

#### 16 YEAR FINAL RESULTS

##### LK1 5000m 16 Final

1	Kim Gittoes	NSW	2.10.88
2	Amanda Allen	QLD	2.12.61
3	Jillian Ireland	NSW	2.14.33

##### LK4 500m 16 Final

1	J. Ireland / K. Gittoes / K. Peattie / V. Vidler	NSW / WA	1.55.45
2	L. Millar / E. Anderson / N. Liiv / C. Gorfine	QLD	2.00.17
3	L. Baccanello / R. Van Der Sluys / E. Nottage / L. Farmer	SA	2.04.33

##### K1 500m 16 Final

1	Ken Wallace	QLD	1.52.28
2	Luke James	NSW	1.55.99
3	Rhys Kenny	QLD	1.59.25

##### K4 500m 16 Final

1	C. Huskies / L. Loi / G. Miller / J. Price	QLD	1.41.55
2	L. James / T. Robinson / S. Miles / M. Leeson	NSW	1.41.70
3	D. Shannon / J. Mayo / J. Mengal / R. Kenny	QLD	1.42.06

#### 14 YEAR FINAL RESULTS

##### LK1 500m Final

1	Patrice Robertson	QLD	2.24.81
2	Helen Dyett	VIC	2.25.92
3	Chantal Field	SA	2.27.04

**R**obin Belcher has been appointed to the position of Special Projects Director on the Australian Canoeing Board. Robin was previously a member of the Australian Canoeing Executive Council from 1994-1996 and is also a member of the ICF Marathon Racing Committee.

#### **WORLD MASTERS MARATHON CUP**

Do you plan to compete at the World Masters Marathon Cup in Gyor/Hungary - 29-30th July?

A sprint canoe competition is also offered just three days before the World Cup. We will organise the 3rd International Masters Canoeing Regatta on Lake Velence close to the Hungarian capital.

**Distances:** 200, 500 and 5000 m

**Boat classes:** K1, K2, K4 men, women and mixed, C1, C2 and C4 men.

**Age groups:** 30+, 35+ etc.

*Age for K2, K4, C2, C4 is based on average age.*

You will enjoy a very good competition, you can train for World Cup, spend three nice days at Lake Velence and take day trips to Budapest or Lake Balaton before travelling to Gyor.

Contact us!  
Dr. JÓLESZ József - MAKKE  
Chairman, 2170

# **AUSTRALIAN CANOEING E-NEWS**

ASZOD Arany J. u. 3. HUNGARY,  
fax: +36 28 40203,  
mobile: +36 20 9420987,  
mailto:canoedoc@mail.digitel2002.hu

### Australian Canoeing wishes to thank their Sponsors and Supporters

Australian Sports Commission,  
Australian Olympic Committee,

### QUOTE OF THE WEEK

The best inspiration is not to  
outdo others, but to outdo ourselves -  
*Anonymous*

Qantas Airlines,

NSW Department of Sport and  
Recreation,

Penrith City Council,

### WEB SITE OF THE WEEK

This week's site is the Canoeing in  
WA site -  
<http://www.iinet.net.au/~rokhor/canoe/index.html>

Links to other Canoeing Web Sites  
can be found by visiting Australian  
Canoeing Online -  
<http://www.canoe.org.au>

Canoes Plus,

Fibre Glass International, Active TV.

### NEWS IN BRIEF

Check out the home page of the  
1999 Australian Sprint Canoe/Kayak  
Championships. Full results are now  
posted. Also take a look at the athlete  
profiles and much more - visit  
<http://www.canoe.org.au>

### ASTHMA MEDICATION

A reminder to all athletes taking  
asthma medication that prior approval  
is required. A copy of the policy can  
be found from the "Policies" section  
on the Australian Canoeing Online  
News Site - <http://www.canoe.org.au>

Contact  
Katie at Australian Canoeing on (02)  
95524500 or  
mailto:culbertk@canoe.org.au  
for further information.

Nick Richards and George Wakim  
went well under the National team  
qualifying time for the C2 1000m.  
Richards and Wakim had a near per-  
fect race in idyllic conditions to finish  
the final in an amazing 3.56.81 - visit  
<http://www.canoe.org.au>

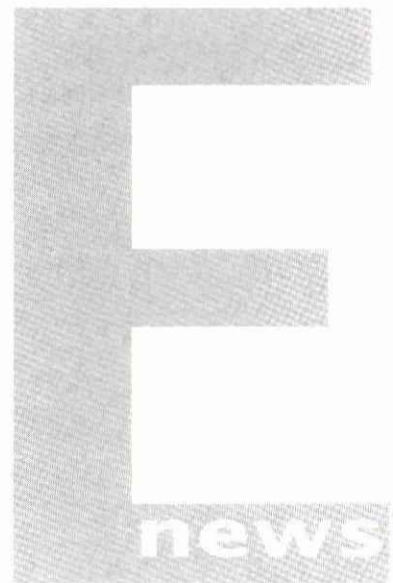
The pumps have finally been  
turned on at the Penrith Whitewater  
Stadium. Take a peek at the photo  
series at Australian Canoeing Online -  
<http://www.canoe.org.au> This week-  
end sees the first event at the stadium.

### CONTACT DETAILS

Australian Canoeing Inc  
PO Box 666  
Glebe NSW 2037  
Tel: (02) 9552 4500  
Fax: (02) 9552 4457  
Email: [auscanoe@canoe.org.au](mailto:auscanoe@canoe.org.au)

Don't forget to visit Australian  
Canoeing Online -  
<http://www.canoe.org.au>

Swedish stars Markus Oscarsson  
and Henrik Nilsson stormed home to  
beat the Australian crews this after-  
noon in the final of the men's K2  
1000m at the 1999 Australian Sprint  
Canoe / Kayak Championships.  
Paddling in lane zero the Swedes went  
into overdrive with 100 metres to go,  
passing Andrew Trim and Daniel  
Collins just metres from the line - visit  
<http://www.canoe.org.au>





# FOR SERIOUS CANOEISTS ONLY. THE CHANCE TO PAY LESS FOR CREDIT AND PUT MORE INTO CANOEING.

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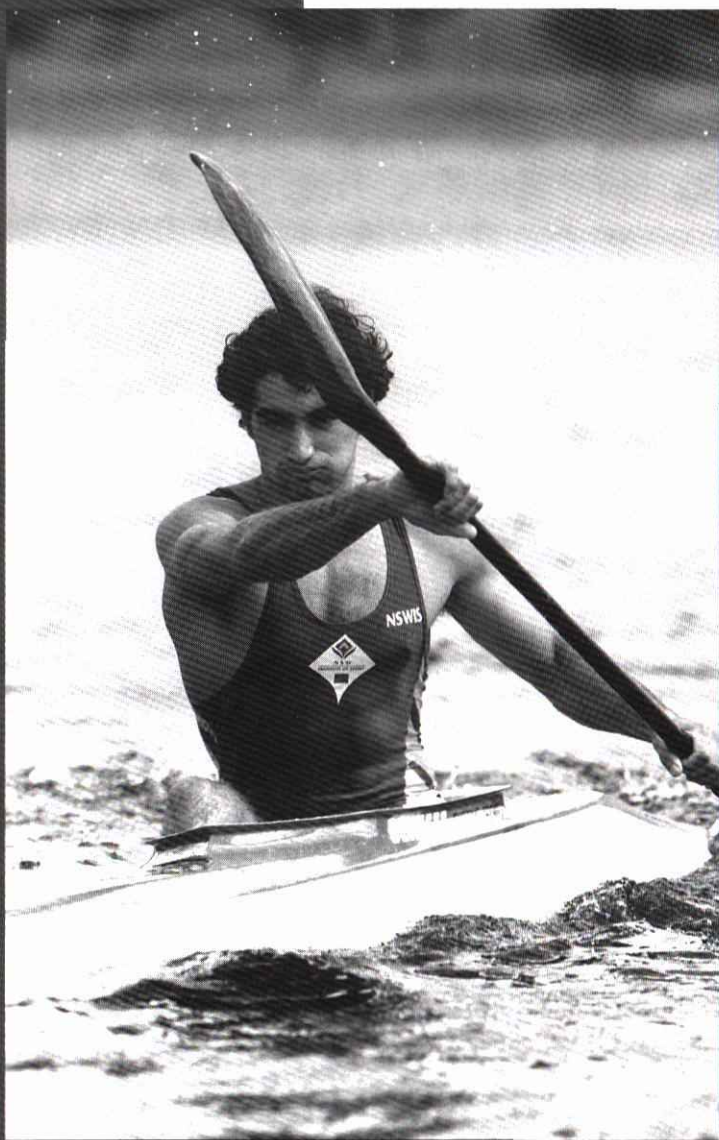
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- Free Supplementary Cards for family and friends

# Paddler Profile



*Name:*  
Toby James

*Telephone:*  
9982 2213

*Age:*  
18

*Club:*  
Sydney Northern Beaches Kayak Club

*Best Result:*  
Eight gold medals out of nine events at the 1999 Australian Sprint Kayak Championships. I won all three individual events, K1 200m, 500m, 1000m with Personal Best times in most races.

1998 Junior World Cup in Poland where, with my partner Scott Casey, we placed 8th in the final of the K2 1000m.

*Favourite Event:*  
K2 1000m

*Biggest Influence:*  
It is hard to say that I've had one single person most influence me, I feel that it's a combination of many different people that inspire and keep me determined to achieve my goals. These people would include my Coach, Parents, Grandparents and fellow athletes.

*Most Admired Athlete:*  
Percy Wells Cerutti - not only as an athlete but also as a coach.

*When and how did you become involved in kayaking?*  
At the end of 1995 I was selected into a training squad with the Academy of Sport Towards 2000 Development Identification Program.

*What is your training like, ie how many sessions per week?*  
I train at least ten times per week - this includes three weight sessions with other athletes in the NSW Institute of Sport. I train on the water at 6.00am in the mornings and at 4.30pm in the afternoons.

**W**ith water pouring down the concrete drain at fifteen tons of water per second, the paddlers gaped and goggled at the thundering whitewater. "This," they were thinking, "is going to be fun!"

The construction of an artificial slalom course in Australia has been talked about for as long as the potential of the sport had been realised. The Penrith Whitewater International Slalom Series was designed to be the thunderous announcement that Australia finally had a world class site. The racing was certainly spectacular, with many of the top athletes coming to Australia to compete.

Despite the strict limitations in both time and movement at the course, both local and international athletes got right into the heavy whitewater before the race. The movable obstacles had been fine-tuned in the weeks lead-

ing up to the race, presenting paddlers with a different rapid nearly every day. The final configuration was fantastic, with a myriad of water features all the way down: tight eddies, good waves, and a great stopper under the second bridge. This versatility will hold the Penrith course in good stead well past the Olympics, as it will provide greater variety in racing and training for everyone. It also means that when fewer pumps are running, a design can be formulated to make best use of the water which will significantly reduce the cost and power of the water for beginners and rafters.

Many of the Australians had taken a big step by moving to Penrith permanently, meaning that many had the luxury of their own beds the night before the race. Others had travelled just for the races, and were desperately trying to find a few more square inches of floor-space in the nearest house.

Last year's World Cup Champion, Englishman Paul Ratcliffe, had returned for his second sojourn to Australia this summer, and the French, Germans, Slovenians, Slovaks, Irish, Dutch, and others were right behind him. Australians now had a definitive measure against which to race, and the scene was set for a tense race. Mike Druce, who has been helping Richard Fox coach the Australian team hopefuls, set the first course with Pete Eckhart, and they made it an intense, technical, pressurised race. There were no places to relax, as where the gates were less dense, the water was more technical. And then the wind began to blow. With the poles swinging everywhere, and racers desperately trying to cut down their lines on difficult whitewater, the judges' job was insanely difficult. The results were enormous blowouts.

To make it into the top 10 for Men's



Andy Farrance and Kai Svoboda, 1999 Australian Team members. Photo courtesy Sue Price.

Kayak, all you needed to do was not get a fifty. Necks were being stuck out around the poles, and proverbially guillotined by the nearest judge. Hands with five fingers extended were being flashed all over the place, protests were running hot and the video player was wet with sweat. Blood was spilled during the race in desperate attempts to make up time, but to no avail. Few had realised the difficulty of the race, with unusual pressure and world cup standard courses, leaving the few who had coped to stand well out above the field.

Robin Bell and Danielle Woodward both placed third, in C1 and LK1 respectively, earning them maximum selection points, and John Wilke shattered the myth that he doesn't perform under pressure by coming a fantastic fifth in Men's Kayak. Paul Ratcliffe overcame first

**PENRITH WHITEWATER INTERNATIONAL SLALOM SERIES  
RACE ONE RESULTS**

**C1 Men's**

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	H. Delamarre	FRA	123.86	6	129.86	124.77	0	124.77	254.63
2	J. Mincik	SVK	122.66	2	124.66	133.29	2	135.29	259.95
3	R. Bell		125.84	8	133.84	130.45	2	132.45	266.29
4	P. Estanguet	FRA	124.81	8	132.81	126.49	8	134.49	267.30
5	J. Boocock		128.02	10	138.02	138.95	6	144.95	282.97
6	K. Maley		137.91	4	141.91	136.69	6	142.69	284.60
7	B. Flowers	SUCC / NSWIS	138.20	4	142.20	150.53	8	158.53	300.73
8	J. Hodge		144.14	6	150.14	153.01	6	159.01	309.15
9	A. Marmion		142.65	18	160.65	146.99	110	256.99	417.64
10	B. Simms	SUCC	206.29	112	318.29	304.80	216	520.80	839.09
dnf	M. Rybalko	UKR							

**K1 Women's**

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	G. Broskova	SVK	158.43	2	160.43	138.13	2	140.13	300.56
2	B. Guibal	FRA	145.22	2	147.22	150.25	6	156.25	303.47
3	D. Woodward	CPRT./ VIS	146.71	4	150.71	152.20	6	158.20	308.91
4	R. Crosbee	GBR	155.44	10	165.44	142.10	2	144.10	309.54
5	M. Farrance	CPRT / VIS	151.34	2	153.34	152.76	4	156.76	310.10
6	L. Natoli		156.17	2	158.17	156.53	2	158.53	316.70
7	S. Nisser	SWE	180.37	6	186.37	166.69	6	172.69	359.06
8	V. Milne		213.81	12	225.81	207.59	66	273.59	499.40
9	A. Hankinson	SUCC	300.29	18	318.29	222.63	12	234.63	552.92
10	J. Lawrence	BRCC	231.22	108	339.22	192.67	220	412.67	751.89
dnf	N. Bryant	HVCC				301.76	560	861.76	
dns	A. Flowers	HVCC							
dns	L. Stelmakh	UKR							

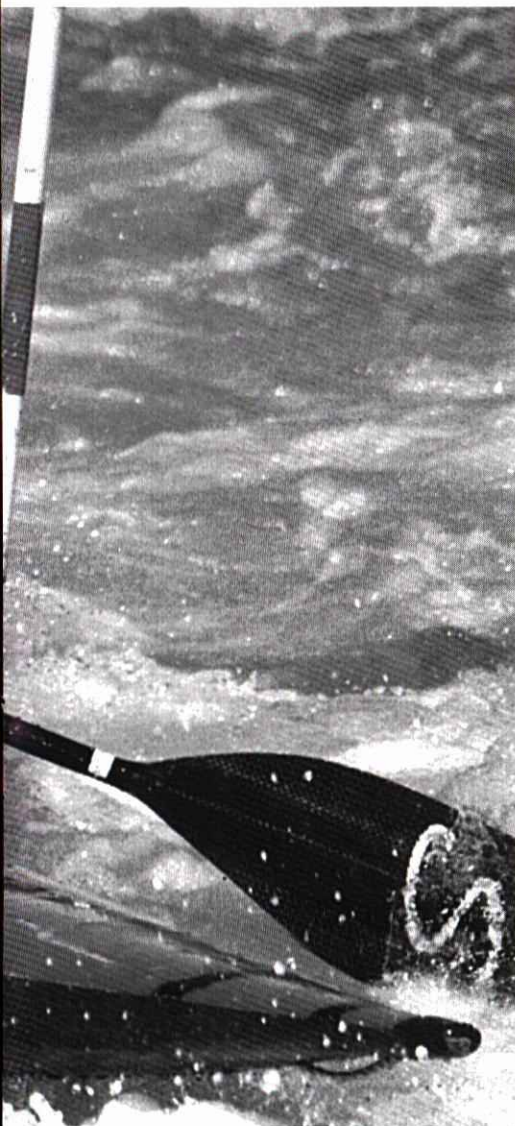
**C2 Men's**

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	P. Hochschomer / P. Hochschomer	SVK	130.88	4	134.88	138.44	6	144.44	279.32

Sydney's 2000 Olympic Slalom venue welcomed Australia's finest and indeed a collection of the world's best slalom competitors for the inaugural Whitewater International Slalom event.

*Ben Patrick* reveals all the excitement.

# Whitewater International Slalom Series



# Whitewater International Slalom Series

run penalties to win the K1, Herve Delamare the C1, and the Slovakian Gabriella Broskova won the ladies with her team-mates taking out the C2.

Thus the scene was set for the second race on the following weekend, and the threat was clear: stay between the poles or risk the awful clenching of the stomach when the digits 5 - 0 appear next to your time. For those who had not done well the week before, now was the time to perform. The gauntlet was thrown, and no-one was sure who would pick it up.

The course was far more open and pleasant, although the ever present whitewater did not abate in its threats of paddling oblivion. Race tactics had begun to evolve and include a healthy dose of caution, but the pressure was beginning to show. It was imperative for people to succeed.

Justin Boocock hit the sweet spot this race, and looked a picture of focus and aggression in his two runs which rocketed him to a well earned 1st, scraping past Patrice Estonguet from France who was right on his tail. Robin Bell on the other hand tripped on his paddle, got a fifty and was second last. This meant that he needed a good result in the last race to make OAP, a situation that he surely wasn't expecting!

The other success stories were Louise Natoli and the C2 crew of Rob McGuinness and Andy Wilson. Louise began to display some consistency in her races and came 3rd, beating Danielle and Mia for the first time in her life. The C2 beat Andy Farrance and Kai Swoboda with a storming second run, who were favourites after a solid year of international competition. This meant that the C2 and LK1 classes would be decided completely on the third race, putting enormous pressure on everyone.

John Wilke again put his power

into action, beating all the other Australians and assuring himself the top OAP spot, leaving the others to fight it out for the remaining positions. Lachie Milne made a comeback from his disastrous first race, and was looking threatening as always, despite his forced rest during the previous months.

And then, it started to rain. The construction site was renowned for its muddiness, and everyone got to see for themselves why the course was so far behind schedule. The mud was almost a foot deep in places, and there was little shelter for the poor judges struggling to see the paddlers through the torrential downpours. Shoes were completely ruined by a casual nudge from a friend into the quagmire, making gumboots the order of the day. We were all looking forward to the day that the course will be complete with special mud resistant grass and landscaping. It was a welcome luxury to be able to head home between sessions to dry out and get comfortable again.

In the C2 class, Andy and Kai pulled out a great race to gain OAP selection, but in the other classes it was oh, so much closer.

In the ladies, Louise was winning after first runs with a significant time advantage, and was poised to succeed beyond her wildest dreams. She was four seconds up on Danielle, and ten on Mia, after getting her brain into gear and racing like never before. The experience of the other two ladies came through in the end, as they held their runs together and survived, while Louise missed gate 18, shattering her dreams in the squirt of a boil.

The C1 was also tight, with Brock Flowers blowing out at gate one of first runs with a 50, but Robin Bell held on to come third and first out of the Australians, and was ranked 1st for the second year in a row.

With the second OAP spot up for grabs in the Men's Kayak, and four



Gary Findlay entertaining the lunchtime crowds. Photo courtesy Sue Price.



2	M. Kuban / M Olejnik	SVK	142.06	6	148.06	140.54	2	142.54	290.60
3	F. Adisson / W. Forgues	FRA	135.85	50	185.85	128.75	0	128.75	314.60
4	K. Swoboda / A. Farrance	CPRT / VIS	158.13	4	162.13	146.51	6	152.51	314.64
5	A. Wilson / R. McGuinness		159.01	56	215.01	164.14	4	168.14	383.15
6	G. Nelson / K. Songberg		186.38	6	192.38	201.14	8	209.14	401.52
7	B. Hankinson / S. Cole	BRCC	171.94	66	237.94	176.75	20	196.75	434.69
dnf	W. Thomas / D. Heard		165.21	18	183.21				
dnf	I. Danilkiv / T. Zhyvko	UKR							

#### K1 Men's

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	P. Ratcliffe	GBR	118.75	6	124.75	116.01	0	116.01	240.76
2	S. Oud	NET	125.25	0	125.25	117.22	0	117.22	242.47
3	A. Vehover	SLO	126.79	0	126.79	116.98	6	122.98	249.77
4	T. Becker	GER	121.38	2	123.38	124.61	4	128.61	251.99
5	J. Wilkie	THCC / NSWIS	121.21	6	127.21	126.64	2	128.64	255.85
6	W. Draper	CPRT / VIS	130.38	2	130.38	126.00	2	128.00	258.38
7	M. Pallister	ICC / NSWIS	125.51	4	129.51	135.06	0	135.06	264.57
8	B. Patrick		134.02	2	136.02	134.84	6	140.84	276.86
9	D. Milne	CPRT / VIS	130.70	4	134.70	131.63	12	143.63	278.33
10	I. Wiley	ILR	121.66	4	125.66	125.99	52	177.99	303.65
11	J. Cheutin	FRA	125.85	4	129.85	120.64	54	174.64	304.49
12	F. Braat	NET	121.96	0	121.96	127.94	56	183.94	305.90
13	L. Milne	CPRT / VIS	128.40	2	130.40	127.28	52	179.28	309.68
14	M. Collister		134.86	4	138.86	135.59	52	187.59	326.45
15	D. Proust	CPRT	155.34	2	157.34	165.24	4	169.24	326.58
16	G. Koopmans	NET	150.32	56	206.32	123.77	4	127.77	334.09
17	C. Elliott	HVCC	166.19	6	172.19	170.94	10	180.94	353.13
18	A. Fuller	NZL	132.78	50	182.78	139.21	52	191.21	373.99
19	R. Delderfield	BRCC	198.05	4	202.05	179.94	2	181.94	383.99
20	A. King	CPRT / VIS	143.56	60	203.56	143.16	54	197.16	400.72
21	A. Hemmerle		161.85	8	169.85	170.71	62	232.71	402.56
22	C. Folder		145.94	58	203.94	144.77	54	198.77	402.71
23	A. Stamp	CPRT / VIS	140.64	0	140.64	133.31	158	291.31	431.95
24	S. Norton	BRCC	158.25	62	220.25	156.65	56	212.65	432.90
25	A. Hewitt		188.46	10	198.46	172.47	64	236.47	434.93
26	B. Parsons	CPRT	163.56	54	217.56	155.21	64	219.21	436.77
27	B. Cavey	NZL	131.45	2	133.45	254.41	52	306.41	439.86
28	P. Skardon	HVCC	193.34	2	195.34	208.05	56	264.05	459.39
29	M. Swoboda		198.30	54	252.30	183.40	56	239.40	491.70
30	R. Parker	RAP	192.77	60	252.77	191.75	64	255.75	508.52
31	P. Wareham	NZL	199.06	64	263.06	206.96	64	270.96	534.02
32	C. Kaufman		239.21	22	261.21	278.00	14	292.00	553.21
33	A. Campbell		201.17	104	305.17	183.73	212	395.73	700.90
34	B. Albury	HVCC	279.19	204	483.19	290.09	258	548.09	1031.28
35	D. Roberts	HVCC	229.46	168	397.46	225.90	408	633.90	1031.36
36	R. Allen	HVCC	235.93	256	491.93	291.10	262	553.10	1045.03
dnf	K. Roche	HVCC	dnf	52	dnf	179.71	460	639.71	dnf
dns	A. Flowers	UKR							
dns	V. Petriv	UKR							
dns	V. Bilash								

# Whitewater International Slalom Series

people in contention for the fourth spot in the team, it could have been anybody's race. John Wilke got a 50, by hitting the pole around his head with one of his dynamite sweeps, and I think the pole is still in orbit. This meant that Lachie and Warwick Draper snared one and two, both having storming second runs. After first runs, there was one second between 2nd and 6th, and whoever managed to hold their second run together would be almost guaranteed a place in the team. Dan Milne sneaked through in front of Anton King and Ben Patrick, who both threw the race away with penalties, leaving Mr Consistent Dan in front and in the team.

Now that was a pretty in depth discussion of the results, and I hope that you managed to follow what had happened. This was a series of races with more tension than I have ever seen before, with every class going down to the wire. If this is the kind of races that are always going to happen in Penrith, look out because there will be some fireworks, and some big results from Australians coming your way.

It is obvious that this site will be the breeding ground for greatness in Australia, and if these races are any indication then it will be fascinating to watch the developments both in the team and internationally. The intensity of the whitewater and the competitive environment currently happening in Australia make for interesting times. No-one is guaranteed a place in the Olympics, and with such a great prize up for grabs, there are obviously a whole lot of eager paddlers. The racing at the Penrith Whitewater Stadium certainly underlined the fierce determination of all paddlers involved.

## RACE TWO RESULTS

### C1 Men's

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	J. Boocock	DCC / TIS	107.74	0	107.74	108.14	0	108.14	215.88
2	P. Estanguet	FRA	107.88	2	109.88	105.15	2	107.15	217.03
3	J. Mincik	SVK	112.56	2	114.56	109.08	4	113.08	227.64
4	H. Delamarre	FRA	120.06	8	128.06	107.14	0	107.14	235.20
5	J. Hodge	PWW	124.20	4	128.20	122.82	2	124.82	253.02
6	A. Marmion	DCC	141.42	8	149.42	132.01	10	142.01	291.43
7	B. Flowers	SUCC / NSWIS	121.03	6	127.03	123.58	50	173.58	300.61
8	K. Maley	SCC / WAIS	131.68	54	185.68	115.49	2	117.49	303.17
9	H. Roberts	SCC	128.47	8	136.47	158.39	14	172.39	308.86
10	R. Bell	SCC / WAIS	142.70	50	192.70	118.20	2	120.20	312.90
11	B. Simms	SUCC	227.92	116	343.92	181.19	62	243.19	587.11
12	D. McDonald	CPRT	694.73	414	1108.73	153.45	216	369.45	1478.18

### K1 Women's

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	B. Guibal	FRA	114.76	4	118.76	115.86	6	121.86	240.62
2	G. Broskova	SVK	118.05	0	118.05	116.94	6	122.94	240.99
3	L. Natoli	CPRT / VIS	123.32	4	127.32	124.09	2	126.09	253.41
4	M. Farrance	CPRT / VIS	126.72	2	128.72	126.62	2	128.62	257.34
5	D. Woodward	CPRT / VIS	125.06	6	131.06	134.07	2	136.07	267.13
6	S. Wharton	CPRT	150.56	4	154.56	135.12	12	147.12	301.68
7	V. Milne	CPRT	150.48	10	160.48	147.02	2	149.02	309.50
8	R. Crosbee	GBR	118.00	54	172.00	117.66	56	173.66	345.66
9	J. Lawrence	BRCC	145.19	110	255.19	145.37	52	197.37	452.56
10	A. Hankinson	SUCC	173.97	116	289.97	176.11	60	236.11	526.08
11	D. Dickenson	DCC	150.64	156	306.64	158.67	168	326.67	633.31
12	A. Flowers	HVCC	182.58	458	640.58	999.00	104	999.00	1639.0

### C2 Men's

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	M. Kuban / M Olejnik	SVK	115.49	0	115.49	113.51	2	115.51	231.00
2	F. Adisson / W. Forgues	FRA	114.56	2	116.56	113.01	4	117.01	233.57
3	P.Hochschomer / P.Hochschomer	SVK	117.22	4	121.22	122.17	6	128.17	249.39
4	A. Wilson / R. McGuinness	ICC / BCKC	125.25	0	125.25	126.44	0	126.44	251.69
5	K. Swoboda / A.Farrance	CPRT / VIS	139.08	6	145.08	117.86	4	121.86	266.94
6	G. Nelson / K. Songberg	ICC / CPRT	134.81	0	134.81	134.03	2	136.03	270.84
7	B. Hankinson / S. Cole	BRCC	174.98	20	194.98	149.16	58	207.16	402.14
8	W. Thomas / D. Heard	CPRT	999.00	0	999.00	134.07	16	150.07	1149.07

**K1 Men's**

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	P. Ratcliffe	GBR	101.54	0	101.54	99.70	2	101.70	203.24
2	T. Becker	GER	104.72	0	104.72	101.70	0	107.70	206.42
3	S. Oud	NET	102.51	2	104.51	106.74	0	106.74	211.25
4	F. Braat	NET	104.81	2	106.81	102.53	4	106.53	213.34
5	G. Koopmans	NET	104.54	4	108.54	105.66	0	105.66	214.20
6	J. Cheutin	FRA	107.76	2	109.76	103.59	2	105.59	215.35
7	J. Wilkie	THCC / NSWIS	108.60	2	110.60	106.69	4	110.69	221.29
8	L. Milne	CPRT / VIS	111.80	6	117.80	110.90	0	110.90	228.70
9	W. Draper	CPRT / VIS	109.63	4	113.63	110.41	6	116.41	230.04
10	A. King	CPRT / VIS	111.56	2	113.56	113.43	4	117.43	230.99
11	M. Collister	SCC / WAIS	111.94	2	113.94	112.73	8	120.73	234.67
12	B. Patrick	CPRT / VIS	111.77	10	121.77	109.87	4	113.87	235.64
13	A. Stamp	CPRT / VIS	116.48	6	122.48	111.76	2	113.76	236.24
14	D. Milne	CPRT / VIS	118.99	4	122.99	113.93	4	117.93	240.92
15	M. Pallister	ICC / NSWIS	128.57	2	130.57	111.23	2	113.23	243.80
16	B. Cavey	NZL	118.64	12	130.64	110.71	4	114.71	245.35
17	C. Folder	DCC	119.11	10	129.11	117.83	0	117.83	246.94
18	S. Norton	BRCC	128.64	2	130.64	119.94	2	121.94	252.58
19	A. Vehover	SLO	101.33	52	153.33	102.73	2	104.73	258.06
20	A. Hemmerle	SUCC	131.64	10	141.64	125.43	4	129.43	271.07
21	J. Treloar	CPRT	130.20	10	140.20	132.08	4	136.08	276.28
22	C. Elliott	HVCC	129.58	6	135.58	137.81	8	145.81	281.39
23	T. Koochew	CPRT	152.66	2	154.66	133.90	6	139.90	294.56
24	D. Proust	CPRT	123.71	6	129.71	159.29	6	165.29	295.00
25	D. Treloar	CPRT	157.31	8	165.31	135.77	4	139.77	305.08
26	M. Swoboda	CPRT	135.51	54	189.51	123.36	2	125.36	314.87
27	A. Hewitt	CPRT	139.53	62	201.53	144.80	8	152.80	354.33
28	T. McDonald	CPRT	139.45	18	157.45	138.04	60	198.04	355.49
29	P. Skardon	HVCC	177.18	12	189.18	166.77	6	172.77	361.95
30	R. Parker	RAP	136.58	12	148.58	157.50	58	215.50	364.08
31	A. Flowers	HVCC	142.98	104	246.98	134.16	6	140.16	387.14
32	C. Wharton	CPRT	172.30	14	186.30	196.35	14	210.35	396.65
33	B. Albury	HVCC	185.12	106	291.12	169.03	10	179.03	470.15
34	K. Roche	HVCC	145.19	262	407.19	151.88	216	367.88	775.07
35	L. Driscoll	BRCC	286.34	414	700.34	178.35	410	588.35	1288.69
36	B. Parsons	CPRT	146.61	12	158.61	dnf	2	dnf	dnf
dns	P. Davies	CCC							
dns	C. Tinkler	SUCC							
dns	P. Quayle	CPRT							
dns	S. Crabtree	CPRT							
dns	V. Petriv	UKR							
dns	V. Bilash	UKR							
dns	A. Campbell								
dns	I. Wiley	IRL							

**RACE THREE RESULTS****C1 Men's**

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	P. Estanguet	FRA	106.27	2	108.27	108.96	0	108.96	217.23
2	R. Bell	SCC / WAIS	110.87	0	110.87	108.62	2	110.62	221.49
3	J.j Mincik	SVK	111.97	0	111.97	112.68	2	114.68	226.65
4	H. Delamarre	FRA	111.55	2	113.55	109.14	6	115.14	228.69
5	J. Boocock	DCC / TIS	116.70	4	120.70	109.86	4	113.86	234.56

There were no places to relax, as where the gates were less dense, the water was more technical. And then the wind began to blow. With the poles swinging everywhere, and racers desperately trying to cut down their lines on difficult whitewater, the judges' job was insanely difficult. The results were enormous blowouts.

# Whitewater International Slalom Series

6	K. Maley	SCC / WAIS	120.98	0	120.98	118.98	2	120.98	241.96
7	A. Marmion	DCC	146.76	10	156.76	128.99	2	130.99	287.75
8	B. Flowers	SUCC / NSWIS	122.33	50	172.33	133.69	2	135.69	308.02
9	J. Hodge	PWW	129.59	10	139.59	144.66	52	196.66	336.25
10	H. Roberts	SCC	144.67	154	298.67	132.65	4	136.65	435.32
11	B. Simms	SUCC	198.54	210	408.54	210.74	208	418.74	827.28

## K1 Women's

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	R. Crosbee	GBR	118.02	0	118.02	116.96	2	118.96	236.98
2	B. Guibal	FRA	115.82	4	119.82	118.50	2	120.50	240.32
3	D. Woodward	CPRT / VIS	123.38	2	125.38	124.96	0	124.96	250.34
4	G. Broskova	SVK	126.28	2	128.28	127.90	2	129.90	258.18
5	M. Farrance	CPRT / VIS	129.16	4	133.16	133.12	6	139.12	272.28
6	L. Natoli	CPRT / VIS	121.93	4	125.93	135.25	54	189.25	315.18
7	V. Milne	CPRT	176.85	104	280.85	151.01	6	157.01	437.86
8	J. Lawrence	BRCC	138.07	52	190.07	161.67	118	279.67	469.74
9	A. Hankinson	SUCC	162.69	112	274.69	158.16	114	272.16	546.85
10	S. Wharton	CPRT	152.52	56	208.52	168.16	210	378.16	586.68
11	D. Dickenson	DCC	181.09	210	391.09	190.93	156	346.93	738.02
12	A. Flowers	HVCC	163.56	660	823.56	172.01	612	784.01	1607.57

## C2 Men's

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	F. Adisson / W. Forgues	FRA	111.16	0	111.16	111.39	2	113.39	224.55
2	M. Kuban / M. Olejnik	SVK	118.27	2	120.27	115.55	6	121.55	241.82
3	K. Swoboda / A. Farrance	CPRT / VIS	124.24	8	132.24	138.04	4	142.04	274.28
4	G. Nelson / K. Songberg	ICC / CPRT	154.57	6	160.57	146.66	0	146.66	307.23
5	A. Wilson / R. McGuinness	ICC / BCKC	128.97	52	180.97	127.93	4	131.93	312.90
6	B. Hankinson / S. Cole	BRCC	145.22	10	155.22	150.11	10	160.11	315.33
7	P. Hochschoer / P. Hochschoer	SVK	114.02	6	120.02	122.57	100	222.57	342.59
8	W. Thomas / D. Heard	CPRT	150.24	58	208.24	146.24	106	252.24	460.48

## K1 Men's

Pos	Name	Club	Time 1	Pen 1	Total 1	Time 2	Pen 2	Total 2	Result
1	F. Braat	NET	104.61	0	104.61	103.41	0	103.41	208.02
2	T. Becker	GER	103.75	2	105.75	100.79	4	104.79	210.54
3	S. Oud	NET	101.99	0	101.99	106.62	2	108.62	210.61
4	J. Cheutin	FRA	103.45	0	103.45	105.62	2	107.62	211.07
5	L. Milne	CPRT / VIS	108.59	0	108.59	107.72	0	107.72	216.31
6	W. Draper	CPRT / VIS	112.30	0	112.30	106.15	0	106.15	218.45



7	A. Vehover	SLO	105.51	2	107.51	111.01	0	111.01	218.52
8	G. Koopmans	NET	111.74	0	111.74	108.23	2	110.23	221.97
9	D. Milne	CPRT / VIS	114.94	0	114.94	111.38	0	111.38	226.32
10	A. King	CPRT / VIS	109.61	4	113.61	113.18	2	115.18	228.79
11	B. Patrick	CPRT / VIS	112.84	0	112.84	113.39	4	117.39	230.23
12	M. Collister	SCC / WAIS	111.68	8	119.68	109.12	4	113.12	232.80
13	B. Cavey	NZL	113.06	6	119.06	115.33	6	121.33	240.39
14	M. Pallister	ICC / NSWIS	117.52	4	121.52	120.18	10	130.18	251.70
15	A. Hemmerle	SUCC	129.30	2	131.30	120.37	4	124.37	255.67
16	M. Swoboda	CPRT	131.18	0	131.18	134.37	0	134.37	265.55
17	C. Folder	DCC	139.76	2	141.76	124.36	4	128.36	270.12
18	J. Wilkie	THCC / NSWIS	111.54	0	111.54	106.38	54	160.38	271.92
19	R. Parker	RAP	129.58	6	135.58	127.65	10	137.65	273.23
20	A. Stamp	CPRT / VIS	112.47	0	112.47	108.86	56	164.86	277.33
21	P. Ratcliffe	GBR	104.66	60	164.66	112.94	0	112.94	277.60
22	B. Parsons	CPRT	158.90	10	168.90	125.58	4	129.58	298.48
23	T. Koochew	CPRT	146.80	6	152.80	145.44	4	149.44	302.24
24	A. Hewitt	CPRT	161.97	8	169.97	146.42	2	148.42	318.39
25	P. Skardon	HVCC	167.85	16	183.85	139.55	4	143.55	327.40
26	D. Proust	CPRT	137.10	6	143.10	135.98	54	189.98	333.08
27	S. Norton	BRCC	126.19	2	128.19	152.24	54	206.24	334.43
28	T. McDonald	CPRT	146.13	10	156.13	161.97	54	215.97	372.10
29	J. Treloar	CPRT	124.18	56	180.18	145.58	56	201.58	381.76
30	D. Treloar	CPRT	129.95	156	285.95	130.81	2	132.81	418.76
31	C. Tinkler	SUCC	144.49	122	266.49	170.90	12	182.90	449.39
32	B. Albury	HVCC	182.99	52	234.99	200.75	58	258.75	493.74
33	A. Flowers	HVCC	161.77	106	267.77	154.10	104	258.10	525.87
34	K. Roche	HVCC	191.83	260	451.83	155.86	312	467.86	919.69

## SERIES CHAMPIONS

### C1 Men

1	P. Estanguet	FRA	72
2	J. Mincik	SVK	65
3	H. Delamarre	FRA	64

### C2 Men

1	M. Kuban / M. Olejnik	SVK	80
2	F. Adisson / W. Forgues	FRA	75
3	P. Hochshomer / P. Hochshomer	SVK	64

### K1 Women

1	B. Guibal	FRA	80
2	G. Broskova	SVK	72
3	R. Crosbee	GBR	60

### K1 Men

1	T. Becker	GER	67
2	S. Oud	NED	65
3	P. Ratcliffe	GBR	60



John Wilkie, Australian K1 Champion. Photo courtesy Sue Price.

# PADDLING DOWN UNDER

The Abel Tasman National Park stretches for about thirty miles along the northern coast of the southern island of New Zealand. This area of the island is the beneficiary of an odd local weather pattern which blesses it with more sunshine than any other part of New Zealand. Story by Whitney Potter

**T**he last colours of dawn are fading as we paddle our kayaks out into the still waters of the Tasman Straits. With only the gentle swish of our paddles, we cut through the mirror smooth waters. In this ghostly calm we glide past hidden coves with turquoise water and white sand beaches skirted by lush tropical rain forest. This is the morning of our last day here. We have been paddling the Abel Tasman Coast for five days but we both know that we have only begun to discover its magic. Like Tasmania, this spectacular coastline is named for its so-called discoverer. It is said that when Tasman first made contact with the locals at a place now called Observation Beach they

were less than friendly. Sensing the development potential of their home and wishing to preserve it, they sent out a canoe to attack and sink one of Tasman's long boats, killing several of his crew. Although the Kiwis of today are a lot more hospitable, it is not hard to see why the original residents guarded this coast so jealously.

The Abel Tasman National Park stretches for about thirty miles along the northern coast of the southern island of New Zealand. This area of the island is the beneficiary of an odd local weather pattern which blesses it with more sunshine than any other part of New Zealand. In five days we had only one overcast morning. The coastline is followed by an easy walking

track which connects a series of backpackers' huts like those found on many of New Zealand's more popular tracks such as the Milford Sound. Although the Coastal Track is very popular and the forty person huts may be packed to overflowing at peak times, there is still plenty of space in the water, and there are many beautiful hidden coves which are inaccessible except from the water. Although power boats are permitted, most are kept away from the coast by shallow water and many jagged reefs, making this coast the domain of the paddler.

Our adventures began at Abel Tasman Kayaks in Marahau where my partner Michelle and I were outfitted with a matching pair of fire engine red





sea kayaks. Following about an hour of orientation covering everything from flares and wet re-entries, to why not to eat the shell-fish and what to do if our boats float away without us, we loaded our boats and took a short drive down to the water in an ancient Land Rover.

After putting in at Sandy Bay our instructor paddled with us for a few miles just to make sure everything was working properly and that everybody was getting the hang of paddling. I fell into a paddling rhythm quickly. Although it was the first time I had paddled in years, I had spent many summer afternoons as a child sitting in the sandy bilge of my mother's ancient Folboat and I think the feeling is imprinted in my muscles. Michelle did

not have it so easy — she grew up in the water not on it as I did, and she can probably swim faster than I can paddle, but kayaks were new to her and she was frustrated that she couldn't paddle with the speed and seeming ease that I did.

Tired from our first stretch of paddling we beached for lunch and a rest at a beautiful deserted cove. We whiled away a few hours exploring the fantastic rock formations and napping in the sun before we decided to paddle on to a campsite. When we emerged from our little cove we discovered that the sea breeze had died down and the water was glassy smooth. Paddling was effortless as we glided through the reddening light of the late afternoon.

Mosquito Bay, where we camped for the night, did not live up to its name. The only bothersome insects are the sand flies which are so small they can't be seen, only felt when they bite you. You can only imagine how paddling an hour with a few of these little buggers trapped under your spraydeck can bring you to the edge of sanity.

We arrived at low tide so we had to unload and carry our boats across about 100 yards of tidal zone. Although we had hoped for solitude by choosing a campsite accessible only by sea kayak, a few other paddlers had the same idea, and we shared the bay with three other parties. The campsites are carved out of a wooded sand bar just above the high tide line at the head

## PADDLING DOWN UNDER



of the small bay. Most of the park is wilderness and the campsites are well developed to concentrate human impact to small areas. They are equipped with a picnic table, a fire box, and a pit toilet which the Kiwi's refer to rather descriptively as the "long-drop."

After dinner we secured the kayaks and snuggled into our bags for the night. Aside from the occasional drunken noises of our neighbours it was a perfectly tranquil scene. Sometime after midnight a little worry alarm in my head woke me up. When we had gone to bed, we were put to sleep by the gentle sound of waves in the distance. Now the waves sounded like they were lapping just inches from our heads. I quickly got up and snuck out of the tent, trying not to disturb my sleeping companion. Peering over the brush at the edge of the sand bar I was captured by an amazing sight.

The tide had come in and the 100 yards of beach that we had carried our boats over were now under several feet of water. A full moon, low and huge on the horizon shown down, painting a rippling white blaze on the calm blue-black waters of the bay. I stood gaping in amazement for several minutes before I realised I was not alone. On the beach, a few feet from the brush where I stood sat the group of six paddlers who had earlier annoyed me with their drunken antics. They sat silently captured by the serenity of the scene. Each one gazed out at the bay, as unaware of the others as I had been of them just moments before. The stinging bite of a sand fly awoke me from my blissful state of self-nothingness. I took a quick peek at our kayaks, which still rested

safely above the high tide line, and snuck back to the warmth of the tent.

When we awoke late the next morning the tide was half way out, and it seemed as if the scene which I remembered from the night had been a dream. It was a rare overcast morning, and the sea was uncommonly rough as we made our way north around the aptly named Foul Point. We beached for a few hours to wait for the weather to clear before making the more exposed passage around Abel Head which brought us to Awaroa Bay. Awaroa (a Maori word for "long valley") is named for the huge shallow tidal inlet which extends inland from here. At the mouth of the inlet is the only real blotch of development in the park. In addition to a regular hiker's hut there is a small cafe with guest rooms for rent.

We set out late that afternoon expecting an easy paddle to camp at picturesque Goat Bay, but the wind was not with us, and with much fighting and cursing we were able to slog our way to shore at Waiharakeke Bay, about a mile short of our original destination. We decided to make camp there. Just after unloading our equipment we returned to secure our boats for the night and found that the wind which had so frayed our tempers earlier had died completely leaving calm flat blue where we had fought through three feet of chop.

As the night grew chilly one of our neighbours built a blazing fire and we gladly huddled around it and shared stories of our paddling and hiking. The Abel Tasman attracts a wide range of people of all ages and nationalities. We shared a camp with several Kiwis, a

chain smoking British woman who was paddling with two German men, and two Americans about our age.

Having reached the turnabout point of our trip, we started back to retrace our path at a more leisurely pace, taking time to explore the bays and islands that we had passed by on our paddle northward. Our first exploration the next morning was Awaroa Inlet just to the south of our campsite. Rounding the point at the mouth of the inlet our boats were caught in a strong tidal current which drew us in. Faced with the choice of paddle like mad or go with the flow we decided to explore. It was quite an amazing sensation being carried along so fast with almost no wind and no effort required. It was quite relaxing once we stopped worrying about how we were going to get back out. About a mile into the inlet we pulled up on a small beach to wait for the tide to reverse. Once it was going our way again we expected an easy paddle back out, except that by then a strong onshore sea breeze had come up, blowing us back as we inched our way out in the shelter of the shoreline. What had been a pleasant float past beautiful forested bluffs was now a murderous slog into a strong headwind. For a moment I wished I was hiking the coast on foot rather than paddling it, until I saw several backpackers who had misread their tide tables and were attempting to follow the trail across the tidal flat at high tide in waist deep water with heavy packs.

By the time we landed at Awaroa beach we were exhausted and discouraged. We rested for a few hours and were just discussing the possibility of

taking the ferry back when we struck up a conversation with a retired couple from Christchurch who were walking by on the beach. We talked for some time about our travels as well as our favourite coves and islands.

Once the breeze died down and Michelle and I could face the idea of getting back in our boats, we looked forward to the late afternoon paddle, and when the old couple asked us to join them for the paddle around Abel Head we could not refuse. On our way around the huge rocky headland the old couple showed us a secret little corner called Shag Harbour. The entrance is not apparent from the open water, in fact we had passed it before without noticing the passage between the rocks. To get in at low tide you need to pick your path carefully through the large rocks which guard a small break in the rocky headland until you reach a magical little pool so protected that you can barely hear the waves outside. At high tide it is possible to paddle through a long slot in the rock, barely wider than a kayak, into a still more secret sanctum, although we contented ourselves with the knowledge that we had already reached a place that no power boater had ever seen. As we rounded the remaining headland and headed for the beach at Tonga Quarry the old woman who was paddling beside us gazed ahead at the turquoise water and beach turned orange in the dying sun. "So this is what they mean by magic," she said softly as if to herself. Only the innocence and the pure sincerity with which she said it kept me from chuckling, but I understood exactly what she meant.

On our way north we had passed by the leeward side of Tonga Island, but had judged the more exposed eastern side to be too rough to paddle. Being more confident in our abilities and more experienced with our boats we paddled out in the morning calm to further explore the far side. Tonga Island is a designated nature reserve and home to a year round colony of seals. On our first pass by the shaded side of the island we had only seen a few seals who stared at us from the rocks, looking as if they were badly hungover from the previous night's revels and wished to be left alone. However on the exposed side we discovered the centre of the thriving colony.

As we approached a few braver young pups swam out to investigate, swimming and darting all around our

kayaks. One surprised Michelle by sneaking up from behind and poking up his whiskered face just inches from her paddle. Paddling closer to the rocks we were greeted by more disapproving, hung-over looks from the older seals and a few bellows similar to a sound I once heard my college roommate make on the morning after an especially abusive revel. The younger seals playing in the water took little notice once they had checked us out. Some swam circles around us or came up and nudged the underside of our kayaks just to investigate, but we soon grew tiresome and they returned to their seal games.

It seems hard to believe, but seals splashing around in water which we would consider too cold to swim in are prone to overheating. To cool themselves they have the odd ability to divert much of their blood flow to one of their flippers which they hold up in the breeze to cool as they swim around. The effect is like seeing a dozen young seals all giving a simultaneous high five while swimming around in circles. By this time we were beginning to feel that we had overstayed our welcome, and watching our friends stuff their furry faces with fish was making us hungry, so we paddled back to the coast for lunch.

After a quick meal we paddled to Arch Point where we had heard there was a sea arch that you could paddle through. We arrived at mid-tide and found that you could paddle through the arch to a tiny secluded beach, masked by rocks on the other side, however someone had beat us to it and seemed determined to stay there hogging up the arch all day. No mind, there are several prominent sea arches and dozens of secret beaches along the coast.

Arriving back at Mosquito Bay at high tide we paddled right up to the campsite and finding it deserted we decided to stay. After unloading our boats we explored the tidal pool behind the sand bar on which we had made camp. The tidal pool extended for several hundred yards at a depth of only a few feet. Sheltered from the wind as it was the paddling was sublime. With a single stroke we glided silently for a hundred feet.

The tide was almost all the way out when the two Americans we had met earlier paddled up to our deserted bay. We helped them carry their boats above to the tide line and in return, or maybe

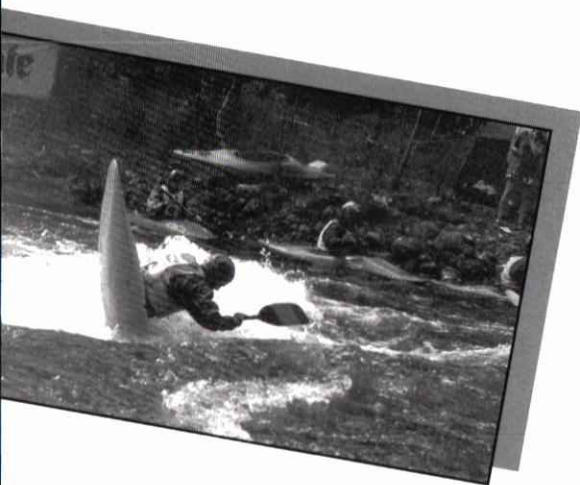
just out of good spirit they told us about the sea cave they had discovered in the rocks just north of the bay. We followed their directions and found a two small entrances among the rocks which lead into a huge cathedral like cave. We had paddled past this coast line twice and had missed it both times.

The next morning we rose with the sun to make the most of our last day's paddle. We paddled for several hours in the glassy calm before the sea breeze came up. We stopped briefly at Observation Beach which is rather unremarkable except for its crowd of backpackers and a historical marker. We were within the range of day trippers out of Marahau and there were plenty of power boats around. We had planned to cross the Astrolabe Roadstead to visit the seal colony on Adele Island and a reported penguin colony on nearby Fisherman Island but the wind was rising in the passage and we had learned our lesson about paddling into the wind. When we returned to the landing at Marahau we found our friends the old couple we had paddled with were waiting for us. They invited us to come stay with them in Christchurch, but our plans took us in the opposite direction, so we traded a few more stories before we said good-bye.

In five days we had paddled most of the length of the park, but we had only explored a small fraction of its wonders. There are dozens of little coves, hidden beaches and sea caves that can only be spotted by a careful unhurried eye and a good deal of luck. With the natural beauty of the unfailingly blue sky, the white sand, the turquoise water and the lush green rain forest, the Abel Tasman National Park is every cliché of a tropical paradise come wonderfully to life. There are enough secrets and surprises to warrant many weeks or even a lifetime of exploration as our old friends had done. I guess this is what they mean by magic.

According to the New Zealand Handbook (1987) by Jane King, you can write for information to:  
Abel Tasman National Park HQ,  
1 Commercial St., Takaka.  
Mail should be sent to:  
The Chief Ranger,  
Lands and Survey Dept.,  
Box 53, Takaka,  
New Zealand.

# 1999 AUSTRALIAN KAYAK RODEO CHAMPIONSHIPS



**T**he first National Rodeo Championships to be held under the auspices of Australian Canoeing, and the second event of a three part selection series, was held on the Mersey River, in Tasmania's north west, over the 13th and 14th of March.

Things got under way on Friday with a coaching clinic by John Flett. John, a former Australian rugby player, is currently living in California and competing in the US rodeo circuit. John won the previous selection event a couple of weeks earlier on the Mitta Mitta, Victoria, and was hot favourite to take out the Nationals. His experience and knowledge gained from competing with the world's best in the States was insanelly evident.

Competition kicked off on Saturday morning after the setting up of the mandatory huge stereo system, there was no serenity or tranquillity to be experienced in Tasmania's wilderness this weekend. The first event was the Hole Riding, held in the 'Washing Machine', a small but difficult hole formed by a rock ledge jutting out from river left. Each competitor was given four thirty second runs to pull off as many cartwheels, splitwheels, airwheels, flat spins, blasts, loops and underwater dance moves as they could squeeze in.

The Women's Hole Riding was taken out by Georgia Le Plastrier, with Vicky Bonwick placing second after marked improvement gained from the clinic the previous day. The juniors followed and proved to be a

highlight of the event. A relative unknown local paddler, Scott Woodhouse, in a borrowed boat, proceeded to blow the judges away with a series vertical cartwheels, with the odd rail grab thrown in for good measure. Another local, Robin Matthews, followed suit but this time in an ancient fibreglass polo boat, proving you don't have to have state of the art gear to play.

The open category was billed as the premier event. Craig Chivers put in a couple of solid rides linking a number of vertical and off vertical ends in either direction, racking up good variety and technical points. Today was not to be John's day. Linked vertical ends were difficult to set up and to stay in the hole. Craig managed to obtain a substantial lead with the following few places being separated by only a couple of points.

The freestyle event was going to play a significant part in deciding the placings, but low and behold the river gods were not looking favourably on the event as the waters started to subside during the final heat of the hole riding. It turned out that a lightning strike in another part of the state had caused the Hydros control system to shut down, automatically shutting off the flow from the dam. The freestyle was postponed to Sunday morning and the evening's festivities commenced.

Back at the Arm River Camp competitors and spectators were treated to a hearty meal and the entertainment by Lincoln on guitar and vocals

induced some of the day's earlier underwater moves to be brought out on the dance floor. Sunday dawned, there was water in the river and the Freestyle got underway. For the Freestyle event, paddlers were given ninety seconds to use a section of the river above and below the 'Washing Machine' to perform as many moves as possible. The river was broken into sections. With a limit on the number of points that could be scored in each section, competitors were forced to use as much of the river as possible. John Flett dominated this section linking a number of 'split wheels' with some flat water cartwheels and a 'wave heal' but it wasn't enough to reel in Craig's lead.

Just a quick note to say thanks to everyone who helped out, turned up, paddled, watched, judged, compiled, competed and partied.

A special thanks to our sponsors: Southern Airlines; The Advocate; P&S Kayaks (Prion & Eskimo); Perception; The Cancer Council of Tasmania; Dagger; Village; Matsons Catering Company; Wave Sport; Sport & Rec. and anyone or everyone else whom I have failed to mention.

These sponsors allow us to run an event that hopefully catered for everyone. Due to their assistance we were able to run a clinic, cater for dinner, hire a most excellent sound system, provide shelter from the elements, live entertainment, publicise our sport to the general public and provide almost every participant with a prize.

Thanks to those who gave up their many hours of time to organise this event and to those who carted a trailer load of gear from one end of the state to the other.

Most importantly, thank you to those who travelled from Interstate and Overseas. I sincerely hope you enjoyed it

Leigh Wighton  
Photos Chris Hutchinson

## OPEN K1

Place	Name	Hole Total	Hole Adjusted	Freestyle Total	Freestyle Adjusted	Grand Total
1.	Craig Chivers	365.4	70.0	250.9	17.2	87.2
2.	John Flett	281.9	54.0	437.8	30.0	84.0
3.	Warren Lee	282.0	54.0	259.9	17.8	71.8
4.	Gary Finlay	289.8	55.5	211.3	14.5	70.0
5.	Leigh Wighton	266.5	51.1	230.0	15.8	66.8
6.	Dan Hall	274.8	52.6	194.6	13.3	66.0
7.	Paul Dunn	223.0	42.7	200.3	13.7	56.4
8.	Al Campbell	220.5	42.2	200.0	13.7	56.0
9.	Adam Marmion	225.3	43.2	139.1	09.5	52.7
10.	D. J. Dubose	158.8	30.4	228.8	15.7	46.1
11.	Mark Thristan	135.9	26.0	198.0	13.6	38.6
12.	Russel Sheahan	111.8	21.4	238.5	16.3	37.8
13.	Cam Folder	160.3	30.7	000.0	00.0	30.7
14.	Peter McIntyre	108.3	20.7	055.5	03.8	24.5
15.	Tim Watson	110.9	21.2	000.0	00.0	21.2
16.	Nick Boylan	095.6	18.3	000.0	00.0	18.3
17.	Daniel Barker	046.3	89.0	140.0	09.6	18.5

## JUNIOR K1

Place	Name	Hole Total	Hole Adjusted	Freestyle Total	Freestyle Adjusted	Grand Total
1.	Scott Woodhouse	192.9	61.6	245.3	30.0	91.6
2.	Robin Mathews	219.0	70.0	144.0	17.6	87.6
3.	Jamie Anderson	194.0	62.0	189.0	23.1	85.1
4.	Warwick Bonney	156.0	49.9	190.0	23.2	73.1
5.	Anthony O'Hern	112.0	35.8	099.8	12.2	48.0
6.	Chris Hutchinson	093.8	30.0	069.8	08.5	38.5
7.	Nick Hutchinson	084.1	26.9	000.0	00.0	26.9

## INTERMEDIATE K1

Place	Name	Hole Total	Hole Adjusted	Freestyle Total	Freestyle Adjusted	Grand Total
1.	Tim Trevaskis	126.8	70.0	134.8	16.1	86.1
2.	Nick Jackson	091.8	50.7	251.3	30.0	80.7
3.	Andrew Croft	120.0	66.3	000.0	00.0	66.3
4.	Ben Maynard	096.5	53.3	000.0	00.0	53.3
5.	Anthony Cowles	063.9	35.3	028.1	03.4	38.6
6.	Martin Rose	022.8	12.6	000.0	00.0	12.6

## WOMEN'S K1

Place	Name	Hole Total	Hole Adjusted	Freestyle Total	Freestyle Adjusted	Grand Total
1.	Georgia Le Plastrier	121.5	70.0			70.0
2.	Vicky Bonwick	092.0	53.0			83.0
3.	Jenny O'Hern	053.5	30.8			48.5
4.	Sharni Junior	041.9	24.1			24.1

# 1999 INTERSTATE CANOE POLO CHAMPIONSHIPS

With Australia the current World Champions in both the Men's and Women's divisions. It was evident from the quality of Polo on display during these Championships that we were not about to relinquish our global domination just yet.



**F**or the first time in many years the Australian Interstate Canoe Polo Championships came to Tasmania. The Tattersalls Hobart Aquatic Centre provided a warm and inviting environment. The Aquatic Centre is keen to encourage use from all water sports thus they provided a great deal of support in the running of the Championships including a great goal set up with stainless steel supports and wires.

One hundred and fifty players, representing twenty seven teams in six categories, made their way to Hobart. The number of teams may have been down a little from previous years but this allowed full ten minute halves with twenty five minute game slots, meaning that games could run on time. All the athletes appreciated this, as in the past games have often been only eight minute halves.

The first game commenced at 8.00am on Friday the 2nd of April with an exciting game between S.A Open and Vic 1 Open. The action was non stop from then on until the thrilling finals on Monday afternoon, which I will come back to later.

Friday evening, after the games had finish an Australian Sports Drug Agency seminar was presented by Jon Bisset to all interested players, including those who had nominated for selection in either the Youth tour to Europe or the World Championships squad for Brazil in 2000.

Saturday again saw an exciting days play, finishing with another

evening seminar, this time on coaching, presented by Peter Echardt, Peter Horne and Duncan Cochrane. Topics covered include shoulder anatomy and injury prevention/management and the structure of Canoe Polo coaching and competitions.

Sunday provided another entertaining days play, culminating in the Masters Grand Final. A close game between South Australia and New South Wales saw the first gold medals of the competition awarded to S.A with a final score of 4-3. That evening one hundred competitors attended the Championships Dinner, which was held at Bakers Cafe Bar. An entertaining and enjoyable evening was had by all those who attended, although one Victorian family may have been left with an expensive damages bill due to many broken plates!

Monday, finals day! The business end of the competition was here and teams were desperate not to lose games. The scores were indicative of this, especially in the Grand Finals, with three drawn games in a row.

First was the Junior Grand Final between South Australia and New South Wales, the game was won easily by a strong South Australian team 10-4.

This was followed by the Veterans game, again between New South Wales and South Australia. At the end of full time the game was drawn 2 - all. Two halves of three minutes were played with neither team able to score. The game now entered sudden death, first goal scored wins. With fifty seconds left in the first three minute half

of sudden death South Australia scored the winning goal.

The Youth Final between South Australia and Victoria was probably the most exciting game of the Championships. South Australia was leading 3-2 before Victoria scored an equalising goal with fifty seconds remaining. This forced the game to extra time. Extra time saw four goals scored, with South Australia equalising with forty-one seconds remaining, the game was still tied at 4-all. Sudden death again and Victoria finally won out, scoring the first goal. This was especially gratifying, as they had been outplayed by South Australia in the round robin matches.

The Women's Final was another great game again between South Australia and New South Wales. New South Wales was up by two goals with one minute thirty-eight seconds to play before a team warning resulted in a two minute send off for one of the NSW players. South Australia made the most of this, equalising with only eleven seconds to spare, forcing the game into extra time. In the first three minute half of extra time South Australia dominated scoring three goals. New South Wales fought back in the second half, scoring two goals and holding out South Australia, but it was too late. South Australia won 7-6.

The Open Final between, you guessed it, South Australia and New South Wales, was almost an anti climax with South Australia jumping New South Wales in the first half to lead 4-0. New South Wales rallied in the second



half but to no avail South Australia running out as easy winners 6-2.

During the presentations that followed the Under 21 team to tour Europe and the Worlds Squad for Brazil 2000 were announced. All players at the Championships also acknowledged the athletes that were present from the World Championships teams that won in Portugal 1998.

#### FINAL PLACINGS

*OPEN*  
 1st South Australia  
 2nd New South Wales  
 3rd Victoria

*YOUTH*  
 1st Victoria  
 2nd South Australia  
 3rd Tasmania

*VETERANS*  
 1st South Australia  
 2nd New South Wales  
 3rd Victoria

*WOMEN*  
 1st South Australia  
 2nd New South Wales  
 3rd Victoria

*JUNIOR*  
 1st South Australia  
 2nd New South Wales  
 3rd Victoria

*MASTERS*  
 1st South Australia  
 2nd New South Wales  
 3rd Victoria

**1.** *Always check your venue*  
“Look sir, Camels.”  
I wasn't falling for that old trick. I was trying to do the safety talk at the beginning of a session in a large park on the outskirts of a city in England. I don't know why some educators think that adolescents who can't cope with the classroom should be dumped into the outdoors, but it was one of those groups and it was obviously going to be one of those days.

“Look sir, a hippothinglywhatsit.”

This time the faces of the rest of the group made me turn around.

It wasn't a hippo. It was a rhino. It had come down to drink at the far side of the lake with two camels and a small herd of giraffes.

The other instructor shrugged. “Didn't you know this is a safari park? They've been talking about introducing crocs to the lake but last time I asked they hadn't got round to it.”

## **2. Adventure saves the young from promiscuity.**

Scott was fifteen. He had the kind of smile that could halt roaring teachers at fifty paces and reduce them to idiotic attempts at friendship. According to the girls he had a body to die for.

We were on a week long kayaking camp, taking a group of school leavers

addressing the boys. “You've just got to ferry the width of the river to set up your line. Don't get washed on to the Hog's Back at the bottom or into the stopper after it.” He turned to me. “I'll follow Scott. You follow Alan. See you at the bottom.”

Scott got in, and began to ferry. “Hit it hard” yelled Keith, and Scott heaved on the paddle, fighting the whole brown flooded river. He hit it so hard he started to make progress up stream. Keith set off after him.

Alan never made the ferry. He was over before we were lined up, and we did the whole rapid with him hanging off my bow. Unfortunately someone had told him never to let go of his boat and paddle, so his waterlogged kayak dragged us towards the Hog's Back. “Let go of your boat,” I said. He looked at me vaguely, grinning like a manic poodle. The Hog's Back seemed to be rushing upstream to meet us. Let go of the boat I screamed, trying to back ferry us away from the looming rock. He clung on, his smile becoming a little fixed. “Let go of your F\*\*\*\* boat!!” He let go of everything.

We went our different ways round the Hogs Back. I ran the stopper, he had the easier swim. I collected him and his boat and we made it to the bottom eddy. Keith and Scott were waiting for us. Scott's eyes were so bright he would

wouldn't let go of that grass. The sounds of her friends having fun drifted down to us. She let go of the grass and picked up her paddle.

She moved two metres along the bank, dropped her paddle and made a desperate grab for the bank. The boat tottered wildly, threatening to dump her in the water.

I learnt about her boyfriends, about her record collection, about her plans for the next twenty years. They weren't very interesting plans. She leant across my bow and I paddled her towards the rest of the group.

They were small dark spots on the water, surrounded by the obvious sights of people having a lot of wet fun.

Three quarters of an hour later we'd gone perhaps two hundred metres and I knew more about her than any other student I have ever taught. The others were coming back, having races, playing brandy, throwing a wet sponge around. I could hear the boisterous voices of my colleagues and the shrieks of laughter from the group.

We stopped again on the bank and waited for her friends to reach us. They were sun burnt and tired and soaked. We turned round and headed home.

As we packed boats away I saw her standing by the bus. She was the last one to get on. She turned and waved. “That was so much fun. See you next week.”

# *True tales from -*

white water paddling. Each day we drove past THE RAPID and every time we did they'd ask us when they were going to paddle it. We'd say, “Wait till the last day.”

It rained all week, and every day THE RAPID got bigger and browner and louder. On the last day we drove to the river bank and parked the van in the driving rain. “Ok,” we asked, having discussed the risk factors. “Any takers.”

All the would be heroes had thankfully discovered better things to do, except for Scott and Alan.

We piled out of the van while those inside stayed warm and dry and made suggestions about Scott's will. Anna wanted him to leave her his body.

“It's easy” said Keith, my boss,

have made spotlights redundant.

“Eee sir,” he said, “that beats fooking any day.”

## **3. Personal Victories #2**

The rest of the group were in the water and gone before I realised the other instructors had pulled a swiftie and it was my turn to watch the back door and tail end charley. This Charley was fifteen or sixteen and she was still standing two metres from the bank.

It took me fifteen minutes to get her into a kayak. The water was less than ankle deep. She clung to the long grass on the bank refusing to let go.

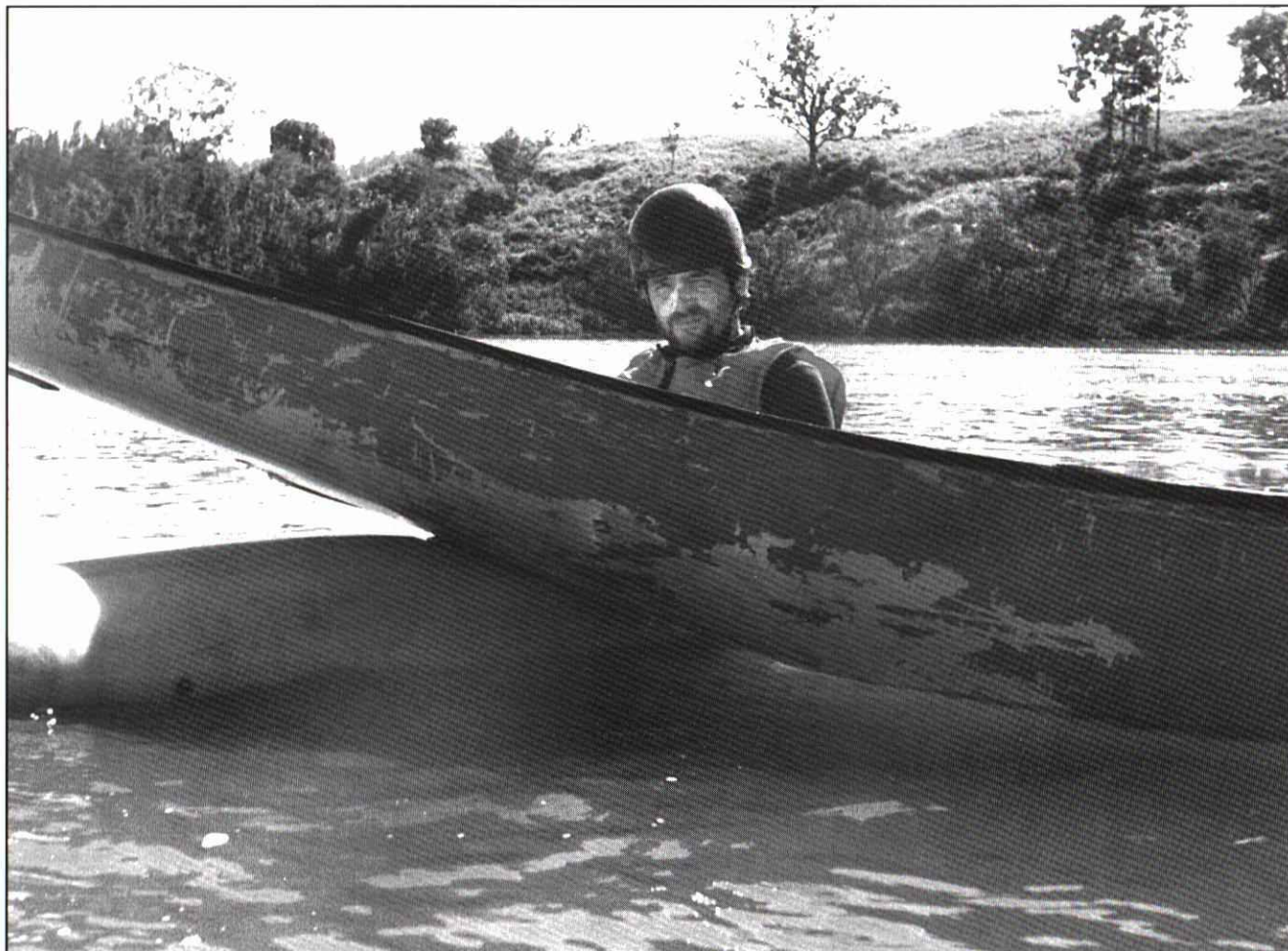
I flattered, I cajoled. I told all the silly jokes I knew. I learnt about her social life and her family and she still

## **4. Personal Victories #3**

It had been a great day. They'd gone from wobbly break outs to confident and successful surfing. Tomorrow we were going to do 'rolling' and 'stopper surfing'.

To celebrate I cooked a chocolate cake on the camp oven. As I sat there icing the thing he looked at me. He was so high he was almost floating. “Wait.” he said and hopped into his van and drove away. We waited, wondering what was going on. Three quarters of an hour later he returned. “Let's do this properly.” he said, putting a bottle of whisky on the table.

## **5. And always, always, carry the right equipment.**



It took me fifteen minutes to get her into a kayak. The water was less than ankle deep. She clung to the long grass on the bank refusing to let go. I flattered, I cajoled. I told all the silly jokes I knew. I learnt about her social life and her family and she still wouldn't let go of that grass.

## *an Instructor's life*

The van stopped. I peered out through the smogged up window. The landscape was flat and green and there was nothing to suggest the presence of a river. I assumed Nigel, the driver and trip organiser was relieving himself of the tea he'd been drinking non-stop since we'd left home.

Everyone else started to pile out, leaving me alone on the bus. Soon boats were being unloaded. Deciding this club outing thing was something

I'd just have to get used to, I closed the book and staggered out.

Nigel, Club Instructor and Lord God High King Booboo, approached me. Through a cloud of cigarette smoke he announced that as I was the trainee instructor I would lead the trip and he would assess me. "Besides," he announced, puffing away at his cigarette, "your international white water experience will be invaluable in the lower reaches."

I still hadn't seen anything remotely paddleable, so I followed the line of eager clubbies carrying their assorted Kayaks to the 'river'.

First reaction: This is a joke. Second reaction: I'm not paddling this.

Despite Nigel's critical stare I didn't get into the boat in the approved manner. The river was so narrow I could stand with one foot on either bank. It was impossible to paddle without hitting grass. "Watch out for

## True tales from - an Instructor's life

the weirs," called Nigel, rolling another ciggie, "I'll bring up the rear". For the first five minutes turning around was impossible. Rushed along by the current I had no idea if anyone was following me or if they'd all raced back up the bank, had hysterics, and driven off to the real river.

Watch out for the weirs. The last weir I'd seen was one of those nightmare things that hold you till the river level drops and the rescue services reclaim your battered corpse from amongst all the other river debris.

The river widened. The current stopped. When I saw the inevitable horizon line I pulled everyone off the river, grabbed the throwbag and went to scout the drop.

The five centimetre suck back didn't look lethal. The only drawback was that the only bit of water deep enough to paddle, the only bit of water actually flowing over the

The last weir I'd seen was one of those nightmare things that hold you till the river level drops and the rescue services reclaim your battered corpse from amongst all the other river debris.

weir in something resembling a V, was blocked by the bloated carcass of a dead sheep.

Nigel came striding up from the rear. "What's the hold up youth?" I pointed to the dead sheep.

Nigel reached into the recesses of his Dry Bag. I was wondering what

kind of sophisticated rescue equipment he was about to produce. He took out a pair of heavy duty gardening gloves then strode into the river. Nigel never walked, he strode everywhere, even, I suspect, to the toilet, "What kind of training courses are they running these days, eh? Got to have the right gear youth. All them fancy throw-up bags and pulleys ain't much good on a river like this."

Ego dented, pride damaged, I got back in my boat in the approved manner and paddled on.

Downstream, we came to the second weir. A quick inspection proved impossible. The banks were lined with thorny bushes. I wondered petulantly if Nigel had an inflatable hedge trimmer in his boat.

"We'll have to run it youth. You can go first. International white water experience and all that." (I had never mentioned I'd been abroad, but as the club instructor Nigel had insisted on reading my logbook ... just in case.)

I was utterly fed up with the whole farce. There wasn't enough water to pick a line, so I scraped my way to the edge, pushed off with the paddle and pulled my knees up hard to lift the nose.

Boat crunched to an abrupt stop. The kayaker's nightmare: A vertical pin. In ten centimetres of water.

"Look youth," called Nigel, sitting on the wall and rolling another ciggie, "don't they teach you anything on these courses any more. We've found a good portage trail. We'll see you when you catch us up."

I was almost grateful they didn't hang around to watch me climb awkwardly out of the boat. The water running over the weir base was ankle deep. The anti scour lip was just big enough to catch the boat's pointy nose. I didn't bother hurrying to catch them up. The others had reached the take out by the time I did. Nigel was waiting for me. "Fair go youth. Apart from the weirs that was one of the safest, most considerate leads I've ever seen. But God you've got a long way to go before you'll ever be a club instructor."

On the Monday I bought a pair of gardening gloves. You can never be too careful.



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# Level 2 Canoe Polo Coaching Course



Australian Coaching Council  
Incorporated

8 - 11 July 1999



Australian Coaching Council  
Incorporated

## The Course

Australian Canoeing is conducting the new Level 2 Canoe Polo Coaching Course in July 1999. The course will be held at the AIS in conjunction with the NSP Canoe Polo under 21 Camp. The course is coordinated by Duncan Cochrane and Peter Horne and the presenters include AIS sports scientists and experienced coaches.



## Prerequisites

- ◆ Current Level 1 Canoe Polo Coach.
- ◆ Completed or enrolled in a Level 2 Coaching Principles Course.
- ◆ 2 Years Coaching Experience

## Course Location:

**Venue:** Australian Institute of Sport  
Leverrier Cres Bruce ACT 2617

**Date:** 8 - 11 July 1998

## Mail or Fax To:

## Seminar Contacts

Duncan Cochrane  
Ph: 08 8449 5130  
Peter Horne  
Australian Canoeing  
PO Box 666, Glebe NSW 2037  
Fax: 02 9552 4457 Ph: 02 9552 4500

### Seminar Registration:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

ZIP/Postal Code: \_\_\_\_\_

State/Province: \_\_\_\_\_

Phone: \_\_\_\_\_

Cost is \$200.00 to participate in the course plus travel costs to Canberra

# TRIP GRADING A CLOSER LOOK AT 'SKILL' & 'ENDURANCE'

COURTESY OF SEA KAYAK ASSOCIATION OF BC

**Sea Kayaking is becoming a popular pastime for many outdoor enthusiasts and one of the most important lessons for both novice and experienced paddlers is that preparation is the key to success and enjoyment.**

**T**rip grading is used by many paddling clubs to ensure appropriate matching between paddling challenges and the skills of participants. Of course, there are many different types of paddling conditions that may be encountered in any given trip. Making oneself aware of the possible types of conditions is an important step in having a successful and fun trip.

If you are a new paddler, consider joining your local kayak club. You will undoubtedly meet some great people and learn more about kayaking. This will also result in fewer "scary incidents".

In BC, the largest club is the Sea Kayak Association of British Columbia (SKABC). One of their primary aims is the training and safety education of its members. Their well-established practices are a good guide to club trips.

SKABC suggests that a leader should talk to the participants before the trip, asking about their experience, how long and where they have paddled, any medical problems/injuries, and recent paddling—someone who hasn't paddled since last year may not be up to a long trip. A pre-trip meeting is recommended. For extended exposed trips, leaders should ensure they have paddled with the participants on weekend trips previously—this helps immensely with inter-personal problems. Know the group — who will try to charge ahead, the wanderers, etc.

In general, kayak trips have two

characteristics: technical difficulty ('Skill') and strenuousness ('Endurance'). Difficulty describes the degree of technical skill that is required to achieve a safe journey between specific points. Strenuousness describes the strength and endurance that is required to comfortably complete the journey. SKABC uses a two-part scheme: A to D for skill level and 1 to 4 for the length/endurance of trip.

## DEGREE OF STRENUOUSNESS ("ENDURANCE")

A) **Not strenuous** — daily paddling limited to less than three hours and/or distances of six nautical miles. Ample sheltered spots for resting and easy landings.

B) **Moderately strenuous** — daily paddling typically between three and five hours and/or distances of six to ten nautical miles. Some sheltered spots for resting and landing.

C) **Strenuous** — daily paddling time typical between five and six hours and/or distances of 10 to 15 nautical miles. Infrequent shelter or landing spots.

D) **Very strenuous** — daily paddling typically exceeding six hours and/or distances of 15 nautical miles. May be little or no shelter and very few landing points.

## DEGREE OF DIFFICULTY ("SKILL")

1) **Easy** — requires minimal paddling skills. Expect protected waters, limited

wind effects, little or no current, and easy landings.

2) **Moderate** — requires basic paddling skills including the ability to brace. Expect protected waters with minimal exposure, moderate wind effects, weak to moderate currents, and easy to moderate landings.

3) **Difficult** — requires good paddling and seamanship skills. Expect some exposed water and short crossings, moderate to strong currents, ocean swells, moderate to strong wind effects, surf, difficult landings.

4) **Very difficult** — requires advanced paddling and seamanship skills. Be prepared for long open crossings, rugged and exposed coast, large swells, surf, strong currents, turbulent water, difficult landings, and strong wind effects.

The selection of the appropriate grade is indicated by the occurrence of one or more of the criteria: not all of the criteria have to be met.

## LIMITATIONS

It should be noted that a trip classification scheme describes the characteristics of a trip without regard to unexpected changes in ocean conditions, or the remoteness of an area. Standards of preparation, skill and behaviour, not to mention the quality of equipment, become more critical as the demands of a trip become greater. Bad weather on a class B1 trip in local waters, for example, is more likely to be inconvenient than dangerous; bad

weather on a remote trip or on the exposed coast may test the standards much more severely.

Also, any grading system designed for an activity where conditions are variable and contain some unpredictability elements (weather, currents, wave conditions) is inevitably inexact. Note that a trip that receives a "B2" grading when scheduled for July may be reclassified as a "B3" when slated in February, because of the likelihood of adverse conditions. A word of caution is perhaps necessary to paddlers who wish to progress on to more ambitious trips. There is a big gap between the limited skills and stamina required to successfully complete a "B2" trip in ideal conditions and those required for a "C3" trip in adverse weather. Similarly, a participant should ensure that rescue techniques learned and practiced are keeping pace with the escalation in trip ambitions: a slick self-rescue technique in a warm water pool may not work in cold rough conditions on the ocean.

#### TRIP ORGANISER CHECKLIST

##### Pre-trip Meeting

Assess abilities  
Group skills eg. first aid, navigation, weather, cooking, camping, local knowledge  
Check objectives  
List personal gear required-where water is cold, wet/drysuits required  
List party gear-radio, group first aid kit etc.  
List food  
Check route with alternates  
Check tides/currents  
Check ferry schedule, car pool arrangements, times etc.

##### At Launch

Check that people have their gear!  
Spare paddle, lifejackets, sprayskirts, stove, flares, whistles, first-aid, chart, compass  
Delegate: front person, rear person and buddies (note trip leader does not have to be front person)  
Assess weather (go or no go)  
Review emergency signals-whistle etc.  
Inform everyone where the next stop will be  
Keep within earshot

##### During the Trip

Watch weather  
Watch for the weakest paddler  
Watch for wanderers  
Check that all eat lunch and drink enough water; check for hyper/hypothermia  
Keep morale up  
Encourage new people

##### At End of Trip

Check everyone is off the water  
Inform food stop  
Check own equipment immediately after trip (for repair/maintenance/completeness)  
Report any incidents to safety officer  
Trip Report to trip coordinator  
Notify next of kin if late  
Close float plan.

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## *Medicine Update*

### WORRIED ABOUT A CANOEIST GETTING SICK ALL THE TIME?

Liz Broad, Sports Science Coordinator

**W**hile a moderate level of exercise is beneficial for an individual's immune system, large amounts of high intensity exercise appear to be immunosuppressive.

A lowered immune status is often related to an 'overstressed' system. Causes of this are multifactorial, but include:

- \* Heavy training loads, especially of high intensity
- \* Insufficient energy and nutrient intakes compromise the body's ability to 'fight' infections even in non-athletes
- \* Inadequate or ineffective rest and recovery non-exercise related stresses (primarily psychological or emotional in nature).

A healthy athlete tends to be one who can manage all of the above areas well.

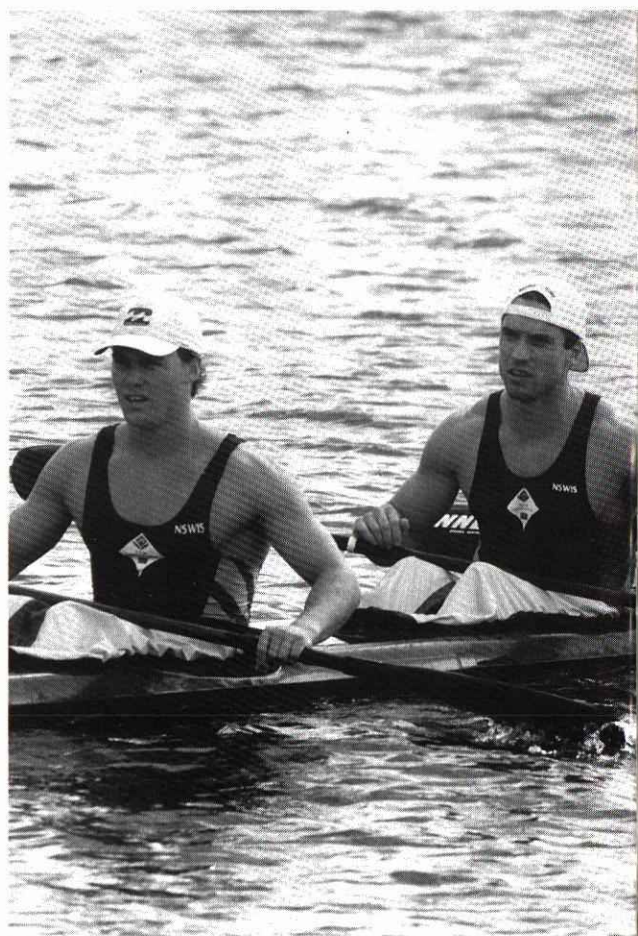
The relationship between nutrition and immune status has received a fair bit of attention but these studies often raise more questions than are answered. Whilst there remain many unknown factors, the most likely nutrition-related causes of reduced immunity are:

- \* Malnutrition. For athletes, this is most likely to be a relative malnutrition, where energy requirements of training are underestimated or basic nutritional needs forgotten.
- \* Body fat levels that are too low. The definition of 'too low' may vary, for example, one athlete may be perfectly healthy with the same skinfolds that another will not be. Additionally, those who are constantly striving and working hard to achieve low body fat levels will tend to suffer more than those who reach those levels naturally. This is because those who have to work hard are also incurring the relative malnutrition described above (often for a long period of time).

- \* Low iron status.

Along with research into nutritional causes of a lowered immune status, there has been a lot of research into nutritional 'boosts' to improve immune function. The supplement industry is pushing an enormous (and rapidly growing) range of products to unsuspecting consumers. The truth of the matter is that we still don't know enough about what you can do nutritionally to improve immune status. The following factors may help:

- \* Ensure adequate energy, protein, vitamin and mineral intake. The first step is going back to basics and ensuring a well balanced diet incorporating all major food groups and sufficient energy and protein to sustain training levels. Seeking the advice of a sports dietitian ensures a thorough understanding of this.



\* **Antioxidants (Vitamins E and C).** The most important take-home message from research trials is that athletes should increase their intake of foods rich in natural antioxidants, such as fruit and vegetables. If a supplement is considered, one that blends Vitamin E and C would appear to be the best choice.

\* **Glutamine.** Glutamine is an amino acid whose levels appear to alter following strenuous exercise. Several studies have attempted to link these changes with lowered immune function. Unfortunately, there has been no consistent link with glutamine supplementation and improved immune function, or a decrease in illness.

\* **Bovine colostrum.** The most recent supplement in the news has been bovine colostrum. Colostrum contains a rich source of immunoglobulins, and anecdotally has been stated to improve health in athletes. As yet, this belief remains

unsubstantiated as there have only been two studies in athletes, neither of which measured immune function. Hence, it would be wise to keep an ear open for more scientific news in this area (see last edition for more information).

Whilst a well balanced, energy-sufficient diet remains an athlete's best nutritional protection against illness, there are a few other measures that should be considered to minimise ill health:

\* **Maintain as stable a body temperature as possible.** For example, in winter, athletes should protect themselves adequately from the cold and wind by wearing protective clothing and going indoors as soon as possible after training.

\* **Minimise cross-infection.** Simple personal and food hygiene measures should be followed at all times, such as not sharing toothbrushes, drink bottles and food items, isolating yourself when you are ill, covering your mouth when sneezing or coughing and avoiding night clubs or crowded and smoky places.

\* **Stress management and relaxation techniques.** It is important for coaches and athletes to recognise symptoms of excess stress early (such as moodiness, lack of motivation, or a poor training attitude) and respond appropriately. Managing stress effectively requires a consistent, individualised approach so athletes should trial a few different options. Yoga, audio tapes, massages, and float tanks are examples of tools that can be used to assist with stress management.

\* **Balanced training program with sufficient rest (individualised approach).** Coaches must be integral in designing a balanced, individualised program for their athletes. Training should be altered during illness. Many experienced coaches and physicians recommend restricting training to a moderate intensity only with graded return to full training in 3-5 days following mild illness. More major illnesses (including fever, aching muscles and joints, congested breathing) will require cessation of training until symptoms subside then graded return to full training in 5-8 days, depending on symptoms.





27 June	Touring	ACAWA Tour, Southern River Tour, Southern River, WA
4 July	Meeting	Level 4: Whitewater Plus, Canoe West, Victoria
6-7 July	Slalom	NSW School Championships, Penrith Whitewater Stadium
10-11 July	Meeting	Coaching Course, AIS Alpine Training Centre, NSW
10-11 July	Meeting	Level 3 Basic Whitewater, Canoe Plus, Victoria
11 July	Wildwater	Kiriani Race 2, Homestead to Wittons, Victoria.
17 July	Slalom	Slalom and Wwater Country Series Race 1, King River
18 July	Slalom	Slalom State Titles, WA
22-25 July	Sprint	Junior World Sprint Canoe Championships, Zagreb, Croatia
24 July	Meeting	Basic Skills Instructor Course, Grafton
25 July	Touring	ACAWA Tour, Canning River Tour, WA
31 July	Marathon	World Cup for Juniors, Gyor, Hungary.
31 July	Marathon	World Championships, Gyor, Hungary.
7-8 August	Meeting	Whitewater Proficiency Course, Grafton
8-9 August	Marathon	Avon Descent 99, WA
13-15 August	Slalom	Slalom World Cup Three, Bratislava, Slovakia
15 August	Wildwater	Kirinari Race 3, Jumping Creek, Victoria.
20-22 August	Slalom	Slalom World Cup Four, Augsburg, Germany
22 August	Slalom	Yarra Series Race 2, Fitzsimmons Lane, Upper Murray, Victoria.
22 August	Touring	ACAWA Tour - Upper Murray Tour, Upper Murray, Western Australia
26-29 August	Sprint	World Sprint Canoe/Kayak Championships, Milan, Italy
29-30 August	Meeting	Level One, Flatwater Coaching Course, Perth
4-5 September	Slalom	Slalom and Wildwater Sunsmart Victorian Schools Championships, Warrandyte, Victoria
9-12 September	Slalom	Senior Slalom World Championships, La Seu d'urgell
11-12 September	Slalom	Southern Zone Championships, Cotter River, Canberra
18-19 September	Slalom	Slalom/Whitewater Country Series Race 2, Howqua River
19 September	Touring	ACAWA: Pinjarra to Ravenswood Tour, Pinjarra River, WA
25-26 September	Meeting	Whitewater Instructor Course, Grafton
26-28 September	Sprint	Sydney International Canoe/Kayak Regatta, Sydney International Regatta Centre
30 Sept -3 October	Slalom	Slalom World Cup Final, Penrith Whitewater Stadium, NSW
16-17 October		Learn to Kayak weekend, Grafton Big River
17 October	Wildwater	Pre Victorian Championships, Homestead to Wittons
24 October		Yarra Series Race 5, Warburton, Victoria
30-31 October	Rodeo Canoeing	Australian Rodeo Event, Penrith Whitewater Stadium
7 November	Slalom	Yarra Series Race 6, Dights Falls, Yarra River, Victoria
14 November	Wildwater	Wildwater Sunsmart Vic Championships, Homestead to Wittons
20-21 November	Touring	ACAWA Tour - Rottnest Island Tour, Rottnest Island, WA
21 November	Slalom	Canoes Plus Slalom, Goulburn River Victoria
5 December	Slalom	Sunsmart Victorian Slalom Championships, Goulburn River, Victoria
7-9 December	Slalom	University Slalom Championships, Penrith Whitewater Stadium
9-12 December	Slalom	Slalom World Championships, La Seu d'Urgell, Spain
11-12 December	Meeting	Whitewater Proficiency Course, Grafton
19 December	Touring	Twilight Paddle at Garvey Park, Garvey Park, WA
9-16 January	Sprint	Australian Canoeing National Championships, Penrith Whitewater Stadium
19-20 February	Slalom	Second Annual Penrith Whitewater International Slalom, Penrith Whitewater Stadium, NSW
22-30 April	Sprint	Australian National Team Selection Trials, Penrith Whitewater Stadium

*For information on any of the above events, please contact your State Association or Australian Canoeing.*

## state contacts

### Victorian Canoe Association

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Facsimile: 03 9457 5438  
email: vca@werple.net.au

### Canoe Tasmania Inc.

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Telephone: 03 63 561 612  
Facsimile: 03 63 561 612

### Canoe South Australia

PO Box 281  
Port Adelaide, SA. 5021  
Aquatic Reserve  
West Lakes, SA. 5021  
Telephone: 08 8341 5405  
Facsimile: 08 8341 5405

### Amateur Canoe Association of Western Australia

PO Box 28  
Wembley, WA. 6014  
Telephone: 08 9387 5756/ 08 9387 2611  
Facsimile: 08 9387 8814

### Queensland Canoeing Inc.

PO Box 79  
Sherwood, Qld. 4075  
Telephone: 07 3278 1033  
Facsimile: 07 3278 2202  
email: qldc canoe@canoeqld.org.au  
<http://www.squirrel.com.au/business/qldc canoe>

### NSW Canoe Association

PO Box 29  
Glebe, NSW. 2037  
Room 210 Level 2, Sports House  
Wattle Street  
Ultimo, NSW. 2007  
Telephone: 02 9660 4597  
Facsimile: 02 9518 7859  
email: nswcanoe@dsr.gov.au

### Canoe Northern Territory

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Kurmond NSW 2757

Australia

# 1999 NATIONAL SPRINT RACING

Once again a very successful season for our sport with well attended Grand Prix Regattas and National Titles. There has been excellent racing in all age groups a fact that suggests a bright future for our sport.

Elsewhere I know Sharyn Bojczenko has written an article that talks about individuals, statistics and makes her comments about the events so I have decided to take another tack and highlight some issues, ask for your comments on these or any other matters and give some information.

## 1) Rules

Some rules governing our sport are unclear at the I.C.F. level and this needs to be attended to urgently eg. Watches. Looks simple but it certainly causes some disruption. As an I.C.F. delegate Sharyn is working on the rewrite of the rules and this should clarify the situation.

## 2) The Nationals Programme

For the last few years the S.R.C. has supported the National Elite Programme by running the Nationals to suit selection events. We have done this in consultation with the Elite Coaches. It has often been stated that this has not been the best option for the development and presentation of the sport. With the Olympic Selection policy adding a final selection regatta it is now a good time to change. One suggestion is we have all finals of the 500 and 1,000 metre events on the Friday and Saturday or even Saturday and Sunday. There are other options, what do you think?

## 3) Entries

Although we have improved the procedures there is still the problem of withdrawals during the event, often for suspect reasons. I think it is time we were tougher on this. Once entries are made, scratchings should be finalised two weeks in advance and

after that only on presentation of a medical certificate. This is our National Championships and they should be treated with the respect they deserve not tit for tat political scratchings.

## 4) Post Olympics

Is it time to revert to a rotation system for the allocation of the Nationals? Good for promotion in each state, spreads the burden of travelling, rewards paddlers with the chance to see Australia and maybe I will get to see Lake Barrington again.

## 5) Costs

Did you know that the S.R.C. does not receive any Government funding? This all goes to the Elite Programme. We survive on what we make from events and do not pay for officials to attend. As an example I have driven from Adelaide to Sydney on two occasions this year to save the committee money. The White family, Gerry Brayne etc. continually drive to events and when you add accommodation and food this is a big ask. There are many other stories the same. Hire of venues, equipment etc. make up the majority of expenses. Did you know that it costs \$600 a day plus \$75 a day per boat to hire Sydney Regatta Centre?

No, Sharyn Bojczenko has not been a paid employee of Canoeing for the last X years. As a matter of fact as an I.C.F. delegate she has travelled overseas for meetings and events on the basis of \$1,000 per year from Australian Canoeing. Do your sums and see how much this has cost over the years. Mind you the same applies to one or two other people in the sport and I do not think that this is fair either.

The committee this year decided to help Sharyn cover some of her costs as a way of thanking her for the enormous work load. At this point I would



like to do something I did not do at the Nationals and that is say THANK YOU TO SHARYN for her efforts for 1999. This was an oversight on my behalf and I do apologise.

6) Congratulations to those Athletes chosen in the Senior and Junior Australian Teams. It is certainly exciting to see Canoe Paddlers chosen for the first time in many years. We wish all those Athletes and Coaches the best of luck overseas. At the time of writing this the Juniors are still going to Zagreb in Croatia. Although this is of some concern we have been assured that it is a safe zone and parents can feel comfortable in allowing their young people to tour.

7) I was fortunate to be able to officiate at the Marathon Championships held in Adelaide over Easter and would like to take this opportunity to congratulate the Marathoners on a well run event. It was great to see so many paddlers follow on from the Sprints and do so well. At varying times we

have talked about a carnival including Polo, Marathon and Sprint in the same time frame and the same city. A great promotional idea and one worthy of consideration.

8) Committee Information for those that do not know how it works.

**Executive**

Chairperson	Jim Murphy
Treasure	John Malcolm
Delegate	Vacant until May
Competition	
Director	Sharyn Bojczenko (non voting)

**Committee**

Victoria	Tony White
N.S.W.	Robert Lynch
Queensland	Lynn Wenban
Sth. Aust.	John Stallard
West. Aust.	Charles Luckman (to be Replaced)
North. Terr.	Active when able
Tasmania	Not active currently
Paddlers Rep.	Shelley Oates-Wilding
H.P.M.	Noel Harrod

This committee meets twice a year for decision making for the next year and to review the past year. At events we try and meet for information sharing to keep informed of what is happening around Australia. We do not meet as an isolated group as just by our composition we have a diverse range of skills and information. Input from coaches is sought and Australian Office Holders are always welcome at our table.

Well I have had enough. I would appreciate your comments on any of the above topics or any others you wish to comment on. My address details are:

Jim Murphy  
1 Silver Crescent  
Grange  
S.A. 5023.  
  
E.Mail: [murphj@picknowl.com.au](mailto:murphj@picknowl.com.au)  
  
Looking forward to some replies  
Jim Murphy

**FROM THE AUSTRALIAN BOARD OF CANOE EDUCATION  
PADDLING BEYOND 2000**

As many are now aware, the Board executive has now drafted a new Award Scheme based on the VET National Competencies for Outdoor Recreation with several new awards proposed including River Guides, a new Introductory Skills award and the removal of the Diploma of Canoe Education.

We are inviting all that are involved in canoeing to study and make comments on the scheme as it develops from a framework to a detailed document. Peter Vandeeper is now doing much of the hard work tying in the framework to the competencies but still much is to be done before it goes to the vote.

Adoption of the National VET competencies will lead to some fundamental changes in approaches to assessment in that the current hierarchical approach to teaching and assessment (Senior Instructors look after Instructors etc) will be partially replaced by a peer approach. The assessors will also have to undergo a canoeing specific assessor training course before being able to qualify as assessors (This course will be VET accredited)

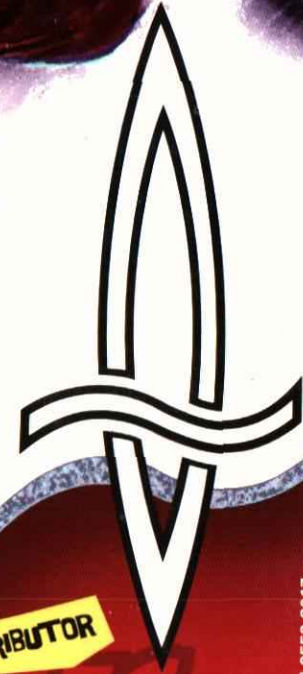
Other changes include the phasing out of the old Diploma though naturally current holders will continue to hold this exacting qualification.

We invite input to the discussion on the proposal and a chat page on the issue is on Australia Canoeing's web page ([www.canoe.org.au](http://www.canoe.org.au)). Please involve yourself, if you wish, in the discussions as the detail is developed.

We see this as the very best structure for Australia Canoeing for the foreseeable future though all structures can be improved!

Jason Dicker  
Chairman

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