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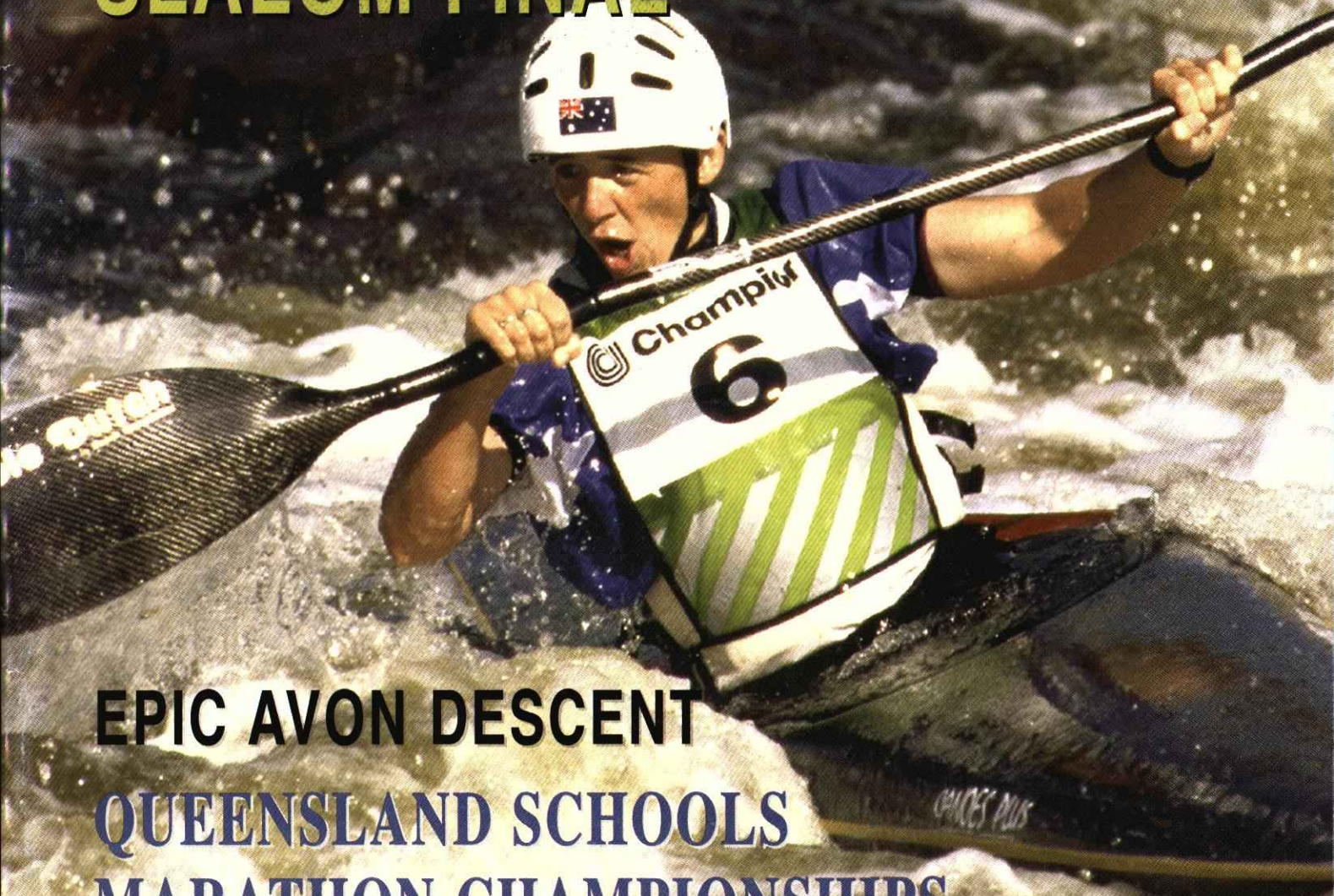
KC

magazine

OCTOBER 1998 \$5.95

Vision Institute of Sport
Level 20-22 Albert Road
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WORLD CUP SLALOM FINAL



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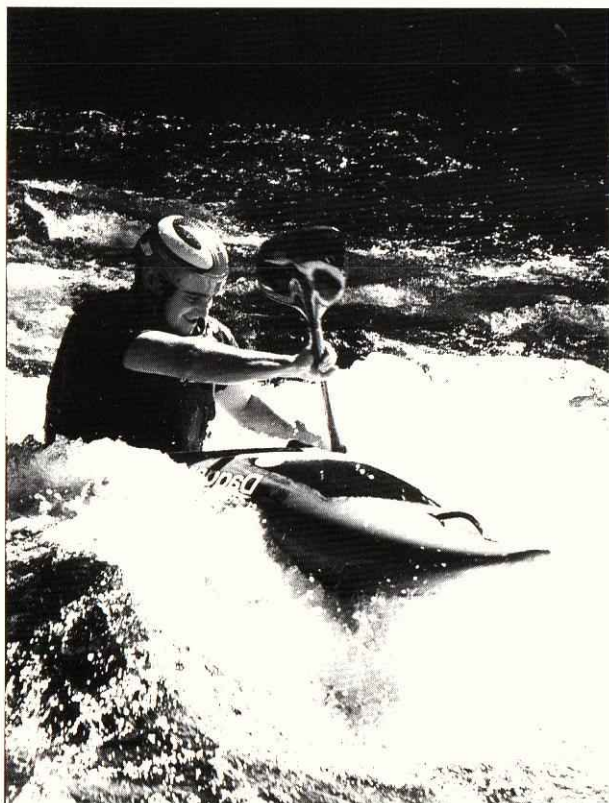
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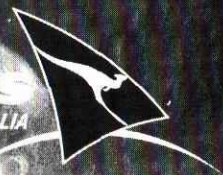
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THE SPIRIT OF AUSTRALIA



*AUSSIE CANOEISTS
WIN FIVE
WORLD
CHAMPIONSHIPS*

In a month of canoe and kayak action around Europe, Australia won an unprecedented five World Championship Gold Medals. Starting with the Sprint Kayak World Championships in Hungary, Anna Wood and Katrin Borchett were victorious in both K2 1000 and K2 500 events, the Australian Junior Men won the K4 1000 in Poland and Australia won both Men's and Women's Canoe Polo World Championships in Portugal.

Full details next issue

Welcome to the October issue of KC Magazine

Paddled the Avon Descent a couple of years ago on a Double Surf Ski. Conditions that year were ideal with the river level extremely high but even so it's a damn tough race that one, still have nightmares about the Teatrees section. I had been warned about the Teatrees from Dean Gardiner, Ocean Kayak World Champ and an Avon winner on a few occasions. "Try to stay on through there, it's real dangerous if you get caught up" he said. Caught up!, my God, never thought I'd get out alive. At one stage I had my leg wedged between the front of the ski and a fork in a tree. I was being washed down river with the force of the current but my leg seemed quite happy there in that tree. Lucky my paddling partner only took fifteen minutes to find his paddle down river and clamber back along the bank to release me cause I was sure that my leg was going to break way before my spirit did.

This issue we look at the this year's Avon Descent and the carnage caused by the low water level. Slalom paddler Andrew Stamp takes us to the Slalom World Cup Finals in Spain. We have a full list of results from the Queensland School Marathon Championships and Sea Kayaker Malcolm Hamilton shares his South Australian adventure with us. In our bid to cover all aspects of canoeing we have a story on one of Victoria's premier winter multi-sport events, the Active for Life Winter Classic and in our Sport Science section we feature information on Testosterone and a special feature on Integrative Medicine Ball Plyometric Training.

I would like to take this opportunity to thank all the subscribers and advertisers for supporting KC. A magazine like this, in it's embryonic stage, relies heavily on these areas to cover costs, we appreciate your support.

Our December issue will feature the Open and Junior Sprint Kayak, Marathon, Canoe Polo and Outrigger World Championships.

Enjoy.

Scott Wood



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TO HURT OR NOT TO HURT?
that is the question
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World Cup Slalom

For many of the Australians, the World Cup Final at Seu was a return to the course they know best. Courtesy of Danielle and Justin's Olympic and World Cup medals it is the course that Australians have performed better on than anywhere else. It is also a course that most of the team had spent more than just a few hectic days of national training trying to learn. Whereas all but one of the previous World Cups saw most of the team first sighting the course days before the race, we had had the benefit of having two training camps leading up to the race, joined by such luminaries as Paul Ratcliffe (1998 World Cup Champion), Scott Shipley (1997

Enrico Lozzotto, Photo Andrew Stamp

World Cup Champion), Patrice Estanguet (1997 C1 World Cup Champion) and Isabelle Despres (previous medallist at Seu).

And when it comes down to it, Seu is a course one wants to know. Sure, it is hard on gear. My two day old Omax will attest to that. So will the boats of Justin, Rob, Lach, Matt, Danielle and Andy and Kai. And yep, it is different to anything else. It is narrow (you can ditch that old staple ferry glides here folks), and the water moves rather slowly despite the gradient - courtesy of the rather abundant littering of holes and slowing waves. Paddlers have to get very adept at avoiding these stoppers and waves and learn how to paddle for the finish line. And once at the finish one shouldn't forget to note the joys of a conveyer belt bringing one back to the start of the course without the need to leave one's boat.

Maybe the real reason one would want to know this course well is that boat number selection for the 2000 Olympics will occur on this course in the World Champs next year. And of course, doing well in the Worlds isn't a bad aim in itself. However, I guess when we were there the only real consideration was doing well in this race. Lucky for us, then, that Richard Fox was designing the course! I thank him and the Slovenian co-designer for avoiding that damn right of Ramon's move that deathed my boat in training. Twice.

Anyway, back to the race. First off in the morning were the LK1s (Lou, Mia and Danielle) followed by the





World Cup Final: *La Seu d'Urgell, Spain*

C1s (Brock, Rob and Justin). The morning competitors always have the harsher deal when it comes to a race. Early morning cold (yes, even at Seu in sunny Spain) are one thing, but trickier moves are another. Afternoon competitors will generally have in excess of 200 runs to watch and learn the ins and outs and ups and downs of the course. Nevertheless, all competitors performed well. The LK1s produced a mixed bag. Lou had a fast and solid first run but was plagued by two 50s in the second and placed 43rd, and Mia had two strong clean runs with only minor flaws that put her just out of the finals in 19th. Australia's strongest hope, Danielle, was consistently the most impressive LK1 on the hardest part of the course but was unfortunately unable to hold the run at the end and finished the race in 28th.

The C1s can always be expected to produce exciting racing for the Australians. First Australian off was Brock, who's racing was to be exciting for all the wrong reasons - could he or could he not hold down his glass of orange juice he had for breakfast? After vomiting all night, it was a fair quest. Thankfully, he did. And his runs were far from shabby too - 41st - and made even more pleasing by the circumstances. Justin and Rob both had scorching first runs and both looked set for top finals berths. Sadly, only Justin had the second run required to progress, paddling into equal 3rd. Rob had to be content with 22nd.

The afternoon saw the K1 field take like ducks to the proverbial. Warwick produced probably the best international result for Australian K1s since Richard Macquire retired, finishing 26th and less than 1.5 seconds off the finals with two fast and clean runs. It was a position and performance that augers well for next year; with a whitewater course in Australia in 99 the standards in all classes should rise and this is a strong benchmark to be working

Dejen Kratj, Photo Andrew Stamp

from. Lachie also had arguably his best result for the year at 36th. I had two runs within 1/2 a second of each other, so at least I can claim "consistent". Seriously, Seu is not a forgiving course when things aren't quite right, and both runs down were notably uncomfortable. Something should

they were feeling better than most of us about it.

If Andy and Kai's escapade caused anguish, then the judging call against Justin in the final caused nothing less than anger. To Justin's, our's and the eyes of the three video cameras, Justin passed through a gate



Manuel Kohler, Photo Andrew Stamp

have gone drastically haywire somewhere and luckily something didn't. And so they were two runs that ended up being caught on the exit there, sticky there, low there, touches there ... and 51st and not as bad as it could be. Matt was fighting it out and failed to produce his best in the race, ending the day in 78th.

The final event was the C2s. Andy and Kai have vast kayak experience but this was their first year in C2. Their first run was storming and demonstrative of their improvement over the year - until the 5th last gate. A flip coming into an upstream, a failed roll ... upside down over the steep and shallow Niagara ... a roll ... pinning on Cathy's Blunder ... another roll ... Actually I'm not too sure of the actual succession of events but it was surely the most excruciating event I've ever witnessed in a race. And by the way the crowd went wild when they finally came up - alive - I doubt I was the only spectator feeling the anguish. As for how Andy and Kai went, well, the fact that their second run was of pace and control and their placing of 25th probably indicates that

that the judges called 50 on. It moved him from first to last. One has to question the ability of the judges to give correct calls when they are located directly opposite a gate and not downstream or upstream so as to be able to see if a paddler has passed through the gate. After overly lenient judging the day before, it appeared that the judges were to seek blood the next day. Keeping up a quota or something. Poor judging was a feature of the 96 World Cup for the same reason of poor judging locations, and one can only hope they see the light before the 99 Worlds.

And so concluded the 98 World Cup Final and the wait to fly home. With the race over, even the allure of a massage and a night in Barcelona couldn't curb the impatience to get home. But now back to the Uni thing, trying to kick the coffee addiction created in Seu (actually it isn't that hard to kick if you limit your alternatives to Blend 43), paddling flat water ... Yep, really can't wait for Sydney to be flowing. Hope to see you there for the 99 World Cup Final. It should be good.

Maybe the real reason one would want to know this course well is that boat number selection for the 2000 Olympics will occur on this course in the World Champs next year. And of course, doing well in the Worlds isn't a bad aim in itself.

HIGHLIGHTS OF SEU

The race.

Pat's encounter with the statuesque Joe Blow (elaboration unsuitable in this family magazine - but please ask anyone who was there).

The weather.

Duty free at Andorra.

Cafe con leche and cortado.

LOWLIGHTS OF SEU

Justin's "50" in the finals (yeah, those are quotation marks).

The food.

The heat at night in our top story dorm.

The caffeine addiction now I'm home.



1998 Australian Slalom Canoe Team. Photo Andrew Stamp

Andrew Stamp

RESULTS

MENS C1

Place	Crew	Country	Points
1	Michal Martikan	SVK	208.44
2	Patrice Estanguet	FRA	213.93
3	Lukas Pollert	CZE	214.21
15	Justin Boocock	AUS	271.64
22	Robin Bell	AUS	NIF

MENS K1

Place	Crew	Country	Points
1	Paul Ratcliffe	GBR	200.49
2	Helmu Oblinger	AUT	201.13
3	Thomas Schmidt	GER	202.90
26	Warwick Draper	AUS	NIF
36	Lachlan Milne	AUS	NIF
51	Andrew Stamp	AUS	NIF
78	Matt Pallister	AUS	NIF

WOMENS K1

Place	Crew	Country	Points
1	Stepanka Hilgertova	CZE	224.68
2	Maria Eizmendi	ESP	232.30
3	Elena Kaliska	SVK	236.78
19	Mia Farrance	AUS	NIF
29	Danielle Woodward	AUS	NIF
43	Louise Natoli	AUS	NIF

MENS C2

Place	Crew	Country	Points
1	Strba / Vajs	SVK	223.00
2	Sterci / Sterci	CZE	228.89

3	Jiras / Mader	CZE	229.14
25	Farrance / Swoboda	AUS	NIF

WOMENS K1

Place	Crew	Country
1	Stepanka Hilgertova	CZE
2	Elena Kadiska	SVK
3	Kordula Striepecke	GER
4	Brigitte Guibal	FRA
5	Cathy Hearn	USA
6	Gabriela Broskova	SVK
7	Maragret Langford	CAN
8	Maria Eizmendi	ESP
9	Heather Corrie	GBR
10	Anouk Loubie	FRA
11	Danielle Woodward	AUS
26	Mia Farrance	AUS
42	Louise Natoli	AUS

MENS C2

Place	Crew	Country
1	Jiras / Mader	CZE
2	Sterci / Sterci	CZE
3	Strba / Vajs	SVK
4	Biau / Daille	FRA
5	Ehrenberg / Senft	GER
6	Adisson / Forgues	FRA
7	Volf / Stepanek	CZE
8	Pospasil / Pollert	CZE
9	Taylor / Haller	USA
10	Kuban / Olejnik	SVK
22	Farrance / Swoboda	AUS



AVON DESCENT

Don't kid yourself, any Avon Descent is a bloody tough weekend at the office, but when the river level is *this* low it is like the movie 'Elm Street 4' - the nightmare just goes on and on.....



letes, amateur fitness enthusiasts, and those who simply want to say they have 'done the Avon Descent'.

The rapids at Extracts Weir on day one and Emu Falls and Bells Rapids on day two saw the demise of many an experienced and inexperienced competitor. In another low water year, however, it was the surf paddlers who managed the conditions a little better to cross the finish line first.

Last year's Line Honours winners, double surf ski paddlers Ashley Nesbit and Dave Berglund, did it again ten seconds ahead of brothers Tim and Peter Leaversuch.

Nesbit and Berglund's time of 9h 46m 04s improved their 1997 race time by 22m 30s.

Day one had been a slightly different story with the 1997 K2 winners,

Ramon Andersson and Keron Hepworth, coming in ahead of them, but they hit a rock and lost their craft at the treacherous Emu Falls early on day two.

This hurdle proved to be the nemesis for a number of boats, paddle and power. Single kayak champion, Piers Goodman lost his paddle and had to withdraw, which left arch rival Darryl Long to win the K1, in 10h 06m 41s, a huge effort in the conditions.

Long is the record holder of K1 (1983), seven time winner of K1 and record holder of the K2 class (1996) with Paul Genovesi.

Sydney-based double surf ski team, Dean Gardiner and Brett Tyack went for a big swim and had to pull out. It was the second time Gardiner had his chances of another Coates Hire Avon Descent win snatched from him in the rugged conditions. In 1996

he and Nathan Baggaley sank their boat at Emu Falls.

A former Perth boy, Gardiner won the SS2 class in 1993 with Guy Leech and has a string of six wins at the Molokai, including the 1998 title.

Winners of this year's Cameron Descent in Malaysia and past champions of the Avon Descent, Dave Worthy and Paul Genovesi finished first in the K2 this year in 9h 50m 21s. Their good run on day one encountered a rocky hitch early on day two.

International paddlers take on the challenge

The Avon Descent clearly moved onto the world stage this year with a team competing from Ireland's Liffey Descent in the single and double kayak classes.

This was a

result of a verbal agreement made at the World Canoe Exhibition in Birmingham in February this year to set up a World Canoeing Series with organisers of the Liffey Descent, Malaysia's Cameron Descent and interest from South Africa to be part of it.

Shane Timlin, former Irish Slalom and Sprint K1 Champion paddled single and Sean Martin and Donal Macintyre, both former Irish Marathon and K2 Champions paddled K2.

Timlin finished in 4th place in the K1 in 10 55' 07", a creditable result in the conditions. Sean Martin and Donal Macintyre were in 4th place on day one, but like overnight leaders Andersson and Hepworth (K2) and the others they came to grief on day two.

They were great ambassadors for their country and won many friends here. When asked whether the Avon

The Avon Descent clearly moved onto the world stage this year with a team competing from Ireland's Liffey Descent in the single and double kayak classes.

On the first weekend of August a strong field of over 420 craft and 600 competitors took on the challenges of the Avon River in this year's 133 km Coates Hire Avon Descent. Running from Northam to Bayswater, it is the longest white water race in the world.

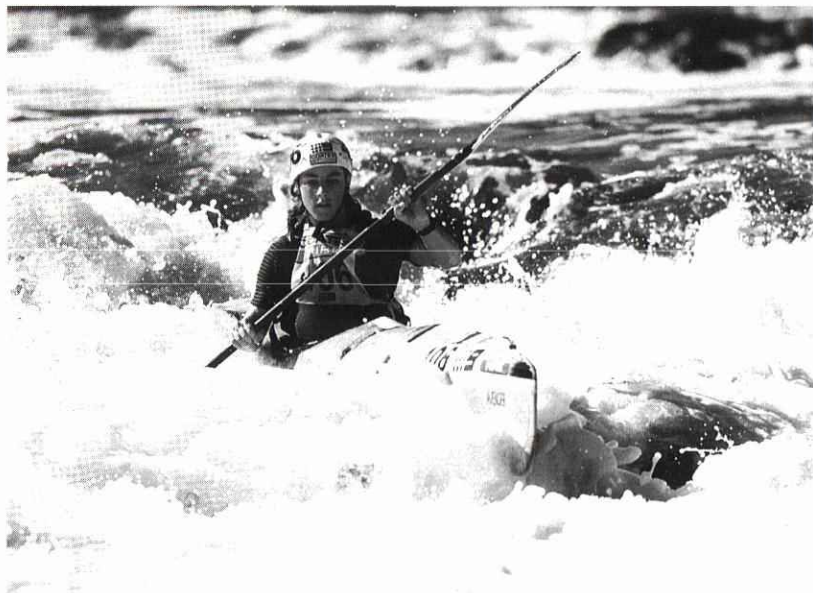
Experiencing it for the first time, Irish paddle team member, Donal Macintyre likened it to an epic film - with the madness of 'One Flew over the Cuckoo's Nest', the romance of the 'Titanic' and the magnitude of 'Godzilla' - and, says Macintyre, "size does count"!

Now in its 26th year, this unique race for paddle and power craft still throws down the gauntlet to top ath-

David Berglund and Ashley Nesbit. Photo Darryl Peroni / Autoshot

Toby Curtis. Photo Darryl Peroni / Autoshot

AVON DESCENT



Scott Maitland. Photo Darryl Peroni / Autoshot

The thrills and spills attract up to 100,000 spectators over the two days and it has featured on prime time television across the United States as well as in the UK and Europe.

Descent was harder than the Liffey Descent, Macintyre replied: "Not harder and not easier, just a lot more of it."

Jeremy Gay ex-UK paddler currently living in Tamworth NSW came in 10th in K1 in 12' 07" 03". He said it was a fantastic event and he would be back next year with more English paddlers.

The Malaysian K2 team, Sham Hussin and Wan Rashid, came in 15th in K2 in 13' 12" 32", which was an excellent effort considering they only arrived in Perth in the early hours of the Thursday prior to the start on Saturday, and had never seen the Avon River previously.

Flock of Young Novices Knocking on Door: A record number of five sixteen year olds, who could hardly wait for their birthday to be old enough, entered this year's Coates Hire Avon Descent and, neither could their fathers.

Chris King, son of John King, long time surf paddle scrutineer for the event and now competed in his 23rd Avon Descent paddled double surf ski with Andy Farington.

Denis Curtis had done eight Avon



Tim Stein. Photo Darryl Peroni / Autoshot

Descents and was waiting to blood Toby this year before thinking about retiring. Denis coached and trained with Toby for K1. Denis came in 111th and Toby in 115th place.

Scott Maidment, trained by Bevan Dashwood, who has done all 25 Avon Descents, came in 22nd in K1 his first attempt.

Deric Weber, whose father has been an Avon Descent Rescue Team volunteer unfortunately had to pull out at the end of day one with lacerated hands.

Matthew Coutts paddling K2 with his father David came in 12th. Move over Champs!

The Spirit and Challenge of the Avon Descent: Irrepressible Tim Stein (28) had a below knee amputation following a motorbike accident in 1996, six weeks before the Avon Descent. He had been training hard for his first attempt on the Coates Hire Avon Descent, planning to paddle double with his friend, Jeff Corsbie, and determined to do well.

From his hospital bed Tim vowed he would be at the start in 1997. He didn't quite make it as a competitor that year, but acted as support crew for Jeff. However, immediately the race was over he started training for this year.

Tim chose a single plastic surf ski because it wouldn't break and he was determined to finish the Avon Descent. It required a lot more paddling power, but he trained hard - with weights, paddling and swimming to get fit enough. He had become a strong swimmer as swimming was part of his rehabilitation.

Tim modified the craft to get full steering and for his safety made a waterproof sleeve for his leg that had tabs extending outside that could be pulled down to release the sleeve and leg in one motion if he got into a difficulties in the water.

And, what a great result, Tim came 22nd in the single surf ski class.

At 67 years, and nearly 67 years,

Laurie Collett and Pat Whittleston were the oldest male and female competitors in the race this year.

It was Pat's 4th Avon Descent. She didn't finish in the first two years and kept going to achieve that milestone, which she did in 1997. This year she hoped to do it within the official time, but unfortunately had to pull out on day two.

She introduced Laurie to the race. He started paddling only last October and did pretty well in the Masters paddling events in Denmark and Albany and the Fremantle - Perth race. Laurie came in 151st place and proved you're never too old to start something new!

The thrills and spills attract up to 100,000 spectators over the two days and it has featured on prime time television across the United States as well as in the UK and Europe.

The successful event won the Western Australian Tourism Award for Significant Regional Festivals and Special events in 1993 and again this year.

The Sport Safe Rescue Team comprises over 300 volunteers for on the water rescue and recovery. It includes divers, medical, radio, and 100 4WD personnel.

Over 2,000 volunteers work on the event and 11,000 - 12,000 people converge on the overnight campsite over the weekend.

You can find out more about the Coates Hire Avon Descent, including results, on the Internet Site:

<http://www.aaaaustralia.com.au/avon/avonhp.html>



Photo Darryl Peroni / Autoshot

1998 QUEENSLAND SCHOOLS CANOE MARATHON CHAMPIONSHIPS

The Queensland Schools Championships has once again proven to be a highlight of the Canoe Marathon racing calendar for young paddlers. The 4th Annual Queensland Schools Championships recorded a record 260 individual paddlers representing 48 schools. The interest in this year's Championships forced the inclusion of an under 12 category, in addition to a large number of entries which permitted the organisers the luxury of forming most classes in the under 13 and under 15 age categories.

The largest contingent from Palm Beach Currumbin State High School, The Southport School, Bremer State High School, Nudgee Junior College and Sunshine Coast Grammar School fought out the final places for the Champion School Trophy. The Southport School tried desperately to retain the title they won in 1997, however they were overrun by the strength of the Palm Beach Currumbin State High contingent. Other schools that were also well represented included Cannon Hill Anglican College, Beaudesert State High School, Alexandra Hills State High School, Immanuel College (Sunshine Coast) and Mountain Creek State High School.

The distances of the races ranged from 2km for those under twelve paddlers to 12km for the open age groups. The cool, wet weather contributed to the day's activities, but not the enthusiasm of the paddlers, with organisers shortening the course slightly.

The race venue, Budds Beach, Surfers Paradise (same location used for the 1998 Australian Schools

Championships at Easter) provided plenty of action for the spectators. They were treated to some very close and exciting racing with sprint finishes. In some classes less than a second separate the finishers.

Dane Sloss (Merrimac State High) outlasted Joel Munroe (Maroochydore State High) to claim Gold Medal and the the coveted Open Boys K1 title.

**This event showcased
some of the finest
kayaking talent
in Australia, and as
we look beyond
Sydney 2000 it would
seem that our future as
a competitive kayak
nation is in good hands.**

Dane won in a time of 29 minutes 29 seconds, some 13 seconds faster than Joel. The Bronze Medal went to William Ashley (Palm Beach Currumbin State High) in a time of 30 minutes 02 seconds. Dane teamed with Chris Colahan (Marymount College) to win Gold the Open Boys K2 in the time of 27 minutes 08 seconds. The Silver Medal went to the crew of Peter Ingerman (Cleveland District State High) and Joel Kenny (Alexandra

Hills State High) only seven seconds behind Dane and Chris. Taking the Bronze Medals was the pair of Joel Munroe and Ben Murphy (Immanuel College) finishing a further 47 seconds behind the Silver Medal place getters.

The Open Girls K2 Gold Medal was won by the combination of Jessica Dancey (Indooroopilly State High) and Jane Greig (Kenmore State High) in the smart time of 30 minutes 33 seconds. They showed their determination by comfortably beating the crews of Kate Shepherd (Kenmore State High) and Victoria Maccoll (St Aidans Anglican Girls School) who took out the Silver Medal. Makaila Belnap and Belinda Gapes both from Immanuel College followed achieving third place and the Bronze Medal. Jessica Dancey continued her form by collected double Gold with a win in the Open Girls K1. Jessica had a comfortable win over Victoria Maccoll and Sarah Wirth (Somerset College).

The largest field was the Under 12 Boys K1 with fourteen starters. John Toro (Nudgee Junior College) took the honours from Ryan Tibbits (St Joseph School Brackenridge) and the Bronze Medal going to Patrick Quinn of Nudgee Junior College.

The closest finish of the day was in the Under 16 Boys TK1. Darren Johns (Palm Beach Currumbin State High) pipped Robert Jackson (The Southport School) by the narrow margin of one second. Darren's winning time was 14 minutes 36 seconds. Third place was claimed by Mitchell Roberts from (Mountain Creek State High) in just over 10 seconds behind Darren.

CHAMPION SCHOOL TROPHY (Top Ten)

1. Palm Beach Currumbin State High School
2. The Southport School
3. Nudgee Junior College
4. Bremer State High School
5. Sunshine Coast Grammar School
6. Cannon Hill Anglican College
7. Alexander Hills State High School
8. Beaudesert State High School
9. Immanuel Luthern College
10. Mountain Creek State High School

1998 QUEENSLAND SCHOOLS CANOE MARATHON CHAMPIONSHIPS RESULTS

<p>OPEN BOYS K1</p> <p>Boat: Crew:</p> <p>17 Sloss. Dane (MERSHS(Q))</p> <p>14 Munroe. Joel (MARSHS(Q))</p> <p>1 Ashley. William (PBCSHS(Q))</p>	<p>12KM</p> <p>Time: Place:</p> <p>00:29:29.67 1</p> <p>00:29:42.53 2</p> <p>00:30:02.25 3</p>	<p>UNDER 12 BOYS K1</p> <p>Boat: Crew:</p> <p>514 Toro. John (NJC(Q))</p> <p>513 Tibbits. Ryan (STJS(Q))</p> <p>511 Quinn. Patrick (NJC(Q))</p>	<p>2KM</p> <p>Time: Place:</p> <p>00:05:56.09 1</p> <p>00:06:03.39 2</p> <p>00:06:49.26 3</p>
<p>OPEN GIRLS K2</p> <p>Boat: Crew:</p> <p>101 Dancey. Jessica (ISHS(Q))</p> <p>Greig. Jane (KENSHS(Q))</p> <p>103 Shepherd. Kate (KENSHS(Q))</p> <p>Maccoll. Victoria (STAAGS)</p> <p>109 Belnap. Makaila (ILC(Q))</p> <p>Gapes. Belinda (ILC(Q))</p>	<p>12KM</p> <p>Time: Place:</p> <p>00:30:33.96 1</p> <p>00:32:42.14 2</p> <p>00:36:15.68 3</p>	<p>UNDER 12 BOYS TK1</p> <p>Boat: Crew:</p> <p>606 Farr. Joshua (TSS(Q))</p> <p>616 McCormack. Adam (STA)</p> <p>605 Bryan. Henry (NJC(Q))</p>	<p>2KM</p> <p>Time: Place:</p> <p>00:07:11.40 1</p> <p>00:07:22.97 2</p> <p>00:07:38.83 3</p>
<p>OPEN GIRLS TK2</p> <p>Boat: Crew:</p> <p>105 Cocking. Emily (BRMSHS(Q))</p> <p>Morgan. Kylie (BRMSHS(Q))</p> <p>106 Duncan. Roxann (BRMSHS(Q))</p> <p>Nunn. Paula (BRMSHS(Q))</p> <p>107 Shepherd. Myia (CHAC(Q))</p> <p>Bevan. Kerry (CHAC(Q))</p>	<p>12KM</p> <p>Time: Place:</p> <p>00:41:34.90 1</p> <p>00:42:56.28 2</p> <p>00:50:36.82 3</p>	<p>UNDER 12 GIRLS TK2</p> <p>Boat: Crew:</p> <p>706 Kenny. Tenille (CAPSS(Q))</p> <p>Maurer. Jade (CAPSS(Q))</p> <p>707 Schaffer. Amy (BSS(Q))</p> <p>Trace. Jessica (BSS(Q))</p> <p>705 Bagley. Alesha (BSSS(Q))</p> <p>Maurer. Telyse (CAPSS(Q))</p>	<p>2KM</p> <p>Time: Place:</p> <p>00:06:29.78 1</p> <p>00:07:09.45 2</p> <p>00:07:52.62 3</p>
<p>UNDER 14 GIRLS TK2</p> <p>Boat: Crew:</p> <p>119 Thomas. Heather (BEASHS(Q))</p> <p>Yager. Tiffany (SCS(N))</p> <p>115 Hikaiti. Malia (BRMSHS(Q))</p> <p>Leach. Shannon (BRMSHS(Q))</p> <p>120 Thomson. Ashleigh (CHAC(Q))</p> <p>Mills. Sally (CHAC(Q))</p>	<p>3KM</p> <p>Time: Place:</p> <p>00:09:37.93 1</p> <p>00:09:39.56 2</p> <p>00:11:11.22 3</p>	<p>UNDER 15 BOYS K1</p> <p>Boat: Crew:</p> <p>805 Wallace. Ken (MC(Q))</p> <p>800 Hipwood. Troy (MC(Q))</p> <p>801 Kenny. Rhys (AHSHS(Q))</p>	<p>6KM</p> <p>Time: Place:</p> <p>00:11:25.44 1</p> <p>00:11:45.08 2</p> <p>00:12:21.76 3</p>
<p>OPEN BOYS TK1</p> <p>Boat: Crew:</p> <p>202 Carter. Brett (PBCSHS(Q))</p> <p>205 Kettle. Ryan (PBCSHS(Q))</p> <p>208 Campbell. Mitchell (TSS(Q))</p>	<p>12KM</p> <p>Time: Place:</p> <p>00:34:50.00 1</p> <p>00:36:16.18 2</p> <p>NTR 3</p>	<p>UNDER 16 BOYS K1</p> <p>Boat: Crew:</p> <p>819 Hambridge. Ryan (AHSHS)</p> <p>816 Millsom. Brendon (MARSHS(Q))</p> <p>10 Bauer. David (MARSHS(Q))</p>	<p>6KM</p> <p>Time: Place:</p> <p>00:11:48.57 1</p> <p>00:12:21.01 2</p> <p>00:13:05.58 3</p>
<p>UNDER 13 BOYS K1</p> <p>Boat: Crew:</p> <p>305 Munroe. Kent (MCSHS(Q))</p> <p>300 Bowers. Tim (SCGS(Q))</p> <p>306 Tolliday. Sam (SCGS(Q))</p>	<p>3KM</p> <p>Time: Place:</p> <p>00:10:56.59 1</p> <p>00:34:52.29 2</p> <p>00:35:29.09 3</p>	<p>UNDER 15 GIRLS K2</p> <p>Boat: Crew:</p> <p>901 Fraser. Jessica (PBCSHS(Q))</p> <p>Wilkinson. Erin (PBCSHS(Q))</p> <p>902 Jackson. Bree (CC(Q))</p> <p>Purser. Jessica (KENSHS(Q))</p> <p>900 Allen. Amanda (ILC(Q))</p> <p>Gorfine. Claire (ILC(Q))</p>	<p>6KM</p> <p>Time: Place:</p> <p>00:13:47.27 1</p> <p>00:14:17.83 2</p> <p>00:14:26.76 3</p>
<p>UNDER 14 BOYS K1</p> <p>Boat: Crew:</p> <p>313 Eussen. John (PBCSHS(Q))</p> <p>314 Gregory. Paul (PBCSHS(Q))</p> <p>312 Carmine. Jack (ILC(Q))</p>	<p>3KM</p> <p>Time: Place:</p> <p>00:08:20.66 1</p> <p>00:08:22.60 2</p> <p>00:08:26.42 3</p>	<p>UNDER 16 GIRLS K2</p> <p>Boat: Crew:</p> <p>910 Coghill. Rowena (KWSHS(Q))</p> <p>Slade. Shelley (SPSHS(Q))</p> <p>911 Daniels. Majella (SCC(Q))</p> <p>Munroe. Kristy (MCSHS(Q))</p> <p>912 Nicholson. Hayley (LHC(Q))</p> <p>O'Keefe. Heather (LHC(Q))</p>	<p>6KM</p> <p>Time: Place:</p> <p>00:13:08.87 1</p> <p>00:13:44.80 2</p> <p>00:17:25.50 3</p>
<p>UNDER 13 BOYS TK1</p> <p>Boat: Crew:</p> <p>408 Whitehead. James (TSS(Q))</p> <p>410 Munro. Jeff (ACGS(Q))</p> <p>414 Bridge. Thomas (PRSHS(Q))</p>	<p>3KM</p> <p>Time: Place:</p> <p>00:10:25.80 1</p> <p>00:10:43.06 2</p> <p>00:10:47.69 3</p>	<p>UNDER 16 BOYS TK1</p> <p>Boat: Crew:</p> <p>33 Johns. Darren (PBCSHS(Q))</p> <p>32 Jackson. Robert (TSS(Q))</p> <p>36 Roberts. Mitchell (MCSHS(Q))</p>	<p>6KM</p> <p>Time: Place:</p> <p>00:14:36.34 1</p> <p>00:14:37.71 2</p> <p>00:14:47.72 3</p>
<p>UNDER 14 BOYS TK1</p> <p>Boat: Crew:</p> <p>426 Tonkin. Callan (TSS(Q))</p> <p>425 Thomas. Carl (BEASHS(Q))</p> <p>424 Jensen. Michael (PBCSHS(Q))</p>	<p>3KM</p> <p>Time: Place:</p> <p>00:09:46.26 1</p> <p>00:10:15.36 2</p> <p>00:10:33.26 3</p>	<p>UNDER 15 BOYS TK1</p> <p>Boat: Crew:</p> <p>125 Hurst. Dane (PBCSHS(Q))</p> <p>122 Davis. Michael (TSS(Q))</p> <p>121 Bevan. Aaron (CHAC(Q))</p>	<p>6KM</p> <p>Time: Place:</p> <p>00:15:24.35 1</p> <p>00:17:35.90 2</p> <p>00:18:13.21 3</p>

1998 QUEENSLAND SCHOOLS CANOE MARATHON CHAMPIONSHIPS RESULTS

UNDER 15 GIRLS TK2		6KM		203	Eussen. John (PBCSHS(Q))			
Boat:	Crew:	Time:	Place:		Johns. Andrew (PBCSHS(Q))	00:07:54.20	2	
221	Bollard. Sarah (PBCSHS(Q))			205	Munroe. Kent (MCSHS(Q))			
	Kitchell. Claire (PBCSHS(Q))	00:20:36.13	1		Gregory. Paul (PBCSHS(Q))	00:08:26.55	3	
224	Bozhoff. Debra (BRMSHS(Q))							
	Kramarenko. Liza-Maree (BRMSHS(Q))	00:22:31.90	2	UNDER 14 BOYS TK2				
223	Grace. Megan (PBCSHS(Q))			Boat:	Crew:	Time:	Place:	
	Hamilton. Melissa (PBCSHS(Q))	00:25:41.66	3	214	Jenkins. Glenn (TSS(Q))			
UNDER 16 GIRLS TK2					Tonkin. Callan (TSS(Q))	00:08:52.77	1	
Boat:	Crew:	Time:	Place:	211	Anderson. Scott (BRMSHS(Q))			
233	Thomas. Kerri (BEASHS(Q))				Cocking. Ben (BRMSHS(Q))	00:09:15.18	2	
	Yager. Petra (SCS(N))	00:16:24.88	1	216	Thomas. Carl (BEASHS(Q))			
230	Barker. Claire (CHAC(Q))				Wilkie. Greg (TCB(Q))	00:09:25.54	3	
	Barker. Rebecca (CHAC(Q))	00:17:16.24	2	UNDER 14 BOYS TC2				
232	Mills. Marissa (PBCSHS(Q))			Boat:	Crew:	Time:	Place:	
	Ryan. Candice (PBCSHS(Q))	00:19:29.46	3	220	Malcolm. Scott (RC(Q))			
OPEN BOYS K2					Symons. Byron (WPSHS(Q))	00:10:57.16	1	
Boat:	Crew:	Time:	Place:	221	Beard. Simon (TSS(Q))			
3	Colahan. Chris (MC(Q))				Yelland. Lucas (TSS(Q))	00:12:55.25	2	
	Sloss. Dane (MERSHS(Q))	00:27:08.37	1	222	Oakleigh. Jonathon (TSS(Q))			
6	Ingerman. Peter (CDSHS(Q))				Weisfelt. David (TSS(Q))	00:13:16.83	3	
	Kenny. Joel (AHSHS(Q))	00:27:15.88	2	UNDER 13 BOYS TK2				
7	Munroe. Joel (MARSHS(Q))			Boat:	Crew:	Time:	Place:	
	Murphy. Ben (ILC(Q))	00:27:57.43	3	225	Bastos. Sidney (TSS(Q))			
OPEN BOYS TK2					Tibbits. Ryan (STJS(Q))	00:09:44.44	1	
Boat:	Crew:	Time:	Place:	229	Wendt. Michael (SQIC(Q))			
18	Hannant. Sam (PBCSHS(Q))				Bridge. Thomas (PRSHS(Q))	00:10:01.66	2	
	Carter. Brett (PBCSHS(Q))	00:31:59.56	1	227	Field. Evan (RC(Q))			
12	Rackley. Dylan (PBCSHS(Q))				Munro. Jeff (ACGS(Q))	00:10:08.68	3	
	Kettle. Ryan (PBCSHS(Q))	00:32:35.84	2	UNDER 14 GIRLS K1				
10	Carmine. Jack (ILC(Q))			Boat:	Crew:	Time:	Place:	
	Trease. Andrew (SCS(N))	00:34:40.58	3	302	Liiiv. Nicola (PRSHS(Q))	00:08:47.84	1	
OPEN BOYS TC2					306	Robertson. Patrice (STHC(Q))	00:08:54.13	2
Boat:	Crew:	Time:	Place:		300	Daniels. Majella (SCC(Q))	00:11:17.21	3
20	Hosea. Brian (TSS(Q))			UNDER 14 GIRLS TK1				
	Staines. Angus (TSS(Q))	00:43:51.75	1	Boat:	Crew:	Time:	Place:	
21	Hamilton. Lee (TSS(Q))			310	Hikaiti. Malia (BRMSHS(Q))	00:10:53.80	1	
	McCollum. Cameron (TSS(Q))	00:47:11.29	2	312	Packer. Jane (PBCSHS(Q))	00:12:14.19	2	
22	Hemetsberger. Franz (TSS(Q))				314	Wheeler. Ashleigh (CHAC(Q))	00:12:29.42	3
	Hunt. Roger (TSS(Q))	00:53:10.26	3	UNDER 13 GIRLS TK1				
OPEN GIRLS K1				Boat:	Crew:	Time:	Place:	
Boat:	Crew:	Time:	Place:	322	Yager. Tiffany (SCS(N))	00:11:15.34	1	
101	Dancey. Jessica (ISHS(Q))	00:34:49.23	1	320	Dale. Aleesha (LHC(Q))	00:11:29.31	2	
107	Maccoll. Victoria (STAAGS)	00:35:32.00	2	321	Kenny. Rhana (AHSHS(Q))	00:11:43.25	3	
106	Wirth. Sarah (SOMC(Q))	00:36:09.06	3	UNDER 12 BOYS TK2				
OPEN GIRLS TK1				Boat:	Crew:	Time:	Place:	
Boat:	Crew:	Time:	Place:	412	Dingle. George (NJC(Q))			
110	Yager. Heidi (SCS(N))	00:43:48.57	1		Hanson. Thomas (NJC(Q))	00:48:40.86	1	
113	Shepherd. Myia (CHAC(Q))	00:53:37.80	2	419	Quinn. Patrick (NJC(Q))			
111	Maloney. Brody (PBCSHS(Q))	DNS			McCormack. Adam (STA)	00:48:48.84	2	
UNDER 14 BOYS K2					414	Farr. Joshua (TSS(Q))		
Boat:	Crew:	Time:	Place:		Stewart. Thomas (TSS(Q))	00:48:57.94	3	
206	Tibbits. Jeremy (SPCS(Q))			UNDER 12 GIRLS TK1				
	McCubbery. Nathan (ILC(Q))	00:07:51.99	1	Boat:	Crew:	Time:	Place:	
				514	Thomas. Heather (BSS(Q))	NTR	1	

1998 QUEENSLAND SCHOOLS CANOE MARATHON CHAMPIONSHIPS RESULTS

510	Kenny. Tenille (CAPSS(Q))	NTR	2		Turner. Brad (PBCSHS(Q))	00:16:49.01	1
511	Leifels. Courtney (SCGS(Q))	NTR	3	800	Cunning. Daniel (BRMSHS(Q))		
UNDER 15 BOYS K2				6KM			
Boat: Crew:				Time: Place:			
602	Hipwood. Troy (MC(Q))			805	McLaren. Marcus (BRMSHS(Q))		
	Wallace. Ken (MC(Q))	00:13:34.36	1		Morrison. Josh (BRMSHS(Q))	00:18:51.83	3
600	Bagley. Chris (AHSHS(Q))			UNDER 16 BOYS TK2			
	Kenny. Rhys (AHSHS(Q))	00:14:23.93	2	Boat: Crew:			
603	Stamp. Josh (PBCSHS(Q))			813	Cooper. Dale (CBSHS(Q))		
	O'Brian. Beau (PBCSHS(Q))	00:14:38.12	3		Slater. Nathan (CBSHS(Q))	00:16:40.07	1
UNDER 16 BOYS K2				6KM			
Boat: Crew:				Time: Place:			
610	Bauer. David (MARSHS(Q))			814	Farrell. Cale (PBCSHS(Q))		
	Millsom. Brendon (MARSHS(Q))	00:14:06.71	1		Johns. Darren (PBCSHS(Q))	00:16:45.45	2
616	Roche. Leslie (AHSHS(Q))			812	Conrades. Adam (PBCSHS(Q))		
	Hambridge. Ryan	00:14:12.90	2		Sharp. Mark (ILC(Q))	00:17:00.30	3
611	Beatton. Chris (MANSHS(Q))			UNDER 16 BOYS TC2			
	Urquhart. Shane (MANSHS(Q))	00:15:14.01	3	Boat: Crew:			
UNDER 15 GIRLS K1				6KM			
Boat: Crew:				Time: Place:			
709	Wilkinson. Erin (PBCSHS(Q))	00:16:58.48	1	827	Holtsbaum. Leigh (TSS(Q))		
703	Jackson. Bree (CC(Q))	00:17:32.30	2		O'Dowd. Kevin (TSS(Q))	00:19:43.15	1
702	Fraser. Jessica (PBCSHS(Q))	00:17:34.49	3	828	Irons. Scott (TSS(Q))		
UNDER 16 GIRLS K1				6KM			
Boat: Crew:				Time: Place:			
715	Coghill. Rowena (KWSHS(Q))	00:15:47.30	1		Moro. Christian (TSS(Q))	NTR	2
718	Slade. Shelley (SPSHS(Q))	00:16:38.53	2	825	Cheyne. Brad (CHAC(Q))		
716	Munroe. Kristy (MCSHS(Q))	00:16:41.67	3		Tomkinson. Nick (CHAC(Q))	00:22:54.53	3
UNDER 15 BOYS TK2				6KM			
Boat: Crew:				Time: Place:			
807	Phillips. Kaine (PBCSHS(Q))			UNDER 15 GIRLS TK1			
Boat: Crew:				Time: Place:			
				901	Bollard. Sarah (PBCSHS(Q))	00:21:19.00	1
				904	Kitchell. Claire (PBCSHS(Q))	00:21:40.77	2
				906	Wendt. Lauren (SQIC(Q))	00:22:56.63	3
UNDER 16 GIRLS TK1				6KM			
Boat: Crew:				Time: Place:			
				913	Mills. Marissa (PBCSHS(Q))	NTR	1
				917	Yager. Petra (SCS(N))	00:20:00.24	2
				915	Thomas. Kerri (BEASHS(Q))	00:20:30.74	3

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One of the fascinating aspects of sea kayaking in South Australia is that there still remain places where no-one else has previously paddled. These places have a special attraction to certain sea kayakers - they present a challenge to those with the skill and experience to contemplate such adventures. Sea kayaker Malcolm Hamilton shares with us his latest journey.



NEPTUNE

It was during the 1995 trip from Port Lincoln to Wirrina Cove that David Williamson first raised the issue. We were paddling from Thistle Island to Wedge Island when David expressed a desire to paddle out to the Neptunes. It hasn't been done before, he said, and it would be nice to be the first to paddle out there.

The opportunity to meet this challenge came several years later when David presented the idea to a larger group of paddlers. So it was that Phil Doddridge, Gordon Begg, Malcolm Hamilton, Scott Polley and Tim Vogt accepted the challenge. The suggested time to pursue this adventure would be the April 1998 school holidays.

Phil added a further challenge, 'The Pages', a very small group of islands off the south coast hadn't been paddled out to either, so he proposed we use that trip as a training run. At the second attempt in February that trip was successfully completed.

The previous support crew on most of our expeditions of Dennis Wright, Gloria Wright and Ken Salt were included so now the expedition to the Neptunes was up and running.

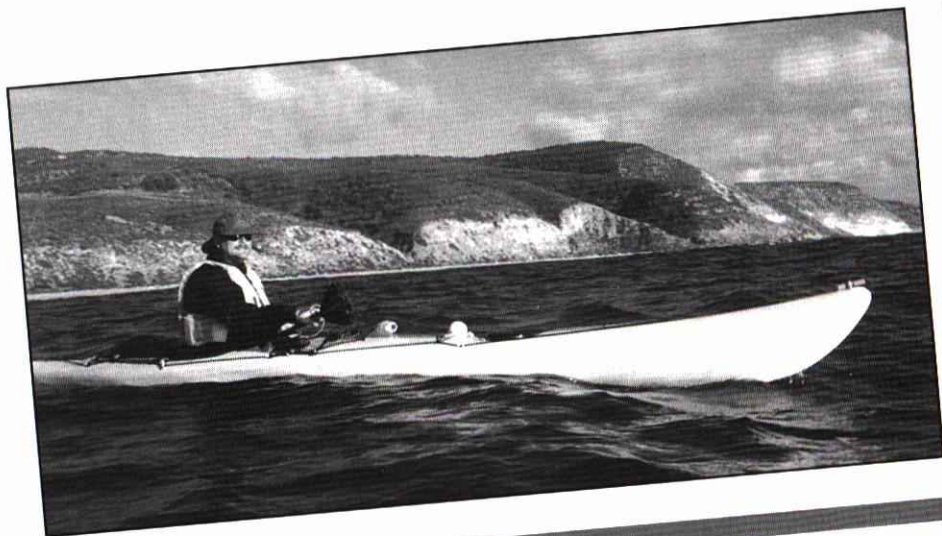
On Easter Monday the two vehicles of the support crew with David and Scott travelled to Port Lincoln. They set up a base camp at September Beach just south of Cape Donington. The remaining paddlers met the next afternoon at the Adelaide Airport and flew to Port Lincoln where Ken met the

plane then drove us out to base camp.

The camp became a hive of activity with everyone preparing for the next day's paddle. Later a local reporter from the Lincoln Times interviewed David and photographs were taken. Then followed a group discussion with the paddlers to finalise how we'd handle the coming days on the water.

We were on the water just before 8.30am next morning. Due to the unfavourable tidal conditions in Thorny Passage we paddled a wide arc towards Thistle Island, arriving near its northern tip at 2.30 pm.

After almost an hours lunch break we headed for Whalers Bay, paddling past the island's magnificent cliffs. However progress was slow; there was



ISLAND

an unknown problem with David's kayak requiring both Phil and Gordon to tow the kayak alternately. Upon landing, David's forward compartment was found to be full of water. Tim was having his own paddling problems; fortunately they could be solved by removing some foam from his cockpit.

My own problems with my cockpit mysteriously filling with water were solved when Tim advised me that the submersible electric pump I was using had no one-way valve. So the water kept splashing in through the external pump opening and was slowly filling the cockpit. At the lunch break Phil cut off a piece of foam and offered it to me as a temporary stopper. Later a cork from one of the wine bottles acted as a better stopper. Another good reason to

carry wine on a trip.

Darkness was closing in as we landed at Whalers Bay at 5.50pm, well short of our intended destination of Waterhouse Bay some 6km to the south. One of the locals, Ginni Hussey, suggested we use the newly erected communal shelter as our campsite. We gratefully accepted.

Just after eight in the morning found us paddling round the southern tip of Whalers Bay into a lumpy sea. We rested off the lighthouse at Waterhouse Point, checked our paddling direction and headed for North Neptune Island. Shortly there were cries of "There it is!", as some paddlers saw our destination from atop the larger waves.

The lumpy conditions soon caught

up with Scott - he became seasick. As I was paddling alongside him at the time I towed him for a short time. He quickly recovered, more out of embarrassment than actually feeling better.

Mid-afternoon found us near the island wondering about a possible landing place. A boat lay anchored in the passage between the two islands. Phil and I paddled to the northernmost island to check for a safe landing spot; the others headed for the boat. No landing was practical on this island. I noticed the other paddlers had moved past the boat heading for the southern island; unusual because we normally use the chance to stop and exchange pleasantries with boat crews.

Tim paddled over to us and said

NEPTUNE ISLAND.....

The last day of any expedition has an unusual emotional drain on people. You want to return home yet you don't want to leave the friendship of the group and the wonders of the natural environment. Poor conditions only add complexity to that equation.

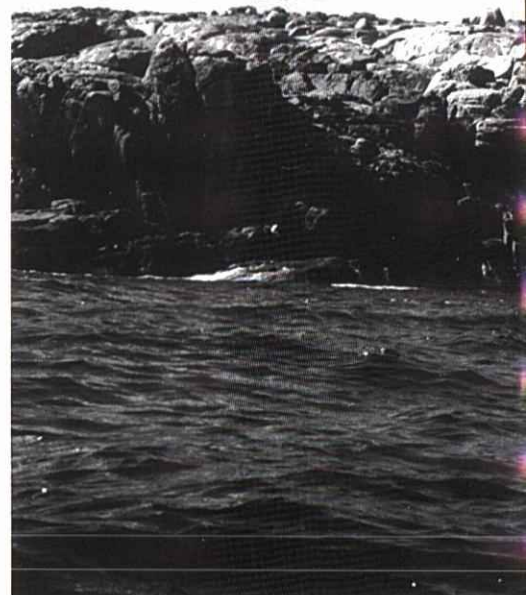
"By the way, don't paddle around the back of the boat; there's a shark there." It was one of those shark-watching boats where some foul-smelling mixture is thrown into the water to attract sharks. People are then lowered into the water inside a cage when the shark arrives. It was later confirmed on South Neptune that a 4.5m White Pointer and a Mako shark were seen out the back of the boat. Next question "Where's the nearest beach?" We picked our way around some rocks to land on a small sandy beach backed by large round boulders. We were entertained for the remainder of the afternoon by the antics of the playful seals.

With only a 15km paddle to South Neptune on day three we were able to rise later, explore the island briefly on foot then casually investigate the coast line in our kayaks.

At midday we left the southern tip of the island; our destination South Neptune Island clearly in view. A steady 5m swell pounded the coast sending its spray higher than the island - an awesome sight to watch from the seat of a kayak. The group decided to paddle around the southern part of the island where the rebound waves and choppy conditions made it an adventurous paddle. We landed alongside the jetty on a steep sandy beach to be greeted by Roger Cavanagh, the person in charge of the island's weather station.

Roger was a superb host and allowed us to have the use of one of the three cottages that form part of the one large house on the island. We were introduced to his wife, Sue, shown the layout of the cottage, then left to ourselves.

After thanking Roger and Sue for their hospitality we were on the water next day at 8.00am. Conditions seemed favourable as we headed towards Wedge Island. However after several hours and the occasional GPS reading, things didn't seem right - we had covered only a short distance. We



paddled another hour to see if things would improve - they didn't. By 1.00pm we had covered only 12.5km. At that rate we would make Wedge Island around midnight - not a pleasant thought. So we turned around and paddled back to South Neptune; the return journey taking only two hours.

We were perplexed and frustrated at not knowing what was causing our slow paddling. Roger came down and after some discussion headed off to try and find an answer to our problem. After an hour or so he returned having spent most of that time on the phone talking to those he thought could assist us. The bottom line was, that due to the consistency of the SE winds for the past five days, they had produced what is called a wind set current. The steady winds had created a surface current of about two knots. We had contemplated returning to Port Lincoln, though Roger advised against that. The answer was to wait for the expected SW change a day or so away.

That gave us a chance to relax and explore, very carefully though, the small but impressive South Neptune Island. The place has a fearful reputation. In large seas the island literally shakes with the force of the pounding waves. It is these treacherous seas that have claimed the lives of five people, all washed from the island, presumably by rogue waves.

The delay had caused some anxiety - we were keen to get to Wedge Island. A 7.30am start and steady SW winds helped considerably. By 12.45pm we had covered some 40km



to be admiring the awesome 200m cliffs on the SE corner of Wedge Island.

Due to our good paddling time discussion turned to the possibility of pushing on to Pondalowie Beach that afternoon. The consensus was to stay on Wedge. So we paddled on to land near John Culshaw's house then used the remainder of the day to explore the island. Four of us walked to the summit of Wedge and successfully radioed Roger on South Neptune to inform him of our safe arrival.

The last day of any expedition has an unusual emotional drain on people. You want to return home yet you don't want to leave the friendship of the group and the wonders of the natural environment. Poor conditions only add complexity to that equation.

We were paddling by 8.00am and cruised over to the Falie for a friendly chat. However conditions on the open ocean didn't make things easy. Strong winds and large seas made travelling on our intended bearing difficult.

An hour or so out my rudder completely broke off, adding to a tense situation. Without rudder or skeg Phil was still getting used to how his new kayak handled the awkward conditions. Landmarks over a long distance were confusing at first, we weren't always heading where we thought we were. We pushed through the adversity and things became clearer as we approached our destination. Sitting in the quieter waters off Middle Island we reflected upon the challenging paddle and what we had learned from

it. We quickly paddled the calmer waters of the bay, landing at Pondalowie Beach where our support crew were waiting for us.

Time was against us as most needed to be back in Adelaide. So it was a quick cold shower, tea, pack up and head off. It was on the car journey home that we could reflect on



what had transpired during the last week and upon a special achievement, to be the first to paddle the Neptunes.

TO HURT OR NOT TO HURT:



I've been competing in endurance based events for twenty years, started with twelve hour canoe paddles, then multi day paddle races, Ironman triathlons and ultra marathons. Ran thirty miles on my thirtieth, will run forty on my fortieth. No real reason other than it gives me a kick. Always liked the thought of suffering in silence as I battled away on my own for endless hours at a time.

A few years ago, generally after a weekend of competition, I used to visit a mate of mine for a massage. Now this bloke is the official Trainer for the Australian Rugby League Team, and is pretty used to massaging big strong footballers and not wafer thin endurance athletes. I used to dread the thought of seeing him 'cause he is the original 'Mr Deep Tissue', and after a race it was a frightening and painful experience when he went to work on you. On one particular occasion I'd just returned home from the Hawaiian Ironman and after getting a nine and a half hour pasting from the Hawaiian Lava God I was a truly wasted, bashed up unit. I figured I better duck round for a rub even though I was feeling slightly off colour at the thought of this guy sticking his hands into my legs up to his elbows. This bloke is usually in heavy demand for his time and the fact that he was already hammering some poor bastard when I got there wasn't a problem, and anyway it afforded me a half hour reprieve. As I was thumbing through one of the assorted sports mags on offer, a well known rugby league footballer strolled into the waiting room and pulled up a chair directly opposite me. After about five minutes he looks up from the mag he was reading and said, "You



don't look like a footballer". "No mate I'm not, I do endurance sports, I'm here 'cause he's a friend of mine and I get a rub now and then," I responded.

"Endurance sport, what the hell is that" he said. "Well, I did the Hawaiian Ironman last weekend and I run the odd Ultra-marathon, you know, stuff like that". So this bloke, well known footballer, tough guy and all, looked at me unbelievably and said, "That bloody triathlon thing that people die in?" "Well yeah", I said, "That's the event, but I don't think anyone's ever died". "Mate", he said, "I wish I was tough enough and fit enough to do that to myself".

I was a bit taken back, here was this famous tough guy footballer telling me that he wasn't tough enough to swim, bike and run for a day.

Now, I have always regarded footballers as being fairly unique sports people, and, to be honest, I have no interest whatsoever in holding an egg shaped piece of leather in both hands and charging at a group of thirteen footballers who, to a man are:

- a) Are bigger than me,
- b) Want to hurt me quite badly, but I am firmly of the opinion that they are brave and courageous people.

"So how come you can play football but you don't believe you can do what I do?" I said.

This guy then looked at me kind of painfully, almost as if what he was about to say was going to hurt him somewhat, and says, "Mate, there is a difference between being able to hurt yourself and having someone else hurt you, and believe me when I say that the greatest athletes are the ones that can put themselves through more pain and discomfort than could be possibly be inflicted upon them by others".

Fairly deep stuff!

It wasn't until I staggered home with my legs more sore than when I went in, did I reflect on what the footballer had said, "The greatest athletes are the ones that can put themselves through more pain and discomfort than could be possibly be inflicted upon them by others".

He was right, the greatest athletes aren't always the ones who win medals or get fat contracts each year to promote various products. No, some of the greatest athletes have four kids a wife and a mortgage, only have time to train a few hours a week yet toe the line in any one of the triathlon, running, endurance type adventure sports that are on offer these days around the world. Men and women who probably wouldn't be keen to take the ball up during a footy match but can deal with unlimited personal discomfort for extended periods of time, they're the greatest athletes!

Scott Wood



JLW

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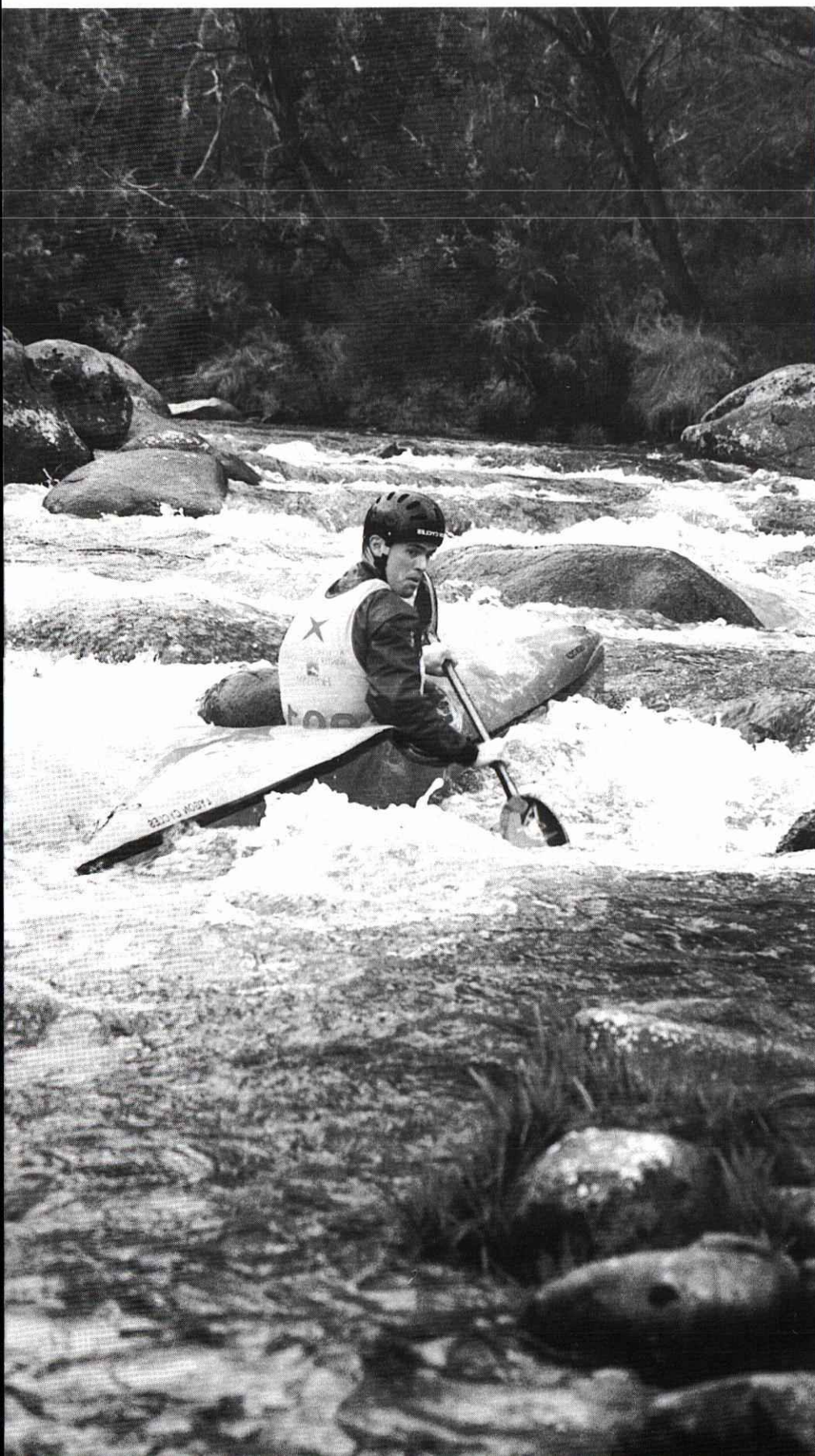
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Australia

1998 Active For Life Winter Classic



The 1998 version of this epic multi-sport endurance event held amidst the majestic scenery of Victoria's high country combined many of Australia and New Zealand's premier endurance athletes over two days of gruelling competition. It was a classic!



Race start on day two.

You might think a leisurely kayak up and down the Mitta Mitta River sounds like fun. Fifteen kilometres one afternoon, another the next morning, nothing to it. Add to that an 18 kilometre Cross Country Ski, 29 kilometres of Cross Country running and 73 kilometres of some of the roughest Mountain Bike riding you've ever seen and now, you have a challenge.

There was all that and more at the 16th Active for Life Winter Classic, held in the stunningly beautiful Victorian high country.

More than 450 brave and slightly mad competitors toughed it out over the 154 gruelling kilometres and even managed a smile at the end.

Well, some of them did.

With the option of being able to complete the course as part of two, four or six man teams or as an individual, the classic attracted entrants aged between fourteen and fifty four and it proved a real test of guts and endurance.

Beginning in the middle of Winter atop the summit of Mt Hotham the competitors made their way over the snow and through the bush down to the Mitta Mitta River. Having to firstly paddle up river from Hinnomun Jie Bridge, the sore and tired competitors showed little sign of taking it easy.

Competing in a team, seventeen year old James Tickner led the field home in the first kayak leg in a blistering time of less than an hour. However, he wasn't the quickest competitor with Chris Humphries recording 47 minutes 53 seconds.

With the river temperature hovering at three degrees the competitors didn't want to dip their feet in at Anglers Rest on the Sunday morning.

A Le Mans style start at 8.00am saw the competitors race to their craft in a frenzy of excitement. Whilst hands and arms turned blue from the

freezing cold water the true test of toughness was about realised with the Pinball Rapids approaching around the corner. Kayaks pounded into each other with at least three kayaks becoming wedged into rocks blocking the way. With water levels low due to a Winter void of rain, SES workers were on hand to assist the frozen and battered racers. For the spectators witnessing the carnage at 'Pinballs' it was a sight they won't forget in a long while, and certainly worth the arduous walk into the gorge.

Chris Humphries again showed his class and dominated the leg with a time of one hour and ten minutes. Fifty four year old Val Kalns from the Canoes Plus Seniors team produced a dynamic paddle leg to ensure his team a good chance of defending their overall title.

At the end it was Team Lactic who won the event in just over nine hours with the Veterans team with an average age of fifty years coming second just a few minutes behind.

In the individual sections it was Russel Newnham successfully defending his crown in the Open Men's division and Alina McMaster blitzing the Open Women's field.

The Active for Life Winter Classic is the ultimate test of the all-round athlete and an event worth considering if you wish to add some spice to your kayak training or racing.

There are many similar events on the multi-sport calendar, including a races in Lysterfield in late September and Yarra Bend in October.

For more details on these or other 'test of the toughest' events please call Eric Ward at Melbourne Multi-sports on (03) 9897 3536 or Stuart Anderson on 0419 135065.

Mark Wembridge

Winter Classic number 16 for Bruce Strau



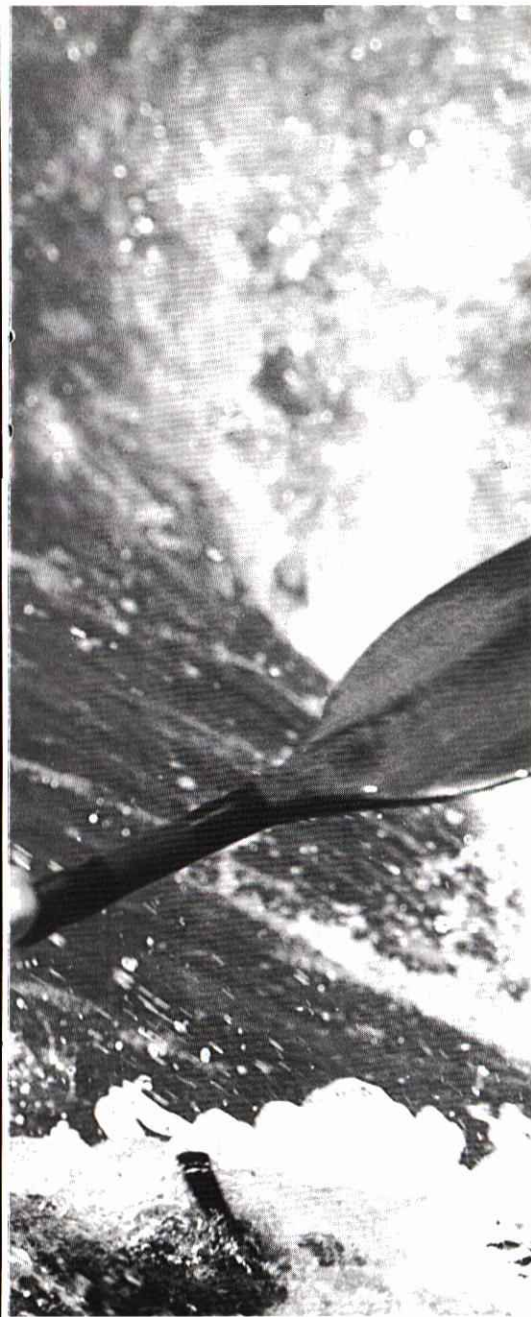
Fred Watson enjoys it backwards.



IT'S ALL ONE RIVER

(....goodbye to all that.)

Late in the evening: December rain, a bottle of red wine, King Lear. The phone rings. The conversation's meaningless to the uninitiated. "Obi's 0035. It's rising" Later, a bottle of wine, not really sure I ever got to bed, doubts surface. Haven't paddled rapids since October.



Not good preparation. How hard's this river anyway? A familiar voice, distorted by morning peevishness, grumbling: "It's mostly twos and threes. A couple of fours. Some nice little drops." Stagger round, search for gear, translate that last little bit of information. I'm too old for this kind of morning. And doors open in the wine soaked spaces of my head and the memories come stumbling in to wait impatiently to be recognised.

Packing is automatic, the hard bit is choosing the right music to evoke the right memories to make the drive possible. The Eagles? "Take it to the limit", Gibson, Cornwall, and the Atlantic surf

shredded by a force seven gale. Driving down each morning, numb with fear and cold, to the inevitable thrashing, the Eagles promising "somebody's gonna come undone..." wrong associations. Bach and Warren Zevon for the journey home. Ewan Maccoll for something to sing to.

Been so long since it rained the windscreen wipers have forgotten how to function. Their erratic, squeaky progress across the windscreen is deeply irritating. Why is it that getting to the river is always scarier than the river itself? Drifting from lane to lane in the slashing rain, drifting from drive to drive in my head...Dixon fishtailing round the bends on the way to the South Fork of the Salmon, pointing to the places where he'd landed in the days when he used to leap out of perfectly sound aeroplanes to put out forest fires. The only thing holding the boats on the roof are two dubious bits of string. The only thing holding the roof rack on is my right hand and two very tired looking clamps.... The car shakes and squeaks. I hate cars. They are the bane of my life, and my bank balance. Just let me get there, God. We broke down

on the way to North Wales. The Silly Blue Van had four tyres and they were four different sizes. I couldn't turn the heater off so our feet roasted as the windows shook themselves open and the snow froze our ears. First time I broke down it was because there was no anti-freeze in the radiator. I was paddling on the Dart in winter, four inches of overnight snow on the boats on the trailer... Maleny in the rain; green, cool.

The others arrive, on time for once, their car buried under a preposterous number of boats. This is civilised urban Kayaking, so, we raid the cake shop first. Trevor films me searching through dustbins. The locals don't bat an eyelid. Now, about those little drops. No problem he says. They just look awful. So do I. Who is this ragged

looking fool, and why is he staring at this notice which asks passing strangers to be kind to the porcelain fairy who has flown away and may be wandering, lost and alone? Lear and the wine, that numb end of year feeling, the worry over all the work that isn't done, the things that needed to be done today 'cos you're flying out on Thursday, all of it is swept away and purged clean as the grossly overloaded car struggles along the way to the put in. We're going boating. What else matters? Well? Make a list? First they don't have music in this car, and that's bad. Was this spray deck always this tight? Hot, cramped, rushed. At least the coffee, chocolate and splits are in the boat ... at the last moment, I remember the jelly babies. Essential equip-

ment, Jelly Babies. The airbags get left behind. Downstream we reach Gardiners falls. Trevor is no longer a mild mannered doctor. He has become 'Waterfall Man', and he does it, twice. I know it's not hard. I know I can do it. I find myself stranded at the point where desire becomes action. A gap opens between them and Lear and the bottle of wine and all the other nagging debris of my life are interfering with the urge to walk back up the river and get in my boat. I do it in my head but my legs refuse to follow.

Been so long since it rained the windscreen wipers have forgotten how to function. Their erratic, squeaky progress across the windscreen is deeply irritating. Why is it that getting to the river is always scarier than the river itself?

The river is tight and soon we're all bashing into rocks. Yet another Indestructible Plastic Kayak is gutted, its hull neatly slashed open. We stand in the rain making helpful noises. When this fails we share the coffee and chocolate and jelly babies. Some of these rapids would have names if they were on a more popular river. They blur into one another, a succession of tight rock gardens leading to ledges. Zen and the art of Kayaking; when there is no past or future tense, just this moment, as one move flows into another; when there is no distinction between thought and action, between

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anticipation and response, only the paddle moving to brace and pivot and propel. We run a ledge on sight and look back and laugh uneasily. A tree in that Shute, and we'd be stacked up like cups in a dispenser, except we'd be crushed and drowning. How many rapids? They're a little too low to be pleasant. Stuff Zen. My arms are tired. I'm tired of bouncing off rocks. I drift into dreams of rivers that have space to move and room to dream ... Lanz bar and the wedding celebration surf.. Off the Wall on the Nymboida at high water ... and bump a few more rocks because I'm not paying attention. Then it's over. We're out on the lake, slogging across to the car. I try to explain that it's all one river really.

You begin the day when you put

your boat on the water for the first time and the journey unravels across geography and time. As soon as one trip ends another is beginning. There are times the distance between paddles seems endless, but those times are just elongated car shuttles, a case of moving your boat from one stretch of River to another. The trick is to love all of it; from the Goyt in northern England, a festering, foam covered drain that smells as evil as it sounds, to the rivers of heaven in Middle Asia; from the flat brown rivers Jackie hates to the wild ones she loves. But Maleny itself is special. We fall in to the Adventure bookshop, to be greeted enthusiastically by Bill Nye who owns the place. I forgive him for owning a first edition of 'The Ascent of Rum Doodle' and



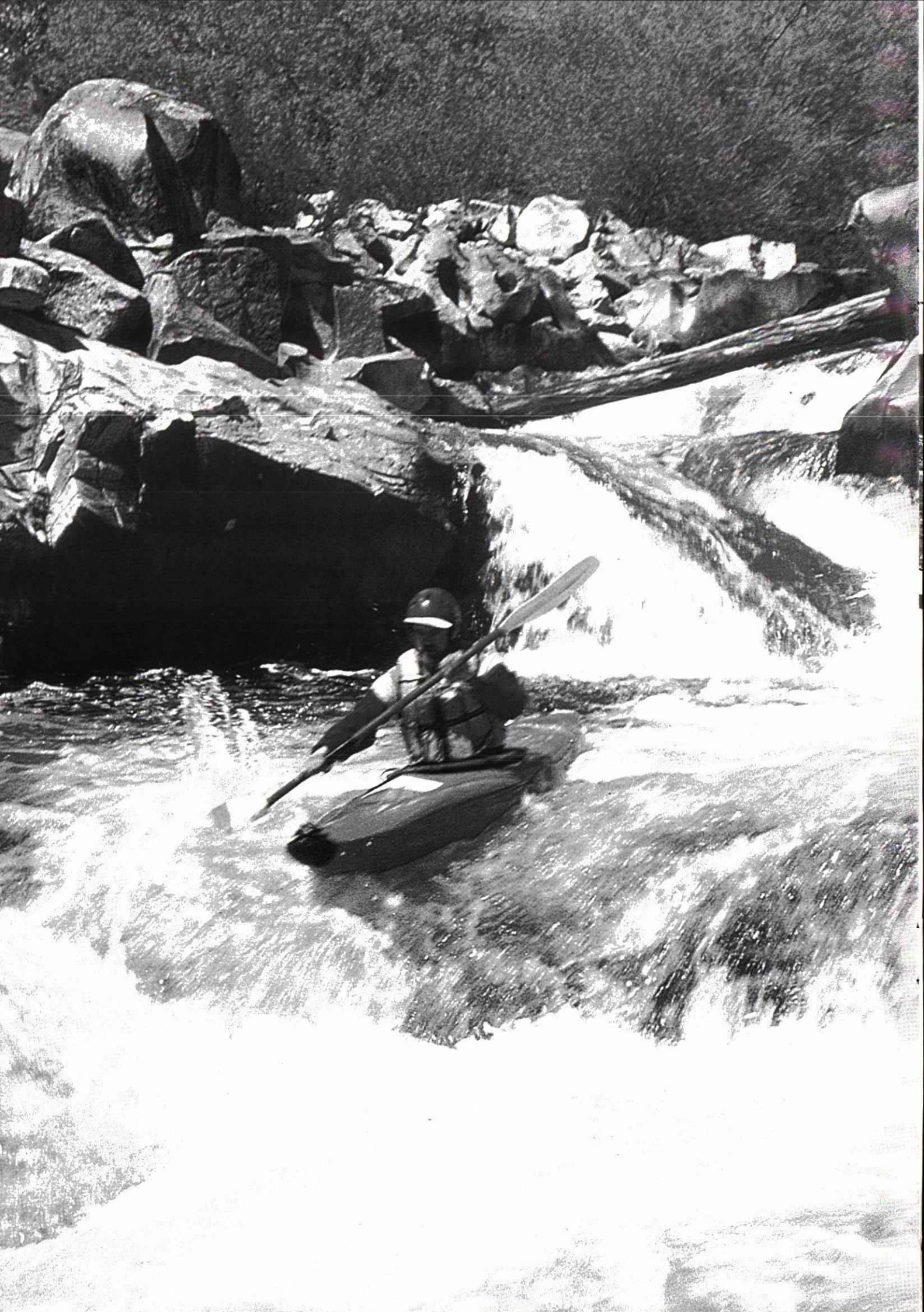
My arms are tired. I'm tired of bouncing off rocks. I drift into dreams of rivers that have space to move and room to dream... Lanz bar and the wedding celebration surf..

after walking back up the road to check if the porcelain Fairy had found her way back to the window display (she hadn't) I started for home. Feeling good now. Tired and dreamy. Warm ache of sore muscles. Ah forget the broach. Forget Gardiners falls. What does not destroy us makes us stronger. Or a little more sensible.

Cool evening, sun going down, and the long drive home. Turn the music on and drift... Going home memories have a peculiar mellow-ness... Singing in the bus home from the French Alps; Alison's Restaurant in fifteen part disharmony... "Cassidy", the Dead and the road unravelling in Marty's headlights on the way back from Lunch Counter on the Snake; an endless conversation that ended near midnight outside a plush hotel. Loosening his revolver, the nightguard came down the steps,

anticipating trouble. 'Just pop' said Marty, pointing at the coke machine, reduced this once to incoherence by the night and the drive and the silliness of it all, Just pop. Excitable Boy and Tom, and the irate man who objected (unreasonably we thought) to the fact that we'd spent the night on his lawn. I woke up to stare into the double barrels of his levelled shot gun; "Get offa my land. And I mean now." Now. Now I feel tuned in to the river again. This is as spiritual as it gets. Or as much as I want it to get. Tomorrow: well, tomorrow back to the dry world and the company of people who simply wouldn't understand this feeling. A wage slave on Monday. Naturally. But I was a Free Man one Sunday, on a little section of The River.

Liam Guilar



NEW ZEALAND PADDLING

It was the morning of September 16th when I experienced a great revelation about the character of NZ white water. Only the evening before Bob had been scoffing at the arrogance of the meteorologists in predicting 80mm of rain to fall between 8pm and 4am. The rivers had been lowish, so considering the precipitation insignificant we continued with our plan. All aboard the minibus, the truck loaded, two rafts and eight kayaks we left camp heading for the Maruia river. A big training day, beginners and novices in the extra kayaks, concurrent raft guide training on an easy, although remote, river trip.

The Buller river by the campground had risen noticeably overnight, so we prudently decided to drop in to the Murchison Canoe and Kayak School to benefit from local experience.

Oh, no you can't take novices down there.

What about another section of river?

How about the Doctors creek run?

Oh, no I wouldn't be taking anyone there either

What about experienced kayakers?

Will they roll? Not can roll, but will roll?

Otherwise you're looking at some long swims.

We thanked him for his advice and drove down to look at Sullivans rapid. It was absolutely thumping, confirming the requirement for a change of plan.

The Doctors creek run on the Buller river. We had done this section previously, although it had then been, fairly tame. Two rafts, six kayaks (volunteers) experienced the strong swirly eddies and boils of big water fame. The water bit Macca, who, sure enough went for a very long swim before recovery. Somewhat intimidated, he finished the journey by road. It was drizzling that afternoon, and we were a little apprehensive in moving to a more difficult section of river. Both guide books tend to play up the difficulty of the rapids. Nevertheless we drove to Lake Rototoiti, the source of the Buller and paddled through, what turned out to be, continuous Grade 2+ rapids on a short 2km run.

Despite the combination of altitude, poor weather and cold water the trip was run twice, although the second run only took 10 minutes.

As members of the Army White Water Association (AWWA), we felt privileged to be overseas on Exercise Kiwi.

PADDLE TWO

Proudly sponsored and supported by DEFENCE HEALTH and DEF-CREDIT the burden on individual finances was small. Some members however, chose to take advantage of a group discounted MACPAC purchase, most notably Paul (the gear freak), who decided to restrict himself to a mere \$2000.00 personal allocation for equipment and clothing purchases. Other expenses included occasional social evenings of cross - Tasman liaison and beer sampling. The locals in Murchison treated us well at a pool and darts night although we were (in a word) thrashed. Not enough participants exhibiting characteristics of mis-spent youth. We based our operations on the South Island, at Murchison some 4hrs drive north and west of Christchurch. The nearby Buller river is one of the largest rivers in New Zealand and, along with its tributaries has a number of good white water runs. We met at Christchurch on 12th September having travelled from various places in Australia. A few familiar faces and many new ones, needless to say we will be relying on each other in the turbulent days ahead. Straight into

the vehicles and off to the Murchison, Riverview camping area. A good location, a kitchen, common room, tiny cabins and an ablutions block with (\$2 for 6 minutes) coin operated showers! Everyone pretty tired, off to bed, white water tomorrow.

13th September

Buller river, (Doctors creek run). This trip is only a few km upstream from the camp. The swim test was a shock, the very cold water made one feel as if you had eaten too much ice cream, too quickly. River mechanics lessons, rapid swimming practice. We all had a go at being a throwbagger and throwbagee. Well all except Moose that is, he dutifully drifted past.

A pause, Moose, now some 50m

**It looked to me like a huge brown shaken milkshake,
a carnage of confusing waves and water. I peeled
out into the main flow, crested the lip and was
confronted with the biggest wave I have
ever seen on a river.**

downstream looked around to receive the cry in unison "Swim!" someone added, "Save yourself!" His first self-rescue. Needless to say further throwbag consolidation was required. Finally on the water, for a straight forward Grade 1-2 warm-up paddle. That afternoon we tried the Matakītaki (Middle run) which included a couple of sound Grade 2s and included a very scenic gorge. We even had time at the end of the day for Bob, Rod and myself to have a play on the Buller river, O'Sullivan's rapid. O'Sullivan's is the site of a number of national slalom events, it has a nice surfing wave which Bob managed to catch for a time.

14th September

Mount-up into the bus and truck, off to the Buller river (earthquake run). In 1968 an earthquake brought down a huge slip, damming the river for some time. When the river finally broke free it scattered boulders down the riverbed for kilometres creating some excellent rapids. Two rafts, four kayaks it was good being out on point (in front). The river was wide with long, although relatively straight for-

ward rapids containing some big waves. The rafts tried to accentuate this with an over-rear call, resulting in some quite radical raft attitudes. Managed to scout all the rapids, including the largest (Gunslinger) from the kayaks.

The afternoon turned into a mini-epic. We planned to conduct the Buller river, Sullivan's - Akiri falls run (only 6km). The rapids were moderately challenging until we arrived at Akiri falls. A considerable time was spent here pondering, Raft-will we, won't we, and Kayak-will I, won't I, how, and of course - who is going to be the bunny to go first? Touted as being the largest volume waterfall in NZ it is stretching it, to call a 2.5m drop a waterfall. A large, possibly unswimmable, stopper river centre and left. On river right, a thin curling wave indicated the only significant outflow and the obvious line. Throwbag cover and cameras at the ready Rod, Bob, myself and Derek shot cleanly through. Running the falls committed us to a short gorge and a later pullout point. 500m to the limestone quarry involving a walk-up. The raft crews had decided not to run the falls, they portaged and then followed. The boss (being the driver this afternoon) advised the rafters to continue to the earthquake run put-in. Quote "only 45 minutes" and would meet us there. Well 10km and 2hrs of flat water later, the famous 45 minutes became synonymous with any long length of time, for the remainder of the exercise. There was some discussion about renaming ourselves Army Flat Water Association.

15th September

Time to expose the participants to the joys of white water kayaking. We negotiated a most reasonable deal with the local Kayak school and hired four kayaks. Personally I was most happy with this because I could now paddle a hired Dagger RPM (small volume playboat) and still plenty of kayaks to go around. The Buller river (Granity creek run) challenged our intermediate paddlers Colin and Mick. The grade 3 granity creek rapid was certainly worthy of inspection and throwbag cover. Colin avoided the go-no go question completely however, by coming out of his kayak in the eddy preceding the rapid and letting his craft successfully run granity creek on its own. Macca got trashed in the diagonal stopper

wave. Mick made it, but then fell over in the eddy at the bottom. Both rafts took a careful line down river right. The most taxing rafted rapid to date. We are coming to the realisation that we need to challenge the rafters more, even if only as preparation for the planned trip on the Rangitata gorge, Friday afternoon, novice kayakers Matakitaiki (middle run). The swirling eddy at the put-in was a little different from the canoe polo pool, it claimed a number of victims before releasing the group from its grasp. Well done Rhys, Jody and Paul holding on for those bow rescues.

All went well for a while, Derek out front, myself as sweep and Macca in the middle without a tow system trying to bulldoze Arthur's waterlogged kayak to an eddy. Arthur had come out at the bottom of a longish rapid, his kayak ended up further downstream stuck in a tree. Two throwbags and plenty of muscle power soon saw us on our way.

Well that about brings me back to the start of this narrative, and the coming of the 'big wet'. Another excellent meal most competently prepared by the never tiring Jody, we could eat our fill, do our chores, play cards, maybe a run into town? The rain pattering away, some wetsuits

NEW ZEALAND PADDLING

and cags still on the line, the owners to suffer for their negligence in the morning. I spent some time this evening planning the trip for 16th September, my turn as trip leader, some juggling to give everyone a go in kayaks on the Maruia. The phenomenal rise in river levels overnight put an end to that plan.

17th September

Our second day on the bigger water, time to up the challenge a little. The Matiri, described as an excellent river after rain, is our plan for the morning. Unfortunately, the morning inspection of the final two rapids (while enroute to the put-in) indicated the river had dropped significantly overnight. We elected to continue as planned, then bogged the bus to the axles. Actually the river trip was most excellent through the tight gorge section. In the final rapid, looking for a

challenge, Mad-dogs raft got stuck in a stopper, Arthur went over the side, some paddles drifting downstream - minor carnage. The afternoon had been allocated to clean-up, however, Rangitata rafts rang and advised that their river was in flood and would be too high to raft on the 18th. Last chance for real big water is therefore NOW! With a little difficulty the feeling of wind down was changed to "on the job". We headed off to repeat the Buller river (earthquake run) and knew, even at the benign put-in, that this river trip would be different. Simple Simon, One Night Stand, Whopper Stopper, Rollercoaster and the Slide. This is what we had come looking for, the ultimate white water fix, BIG water, BIG waves what a ride. At point, I eddied out just above Gunslinger with the other kayakers, Rod, Bob and Derek. We were soon joined by the rafts of Mick and Maddog. Rod climbed up the

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rocks a little and gave me the go signal, calling out "Yeah, it's OK, go straight down the middle!"

It looked to me like a huge brown shaken milkshake, a carnage of confusing waves and water. I peeled out into the main flow, crested the lip and was confronted with the biggest wave I have ever seen on a river. Easily 4m in amplitude I could put in a couple of paddle strokes on the downside then a few more on the way up. Over the top then another, and another, confusion now, waves at angles, some breaking tops, towers of water, visibility was poor amongst the waves, lean forward, keep paddling hard. I hopped into a strong eddy on river right, pumped with adrenalin, I held up my paddle for the go signal, man what a ride! Chatting with Paul later, he describes; "We thought you had gone over, you disappeared and we counted 1,2,3,4,5 then you finally reappeared on the next wave. I didn't realise just how big the waves were until you and your little boat was amongst it. The other kayaks came down without incident, then the rafts. Mick's raft, over the crest squarely, disappearing from view. On the second wave however it was at an angle, hit some breaking water and went right up on its side, spilling its crew into the water and then landing upright."

Moose takes up the narrative; "We tipped way up, I hung on, Annie and Macca in front of me fell out. Macca was swept away but Annie was still holding on to the lifeline. I went to

NEW ZEALAND PADDLING

help her and then realised I was the only one left in the raft. I pulled a couple of people in, Mick somehow launched in airborne over the back, and took a throwbag to the front for Macca. No-one was steering so I took the guides position, and called "On the job!" Back to me: from the eddy I saw Macca in the water and headed to intercept. The throwbag from the raft fell short, I was close now and called out to grab on. Very fast current, still 1ft out of reach, when we both dropped into a stopper, Macca went underneath the kayak, resurfacing some 20m downstream from me. I broke off the chase at this point, the raft had caught up. A bit of a regroup, a few smaller rapids, we drifted down to the Iron Bridge take-out point as high as kites. So I guess the trip is basically over ... or is it?"

18th September

We spent the 18th packing, cleaning etc and then drove four hours or so, to Burnham Barracks near Christchurch. On the way, we were directed into a truck weighing station. The policeman (a strange character, number one haircut and a goatie,

looked like he belonged on a Harley) was a little shirty because he had to wave us in - didn't we know we had to stop? Apparently in NZ a bus is a truck?? Anyway it turned out that the hire company had skimped on their rego fees, which are based on declared vehicle weight. At 230 kg over that company has a \$500.00 fine inbound. A phone call that afternoon revealed that the Rangitata would be negotiable on the 19th so more white water coming up! Some members had a big(ish) night in Christchurch, and their were a couple of seedy faces on the bus as we conducted the 1.5 hour midday drive to the Rangitata. The Rangitata gorge is generally considered to be grade 5, due to the difficulty of the run we utilised the services of a professional rafting company for rafting equipment and guides. They allowed our members to guide the rafts while providing us with advice based on considerable experience. I was in a dilemma, to raft or kayak? I even went to the canoe shop in Christchurch having still not decided. Then, "OK, let's do it." I hired a boat. As it turned out the raft company had a couple of kayaks available anyway, so Bob also com-

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m a g a z i n e

k a y a k & c a n o e



Testosterone: down for the count!

Testosterone is a banned substance. The International Olympic Committee Medical Code includes testosterone as a banned in the list of Doping Substances and Methods.

In the last two years seven testosterone positives have been entered on ASDA's register of Notifiable Events. Once considered an 'undetectable', developments in urine analysis can determine the presence of banned levels of testosterone.

TESTING FOR TESTOSTERONE

Testosterone is a naturally occurring hormone. A doping offense is recorded if an athlete returns a sample that indicates an abnormal ratio between testosterone and epitestosterone (T/E). If an athlete records a T/E ratio of greater than six to one, regardless of the cause of the ratio, the athlete will be notified. ASDA will request three further out of competition samples within a three month period to monitor the T/E ratio. If the further tests indicate that the athlete has doped, the offense will be entered on ASDA's Register of Notifiable Events. When confirmed both the athlete their governing sporting organisation will be advised.

THE PENALTIES

The sanction for testosterone use varies between sports. Australian athletes have been

sanction up to three years for banned levels of testosterone. For second offenses athletes have been banned for life.

Increased testosterone levels can have unwanted and dangerous side effects similar to those reported from anabolic steroid use. These effects include permanent liver damage, diabetes, acne (on face and back), heart problems, mood swings including violent or aggressive behaviour. In males it can result in infertility, baldness and a decrease in size of the testicles. In females testosterone use can result in a permanent deep voice, increased body hair, enlarged clitoris and problems with menstruation.

GROWTH HORMONE - THE NEXT ON THE LIST

Research continues for an effect method to detect Human Growth Hormone (HGH). Although there is limited research on this banned substance, athletes have used HGH in an attempt to gain an advantage. The substance is reported to increase muscle mass however the side effects of the hormone include the growth of other tissues including internal organs. Spleen and liver damage can result. Athletes who use HGH also risk enlargement of facial features, soft tissue on hands and feet and forehead. This condition is known as acromegaly.

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mitted himself. Two rafts, two kayaks, we put-in on the Rangitata and headed down towards the gorge. An excellent commercial trip, the rapids start easy at grade 1 and work on up to grade 5.

The Pencil Sharpener, and then Tsunami, a quick brief on what's down there and then through we go. The water was not as big as the Buller earthquake run, but it's much more complex and turbulent. Prior to the Rooster tail, we climbed up the bank to have a look. This rapid has an ugly hole at the bottom (river centre and left) called the Pigs Trough. Right of the rooster tail wave is the line, although, when going for it, the river was determined to take me straight for the trough. A couple of desperate strokes to fix it just in time. Bob did two rolls at the bottom of this rapid. We are all still together, so far so good. A couple more rapids and then the finale, the crux rapid, the Pinch.

Another inspection and a complicated plan involving powerful water in a 300m gorge. The rapid has two very large stoppers which are named after people (guess why) Arlene's hole and Harry's hole. The plan: River left past Arlene's hole, then back across to pick up the eddy on river right below potato rock. Re-enter, shoot the next drop and grab the eddy on river left below the large pourover. Ferry glide out into the middle so that you can hit Harry's on the right and pointing right.

Hmmm, the best laid plans... I eddied out below potato rock only there wasn't an eddy there only flowing water - which had a gradient! I dropped backwards into a smaller one below. Bob arrived, and by now the rafts were through, the crews climbing onto a big rock river centre, in order to view the entertainment. A few breaths and into it again, short work to the next eddy as planned. Bob arrived, I pulled out, working hard to get right. Over the drop

NEW ZEALAND PADDLING

angling right, the heart started racing when I realised I was about to enter the most enormous stopper wave. On river right, however it was extremely aerated and I punched right through it, in fact I was accelerated, hard, straight into the cliff and going vertical. It wasn't an easy matter extricating myself, I had cliffs on three sides the ones to my left and right only

2.5m apart. I needed to back up a boat length, or turn around and the water was surging in and out changing the level about 1m each time. While edging the kayak around, (almost like a multi-point turn in a vehicle) I went vertical twice more, once nose down, and was momentarily stuck sideways when the level dropped. This is OK, you'll get out of here, just stay upright.

Finally I could head out into it again. Done the Pinch! What a rapid! Talking afterwards the locals said "You never do two runs the same." The rafts drifted on down, deliberately leaving everyone stranded on the observation rock. All, including Arthur, had no choice but to jump in, for a swift water float back to the craft. It had been a glorious sunny day, a successful expedition, a BBQ, a couple of beers, a magnificent view of snow covered mountains, the shadows growing longer, the close of a successful day and an outstanding EXERCISE KIWI

PADDLE 2 PARTICIPANTS:

David Jamison (*Boss*) 45 minutes.
Brent Maddock (*Maddock*) Raft guide guru and card sharp.

Derek Stevens (*Derek*) Expedition leader and Nazi.

John Gordon (*Gordo*) Me - author.

Rod Greedy (*Rod*) Gilligan look-a-like.

Paul Middleton (*Paul*) Gear freak, loves lollies. (In fact his parents own a lolly factory and feed him the rejects)
Colin Gunn (*Colin or Gunny*) The ethical lawyer. About bringing stuff back to Australia, Quote: "Yeah I'll carry it back for you but I won't lie, if they ask me, I'll tell them it's for my mate who's too scabby to pay the duty."

John McDonald (*Macca*) Good Swim.
Jodie Clark (*Jodie*) Tireless cook, driver and participant.

Michael Kingston (*Mick*).

Bob Godfrey (*Bob*).

Mick Welsh (*Moose*).

Ann-Marie Young (*Annie*).

Rhys Jamison (*Rhys*) Son of David.

Max Lisman (*Max*).

Arthur Griffiths (*Arthur*).

A successful exercise, of nine days, three involved travel and six, white water, twelve river trips were completed. All expedition objectives were achieved and a significant contribution made to the experience base of the Army White Water Association. The exercise has assisted in the development of those desirable qualities such as leadership, courage, initiative and teamwork, essential ingredients for service members and for future AWWA expeditions. (As a bonus, we had a good time).

John R Goodman

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October 1998

Facing the facts. Fear, frustration, and fun: learning to Paddle 101.
 Meyer, J.

Canoe & kayak (Kirkland, Wash.)
 ISSUE: 26 2 May 1998 16
 KEYWORDS: learning | skill | surf kayaking | fear | pleasure
 ABU-9314

Turning the post: post your paddle for something to hang on to in a turn.
 Salins, S.

Canoe & kayak (Kirkland, Wash.)

ISSUE: 26 2 May 1998 26
 KEYWORDS: canoeing | turn | technique
 ABU-9315

Have a camera while paddle: a good picture is worth a thousand words, but getting it is another story.
 Rice, L.

Canoe & kayak (Kirkland, Wash.)
 ISSUE: 26 2 May 1998 60-72
 KEYWORDS: photography | canoeing | kayaking
 ABU-9318

July 1998

Grow gracefully : the program.
 Hatch, R.
 Kayak & canoe magazine (Sydney, Aust.)

ISSUE: October 1998 42-44
 KEYWORDS: canoeing | training | program
 ABV-0456

A case to protect your face.
 Tefft, P.

Paddler (Eagle, Idaho)
 ISSUE: 18 3 October 1998 96
 KEYWORDS: helmet | face mask | prevention | injury | face | whitewater kayaking
 ABV-1951

How to make your canoe to kayak blade stick.
 Ford, K.

Paddler (Eagle, Idaho)
 ISSUE: 18 3 October 1998 97-98
 KEYWORDS: kayaking | canoeing | technique | biomechanics | efficiency
 ABV-1952

Going with the flow: the right way and the wet way to land and launch.
 Salins, S.

Canoe & kayak (Kirkland, Wash.)
 ISSUE: 26 3 July 1998 18
 KEYWORDS: technique | canoeing | landing | launching
 ABV-2516

Taking no chances: a little planning goes a long way—think ahead.
 Meyer, J.

Canoe & kayak (Kirkland, Wash.)
 ISSUE: 26 3 July 1998 28
 KEYWORDS: surf kayaking | skill | decision-making | safety
 ABV-2517

It's all in the wrists: the low brace is the favourite of many paddlers.
 DeRiemer, M.

Canoe & kayak (Kirkland, Wash.)
 ISSUE: 26 3 July 1998 34
 KEYWORDS: whitewater kayaking | technique | paddling | brace
 ABV-2518

August 1998

Home or away : centralise or decentralise, develop our sports with the traditional wide base, or develop narrow focused

Hatch, R.
 Kayak and canoe magazine (Sydney, Aust.)

ISSUE: Aug 1998 36-39
 KEYWORDS: canoeing | Australia | administration | elite athlete | training | institute
 ABV-5055

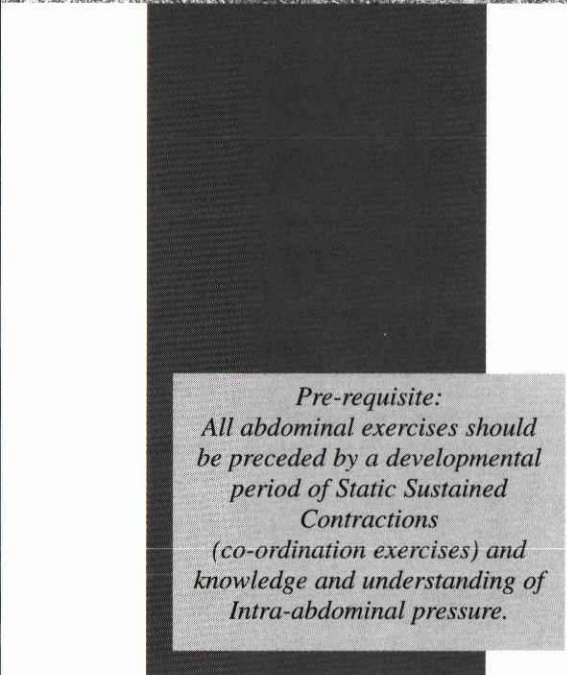
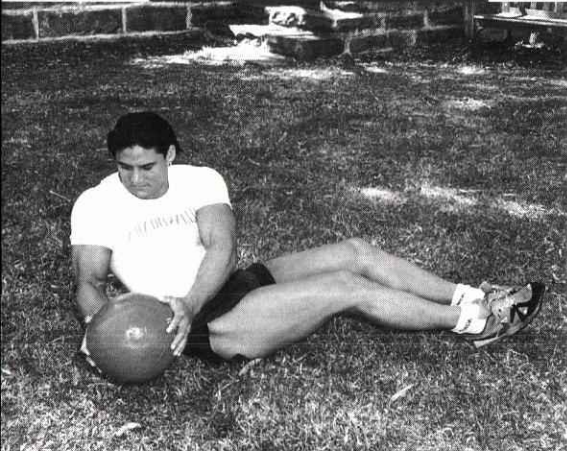
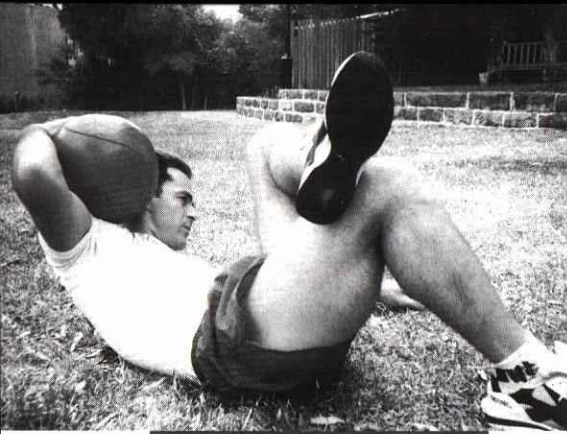
The importance of challenge in recreation - a case study.
 Rickards, P.

In, Citizenship - beyond disability : NICAN 1996 conference : workbook, Curtin A.C.T., NICAN, 1996, p.55-57
 KEYWORDS: handicapped | case study | surf kayaking | vision disorder | participation | integration

ABV-5077
 In GV183.5.N37



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*Pre-requisite:
All abdominal exercises should be preceded by a developmental period of Static Sustained Contractions (co-ordination exercises) and knowledge and understanding of Intra-abdominal pressure.*

COLLINSTHENICS

Integrative Medicine Ball Plyometric Training: Part 1

by Paul Collins B.PE

The introduction of the CT REBOUND fitness ball to improve overall power production has been found extremely useful in all sports. The latest in medicine ball technology, CT REBOUND is a medicine ball designed to bounce, increasing sport-specific applications which are functionally appropriate to the energy demands and more powerful muscular contractions in all athletic movements.

Before implementing CT REBOUND training for any sport, a basic understanding of the physiology of the sport along with the energy system demands and their contribution is very important. This analysis may assist athletes and coaches identify the specific type of fitness required by athletes and help them to prescribe the appropriate training programs and testing procedures.

The initial training period plays a critical role in learning any new motor skill. The athlete should be introduced gradually under the guidance of a qualified strength and conditioner, coach or trainer, who assesses correct technique and form.

CT REBOUND training can be categorised into five important developmental phases:

1. General strength exercises - slow and controlled body weight exercises (2 seconds, concentric, 2 seconds eccentric, or, simply, 2 seconds up, 2 seconds down)
2. Muscle endurance - medium pace, higher volume, minimal rest between sets.

Dynamic exercise phase:

3. Concentric only, movements
4. Concentric/eccentric movements - gradually building speed and intensity
5. Explosive power

Maintenance of control, stability and posture assists in maximising performance, making the movement more efficient and integrative, with a higher carry-over to sporting situations. In saying this, REBOUND exercises are also categorised as:

1. ISOLATION EXERCISES.
2. INTEGRATIVE PROGRESSION EXERCISES.
Isolation exercises target specific muscles groups, whilst Integrative exercises gradually progress the isolated muscle group into a sport specific application utilising the whole body. More importantly, CT REBOUND allows the athlete to perform specific exercises against a solid wall (rebound effect) without a partner.

PART 1 - DEVELOPING THE OBLIQUE MUSCULATURE:

Sitting in a kayak and paddling places a lot of pressure on the lumbar spine. Flexion (sitting) and rotation (twisting) load puts a lot of pressure on the inter-vertebral discs and joints and their supportive ligaments. With this in mind, progressive strengthening of the abdominal musculature provides essential support for the lower back. Introducing the five developmental phases and Isolation/Integration perspective will provide the basis for progressive development of the abdominal musculature.

ISOLATION EXERCISES:

(4 seconds each repetition, for 3 sets of 12 reps)

COLLINSTHENICS

1. Elbow to knee - bent leg

Lie on your back with your abdominals tense and low back held firmly against the ground. Resting the CT REBOUND ball on your shoulder, angle the ball across your body as you lift your shoulder off the ground towards the opposing knee, then lower. (Alternate sides).

2. Elbow to knee - straight leg

Lie on your back with your abdominals tense. Straighten the opposing leg 30cm off the ground whilst keeping the low back held firmly against the ground. Simultaneously, crunch, bringing your knee to your chest to meet the ball, before lowering. (Alternate sides).

3. Hold and twist 45 degrees

Sitting at a 45 degree angle with back straight, abdominals tense and arms extended in-front of the body, slowly twist the ball from one-side across to the other.

INTEGRATIVE PROGRESSION

The following exercises are only intended for conditioned athletes, under the strict supervision of a strength and conditioning coach. All exercises are performed as quality movements for up to 15 seconds. If form deteriorates prior to 15 seconds, the exercise should be stopped immediately.

Recovery: An increase in speed of movement places a higher demand on the nervous system and connective muscle tissue. Therefore, the body requires a minimum of 3 minutes rest between each set.

4. Concentric only:

Hold and twist is progressed with concentric only thrust. Starting with the ball on the opposite side to your partner (standing 2 metres away), tense your abdominals as you thrust the ball up and across to your partner, who catches the ball then rolls it back to your side. (Repeat, alternate sides).

Progression:

- (i) Gradually increase speed and distance. (Quality movements only).
- (ii) Both standing, thrust ball across to partner who receives it on the first bounce, and repeats action. Or, against a wall. (Alternate sides).

5. Concentric/eccentric

Partner now feeds the ball. With arms extended towards partner, tense your abdominals as you catch the ball, and slowly take it across your body before rapidly thrusting up and across to your partner. (Alternate sides).

Progression:

- Slow/moderate/medium pace; increase distance from feeder.
- Partners both sit at 45 degree angle and thrust ball across to each other.
- Thrust against solid wall (2-3m away).

6. Hand-off (half-twist)

Stand back to back, knees slightly flexed, abdominals tense. One athlete is holding the ball with the arms flexed at 90 degrees at the elbow. On go both athletes rotate their torsos 90 degrees in opposite directions and the ball is handed off. A prescribed number of rotations are performed one direction then reversed.

Torso strength and the ability to produce forceful movement with the upper body over a short period of time are important qualities for athletes. Progressive phases are required to effectively strengthen all muscle groups.

The above model is by no means conclusive and all programs should be developed with the athlete and coach to ensure optimal effectiveness.



CT REBOUND fitness balls by Collinsthénics are available in 1kg - 5kg sizes. Each order receives a free copy* of the 'Collinsthénics Medicine Ball Workout' manual (save \$20*). Packages range between \$55 - \$95. To order phone Paul Collins on: 411 85 1165.



EXTRA INFORMATION
CT REBOUND by Collinsthénics is endorsed by state, national and international sporting bodies and used by world class athletes and sporting teams as an essential part of their training.

Paul Collins, holds a degree in physical education, is author of two books and a number of sport-specific fitness programs.

Paul was a presenter at the 1998 Australian Kayak Championships on Plyometrics and medicine ball training and will be a presenter at Sports Coach 98 and International fitness Conventions in Melbourne, Nov/Dec 98.

Paul was recently featured in InsideSport magazine and runs a mobile fitness service for athletes, sports teams and associations on all components of fitness training for explosive events.

WORLD MASTERS GAMES 1998

Australian Paddlers win twenty-three Gold Medals at World Masters Games in Portland, USA

Forty-five year old Karen McPherson and sixty-seven year old Dennis Green won twenty-three gold medals between them at the recent World Masters Games held on Lake Vancouver.

Surfers Paradise paddler McPherson was undefeated in her eleven events. After winning all the singles events McPherson teamed with Hungarian Maria Zakarias to dominate the K2 program and then her and Zakarias teamed with German sisters Martha and Lara Koller to win every K4 title.

McPherson, winner of seventeen Australian Championships in the early seventies, returned to competitive paddling at the 1994 World Masters Games in Brisbane winning five Gold Medals.

Dennis Green, five times an Olympic Representative for Australia in Canoeing won twelve of his fourteen races, easily winning his K1 events, Green teamed with Victorian paddler Bruce Green to win the K2 1000 Championship and with Canadian Lou Lukanovich and the USA's John Pagas to win the men's K4.

Both Green and McPherson themselves teamed up to win the mixed K2 events over 500, 1000 and 5000 metres and with Victorian Bruce Owen and Canadian Jennifer Murphy to win the K4.



1998 Masters World Champions, Karen McPherson, Bruce Owen and Dennis Green



State round-up

1 BCE Courses

After discussions with the BCE we are to run some of our own courses employing instructors. This will include subsidised courses for Club instructors, businesses who become business members and school teachers who have a cooperative agreement of participating in a schools program. Some of the course dates will be as follows:

October 24-25th Basic Skills Instructor Intake and Basic Skills Instructor Assessment.

November 14-15th Basic Skills Instructor Intake and Basic Skills Award Assessment.

November 28-29th Whitewater Instructor Intake and Whitewater Instructor Assessment.

November 28-29th Basic Skills Instructor Intake and Basic Skills Instructor Assessment.

December 12-13th Basic Skills Instructor Assessment, Sea Kayak Instructor Intake and Sea Kayak Instructor Proficiency.

January 9-10th Basic Skills Instructor Intake and Sea Kayak Instructor Assessment.

2 Outback Safari

The Outback Safari is being held on the 9-11th of October. Teams will be made up of 3 people. The race is 120km from Brewarrina to Bouke. This event is open to all ages and most classes of Craft. For more details contact Ben Chalmers on 0412 191 887.

3 Penrith Whitewater Stadium

The Penrith Whitewater stadium and the regatta centre may be used in the future for education Courses. There have been discussions with Penrith Whitewater stadium in regard to BCE courses. Education Courses are to be run in house with centre looking for staff.

4 Schools Programs

A schools program is slowly being developed after contacting several existing schools programs.

A copy of Paddle power program has been kindly provided by Jeff Cottrell. This is similar to what we hope to develop yet more suitable to our Canoeing environment.

5 New Membership

There is a new club in NSW. The Newcastle Lake Macquarie has taken over from what use to be Valentine Canoe Club.

6 New Facilities

Progress is being made with facilities at Coffs Harbour and Newcastle. These will not only serve as a club facility but a facility for development and education programs. We will apply for funding and have and allocate some support to ensure we have some ownership in the assets.

7 Camps

After negotiations with NSW Sport & Recreation we will be holding development camps at the Sydney Academy of Sport every 6 months.

8 Talent ID Funding

We have received \$ 7000 Talent Identification Funding from NSW Sport and Recreation for our Beyond 2000 development funding. One of the priority areas includes a C boat sprint program and slalom in Western Sydney as well as our statewide program.

9 The 49th AGM

The 49th AGM was successfully held on August 29 at the Sydney International Regatta Centre at Penrith. NSW Canoeing welcomes back its executive committee whom also have their own allocated portfolios.

These are as follows:

President:	Graham Halford
Development:	
Snr Vice President:	John Malcolm
Competition:	
Treasurer:	Jeff Cottrell
Education & Coaching	
Elected Member:	Trevor Williamson
Member Services:	

It must be noted there is still a vacancy on the executive committee for another elected member. If any member is interested please contact NSW Canoeing. The AGM also elected Greg Corner as the publicity Officer and returned Lex Basden to the position of Environment Officer. All Office Holders can be contacted via the NSW Canoeing Office.

10 Challenge

There have been a number of developments for the Sydney City Mission Harbour Challenge. NSW Canoeing is also willing to hear from any volunteers that may wish to help with the staging of the event. This could include spending a summers day on a boat on the Harbour.



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- Dr Jirgen Kozel**, Director of the Trainer Academy, Cologne, Germany
- Alain Marion**, Senior Consultant, Coaching Association of Canada
- Dr Darryl Siedentop**, coach education expert, USA
- Dr Brent Rushall**, psychologist, San Diego State University, USA
- Meg and Mike Stone**, strength & conditioning experts, USA
- Dr Keith Lyons**, Director, Centre for Notational Analysis, Wales
- Karen Inge**, sport dietitian, Victorian Institute of Sport
- Sue Hollaway**, double Olympic athlete, Canada
- Barry Mano**, President, National Association of Sports Officials, USA

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- gain NCAS Updating points — offered by a majority of sports
- visit the trade exhibition showcasing the latest products and services for coaches, athletes, officials and administrators

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Australian Institute of Sport



VICTORIAN



SPORT AND



e v e n t



c a l e n d a r

date	discipline	event	venue	details	contact
October 1998					
10-11	Sea Kayaking, Outrigger, Surf Ski	Australian Ocean Sport World Cup	Mooloolaba	Guy Leech Events	0416 224826
16-18	Australian Canoeing				
	Annual General Meeting	Sydney Airport Hilton Hotel			
16-18	Coaching	Basic Skills Instructor	Canoe SA Office		
17	Marathon	Nepean River	Penrith Rowing Club	Tim Cole	
24-25	Sea Kayaking, Outrigger, Surf Ski	Australian Ocean Sport World Cup	Byron Bay	Guy Leech Events	0416 224826
25	Touring	Lake Leschenaultia Tour	Lake Leschenaultia,	WA ACAWA Paul Phillips	
31-1	Slalom	Seniors and Juniors	Llangollen, Wales, Great Britain		
November 1998					
1	Dragon Boat	Greater Western Games	Sydney International Regatta Centre		
6-8	Coaching	International Seminar	Deinze, Belgium		
7-8	Sea Kayaking, Outrigger, Surf Ski	Australian Ocean Sport World Cup	Coffs Harbour	Guy Leech Events 0416 224826	
7-8	Touring	Lancelin Tour,	Lancelin,	WA ACAWA - Paul Phillips	
8	Triathlon	Panthers Club	Sydney International Regatta Centre		
21- 22	Sea Kayaking, Outrigger				
	Canoe, Surf Ski	Australian Ocean Sport World Cup	Northern Beaches	Guy Leech Events 0416 224826	
21-22	Marathon	NSW Marathon Titles	Chipping Norton Lakes	NSW Canoeing	
29		St George Regatta	Sydney International Regatta Centre		
December 1998					
06	Triathlon	Sydney International Regatta Centre	Panthers		
12-13	Sprint Racing	Australian Sprint Grand Prix	Sharyn Bojczenko		
19	Long Distance	5km Distance Swimming Even	Sydney International Regatta Centre		
19	Touring	Twilight Paddle	ACAWA Paul Phillips		
31-16	Slalom & Wildwater	1999 Australian Championships	Forth and Mersey Rivers		



ORCA INFORMATION

What is this thing called ORCA?

ORCA, the Outdoor Recreation Council of Australia, evolved out of the National Outdoor Recreation Leadership Development (NORLD) project. This project commenced in 1991 with the aim of addressing concerns and issues that had confronted the industry for many years, such as a lack of a comprehensive network, lack of portable and easily recognised qualifications for leaders/instructors in outdoor activities and lack of a mechanism for the industry to input into major policy decisions. In 1992, a working party representing all states and major activity groups was established and in 1993 the NORLD Board was elected.

The subsequent establishment of networks enabled government and industry organisations to access advice and information and to respond and advocate on behalf of the outdoor recreation industry sector.

NORLD was best placed to co-ordinate this, however as a process rather than an entity, establishment changes were necessary. ORCA is the result, an organisation that builds on and expand upon the original NORLD project in response to an identified need of the industry and other associated bodies and agencies.

ORCA was provided with seed funding from the Federal Government to establish a peak organisation representing outdoor recreation at a national level, and with responsibilities in the areas of:

- communication
- co-ordination
- advocacy
- industry standards
- industry development

The outdoor recreation industry elects representatives to the ORCA Board. Through the Board and their divisions, the industry is consulted on a range of issues and assists in the development of policy. These divisions also play a vital role in the dissemination of information to the industry and in the facilitation of dis-

cussions to provide feedback and advice to the national organisation. In addition to this national role, State bodies will continue to play an essential role in state-based issues.

WHY HAVE A NATIONAL PEAK BODY FOR OUTDOOR RECREATION?

ORCA has facilitated the development of this sector of the recreation industry in numerous ways to date. These include: the establishment of clear lines of communication with relevant Federal Government Departments and their Ministers in order to initiate and review those policies that have direct relevance to outdoor recreation; representation on the Board of Sport and Recreation Training Australia (SRTA). SRTA has responsibility for the Vocational Education and Training needs of the recreation industry nationally; the 1996 Risk Management in the Outdoors and 1998 Leading Outdoor Organisations Conferences, highlighting and addressing a range of issues. Development of national curriculum in outdoor recreation participation in the Active Australia initiative, which encourages participation in all active forms of recreation, including outdoor recreation, and endorses organisations that do this in a quality manner. Representation on the Recreation Industry Council of Australia (RICA), the peak body for the recreation industry nationally. The development of the Outdoor Recreation Industry Training Package, under contract to Sport & Recreation Training Australia (SRTA).

ACCREDITATION OF OUTDOOR LEADERS

The function of ORCA with respect to its responsibility in the area of Industry Standards has raised the most discussion and concern to date.

Stakeholders have indicated that they require a process to enable them to differentiate between those courses and leaders that meet the required "standard" and those that don't. Increasingly, land managers, insurance agencies and employers are seeking an easy, descriptive way to define the skills required by those operating in the outdoors in various capacities and a mechanism to easily determine who has these skills.

Outdoor leaders currently acquire their skills in a number of ways, e.g. through Universities, TAFEs, community organisations and through general experience in the activity.

ORCA, with industry consultation, is currently developing an accreditation process that will enable training and/or assessment that occurs via a variety of mechanisms to be recognised if it meets certain quality assurance criteria. At this stage, it appears that it is the wish of the outdoor recreation industry to be "self-regulatory" and therefore there is no intent to legislate (either on a state or national basis) for the "formal" accreditation of outdoor leaders.

As part of the industry recognition of assessment processes and outcomes, Recognition of Prior Learning (RPL) will be a component. Participation in the accreditation system will be totally by choice. It will not be mandatory.

FAQ's - FREQUENTLY ASKED QUESTIONS

I bushwalk with my friends on a social basis, do I have to have a qualification to go for a walk?

No. The ORCA focus remains firmly on those providing the leadership role in an organised activity, not on the participants.

Does ORCA run courses for leaders?

No. ORCA is not a training provider, however many of our members are.



ORCA

the outdoor recreation council of australia inc.

State and Territory ORCA bodies can provide information on courses and providers within your area.

Do I have to get a licence to operate in the outdoor industry?

No. Whilst land managers such as National Parks may require you to hold a permit (licence) to operate in their service areas, there is, in general, no legal requirement for outdoor operators to hold any formal licence or qualifications to conduct activities.

Will the National Recreation Industry Competency Standards - Outdoor Recreation Activities become a legal requirement of participation in outdoor activities?

The standards refer to the skills of leaders, not participants, and reflect the views of practitioners in the field. As such they are not legal requirements and nor do we wish for them to become so. Pressure is increasing from land managers, insurance companies and from clients and user groups for leaders to demonstrate an ability to meet their responsibilities. ORCA believes that any person assuming a leadership role should have a level of skill appropriate to the role they are undertaking. It is not appropriate for someone who does not meet minimum standards (i.e. does not have the necessary skills) to present themselves as a leader or to conduct activities.

I have been a leader in the outdoors for a number of years, how can my skills and experience be recognised? Do I have to do a course?

No, you do not have to do a course, although assessment may be required to have your skills formally recognised. The assessment process will vary depending on the evidence you are able to provide. This may include logbooks, references from employers and practical demonstration of skills.

How can I join ORCA?

Membership of ORCA is open to organisations operating or with an interest in the outdoors. Application for membership is linked through State/Territory ORCA bodies or directly to ORCA national divisions through national organisations.

state contacts

Victorian Canoe Association

332 Banyule Road
Viewbank, Vic. 3084
Telephone: 03 9459 4277
Facsimile: 03 9457 5438
email: vca@werple.net.au

Canoe Tasmania Inc.

P.O. Box 230
Scottsdale, Tas. 7260
Telephone: 03 63 561 612
Facsimile: 03 63 561 612

Canoe South Australia

P.O. 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

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

Queensland Canoeing Inc.

P.O. Box 79
Sherwood, Qld. 4075
Pamphlet Sea Scouts Hall
Simpsons Park
Graceville Ave
Graceville, Qld. 4075
Telephone: 07 3278 1033
Facsimile: 07 3278 2202
email: qldcanoe@squirrel.com.au

NSW Canoe Association

P.O. Box 29
Glebe, NSW. 2037
Room 307
Level 2, Sports House
Wentworth Park Sporting Complex
Wattle Street
Ultimo, NSW. 2007
Telephone: 02 9660 4597
Facsimile: 02 9518 7859

Canoe Northern Territory

P.O. Box 70
Katherine, NT. 0851

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107 Elizabeth St, Hobart TAS 7000
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Jurkiewicz Adventure Sports

47 Wollongong St, Fyshwick ACT 2609
Tel: (02) 6280 6033

Patagonia Australia

497 Kent St, Sydney NSW 2000
Tel: (02) 9264 2500

The Canoe Shop

408 Scarborough Beach Rd,
Osborne Park WA 6017
Tel: 9443 4436

Goodtime

29 Ipswich Rd, Wooloongabba
QLD 4102 - Tel: (07) 3391 8588

Snowgum

2/16 Bishop St, Sturt Park Darwin NT
Tel: (08) 8941 7370

581 Murray St, Perth West WA
Tel: (08) 9321 5259

Scout Outdoor Centre

192 Rundle St, Adelaide SA 5000
Tel: (08) 8223 5544

Sydney Kayak Centre

The Spit Bridge, Mosman NSW 2088
Tel: (02) 9969 4590

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