

kayak & canoe

KC magazine

VOL: 11 1999 \$5.95

PRE WORLDS EUROPEAN TOUR
SEA KAYAK:
BASS STRAIT CROSSING

SLALOM
KAYAK
CANOE

JLL
CHALLENGE

SHANE SUSKA PROFILE

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Standard Outfitting

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- Minicell walls

Vital statistics

Length: 307 cm (10'1")

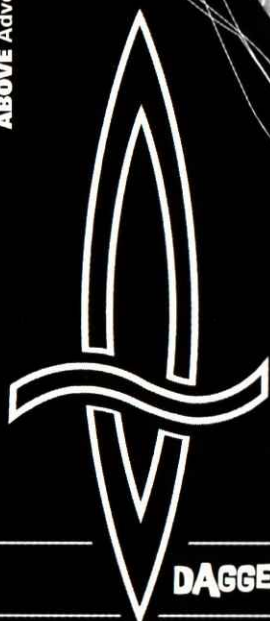
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A mate of mine called a few months ago to tell me he was going to paddle across Bass Strait and asked if I would like to do a story for the Magazine. Initially I wasn't real keen. Stories on crossing Bass Strait by paddle had been done fairly regularly over the years and there are only so many ways to tell the story. Sometime after, I ran into former World Champion and Americas Cup sailor Ian Murray during a Charity Golf Day at Manly. Ian was an entrant in last year's Sydney to Hobart Yacht Race. His boat encountered trouble not long after entering the Strait and were forced to turn back. "How dangerous is it?" I asked. As someone who has sailed on every ocean, Ian Murray is one guy who is qualified to his view on Bass Strait and in his own words, "It is one of the most dangerous stretches of ocean on the planet." So I rang my mate back, and I said "I'll do it, but let's give the people some necessary info on how to go about it. If someone wants to paddle the Strait let's tell them as much as possible about it. What is the best time of year to make the crossing; the best food to take; whether there is accommodation available on any of the islands; is water in plentiful supply and what type of craft can be used." As Ian Murray said, "If you're going to do it, be prepared for everything and do it right." Hopefully we have covered these questions for you.

August is World Championship time for Slalom and Sprint Canoeing/Kayaking. In this issue we cover the European Preliminary regattas and we chronicle the path that sprint kayaker Shane Suska has taken to achieve selection in his first Senior Australian Representative Team.

Former Olympic Coach Reg Hatch looks at the hidden pressures that teams face when competing in the Olympics in their own country and I have pencilled a yarn on the two day JLL Challenge that was recently held between Katoomba and Sydney.

One man missing from the pre-worlds tour of Europe and the World Championships is Tim Watkin. Initially selected in the Australian Team, Tim had an accident at the Australian Surf Life Saving Championships at Kurrawa Beach in Queensland during April and dislocated his shoulder. After surgery the Doctors ruled Tim out of paddling for six months - thus wiping out any competition through 1999. Everyone at Australian Canoeing and KC Magazine wish Tim all the best with his recovery and look forward to seeing him back, better than ever, in the domestic season.

Received a letter from Bruce Parry, President of the Far North Coast Canoe Club. Based in Lismore, Barry informs me that 'The Masters Games' are being held in Lismore in September this year and would like to invite all Masters from around the country to visit and compete in one of Australia's most sensational venues.

Remember some of the days last Summer when you were complaining about how hot it was? Well at the moment it's bloody freezing and easing oneself out from under the doona at 4.30 am each morning is difficult, but seeing as you complained in Summer, this must be your time of the year, so rug up and enjoy.

Scott Wood
Editor



JONES LANG
LASALLE

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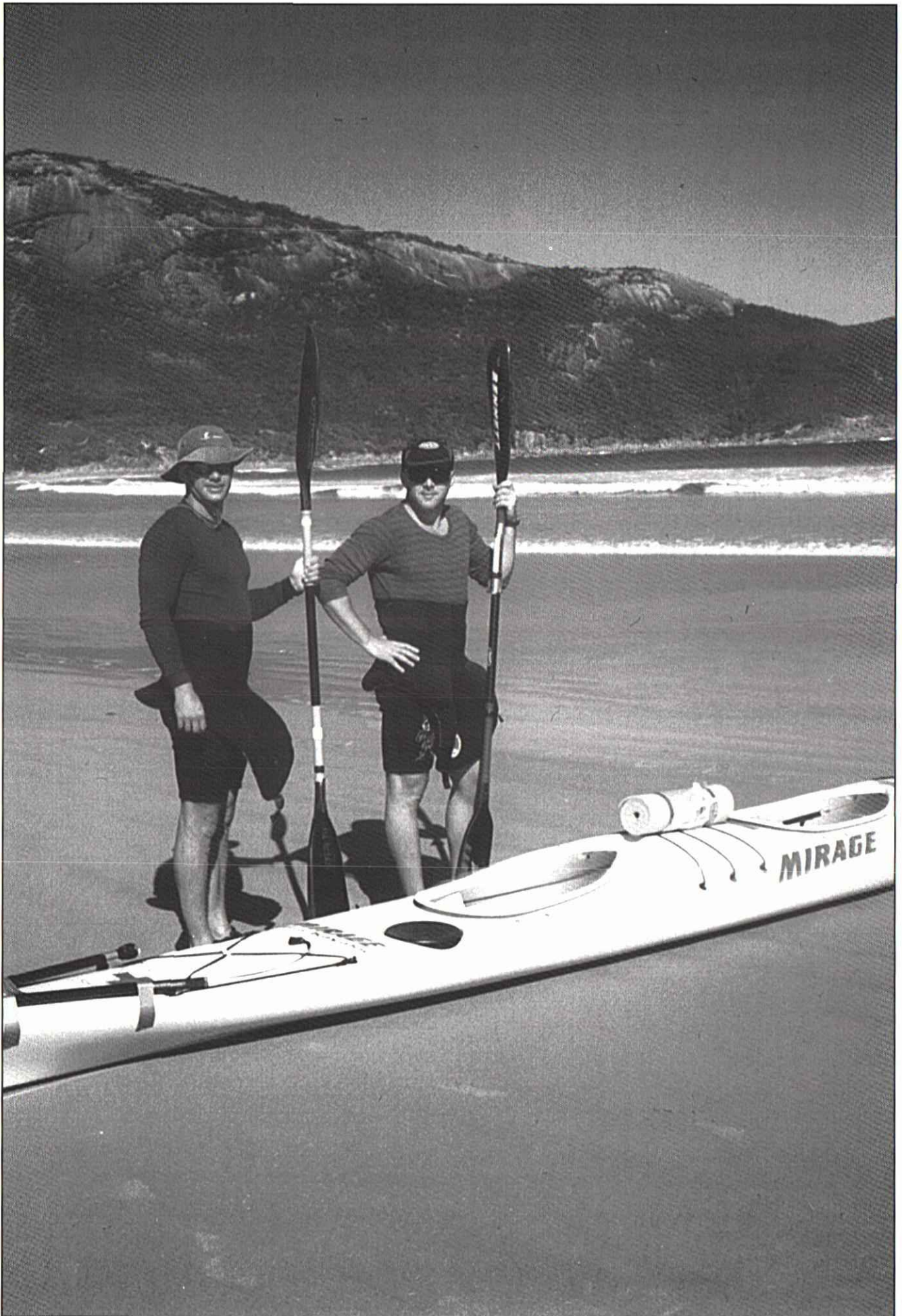
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 page 27



Bass Strait paddlers Lester Nation and Steve Dineen

sea kayak challenge

bass strait crossing

In late March 1999 Surf Ski paddlers, Steve Dineen and Lester Nation joined a small and, some would say, fortunate band of ocean paddlers when they successfully paddled a Mirage double sea kayak across Bass Strait. The crossing took seven days during which they paddled 300 km at an average speed of 10.3 km/hr. Lester Nation tells the tale of huge ocean swells, determination and the vast array of wildlife that makes a paddle of this magnitude a memory of a lifetime.



Their route across this notorious stretch of water took them from Wilson's Promontory, the southern most point on the Australian mainland, through the islands lying across the eastern end of Bass Strait to Little Musselroe Bay on the north east coast of Tasmania. To challenge Bass Strait is, these days, not such a rare feat. It has been paddled many times by many different people, but make no mistake, it is one of the most dangerous stretches of ocean on the planet and must be respected at all times.

This article provides some insight regarding Steve and Lester's trip. Particularly their approach to navigation, logistics and safety and will hopefully be of some assistance to other ocean paddlers.

THE DIARY:

26 March 1999

Tidal River to Waterloo Bay, Wilson's Promontory

Distance: 25Km

Time: 2hrs 20mins

Wind: 20knots westerly

Sea: 2m SW swell

After a long drive, we arrived at Tidal River in Wilson's Promontory National Park around mid afternoon. After paying a twenty dollar fee for beach access (recommended that at low tide you pay the fee as it is quite a long walk and carry from the camping ground to the water's edge) we drove onto the beach and hastily loaded our gear into the kayak. With only a few hours of daylight remaining we undertook a short paddle around to Waterloo Bay on the eastern side of Wilson's Promontory, both to allow us to check the setup of the kayak. Waterloo Bay has a beautiful long white beach. Found great camp spot at southern end of beach, pitched our tent and settled in for the night listening to the AFL on Steve's radio and dining on the first of

many peanut butter and cheese sandwiches.

27 March 1999

Waterloo Bay to Hogan Island

Distance: 54Km

Time: 4hrs 40mins

Wind: 15knots NW

Sea: 1-2m W swell

Up before sunrise. Packed gear into kayak in half the time it took on our first go. We set off with a light north westerly breeze at our backs which made for easy paddling and steered by compass for the first two hours until Hogan Island appeared on the south eastern horizon. Hogan Island is a rugged windswept little island inhabited by hundreds of noisy penguins and some rather large cattle. We landed on the eastern side of the island near a small corrugated iron shack which despite its dirt floor and quirky neighbours was to be home for the next two days. Shortly after our arrival on Hogan Island the wind swung round to the south west and began to strengthen. Just before dusk a large trawler dropped anchor in the small bay in

sea kayak challenge

bass strait crossing

front of the shack which indicated that things were getting pretty rough out in Bass Strait. That night several strong gusts of wind threatened to lift the roof off the shack and when next morning the wind showed no sign of easing Steve suggested that we wait until the trawler departed before we continued on. After two nights of rowdy Penguins giving it to each other outside the shack we were more than ready to head off when we woke on day three to find a blue sky and no trawler.

29 March 1999

Hogan Island to Erith Island

Distance: 39Km

Time: 3hrs 56mins

Wind: 10-15knots SW

Sea: 1-2m SW swell

Quickly broke camp and headed towards Erith Island, which was visible from Hogan Island. Several types of sea-birds were encountered on this leg. In particular a number of Albatross seem quite happy circling around us just above the waves on their 2m wings. Erith Island, home to the second highest lighthouse in the world, which together with Dover and Deal Islands make up the Kent Group. It was when trying to enter Murray Pass, the small passage between the islands that we made our first acquaintance with Bass Strait's infamous currents which according to Steve were running at between 5 to 6 knots in mid channel. The majestic beauty of the Kent Group with its magnificent albatross and rich history of whalers, lighthouse keepers and nudists (apparently a group of nudists from Victoria spend their summer holidays on Erith Island) made it a great place to overnight. We noted with interest that one of the entries in the Erith Island Hut Log Book concerned a party of sea kayakers which included Australia's foremost multi-discipline endurance athlete John Jacoby who in 1997 were forced to seek shelter on Erith Island

for four days while waiting for the seas to moderate.

30 March 1999

Erith Island to Killercrankie Bay, Flinders Island

Distance: 63Km

Time: 5hrs 39mins

Wind: 20-25knots SW

Sea: 2-3m SW swell

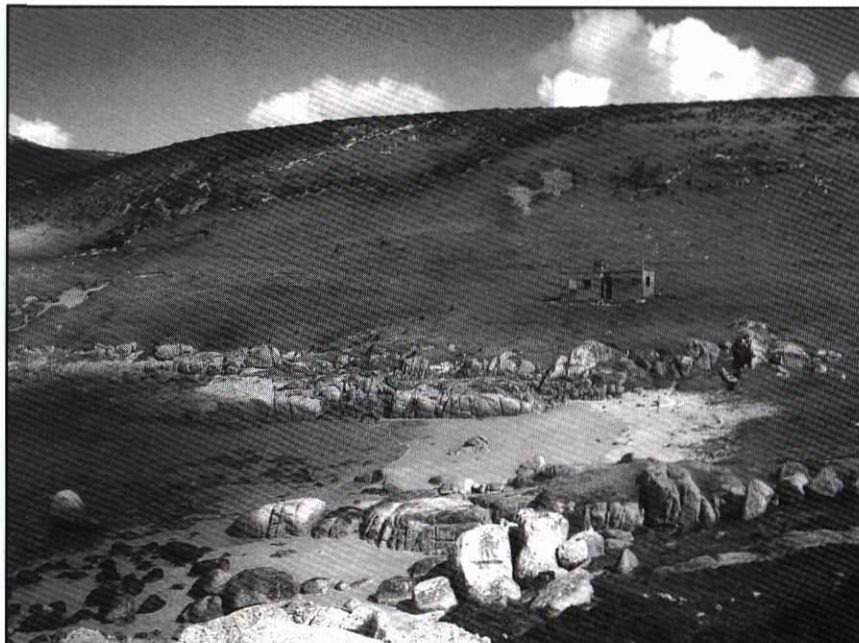
From Erith Island it was a tough days paddling into a short steep sea driven by a 25 knot SW wind to the small fishing village of Killercrankie, on the west coast of Flinders Island, which is the largest of the eastern Bass Strait islands. It was on this leg that we really came to appreciate the seaworthiness of our Mirage kayak which never

It was when trying to enter Murray Pass, the small passage between the islands that we made our first acquaintance with Bass Strait's infamous currents which were running at between 5 to 6 knots.

slewed on a run or even looked like capsizing when hit by a breaking wave. Killercrankie with its very nice white quartz beach is set in the lee of a large granite hill which protects it from the prevailing westerly winds. Judging by the addition of three new houses Killercrankie seemed to have recently doubled its population. Stayed in a comfortable guest house run by a local fisherman's wife. Curiously, the locals seemed somewhat underwhelmed when we told them where we had come from. In hindsight this attitude is understandable as it would have been their boats and lives on the line if we had required rescuing during the previous couple of days.



Outdoor dummy: Steve Dineen Erith Island



Accommodation on Hogan Island

31 March 1999

*Killercrankie Bay to Trousers Point
(southern end of Flinders Island)*

Distance: 60Km

Time: 6hrs

Wind: 25knots SW easing

Sea: 1-3m SW swell easing to calm

Shortly after leaving Killercrankie the next morning we encountered some very tricky seas whilst rounding Cape Frankland where due to the action of tide against wind, two metre standing waves were forming. These waves created a narrow zone of rough water which seemed to stretch from the tip of Cape Frankland out to the western horizon. It took quite a few minutes of deliberation and a couple tentative forays before this watery obstacle was negotiated. The remaining days paddling was uneventful as we headed down the west coast of Flinders Island stopping at the haunting Wybalena, the resting place of some of the last Tasmanian aboriginals and Whitemark, the "capital of Flinders Island" to restock on food before reaching Trousers Point, on the southern end of Flinders Island.

1 April 1999

Trousers Point to Preservation Island

Distance: 32Km

Time: 3hrs 25mins

Wind: 30knots SW

Sea: 2m SW swell

Another tough paddle. Had waves constantly breaking over the

deck. From Trousers Point it was across Franklin Sound and around the western tip of Cape Barren Island to Preservation Island where in 1803 the survivors of the wreck of the Sydney Cove spent six months waiting for some of their shipmates to reach Sydney and return with a rescue ship. We had intended to only stop on Preservation Island for lunch but a strong westerly wind and incoming tide together with the reputation of Banks Strait to produce very rough seas under such conditions persuaded us stay the night.

2 April 1999

Preservation Island to Musselroe Bay

Distance: 36km

Time: 3hrs 55mins

Wind: 10-15knots SW

Sea: 1-2m SW swell

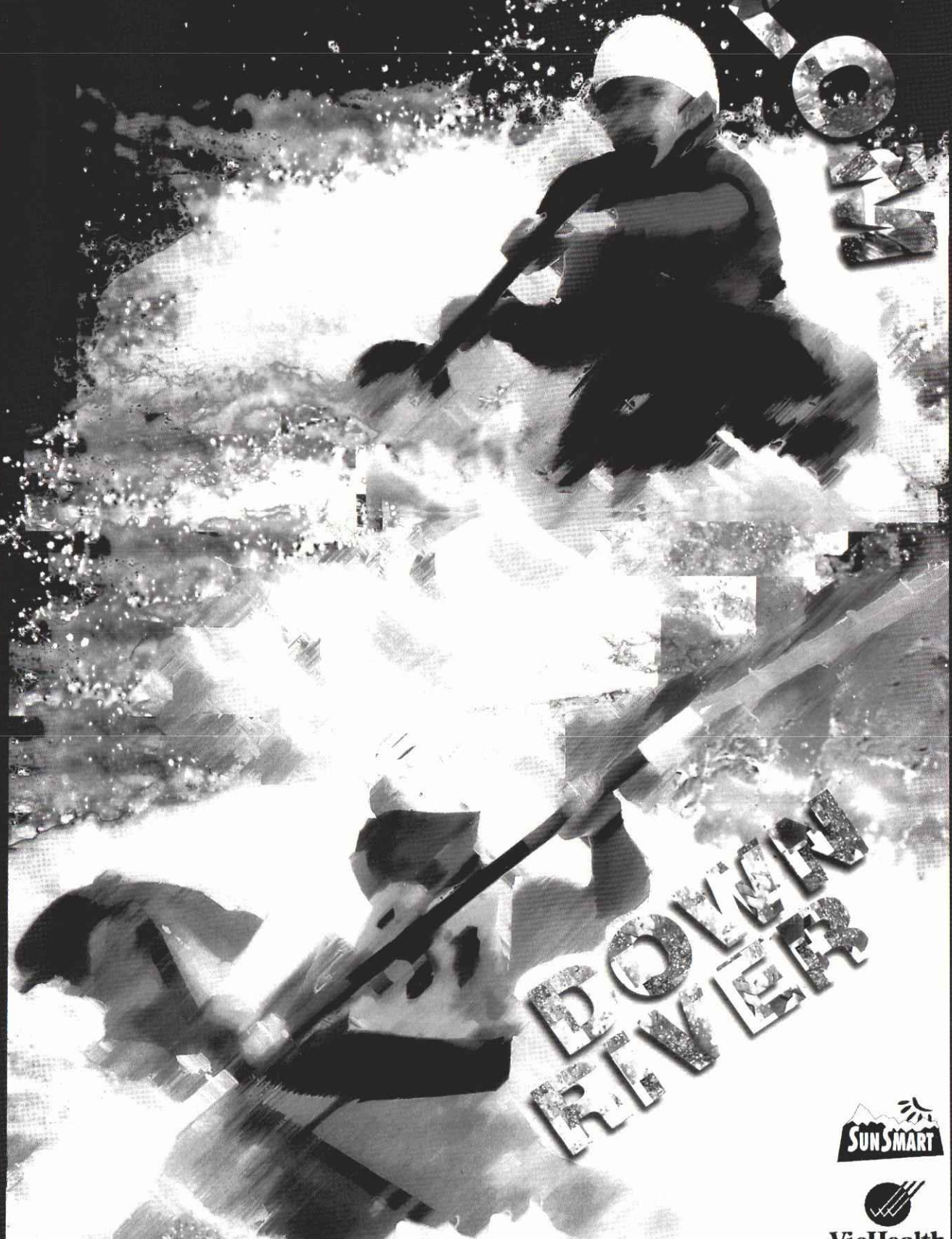
The final leg of our trip was from Preservation Island across Banks Strait to Little Musselroe Bay and although the wind had abated from the previous afternoon a good westerly swell was still running against an incoming tide. We were amazed by the currents in Banks Strait which flowed like rivers through the surrounding relatively still water. Crossing one of these currents required care because every now and then a breaking wave would come through.

SUMMARY				
DAY	LEG	DISTANCE (KM)	TIME (HRS)	AV. SPEED (KM)
1.	Tidal River to Waterloo Bay, Wilson's Prom	25	2.20	10.7
2.	Waterloo Bay to Hogan Island	54	4.40	11.6
3.	No paddling, too rough			
4.	Hogan Island to Erith Island	39	3.50	10.2
5.	Erith island to Killercrankie Bay Flinders Island	63	5.39	11.2
6.	Killercrankie Bay to Trousers Point, Flinders Island	60	6.00	10.0
7.	Trousers Point to Preservation Island	32	3.35	08.9
8.	Preservation Island to Little Musselroe Bay, Tasmania	36	3.55	09.2
		309	30.00	10.3

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RIVER**



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bass strait crossing

THE NAVIGATION

For navigation we used a deck mounted compass and laminated photocopied sections of the hydrographic chart for Eastern Bass Strait which were attached to the deck in front of us. Having a compass was very useful during times of poor visibility and for reducing unnecessary paddling by enabling the correct landfall to be made particularly when we were being carried by the tide on our approaches to Flinders Island and Little Musselroe Bay. We did not take a Global Positioning System because each leg could be covered during daylight and as there was always land visible, though not necessarily in front of us, we were able to take compass bearings for plotting our position. With regard to that critical paddling consideration, the weather, we found that the weather forecasts we received on Steve's small radio were quite accurate concerning expected changes and wind directions but that the actual wind strengths and the timing of changes were often at variance to the forecast. We were very aware that rapid changes in the weather and sea conditions are common in Bass Strait and we made allowance for the possibility that we may have been forced to seek refuge for a number of days until the weather was calm enough for paddling. We were also careful not to let our pride get in the way when deciding whether or not to run for shelter or to abandon a day's paddling. It was Steve's hard won experience gained when he paddled around Tasmania in 1998 that made it easy for him to suggest sitting it out on Hogan Island while the westerly gale blew itself out.

THE FOOD AND DRINK

With respect to food and water we started the trip with enough for five days and two days respectively. Water in the form of tank water was available

at all the places we stayed at. We also noticed small freshwater springs on Hogan, Erith and Preservation Islands. We chose foods which basically contained something from the four main food groups and did not require refrigeration or cooking. In other words we ate a lot of muesli bars, peanut butter and cheese sandwiches and drank a lot of made up powered cordial. Whilst paddling had a short stop (2-3 minutes) each hour for a muesli bar and a drink. Noticed with this regime that our energy levels stayed high during paddling and that we didn't feel all that hungry at the end of each day and consequently only consumed relatively small dinners.

THE SAFETY

Our attitude to safety was basically one of not relying on the possibility of receiving outside assistance. We both had extensive knowledge of Bass Strait and did quite a bit of research into the trip. We considered ourselves to be fit and experienced ocean paddlers, we had the right equipment for the journey and from our view, the only wild card would be poor judgement. We carried life jackets, flares, a first aid kit, a fibreglass repair kit, a spare paddle and a mobile phone which worked on Hogan and Preservation Islands. We did not contact any authorities before we departed because that would have meant giving estimated times of arrival which may not have been achievable during bad weather. However we did inform a number of friends about our plans and contacted them throughout the trip. We minimised our risks by doing our homework and using good judgement with respect to sea conditions and the weather in relation to our capabilities.

THE CRAFT

We used a Mirage Double Sea Kayak and found it to be very stable

and fast in all conditions. It had great run either following the breeze or hammering into it and was surprisingly easy to catch swells. When actually riding swells it did not bog down and allowed us to achieve constant momentum, a very important aspect whether for paddling enjoyment or trying to achieve good mileage. The storage capacity of the Mirage was quite adequate for our journey and the hatches were large enough to allow the storage of bulky items such as our tent and sleeping bags. The pump, which Mirage designer and builder Paul Hewitson fitted for us was a Rule and although we hardly ever used it, pumping a thousand gallons an hour is not a problem for it. Highly recommended. The seats in the Mirage are comfortable without padding but for long day trips and overnight expeditions it is recommended that some form of foam padding be used.

MIRAGE

Fibreglass	
Length:	24' - 7.3 Metres
Width:	24' - 60 Centimetres
Weight:	35 Kilograms
Bulkheads:	Four
Storage:	Three medium to high volume Storage Hatches
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THE SUMMARY

Crossing Bass Strait was something that had stirred our imaginations for a long time and we were not disappointed by its physical challenge nor by its incredible unspoilt beauty. It was an awesome adventure and believe me when I say that the intensity of critical decision making in the middle of Bass Strait is more exciting than the day to day routine of an air-conditioned job.



DUISBERG INTERNATIONAL WORLD

The biggest non-championship Regatta in the world has always been a magnet for the cream of the planet's canoeists and kayakers. June 1999 will be recorded as one of the most competitive ever and one in which Australia continued to show that they will be a force both at the Milan World Championships and the Sydney Olympics.

The annual Duisberg International Regatta is widely regarded as the strongest competition outside of the World Championships. Whilst top five nation Russia has elected not to attend this year's event, thirty three other nations including canoeing powerhouses Germany, Hungary, Italy and Poland made life extremely difficult for the Australians.

In the opening heats of the Men's 1000 metre events Nathan Baggaley and Scott Austin paddled strong controlled races to confidently progress to the semi-finals in the K1. The new K2 pairing of Shane Suska and Julian Norton-Smith, and the K4 1000m crew of Scott Austin, Brian Morton, Peter Scott and Cameron McFadzean easily moved into their respective semi-finals. 1997 K2 500m World Champions Andrew Trim and Daniel Collins totally dominated their heat by over three seconds to progress directly to the final of the K2 1000m.

In the Women's non-Olympic 1000 metre events, Australia was represented only in the LK1, by the AIS's Paula Harvey. Harvey paddled a comfortable

race to progress to the semi-final. World Champions in the LK2 1000m Anna Wood and Katrin Borchert did not have to go through the heats and semi-finals as this event is a direct final, thus allowing them to concentrate on qualifying in their Olympic events, the LK2 500m and LK4 500m.

Australia's 'C' boat paddlers, new to the experience of International competition, had an improved start from their first competition in Poland three weeks ago. All progressed to the semi-finals in their events. Melbourne's Nick Richards and George Wakim and Sydney's Jason Egan and Sebastian Marczak paddled supremely to reach the semi-finals of the C2 1000m and the C2 500m. Jason Egan then finished what was a long and successful day when he also qualified for the semi-final of the C1 500m.

In the Men's K1 500m heats Julian Norton-Smith was impressive winning his heat and qualifying for the semi-finals. Newcastle's Peter Scott also progressed to the semi-final.

In the K2 500m event Andrew Trim and Daniel Collins qualified easily for the semi-final. The Men's K4 500m crew

of Scott Austin, Brian Morton, Shane Suska and Cameron McFadzean won their final to progress directly to Sunday's final. Australia's women qualified directly to the final for two of the three women's Olympic events. World Champions Katrin Borchert and Anna Wood qualified comfortably for Sunday's final finishing behind Germany. They then joined Sydney's Shelley Oates-Wilding and Western Australia's Amanda Simper in the LK4 to win their heat and progress to the final.

On day two Australia's World Champions Katrin Borchert and Anna Wood from the Gold Coast opened the Australian medal account in scintillating fashion. The duo showed why they are World Champions, comfortably winning the final of the LK2 1000m. Australia's hopes of another K2 1000 gold medal in the mens division, high after the previous days heat performance of Queensland Academy of Sport paddlers Andrew Trim and Daniel Collins, were dashed when they just missed a medal, placing 4th in the final. The medals went to the Italian World Champions Antonio Rossi and Luca Negrì in first, Swedes Henrik



CANOE / KAYAK REGATTA CUP #4

Nilsson and Markus Oscarsson in second and in third Great Britain's Ross Sabberton and Paul Darby-Dowman.

The Men's K4 1000m crew then missed a medal by just 0.9 seconds to also finish the final in 4th place. Australia's crew was Scott Austin (NSW), Brian Morton (based on the Gold Coast), Peter Scott (Newcastle) and Cameron McFadzean (based on the Gold Coast). The reigning World Champions Germany continued their extraordinary success in this event to easily win the final by 1.5 seconds to the crews from Romania and Sweden.

In the K1 1000m final Nathan Baggaley improved his result from the 3rd World Cup three weeks ago by three places. Baggaley finished in 6th place. The event was won by Lutz Liwowski (GER) with Olympic Champion, Knut Holmann (NOR) in second and Torsten Trandum-Jensen (DEN) in third. Whilst out of the medals, the steady improvement Baggaley is showing this season augers well for the Olympic qualifying at the World Championships in Milan Italy in August. Baggaley is a country boy and a fighter who hates to lose. Come the world championships, he will be prepared for the fight of his life. Australia's Scott Austin unfortunately missed the final of this event, going out in his semi-final.

Paula Harvey, a Victorian now training on the Gold Coast, was the Australian entry for the Ladies K1

1000m. Harvey did not qualify for the final failing to finish in the top three in her semi-final. Australia's 'C' boat paddlers would have had to race faster then they have ever gone before in order to qualify for the final of the C2 1000m. Unfortunately this was not to be the day and both Australian crews failed to qualify for the final.

The Australian Sprint Canoe / Kayak Team had a great final day winning four medals. The team collected one silver and three bronze medals in the 500 metre and 200 metre finals.

Both the Men's and Women's K4 500m crews claimed a medal in the final. The women were only 0.3 second behind the World Champions Germany to claim the silver medal. The new crew of Anna Wood, Shelley Oates-Wilding, Amanda Simper and Katrin Borchert has combined well and the silver medal is a great result and augurs well for August's World Championships in Italy. Like-wise the Men's K4 500m crew paddled well to claim the bronze medal in their final. The crew of Scott Austin, Brian Morton, Shane Suska and Cameron McFadzean came home strong to finish third behind the Hungarian and Polish crews.

Australia's other medals were gained by our current and former World Champions in the Women's and Men's K2 500m events. Borchert and Wood added to their tally of medals by claiming the bronze medal in the LK2 500m final. They finished behind the

Canadian and Spanish crews taking their medal total to one gold, one silver and one bronze. The men's event saw 1997 K2 500m World Champions Andrew Trim & Daniel Collins also claim the bronze medal. Trim and Collins, who finished 4th in the K2 1000m at this regatta, were 3rd behind the Hungarian and Swedish crews.

Katrin Borchert came close to adding another medal to her personal tally in the LK1 500m. Borchert was a close fourth in the final behind Brunet (Canada), Idem (Italy) and Weisler (Germany). Brunet's win made it a clean sweep in the ladies singles events for the Canadian at this regatta. In the Ladies K1 200m final Sydney's Shelley Oates-Wilding could not repeat her medal-winning performance of the Poznan World Cup regatta three weeks ago, finishing in 6th place.

The Australian Team now heads home for five weeks training and preparation for the 1999 World Sprint Canoe / Kayak Championships. The Australians will finalise their team for the Worlds and return to Europe the second week of August. The World Championships are being held in Milan, Italy this year August 26 - 29. It is Australia's only chance to qualify for next year's Olympic Games making the regatta extremely important in the eyes of all concerned.

KC Magazine will have a full coverage of the championships in Issue number twelve.

DUISBERG INTERNATIONAL CANOE/KAYAK REGATTA WORLD CUP #4

results

LK1 1000m FINAL

1	Caroline Brunet	CAN	3.56.251
2	Josefa Idem	ITA	3.59.041
3	Katrin Kiesler	GER	3.59.901

C1 1000m FINAL

1	Steve Giles	CAN	3.59.171
2	Andreas Dittmer	GER	3.59.901
3	Martin Doktor	CZE	4.01.411

K1 1000m FINAL

1	Lutz Liwowski	GER	3.35.661
2	Knut Holmann	NOR	3.36.401
3	Torsten Tranum-Jensen	DEN	3.39.661
6	Nathan Baggaley	AUS	3.41.051

LK2 1000m FINAL

1	K. Borchert / A. Wood	AUS	3.39.231
2	M. Mucke / K. Wagner	GER	3.40.181
3	S. Vakula / E. Bets	BLR	3.43.821

C2 1000m FINAL

1	G. Andriev / F. Popescu	ROM	3.43.411
2	G. Zala / E. Ipaacs	HUN	3.45.451
3	S. Train / A. Train	GBR	3.45.881

K2 1000m FINAL

1	A. Rossi / L. Negri	ITA	3.16.681
2	H. Nilsson / M. Oscarsson	SWE	3.17.851
3	R. Sabberton / P. Darby-Dowman	GBR	3.18.831
4	A. Trim / D. Collins	AUS	3.19.291

K4 1000m FINAL

1	T. Gutsche / M. Zabel / B. Bach / S. Ulm	GER	2.56.251
2	S. Petcu / M. Sirbu / V. Curuzan / R. Serban	ROM	2.57.831
3	S. Anders / N. Persson / A. Gustafsson / J. Fager	SWE	2.58.251
4	S. Austin / B. Morton / P. Scott / C. McFadzean	AUS	2.58.341

C4 1000m FINAL

1	G. Andriev / F. Popescu / F. Huidu / M. Pricop	ROM	3.22.701
2	M. Scarola / R. Dalton / S. Cannon / J. Rodgers	CAN	3.24.951
3	S. Hoyer / J. Grare / Y. Lavigne / M. Goubel	FRA	3.25.431

C1 500m FINAL

1	Andreas Dittmer	GER	1.49.601
2	Martin Doktor	CZE	1.50.901
3	Steve Giles	CZJ	1.51.241

C1 200m FINAL

1	Slavomir Knazovicky	SVK	00.41.351
2	Martin Doktor	CZE	00.41.391
3	Andreas Dittmer	GER	00.41.991

C2 500m FINAL

1	T. Zereske / C. Gille	GER	1.40.891
2	C. Horvath / G. Kolonics	HUN	1.41.341
3	G. Zala / E. Ipaacs	HUN	1.43.101

C4 500m FINAL

1	G. Andriev / F. Popescu / Grigore / M. Pricop	ROM	1.34.611
2	Buday / Buday / S. Cannon / J. Rodgers	CAN	1.37.541
3	S. Hoyer / J. Grare / Y. Lavigne / M. Goubel	FRA	1.39.561

K1 500m FINAL

1	Michael Kolganov	ISR	1.37.501
2	Knut Holmann	NOR	1.37.721
3	Ian Wynne	GBR	1.38.321

K1 200m FINAL

1	Michael Kolganov	ISR	00.36.321
2	Alexey Slivinski	UKR	00.36.551
3	Jaime Acuna	ESP	00.36.901

K2 200m FINAL

1	V. Fehervari / R. Hegedus	HUN	00.32.811
2	G. Kajner / I. Bee	HUN	00.33.331
3	H. Nilsson / A. Svensson	SWE	00.33.541

K2 500m FINAL

1	V. Fehervari / I. Bee	HUN	1.30.131
2	M. Oscarsson / H. Nilsson	SWE	1.30.741
3	D. Collins / A. Trim	AUS	1.30.911

K4 200m FINAL

1	V. Fehervari / R. Hegedus / G. Kajner / I. Bee	HUN	00.31.150
2	D. Kalesnik / P. Barysik / S. Veraksich / I. Karalenka	BLR	00.31.241
3	R. Glazewski / M. Golebiewski / P. Markiewicz / P. Olszewski	POL	00.31.321

K4 500m FINAL

1	G. Kajner / V. Fehervari / I. Bee / R. Hegedus	HUN	1.23.051
2	P. Markiewicz / G. Kaleta / P. Olszewski / P. Lakomy	POL	1.23.491
3	S. Austin / B. Morton / S. Suska / C. McFadzean	AUS	1.23.671

LK1 500m FINAL

1	Caroline Brunet	CAN	1.49.811
2	Josefa Idem	ITA	1.51.101
3	Katrin Kieseler	GER	1.52.731
4	Katrin Borchert	AUS	1.53.211

LK2 200m FINAL

1	B. Manchon / I. Aramburu	ESP	00.38.821
2	S. Vakula / E. Bets	BLR	00.39.331
3	C. Lightbound / M. Gibeau-Ouimet	CAN	00.39.501

LK2 500m FINAL

1	C. Brunet / K. Furneaux	CAN	1.42.551
2	B. Manchon / I. Aramburu	ESP	1.42.931
3	K. Borchert / A. Wood	AUS	1.43.201

LK4 500m FINAL

1	P. Krause / A. Schuck / M. Mucke / K. Wagner	GER	1.34.231
2	S. Oates-Wilding / A. Wood / A. Simper / K. Borchert	AUS	1.34.531
3	B. Manchon / I. Aramburu / B. Sanchez / A. Penas	ESP	1.35.601

AUSTRALIAN CANOEING COACHING & DEVELOPMENT OFFICER TURNED PADDLER

Peter Horne, Rugby player extraordinaire and intellectual bureaucrat from Canberra, was recently thrown into the deep end of Australian Canoeing when he accepted the position of Coaching and Development Officer. Being new to the sport of Canoeing and never having progressed from the relative aquatic comforts of boats smaller than the Manly Ferry, resulted in Peter, or Horny to his friends, receiving many an invitation to actually paddle the type of craft that his position revolves around.

Showing the type of political commonsense that is instilled in the youth of Canberra at an early age, Horny figured that learning to paddle a kayak in front of a large and often unforgiving crowd would not be a wonderful career move and all offers, invitations and prompting proved empty and fruitless. That was until he turned up on the doorstep of some easy going Wildwater paddlers when looking for his accommodation at the Australian Whitewater Championships on the Mersey River, Tasmania, in January. The nice Wildwater paddlers befriended

this lost soul, and, after finding out about his inability or lack of paddling experience, promised to take him out on the water.

Peter agreed.

He'd heard promises before.

This, he believed, would be no different.

It was. A carload of Wildwater paddlers turned up at race quarters and abducted him.

In a Dancer and fully kitted up in every piece of safety gear, Peter was set free to paddle around the upper Mersey Dam under the close instruction of qualified coaches, paddlers, and to indemnify us legally, a basic skills and whitewater instructor. Peter figured that by not venturing too far from shore he had a fair to good chance of not drowning. This tactic proved correct in a sense but you do have to go out deep enough to be able to place the entire length of the paddle blade in the water. However, after this early mishap, his skills progressed rapidly enough that all concerned were willing to let him give the top of the Wildwater course (down to the Berlin Wall) a go.

He started off well, (but so he

should have, as the first kilometre is flat) and with most of Tasmania's Rescue Services on full alert on both water and land he surprised us all by getting through some good whitewater without a problem. However, just as we thought Horny might have a skerrick of talent, we watched in horror as the cold Tasmanian water enveloped our man.

Just as he had gotten in the boat again and was nearing the finish he miraculously dazzled the awaiting audience with another impression of Michael Klim. The crowd stood as one, and they cheered loud, very loud but not because of the brilliance they had witnessed before their own eyes but more for the fact that I had caught it all on celluloid. Yep, Horny my boy you are gonna be famous!

After, everyone, except for Horny who ducked away for a meeting, relaxed with a cold beer on the side of the river.

Well done Peter, a truly great effort. You'll see us next year and it will be your turn to shout.

Anonymous Wildwater Paddlers

AUSTRALIAN CANOEING'S 50TH ANNIVERSARY

The 10th September 1949 saw the birth of the then Australian Canoe Federation. To celebrate the 50th Anniversary of our foundation, Australian Canoeing will be hosting a 50th Anniversary Dinner at the Australian Technology Park in Sydney.

The evening will be held on the 24th September 1999, prior to the Slalom World Cup Final and the Sprint test event, both being held in Penrith.

The dinner will be open to all Australian Canoeing friends. All funds raised at the dinner will be directed to the Penrith Whitewater Stadium Fundraising Appeal.

The dinner will also see the presentation of the Inaugural Australian Canoeist of the Year Award and interviews with the major players through Australian Canoeing first 50 years.

Ticket information will be available in early August by contacting Australian Canoeing on (02) 9552 4500

JLL Challenge

Gone are the days of 10k road runs, standard distance triathlons and 1k ocean swims.

The 1990's athlete wants endurance, diversity and adventure. KC Magazine editor Scott Wood found all of the above and grovelled with the very best over two days in May.



The Blue Mountains in NSW are a real pretty place, no doubt about that. You know, people who visit the Grand Canyon in the United States say that you can look and stare at it's beauty for hours on end and this area is pretty much the same, albeit on a smaller scale.

Over the past few years I've done some races around these mountains and as mind bogglingly beautiful as they are it's still a well known fact of life that it is difficult to appreciate the beauty of the surrounding countryside when your heartrate is eyeballing 200 and you are suffering like a dog.

The JLL Challenge started at day-break on Saturday May 29 in main



street Katoomba. Katoomba Street actually. The thermometer was struggling to reach 5 degrees and the start line comprised ninety individuals and sixty teams of either three or six members. The destination was the Sydney Harbour Bridge sometime Sunday afternoon. The menu for this event was a 21k run that took competitors deep within the bowels of the Jamieson Valley and up the horrendously steep Kedumba Walls followed by a 50k mountain bike that required two visits to the valley floor either side of a long grind to mountain town of Woodford. The final leg on day one was a 30k paddle from Euroka Clearing to North Richmond via the Nepean and Hawkesbury Rivers. Day



A competitor tackles the long grind to Woodford

two was easier, on paper, but toss in the fatigue generated from day one and it's a different ball game. Again at day-break, competitors that remained faced a 50k road bike to the Parramatta River, a 12k paddle to the Gladesville Bridge and a 17k run across the Harbour Bridge to the Observatory.

If any competitor in the JLL deserved to title of race favourite it was a Victorian bloke named John Jacoby. A former three time marathon world champion in the kayak, he is, and has been for quite a while now, the 'main man' when it comes to multi-discipline adventure type racing. Having viewed this guy for a number of years on news grabs, sport shows and the odd video loaned from friends,

I was intensely intrigued with this seemingly invincible athlete. So in a bid to probe some type of weakness I had a chat with JLL Race Organiser Garry Ebbeling, a man who has witnessed the Jacoby brilliance on many occasions, and I quizzed him as to what weakness, if any, Jacoby had. I told him that from my own observations, I thought, or perhaps hoped, that the run leg was his weak link. "Well I'm not real sure about that" said Garry, "I know he ran 2:28 at the Brisbane Marathon a few years ago". Thanks Gary. Okay, cross that out. Must be the bike then. Yeah, he's got to be vulnerable on the bike. Apparently not. A further bit of research revealed that a mate of mine

who spent a number of years amidst the Melbourne paddling fraternity reckoned Jacoby to be an absolute Ox on the bike and has no problem sitting at 40 clicks an hour on flat roads. Beauty! I even went as far as to contact Reg Hatch, many times a Kayak Coach for both Australian and American Olympic Teams, and someone who has had a bit to do with Jacoby over a number of years. "Woody" he said, "Over the years, I have been fortunate to have been involved with some incredible athletes from many countries and I would honestly rate John Jacoby as one of the finest I have ever seen".

God help us all.

So how do you beat a bloke who

JLL Challenge

was the best marathon canoeist in the world for three years, has run under two and half hours for a marathon and hauls arse on the bike?

I laid awake for hours thinking about it, and I came up with a very profound answer, you don't, or can't, or at least I don't think anyone has.

My preparation for an endurance event is fairly simple, plenty of miles and plenty of rest. Can't pass the exam if you haven't done the homework. I also like to spend time getting the mind in order. Hard to get a good result if you aren't prepared to punch the beejeezez out of oneself. As well as this, and perhaps most importantly, I always refrain from checking out the competitors list that gets issued prior to competing in an event. I find that it tends to bring out the hidden defeatist attitude that is always tucked away in the sub-conscious. Publicly it's easy to swing the deal that everything's pretty sweet. Yeah, doing some good work, happy with the running, had a great paddle last weekend. I'm strong, I think I'll go okay. This concrete facade of invincibility that a competitor has forged around himself can be cracked quite easily and simply by taking a quick peek at the dreaded competitors list. Oh hell he's here, and him, and him, I didn't think he'd come over for this one and so on. Endless nights of lost sleep as the mind plays and conjures with the imagined inevitability of some horrendous public beating.

Warning: Stay away from the competitor list.

I should add that the above tactic doesn't really work if every second phone call you receive in the week prior to the event is from other competitors who, themselves, have succumbed to the temptation of 'the list' and then for some unknown reason feel the need to inform you what legends and notorious hard individuals will be dishing it out during the event.



For me, the initial twenty one clicks was simple enough, down hill for one hour then uphill for fractionally less than one more. Straddling the mountain bike as fifth individual I headed confidently once again to the valley floor. Endurance events such as this provide an athlete with a myriad of emotional highs and lows and to isolate one in particular is difficult, although when I was actually under the water at the second river crossing during the 50k mountain bike leg, I fully realised that not only was this a definite low point, but also that this was not going to be an ordinary week-end away in the mountains.

I underestimated the severity of the mountain bike leg and anyone who

says that it is the 'fun' discipline of cycling is a veritable buffoon. After losing a vast number of positions on the bike I climbed into my 'Rocket' kayak for the 30k paddle to North Richmond.

I was initially going to use a K1 in this event, purely for the speed aspect, then Benny Chalmers, of NSW Canoeing fame, suggested I call Don Andrews, the Rocket's originator and designer. Initially made in search of the K1 race record in the Hawkesbury Canoe Classic, the Rocket has made an impact in marathon kayak events, multi discipline adventure races and also touring expeditions. Measuring twenty two feet in length, weighing in at fourteen kilograms and with a width of

The undisputed champ John Jacoby



John Jacoby and Michael Ferris climb the Kedumba Wall

Newsflash:

Victorian endurance athlete, John Jacoby, emphatically confirmed his mastery of multisports competition today, winning the inaugural JLL Challenge in Sydney.

Jacoby, a Torquay bank manager, covered the 180km two day run, cycle and paddle course from Katoomba to Sydney in nine hours 58 minutes and 12 seconds, 37 minutes ahead of former Australian Winter Olympian Anthony Evans of Wodonga.

Third across the line at Observatory Hill, at the foot of Sydney Harbour bridge, was 49 year-old New Zealand veteran Evan McRae. Jacoby adds the Sydney JLL Challenge title to the four Mt Buller to Melbourne JLW Challenge events he has won. The former world marathon canoe champion led the 250 strong field after the opening day's 102km, seeing off a spirited challenge from Evans. Evans, who has represented Australia in cross country skiing at three Olympic Games, charged to the front in Saturday's initial run stage through the steep climbs and winding dirt trails of the Blue Mountains National Park, opening up a four and a half minute lead. But Jacoby hit back in the mountain bike and paddle legs, recording the fastest time in both to end the day with a 13 minute advantage over Evans. His second day performance was even more impressive, the 34 year-old completing the 49km cycle, 12km paddle and 17km in three hours 14 minutes and 12 seconds, 24 minutes ahead of his nearest rival.

The fastest woman over the two days was another former Australian cross country national team representative, Alina McMaster, who completed the course in 13 hours 7 minutes and 1 second. The Fairlight (NSW) solicitor defeated New Zealand's Sharon Prutton by 38 minutes and 14 seconds, with Point Piper veteran Susan Hunt in third place. McMaster is also a former winner of the Mt Buller to Melbourne JLW Challenge.



Rolled out of North Richmond at six thirty on the Sunday morning feeling like I'd just returned from an eight day Camel trek through some hideous desert wasteland. I was in sixth place, which gave me some joy considering day one was like a re-run of Elm Street 4

eighteen inches, the Rocket is both stable and bloody fast. I found the extra stability a real bonus when the fatigue of a long event kicks in and instead of wasting valuable energy on trying to stay upright I was able to keep giving plenty of paddle grunt.

Rolled out of Nth Richmond at six thirty on the Sunday morning feeling like I'd just returned from an eight day Camel trek through some hideous desert wasteland. I was in sixth place, which gave me some joy considering day one was like a re-run of Elm Street 4. The cycle peloton of individuals and team riders totalled about one hundred and fifty had a full Police escort down Old Windsor Road. As we approached the Parramatta River the group had trimmed itself to about fifteen riders, mostly team guys but also the majority of the individual heavy hitters like Jacoby, Evans and new boy, ex Ironman triathlete Michael Ferris. Starting individually, the 12k paddle was a delight after the previous day's battle with the rocks and weed of the Nepean River. Having done no research whatsoever on the course for this race, and as a result getting myself lost a number of times, I was trying to work out in my mind how a run from Gladesville Bridge to the Sydney Harbour Bridge could work out as seventeen kilometres.

Surely it wasn't that far. It was, and more. Technically it was possibly the most physically demanding run I have completed. Steep down hills, bush tracks, stairs, football ovals and soul destroying uphill pinches that had lactic acid pouring from my ears. The big grey Coathanger was a very welcome sight and a wonderful landmark in which to finish such an event.

The JLL was a true adventure that like all good endurance events required commitment, strength and courage. If it was easy you wouldn't bother, would you?

The Shane Suska Story

In the sport of kayaking it's not often that a bolter puts himself in position for a place on an Olympic team. Shane Suska has worked for many years to become an overnight sensation and with the assistance of Haydn Masters, the 'Sloth' heads to the 1999 World Championships with an Olympic dream.

Sloth to his mates, Australian kayak representative Shane Suska is more at ease lazing around in front of his TV watching 'the Simpsons', playing play station or catching up on a couple of hours sleep than talking about his rise into the Senior Australian Kayak squad. The very unassuming layed-back nature of Shane Suska would lead most to believe that making the Australian Kayak team back in March was all in his stride. Yet sitting around in Shane's Harbord unit listening to his reflections of the last 24 months tell a different story. If anything, Shane's selection for the World Kayaking Championships in Milan next month have been anything but a steady, well planned return to elite level paddling.

Yesterday morning Shane Suska stepped of the plane returning from Germany with a World Cup medal from his first International tour with the senior squad. The seemingly endless delays in flights culminating in a 42 hour journey could not hide the delight on the twenty-six year old's face. However, Shane knows full well that the job is not over at that if he wishes to fulfil a life long dream the battle has only just begun, if his past is anything to go by.

After representing Australia at the Junior World Titles in 1991 and his selection into a senior 'B' Australian squad for a development trip in 1993 it was all smooth sailing for the young twenty year old from Newcastle's Redhead beach. Described by many as one of the most talented paddlers in Australia, it was assumed that a natural progression into the national squad

would occur. However, as fate would have it, fate has never looked well upon Shane, disappointment after disappointment would lead to a frustrating path of team omissions.

Shane's omission from the Atlanta Olympic team in 1996 was a disappointing blow for the Newcastle born paddler. With kayak paddling deeply embedded in his routes through the involvement of his parents Ches and Val, the feeling of letting himself and his family down resulted in his early departure from the sport. "It was extremely difficult to get motivated to do anything any more," he recalls. "There was an

"Deep down I knew that I couldn't waste all of my efforts over the years and just stop paddling without achieving what I wanted so badly."

extremely empty feeling knowing that I had not lived up to the expectations of so many people and the feeling weighted so heavily on me that there was no desire to continue paddling."

Shane recalls his 9th in the K1 1000 and 17th in the K1 500 at the 1997 National championships was a reflection of his mental state at the time. "I just went through the motions in 1997. My mind wasn't really into it. I know I could have paddled better but it just wasn't there". Aside from his poorer performances, Shane was later

invited to join the Australian squad following the withdrawal of another paddler, but declined, stating that it wasn't the right thing to do at the time because his mind was still on Atlanta.

The day after the 1997 Nationals, Shane retired from kayak paddling. "I had a year off kayaking and just enjoyed paddling surf skis with my mates down at Freshie surf club. There was no pressure, I was enjoying myself and at the same time having some success in the surf."

But there was a void that Shane had to fill. "I had to try and fulfil a dream to paddle at the Olympic Games. Deep down I knew that I couldn't waste all of my efforts over the years and just stop paddling without achieving what I wanted so badly." Shane returned to the kayak in May of 1998 following a successful Australian surf life saving championships in April. "I just decided to do it for myself this time. I had been trying to please so many other people that the burden became too great. At least this time if I don't make it I will only be letting myself down."

Understanding the dedication and commitment required to get to the top again Shane took a new approach to training and enlisted the services of Haydn Masters, a strength and conditioning specialist with the North Sydney Bears rugby league team, to devise a strength training program that would see the sequential development of strength and power leading to the National Championships in February. "I had always just done what everyone else was doing. I hadn't previously been given a strength program that



Shane Saska: International Ocean Sport Classic

was developed specifically for my needs. Haydn sat down with me and we developed a kayak specific program that would improve my overall strength and give me a possible edge that I didn't have before."

Shane was back at Narrabeen lakes morning and afternoon and starting to raise some eyebrows. "I was in the bronze squad training under Ben Hutchings' assistant coach Brett Worth. I was feeling really strong and my fitness was coming back and I was getting some pleasing results in the long distance races at training", he recalls, "Ben kept providing me with encouragement and help when I needed it but I knew it was up to me to do what I had to do." Training in the 'bronze' squad was a far cry from where Shane had been 18 months prior. "It was hard watching the blokes in the Gold and Silver squads (the Gold squad is the NSW Institute of Sport program for the paddlers already in the national squad) getting the majority of financial assistance through government funding and commercial sponsorship. Especially when I knew that I could match it with most of them." Shane, along with only a few others in the national squad, has had to work a full time job in order to pay the bills. Like many elite athletes in the country, Shane has had to struggle financially to get where he is today.

If struggling to keep his head above water financially wasn't enough, a sudden bout of appendicitis in December and a four week break following the removal of his appendix was the last thing he needed. He remembers thinking it was all over. "It was so close to the selection regattas and it was six weeks before I was fully back in training. Sitting around waiting for the green light to start training again was extremely frustrating," he recalls. "Once I got back on the water though I hadn't given up hope and continued to push myself towards the Nationals in March."

A 9th in the K1500 and 18th in the K1 1000 were disappointing results at the 1st selection trials in February. With the combination of K1 results from both selection regattas used for selecting paddlers into the national squad, it was not the start that Shane was looking for. "I remember not feeling very confident after the first regatta. I was ranked 11th after the 1st selection trial and needed a couple of good results at the nationals to move up a few places." A very strong performance in the K1 1000 saw Shane take 5th place, but it was his unexpected 3rd place in the K1 500 that took everyone by surprise. Shane's girlfriend Natasha recalls watching the race. "As expected all the attention was on the top paddlers who were leading in the centre of the field.

All of a sudden the commentator mentioned Shane in lane one coming into medal contention", she recalls. "I kind of went into shock when he crossed the line in 3rd position. He had done so much hard work and against the odds he had won a medal at the nationals."

It was also a victory for Natasha, Shane remarks. "She has provided me with so much support behind the scenes in organising sponsorship and providing much needed motivation and financial support. I know I wouldn't be where I am today if it wasn't for her continual support. I owe her a lot."

The fruits of Shane's success over the past six months are starting to be realised. Musashi has come to the party supplying Shane with much needed training supplements. His return to the 'Gold' squad down at the NSW Institute of Sport and the associated funding from the Olympic Athlete Program has provided some much needed financial relief.

The Australian team is off again in August to the World Championships in Milan, Italy. Shane is not assured of a place in a boat at this stage. Regardless, he has shown the true Australian fighting spirit to get where he is at the moment and you can be rest assured he will do everything in his power to realise his Olympic dream in Sydney 2000.



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JUNIOR KAYAK TEAM EUROPEAN TOUR

A tour to the kayaking hotbed of Europe prepares our finest Juniors for the intensity and demand of International Competition.

The Australian Junior Sprint Canoe/Kayak Team performed well in the first regatta of their six week World Championship Tour - the Bochum Junior International Regatta.

The Bochum Junior International Regatta is the strongest junior competition outside of the Junior World Championships. This year's events saw seventeen nations represented with some of canoeing's strongest nations such as Germany, Poland, Slovakia, Sweden, Russia and Italy all contesting the event.

Australia finished 7th on the pointscore - a great achievement for the Junior Team.

Australians made U18 'A' Finals in seven events:

K4 500m	6th	Blake Ballard (NSW) / Ben Sherry (QLD) / Scott Leeson (NSW) / Jay Capel (NSW)
LK1 200m	6th	Elizabeth Hegarty (SA)
LK4 500m	7th	Elizabeth Hegarty (SA) / Kristie Colomb (VIC) / Cara Targ (NSW) / Kellie Vernon (NSW)
K4 1000m	8th	Blake Ballard (NSW) / Ben Sherry (QLD) / Scott Leeson (NSW) / Dane Sloss (QLD)
LK1 500m	8th	Elizabeth Hegarty (SA)
K2 1000m	9th	Toby James (NSW) / Scott Casey (NSW)
C1 200m	9th	Sebastian Marczak (NSW)
U16 C1 1000m	2nd	Sebastian Marczak (NSW)
U16 C1 500m	2nd	Sebastian Marczak (NSW)

Australia was represented in five of the U18 'B' Finals:

K1 1000m	2nd	Jono Chalmers (NSW)
K1 500m	2nd	Toby James (NSW)
K2 500m	2nd	Jono Chalmers (NSW) / Will Tuplin (SA)
	9th	Toby James (NSW) / Scott Casey (NSW)
LK2 500m	4th	Cara Targ (NSW) / Kristie Colomb (VIC)
K2 1000m	6th	Luke James (NSW) / Nick James (VIC)

Joining the Australian Junior Team on tour are four athletes who have been named in an Australian Development Team. These youngsters are all on their first international tour to gain competition experience at the international level. The Development Team athletes are contesting under 16 events and achieved some very encouraging results:

LK2 500m	2nd	Kim Gittoes (NSW) / Amanda Allen (QLD)
LK1 500m	2nd	Kim Gittoes (NSW)
	7th	Amanda Allen (QLD)
K1 1000m	3rd	Luke James (NSW)
K1 500m	4th	Luke James (NSW)

WIN A BMW & SUPPORT AUSTRALIAN CANOEING'S SLALOM COURSE FUNDRAISING APPEAL

Have you ever wanted to drive a BMW? Well now is your chance to be in the draw for the new release BMW 323ci! This new model due for release in June has been provided courtesy of BMW Sydney.

Tickets for the raffle will be \$20 each, with all funds raised supporting the Australian Canoeing Fundraising appeal for the Penrith Whitewater Stadium.

Tickets will be available from Canoe Clubs, State Associations and Canoeing Retailers.

Australian Canoeing would like the support of the entire canoeing family and anyone who is able to sell a few tickets to friends, family, work colleagues etc. should contact Australian Canoeing on (02) 9552 4500.

Tickets will be available by mid-June.

canoe polo

1999 U21 AUSTRALIAN CANOE POLO TEAM ANNOUNCED

Australian Canoeing has announced the names of athletes selected in the 1999 U21 Australian Canoe Polo Team. The Team of eight will tour Europe in August for a month to gain crucial overseas competition experience. The Team is:

Richard Coates (VIC)
Stephen Gale (TAS)
Christopher Heard (SA)
Trevor Hutchings (VIC)
Cameron Lewis (NSW)
Matthew Moore (VIC)
Nathan Moore (VIC)
Shane Paterson (VIC)

Three of the eight athletes named have also been named in the training squad for the 2000 Australian Team. These three - Richard Coates, Chris Heard and Trevor Hutchings - will gain vital experience from this year's tour. The trio is hoping that the experience they gain this year will improve their performances enough to earn them selection in next year's open team. Also announced were the Team Management positions. Duncan Cochrane, widely acknowledged as one of Australia's best Canoe Polo competitors will coach the U21 Team, with Ian Heard taking the role of Team Manager.

2000 AUSTRALIAN CANOE POLO TEAMS TRAINING SQUADS ANNOUNCED

Australian Canoeing has announced the names of athletes selected in the training squad for the 2000 Australian Canoe Polo Teams. As reigning World Champions in both the Men's and Women's competitions, Australia has a wealth of canoe polo talent and to be selected in the training squad is an achievement in itself.

MEN

Bradley Baker (NSW)
Trent Baker (NSW)
Duncan Cochrane (SA)
Richard Coates (VIC)
James Deakin (ACT)
Jason Downey (ACT)
Stephen Gibson (VIC)
James Harmer (ACT)
Chris Heard (SA)
Mark Henwood (SA)
Anton Holmes (SA)
Trevor Hutchings
Paul Keast (VIC)
Andrew Kennedy (SA)
Alan Lawson (NSW)
Keith McClery (QLD)
Mark Waters (VIC)

WOMEN

Katherine Abbey (VIC)
Carolyn Cochrane (SA)
Jacquelyn Cools (TAS)
Megan Holmes (SA)
Liza Holmes (NSW)
Pandora Hope (VIC)
Alison Hughes (ACT)
Antonia Kieran (ACT)
Rebecca McKetin
Celia Coote
Joanna Patrick
Anne Rosser (VIC)
Sarah Shields
Gail Songberg



The 2000 Australian Canoe Polo Team will be selected following a National Selection event to be held in January 2000. The current Squads of seventeen men and fourteen women will be culled with Teams of a minimum of six and a maximum of eight athletes being announced. The men and women selected in the 2000 Australian Canoe Polo Teams will travel to Sao Paolo in Brazil to defend their titles at the World Championships in July (18-23, 2000).



Canoe Polo action 1999 National Championships photo by Hebphotos

1999 AUSTRALIAN RODEO CANOE TEAM NAMED

Australian Canoeing today announced the 1999 Australian Rodeo Canoe Team. The following paddlers were selected after a series of selection events:

K1 SURFACE MEN

John Flett
Craig Chivers
David Finlay
Wayne Thomas

K1 SURFACE WOMEN

Georgia Lepplastrier
Catherine Kent

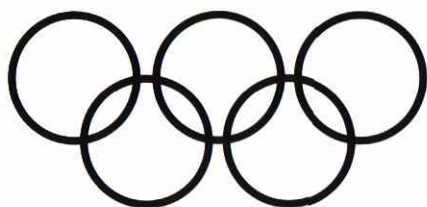
C1 SURFACE MEN

Scott Wiltshire

K1 JUNIOR MEN

Warren Lee
Leigh Wighton
James Hauptman
Paul Dunn
James Anderson
Mark Killop
Dan Campbell (Wildcard)

The Team will travel to New Zealand to contest the 1999 World Championships.



HOME OLYMPICS

The Final Considerations

Reg Hatch has coached the Australian Kayak Team at the Olympic Games. As the Coach of the USA Kayak Team in Atlanta in 1996, he learnt a great deal about the pressures and requirements that a national team of competitors and their coaching staff will have to deal with at an Olympic Games in their own country.

TEAM COHESION AND HARMONY

Focus more attention on team issues and team building by getting to better know your team, establish a sense of purpose and collective strength.

Hold a team meeting to discuss what athletes goals are for the Olympics - e.g, have a great experience, win, etc. Then set very specific goals and rules.

Team-mates must be encouraged and perhaps taught to help other team members make the 'right' choices when it looks like they might go astray at the Olympics.

Focus on holding your team together during difficult times.

There will be times when an athlete will not feel comfortable coming to the coach with a problem. Make provisions for someone to be available for them to talk to.

Begin team building activities early.

Establish trust between staff and between the team and staff.

Develop a Team Leader ie: one person.

Develop a high degree of trust with your athletes. Team is inclusive of all staff and athletes. Team unity is number one.

Stay in touch with the trust level of the group. What is our level of integrity and honesty? Constant evaluation with examples (good and bad).

COACHING

There is a strong need for continuous / extensive coach education.

Coaches need to motivate athletes by being a near perfect example and identifying 100% with

athlete's emotional desire and commitment.

Coaches must effectively read their athletes ie: the way they look, move, facial expression, attitude and energy.

As a coach you need to maintain your composure, provide structure and confidence, be decisive, take a team approach to mental training and reinforce mental skills each day.

Have a mechanism in dealing with differences in coaching opinion. Avoid exposing athletes to coaching differences. Schedule regular coaching meetings.

Beware of coach/staff fatigue and burnout.

It is important to have equal amounts of academic and hands on experience as a requirement for coaching staff.

Stay relaxed and don't stress - at least not in front of your athletes.

Have some fun; enjoy the total Olympic experience as long as it does not interfere with your team's preparation.

Take advantage of the high performance summits and opportunities to meet with and talk to other coaches of Olympic Teams.

Be committed to your athlete. Anything you can do to help the athlete should be a priority. Sometimes it is the little things that matter. Being the middleman between athlete and personal coach or being there for the athlete at his / her training or weight room session.

Do not over coach - keep it simple.

RULES AND DECISIONS

Give your athletes fewer choices at the Games by making specific rules that make things very clear.

Confront issues arising at the Games square in the eye. Be direct and let people know where you stand.

Make sure you make fair decisions.

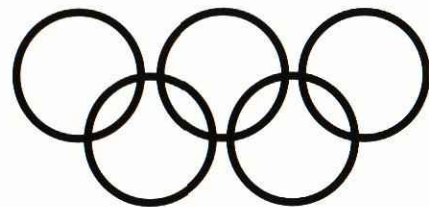
Confront issues directly and when you make rules be very specific.

Be honest with athletes and personal coaches.

Follow your instincts - do not be swayed from doing what you believe is right.

Use all support personnel by integrating them into a team of specialists. Preparing for the Olympics is not just the responsibility of the Coach.

HOME OLYMPICS



The Final Considerations

The Coach must be responsible for integrating and evaluating the support / sport science staff.

To be successful you must have a good Team Leader and a good line of communication with him or her.

Cultivate every aspect of support.

Explain support staff roles to athletes.

Provide someone to act as a sounding board for the coach.

Enlist the best support staff.

TEAM TRAINING / RESIDENCY PROGRAMS

While it is important to train at the competition site - it may not necessarily be the best training site.

Create a competitive program to encourage and increase the desire to train hard.

VILLAGE

If possible - stay outside the Village.

If possible, move the dining area closer to the Australian accommodation - or move the accommodation closer to the dining room.

If you don't normally live with athletes, consider what it is like to live with them prior to the Games.

If you will live in the Village for a long period of time before the Games, make arrangements to move out for a while so you can focus.

Stay out of the Village the night before your competition.

FAMILY / FRIENDS

Create a two way buffer between families and athletes. Family and friends should have access to athletes, but in a controlled manner.

Realise that last minute changes can cause difficult family issues for your athletes.

In addition to education family and athlete and friends, try to integrate them into a positive support group.

Let and make families aware that they are on their own for arrangements during the games.

Develop a plan of action to deal with spouses and personal coaches who have the ability to get on an ego trip.

MEDIA

Set definite rules about media at the Games. Allow interviews at specified times - after a session or after an event etc.

Co-ordinate media requests through one person. Media pressure needs to be limited.

Make sure you have a good media / sports information person who understands the high demands of high performance sport. This person must have the ability to take pressure away from you and the athletes.

Listen carefully and respond in positive ways to the media.

Be ready to deal with unexpected negative press.

Realise that TV appearances always take longer than the producers say they will.

OTHER

Remember - it is easier to be the hunter rather than the hunted.

Sponsors must be encouraged to market their athletes.

Try to do something other than your sport. The 'coach' must be intuitive and anticipate injury and in so doing avoid them.

The Olympic Games is not the time to get experience - even a small mistake at this level is a major problem.

Be sure financial support is used wisely - paying bills and mortgages etc.

Don't be afraid to take risks - but temper them with reality.

Winning comes from a combination of the best mental preparation and the best physiological preparation.

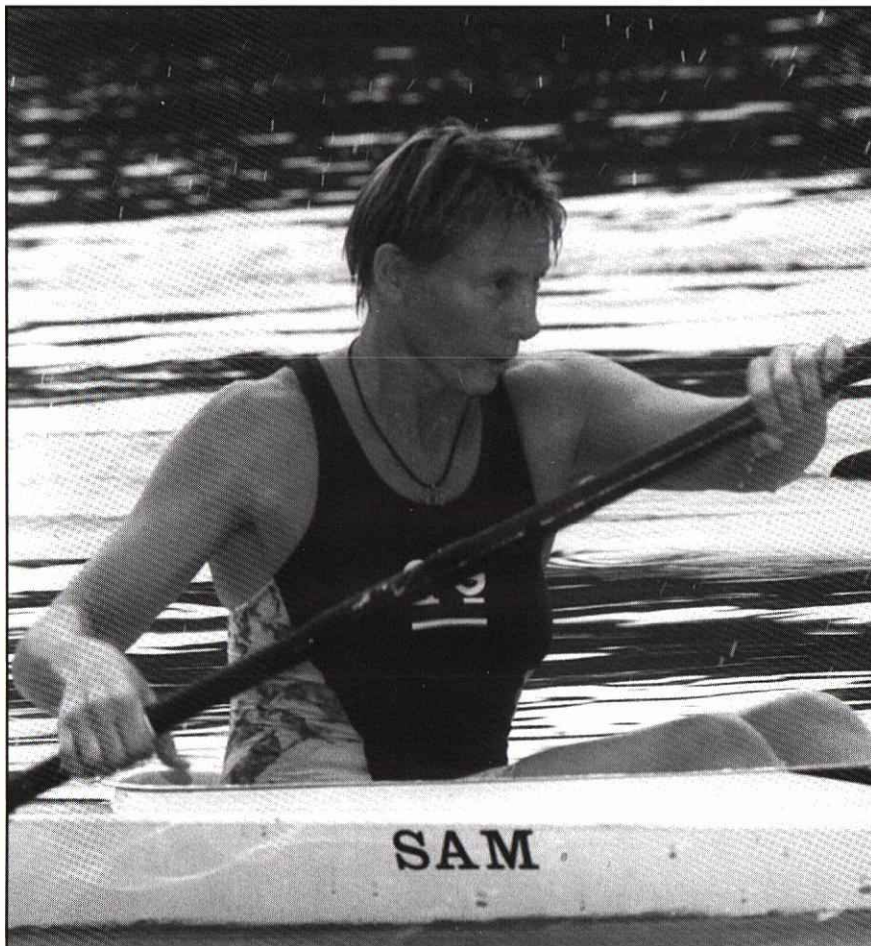
Be prepared for the long paper trail and the media circus.

I am aware this seems like a lot to remember and to think about - I anticipate it will make a good checklist and a good reminder.

You cannot plan to win if you don't plan.

Good paddling.

Reg Hatch



1998 COACH AWARDS

JOHN SUMEGI - 1998 COACH OF THE YEAR

The 1998 Coach of the Year Award has been presented to Sprint Coach John Sumegi. The Coach of the Year Award is awarded each year to the most outstanding Australian Canoeing Coach with NCAS accreditation; and John is indeed worthy of this honour.

John has dedicated many years of his life to coaching and the results of this dedication are coming through strongly. At last year's World Championships in Hungary, John coached Katrin Borchert and Anna Wood to win the Gold in the K2 event, with Katrin also taking out the LK1 500 event. John's other Australian

Championship crew of Danny Collins and Andrew Trim were also selected for the World Championships. These results are a credit to John and a reward for his long dedication to the sport of canoeing.

DENISE COOPER - 1998 COACH EDUCATION MERIT AWARD

For the second year running, Denise Cooper has received the Coach Education Merit Award. The Coach Education Merit Awards are presented each year to Coaches who have made an outstanding contribution to Coach Education. Congratulations must again go to Denise who continues to prove

her dedication to Coaching Education.

Denise is heavily involved in the Coach Education programs in Queensland. She is also involved in an update program for other Queensland coaches, which includes developing and conducting lectures in the latest theory and coaching techniques.

She has been particularly instrumental in the development of the Queensland Academy of Sport Women's Squad. She was also instrumental in the development of the TID program for Junior Development.

Denise is praised for her commitment, dedication and enthusiasm, and she well deserves this award.





Jamie Owens and the QAS Kayak Squad photo courtesy The Courier Mail

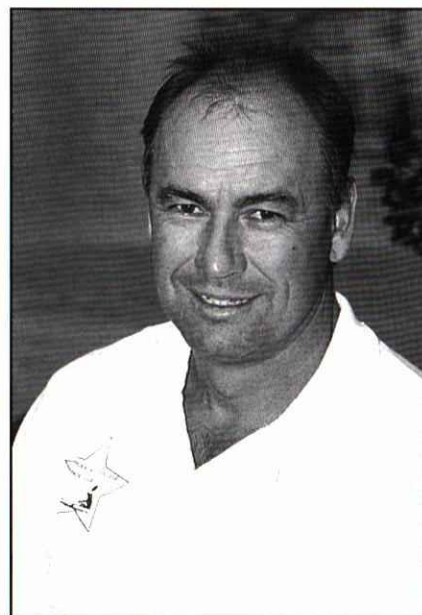
JAMES OWENS - PRESIDENTS 1ST YEAR NCAS ACCREDITED

James Owens is the 1998 winner of the Presidents / 1st Year NCAS accredited award. James was recently appointed Coach of the Queensland Academy of Sport's Talent Search Squad in consultation with Denise Cooper and Chelsie Warr (QAS TS Coordinator). Since gaining his Level One coaching accreditation, James has committed himself to seeking out more programs or people in which to improve his coaching.

Those at Queensland Canoeing who nominated James (Jimmy) state that his dedication to young paddlers is outstanding. James always provides

his athletes with every opportunity to compete in state and national events, as well as providing his athletes with his respect and his ever-expanding coaching knowledge.

Although only new to the Coaching scene, James has proved himself to be a dedicated and enthusiastic coach and an astute apprentice of the sport.



John Sumegi

National Teams begin road to OLYMPIC GLORY

Australian Canoeing's National Slalom and Sprint Teams have begun the journey to next year's Olympic Games in Sydney. Both Teams have just returned from tours in Europe contesting World Cup races and regattas in the lead up to the Olympic Qualification events later in the year. Both Teams will now focus on this year's World Championships.

SLALOM

The Slalom Team contested two World Cup races on this tour. Both World Cup Races were in Tacen, Slovenia after political unrest forced a venue change for the second race, originally scheduled for Skopje, Macedonia. The Canoe / Kayak Federation of Macedonia regretfully informed the International Canoe Federation of their decision to surrender the prestigious event for the safety of the participants. Team members also contested other races including the Goumois International Slalom in France and the Merano International Slalom in Italy.

In the Goumois International Tasmanian Justin Boocock produced a blistering second run in the Men's C1 to place 3rd behind Emmanuel Brugvin and Xavier Pocard of France. It was a great result for Boocock who had only arrived in Europe with other Team members a few days before the event and had little opportunity to adjust to the powerful water. In the same final Western Australia's Robin Bell placed 7th. The other Australian results were

9th for Louise Natoli in the Ladies K1, 8th for Kai Swoboda and Andy Farrance in the Men's C2 and in the qualifying rounds of the Men's K1 Lachie Milne was 18th, John Wilkie 43rd and Warwick Draper was 45th.

As a lead up race to the 1st World Cup, the Aussies travelled to Italy to

In the Goumois International Tasmanian Justin Boocock produced a blistering second run in the Men's C1 to place 3rd behind Emmanuel Brugvin and Xavier Pocard of France. It was a great result for Boocock who had only arrived in Europe a few days before the event and had little opportunity to adjust to the powerful water.

contest the Merano International Slalom. Merano attracted competitors from sixteen nations including the top European, British and Canadian athletes. The water was running high after warm days melted the snow on the top of the mountains. Australia produced some great results with athletes qualifying for all finals.

In the Ladies K1, only Danielle Woodward qualified for the final. Mia Farrance and Louise Natoli were a little slow on the day finishing in 25th and 30th places respectively. In the final Danielle struggled with a bad head cold and was disappointed with her first run. She dug deep to improve her second run by six seconds finishing 13th overall.

In the Men's C1 Australia fielded four athletes in a field containing most of the top competitors in the world. Both Robin Bell and Justin Boocock qualified for the finals. Kynan Maley and Adam Marmion put in good performances, considering they only arrived in Europe three days before the race and were competing in the senior ranks (Kynan will be competing as a junior later this month). Kynan finished in 23rd place with Adam in 30th. In the C1 final Justin Boocock had a fast clean first run which had him in 2nd position. Robin Bell had a fast run, but mistakes cost him dearly with three touches leaving him in 10th position. Justin posted a clean second run, but was slower than his first run leaving him just out of the medals in 4th place. Bell started well on his second run, but missed a gate and finished in 15th place.

There were over seventy boats entered for the Men's K1 including four Australians. After qualifying runs Australia had their best result in this class in a long time with two men through to the final, Victorians Lachie Milne and Warwick Draper finishing 14th and 19th respectively. Lachie's



World Championship Course, Sea D'Urgell. Photo by Liz Broad

brother Dan got through his two runs cleanly, but was off the pace finishing 34th. While John Wilkie paddled valiantly after being extremely ill the night before the race to finish in 38th. In the final Lachie posted a clean first run but had a slow time. He improved his second run time by four seconds, but a touch was enough to drop his final ranking to 19th overall. Warwick Draper, whose boat had fully recovered from his adventurous qualifying runs, pulled out two clean, consistent runs finishing a fantastic 12th place overall.

Australia fielded two boats in the Men's C2 class. With only fifteen boats competing they were guaranteed a spot in the final. Kai Swoboda and Andy Farrance went into the final in 9th place, while Rob McGuinness and Andy Wilson were placed 13th. In the final the Aussies had a tough task but faced up to it well, unfortunately small mistakes took their toll, with both boats incurring several touches which slowed their run times. Kai & Andy improved their run time by four seconds on the second run to finish 11th overall. Rob and Andy Wilson finished in 13th place.

Following Merano the Team travelled to Slovenia for the World Cup races. The Tacen course is renowned for its unpredictable nature and ability to cause upsets, and with the water running high, this race was no different. Competition was extremely tight in all categories, with nearly thirty countries represented and all the leading athletes present.

Australia's best result came from the in-form Justin Boocock and Western Australia's Robin Bell, the only Australians to qualify for finals. In the Men's C1 class, Bell was placed 1st going into the final and Boocock 9th, but after two runs it was Boocock who finished the better claiming 4th place. After first runs Boocock had the fastest time by 1.5 seconds. Bell had a disastrous first run upsetting his balance and missing an early gate. At the end of first runs Boocock was 2nd and Bell 14th. On the second run only four of the fifteen competitors scored clean runs - one of which was Justin Boocock. Well on his way to a podium finish Boocock rolled his boat but recovered brilliantly to finish in 4th place. It was widely believed that the

brief mistake cost Boocock first place. Bell recovered well in his second with a steadier run, but never looked in control hitting four gates on his way down the course. Robin finished the day ranked 13th overall.

In the qualifying rounds of the Ladies K1 Victoria's Danielle Woodward was the best placed Australian in 19th position with fellow Victorian's Mia Farrance and Louise Natoli having disappointing races finishing 28th and 41st respectively. However they were in good company with World Champion also a victim of the Tacen course failing to qualify for the final.

Australia's Men's C2 crews missed their final also. The new crew of Andy Wilson and Rob McGuinness made a credible start to their World Cup campaign finishing 18th with slow runs and little mistakes costing them a place in the final. Australian Champions Andy Farrance and Kai Swoboda had a disappointing race finishing 22nd. The pair had ten touches on their first run which cost them dearly, however they had an improved second run which was nine seconds faster and only one touch,

National Teams begin road to OLYMPIC GLORY

unfortunately it wasn't enough to put them into the final.

The Men's K1 paddlers were unable to repeat their outstanding performances from Merano on the tough Tacen course. Lachie Milne was the best placed Australian in 23rd place, his best ever result in a World Cup race. Slow runs and mistakes cost the other Australians dearly with Warwick Draper in 44th, John Wilkie in 45th and Dan Milne in 78th. However, like the Women's event the Men's K1 World Champion succumbed to the Tacen course and missed the final.

The 2nd World Cup race was due to start a day after the 1st World Cup finished, however extreme weather conditions caused organisers to postpone it by a day. High wind, pouring rain and a chill cool enough to bring snow to the nearby mountains are not considered ideal racing conditions and all were glad the race was postponed. When competition finally got under way Australia was represented in only three of the classes as the C2 crews had already returned to Australia.

In the Ladies K1 Olympic silver medallist Danielle Woodward was the only Australian to qualify for a final in the 2nd World Cup. Woodward put in an impressive performance with two solid runs and finished in 9th place, easily qualifying for the final. Victorian Louise Natoli had a much more confident race than in the 1st World Cup the weekend before. Natoli had two steady runs to finish a fantastic 17th position overall, just missing the final by two places (less than one point). In the final Woodward began solidly, although some loss of boat control three quarters of the way down the course cost her a couple of penalties and a few seconds in time. Despite this mishap Woodward went into the second runs sitting comfortably in 7th. Unfortunately her second run was not as positive, with two

touches and a slower run time that could not compare with the top women. Danielle finished the day in 11th place overall.

National Coach Richard Fox organised two training camps during the tour at La Seu d'Urgell in Spain (the venue for

Following the Duisburg regatta the National Selection panel will finalise the Team for the Milan World Championships.

As the only opportunity to qualify boats for the 2000 Olympic Games, this year's Worlds will be the most important regatta since the 1996 Olympic Games.

the World Championships / Olympic Qualification). By providing the Team with the opportunity to become familiar with the Seu course, Fox believes the Australians have a greater chance of qualifying extra boats for the Olympic Games at the World Championships in September (as host nation Australia receives one automatic entry per class). Fox is confident Australia will qualify extra boats in at least two of the four classes, those being the Men's C1 and the Ladies K1.

The Australian Team has now returned to Australia for five weeks of training in Penrith and Melbourne. The Team will head back to Europe in August to contest the 3rd and 4th

World Cup races in Slovakia and Germany and then the World Championships in Spain in September. The World Championships represent Australia's only chance to qualify extra boats for the Sydney Olympic Games (as host nation Australia automatically qualifies one boat in each class).

After the World Championships the world's best paddlers will head to Sydney for the World Cup Final on September 30 - October 3. For many it will be their first opportunity to test out the new Olympic course at Penrith.

SPRINT

The Australian Sprint Team contested two regattas in Europe as preparation for this year's World Championships in Italy. The first regatta was World Cup 3 at Poznan in Poland. The Australians then moved to Belgium for a training camp before heading to Germany for the final regatta, the Duisburg International Regatta (World Cup 4). The Duisburg regatta is a fiercely contested regatta whose results are usually a good indicator for performances at the World Championships.

The Poznan World Cup took place less than a week after the Team arrived in Europe. The regatta was the first opportunity for Australia's 'C' boat paddlers to compete internationally for fifteen years. Melbourne's Nick Richards and George Wakim and Penrith's Jason Egan made their International debut contesting the C1 and C2 events for which they have qualified for this year's World Championships. Sebastian Marczak, a member of the Australian Junior Team joined the Australians to train and compete with the Senior paddlers and gain valuable international experience. Sebastian joined training partner Jason Egan for the C2 500m event and the four Australians combined to contest the C4 200m.

In the C1 1000m Nick Richards paddled well to qualify for the semi-finals. Nick finished 8th in his semi-final and then joined with C2 partner George Wakim for the C2 1000m again qualifying for the semi-final, but being disqualified for moving out of their lane. The duo's poor luck continued also being disqualified from the C2 500m for moving out of

their lane - but the experience had taught them a great deal. Jason Egan and Sebastian Marczak qualified for the semi-final's in the C2 500m, but failed to qualify for the final finishing in 9th place. The pair also contested the C1 500m, but both missed the semi-finals finishing 7th (Egan) and 8th (Marczak) in their heat. In the C1 200m Jason Egan qualified for the semi-final, but finished 8th in the semi to miss a place in the final. Egan then paired with George Wakim to contest the C2 200m but the new pairing failed to qualify for the final after finishing 9th in their semi. The four Australians then combined for the first time to contest the final of the C4 200m. Unfortunately their lack of experience in a boat together contributed to their disqualification for moving out of their lane. Overall, the Australians performed as expected in the Canadian class, qualifying for semi-finals in most of their events. The experience gained and lessons learned had the 'C' boat paddlers looking forward to another chance in Duisburg.

In the Kayak events Australia was expected to perform well and to make the finals in most events. The Team did not disappoint finishing the regatta with two silver and three bronze medals. The Australian women in particular had an encouraging regatta, medalling in all but one of the Olympic events. Reigning World Champions Anna Wood and Katrin Borchert show glimpses of their world beating form. The duo competing in their first International regatta since claiming double gold at last year's World Championships won a bronze medal in the LK2 1000m behind the Polish and German crews. Whilst a little disappointed with the result the Australian pair were pleased with their effort in the non-Olympic event. In the same final Australia's Jacqui Mengler and Paula Harvey were 6th.

Paula Harvey was the only Australian woman to contest the LK1 1000m. A non-Olympic event for women, Harvey missed qualifying for the final by twelve one hundredths of a second. The final was won by Italy's Josefa Idem, a familiar face on the medal dais at International level.

In the Olympic event's Australia's women paddled extreme-



ly well. The LK4 500m crew got the ball rolling with a bronze medal in the final. The new crew of Katrin Borchert, Anna Wood, Shelley Oates-Wilding and Amanda Simper paddled well together to finish behind the ever-strong German and Polish crews.

Katrin Borchert went one better with a silver medal in the Ladies K1 500m. Borchert won the silver in this event at last year's World Championships and appears on track to repeat the performance this year, although aiming to go one better at next year's Olympic Games. Queensland's Jacqui Mengler missed the final finishing 7th in her semi-final.

Reigning World Champions Wood and Borchert placed 4th in the final of the ladies K2 500m final. A little disappointed with the result, the pair are not too concerned as they know exactly where they are at with their preparations for the World Championships later in the year. The second Australian entry in this event, Shelley Oates-Wilding and Amanda Simper, used this as preparation for the K4 and were not too concerned at missing the semi-finals. Katrin Borchert finished

the regatta with one silver and two bronze medals, while Oates-Wilding collected one silver and one bronze medal.

In the non-Olympic 200 metre events, Sydney Shelley Oates-Wilding achieved a personal best claiming her first individual medal at International level. Shelley finished 2nd to claim the silver medal in the LK1 200m final. Oates-Wilding was understandably ecstatic and was looking forward to the chance to claim another in Duisburg. Queensland's Jacqui Mengler also qualified for the final but had to withdraw after damaging rib cartilage in her warm-up. The injury also meant Mengler and Paula Harvey had to withdraw from the LK2 200m final later in the day. A disappointed Mengler returned to Australia for treatment in an attempt to be fit for the World Championships in August.

In the Men's Olympic K1 events Australia had four paddlers. Nathan Baggaley and Scott Austin in the K1 1000m and Peter Scott and Shane Suska in the K1 500m. In the K1 1000m Baggaley finished 9th in the final. Baggaley was pleased with the

Robin Bell and Justin Boocock with their new boats. Photo by Liz Broad

National Teams begin road to OLYMPIC GLORY

result after missing the final of this event in last year's World Championships and viewed the result as a good building block on which to base his World Championship preparation. Scott Austin failed to qualify for the final finishing 4th in his semi-final. Austin was disappointed but has widely declared his desire for one of the hotly contested K4 positions. In the K1 500m event Peter Scott qualified for the final and finished in 8th place. Shane Suska failed to qualify for the final finishing 6th in his semi-final.

1997 World K2 500m Champions Andrew Trim and Daniel Collins have this year returned their focus to the K2 events after competing in the K4 1000m last year. The duo told a Queensland newspaper before they left that they would be doing everything within their power to win gold at next year's Olympic Games and that this year was pivotal to that. With this approach they qualified for both the K2 1000m and K2 500m finals. They were delighted to claim the bronze medal in the K2 500m final behind the Polish and American crews. In the K2 1000m final the pair were 4th behind the powerhouse crews from Italy, Slovakia and Germany. Overall the duo were pleased with their regatta and are keen to move onto Duisburg. Australia's second entries in the K2 events were Shane Suska and Brian Morton who finished a credible 8th in the final and Nathan Baggaley and Julian Norton-Smith in the K2 500m who failed to qualify for the finals finishing 5th in their semi-final.

The Men's K4 1000m crew for the World Championships is one of the most hotly contested crew in the Team. With this in mind, the National Coaching Panel entered three different combinations into the K4 1000m, K4

500m and K4 200m events. The base of each crew was Scott Austin, Peter Scott and Cameron McFadzean. In the K4 1000m Julian Norton-Smith was the fourth paddler, Brian Morton in the K4 500m and Shane Suska in the K4 200m. The Australians just missed the finals in the K4 1000m and K4 200m events. The K4 500m crew qualified for the final and just missed a medal finishing in 4th place.

In the non-Olympic 200 metre events Australia qualified for the finals of the K2 200m final. Nathan Baggaley and Julian Norton-Smith finished 8th in the final. Australia's second entry of Cameron McFadzean and Brian Morton missed the final finishing 6th in their semi-final. In the K1 200m event Nathan Baggaley just missed the final finishing 4th in his semi-final with the first three paddlers qualifying.

Overall, the Australian Team management were satisfied with the Team's performance at Poznan. Considering the Team had been in Europe less than a week and had experienced long delays on route to Poland, the National Coaching Panel were happy with the training and competition performances.

After Poznan, the Team headed to Belgium for a two week training camp to prepare for the Duisburg International Regatta.

Following the Duisburg regatta the National Selection panel will finalise the Team for the World Championships which are in Milan, August 26-29. As the only opportunity to qualify boats for the 2000 Olympic Games, this year's World Championships will be the most important regatta since the 1996 Olympic Games and the pressure is on everyone involved from the athletes to the coaches and even the management.

SPECIAL

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HAYLEY LEWIS JOINS THE YELLOW PAGES SEARCH TO FIND AUSTRALIA'S HOTTEST YOUNG ATHLETES

Olympic medallist Hayley Lewis will join the Yellow Pages Achievers in helping Yellow Pages locate aspiring young athletes across Australia in the Yellow Pages Search a sponsorship program, which will provide sporting grants for Australia's next generation of Olympic achievers.

With thousands of dollars in cash grants and school coaching clinics to win, the Yellow Pages Search will help young athletes across Australia take their first leap towards sporting success.

All up and coming athletes between 12-16 years of age can join the Yellow Pages Search by logging onto the website:
<http://www.achievers.yellowpages.com.au>
filling in the application form and sending it to Yellow Pages by e-mail.

"A lot of promising young athletes never get the chance to compete at higher level because of the costs involved. The support of good sponsors is crucial as young athletes strive to achieve their goals."

Hayley Lewis said at the launch of the Search today.

"The Yellow Pages Search Grant will provide young Australian athletes with a great 'stepping stone' to achieving their sporting dreams," she said.

Yellow Pages have a firm commitment to helping young Australian's achieve their goals.

Three year's ago, Yellow Pages picked out a group of young athletes who showed a lot of promise and invited them to be part of a sponsorship program called Yellow Pages Achievers.

The team members, Lauren Hewitt (athletics), Geoff and James Stewart (rowing), Luke Roberts (cycling) and Nikki Mott (hockey) are now familiar faces competing in Australia and Internationally.

The Yellow Pages Search will award a cash grant of \$2000 to one athlete from every state and territory in Australia. Each Search Grant winner will also receive a coaching clinic for their school where students will learn the finer points on training, competing and achieving success.

All state finalists will then be in the running to win the major grant of \$5000 in cash.

So if you are between 12 and 16 years of age and you think you have what it takes to win a Search Grant, log on to the Yellow Pages Search by e-mail today.

Entries close on 20 August 1999.

**For further enquires call
1902 261 052**

canoeing education

Interested in attending a Coaching Course? Why not check out the Coaching Course Calendar and ring a course coordinator to enrol.

All level Coaching Courses contain modules in coaching principles, sport specific and practical sessions to assist you in applying that new found knowledge to the real thing. Courses are run in all States and in the disciplines of Whitewater (incorporating Slalom and Wildwater), Flatwater (Sprint and Marathon) and Canoe Polo.

Enrolling in a Level 2 Course is a little different, you must have completed a Level 2 General Principles Course. So contact your State Coaching centre today.

ELITE CANOE COACHING SCHOLARSHIPS

Yes, it is that time of year again where the Australian Coaching Council offers fifteen new coaching Scholarships for the following year. Australian Canoeing has been extremely successful in securing a scholarship every year for the past seven years.

National Coaching Scholarships are offered for one year full time. Scholarship holders are placed with an Institute of Sport (relocation may be necessary).

The scholarship provides the coach with a taxable income of \$25,000 in addition to relocation, specific travel and education. All applicants must be a current NCAS registered coach and Tertiary qualifications desirable. Application forms will be available from Australian Canoeing and the Australian Coaching Council as of 30 July 1999.

For further information please contact:

Peter Horne

Coaching & Development Manager
(02) 9552 4500 or (0413) 628 884

or

Darryl Durham
Acting Elite Program Manager
(02) 6214 1811

LEVEL 2 CANOE POLO COACHING COURSE & NSP U21s CANOE POLO CAMP

On the 8 July 1999 a successful Level 2 Canoe Polo coaching course was conducted in conjunction with the NSP U21 Canoe Polo Camp at the Australian Institute of Sport, Canberra. Lectures by prominent AIS Psychologists, Physiotherapists, Strength and Conditioning coaches and other canoe coaches and sports scientists presented information to seventeen athletes and coaches. With state of the art facilities and personnel at hand, six coaches left the course well on their way to achieving their accreditation.

AUSTRALIAN COACHING SCHOLARSHIPS

As of 30 July 1999 Australian Canoeing will be offering two Coaching Scholarships of \$500.00 each. These scholarships are to assist coaches to access further education opportunities. If you are a coach and would like to apply to this exciting initiative please contact Peter Horne at Australian Canoeing to grab a copy of the application form and guidelines.

5TH PROFESSIONAL AND NATIONAL COACHES SEMINAR (PANCS) & INTERNATIONAL COUNCIL FOR COACH EDUCATION COUNCIL FOR COACH EDUCATION (ICCE) CONGRESS

Mark your Diaries for the 1st - 3rd December 1999, as the Australian Coaching Council will host the combined 5th Professional National Coaches Seminar (PANCS) and the International Council for Coach Education (ICCE) Congress.

The conference will cover:

Coach Education, High Performance Coaching Issues, Elite Athletic Performance, Coach Management issues, Distance Education Technologies, Ethical Issues in Coaching, and new innovations into the training of coaches who work with athletes with disabilities. This conference is a must for all Canoe Coaches.

For further information please contact:

Darryl Durham

Acting Elite Program Manager
(02) 6214 1811

COACHING & DEVELOPMENT MANAGER

*Have you checked your Coach
Accreditation lately?*

A coach accreditation is an essential part for any canoe coach. Apart from being the only recognised canoe coaching qualification in Australia the qualification offers the following benefits to the holder:

Registration to the National Coach Accreditation Scheme database
Access to Australian Canoeing Insurance policy

Increased status and recognition throughout Australia

Free subscription of Coach Australia (the NCAS newsletter)

So why should I re-register?

Re-registration is part of your continuing education. Its purpose is:

To extend the knowledge and skills of coaches.

To provide an avenue for post accreditation servicing.

To ensure that coaches are up to date with the latest techniques, coaching methods, safety issues and injury prevention information.

So how do I re-register?

Ensure that you have read the re-registration policy and completed the re-registration application form. Check that you have reached the required amount of points for the level of your accreditation e.g. 24 points for level one. Forward the re-registration application form along with your logbook, copy of your first aid certificate and \$25, cheque or money order. If you are looking for a copy of the re-registration policy or application form check, out the Australian Canoeing Webpage:

www.canoe.org.au

or ring Australian Canoeing on
(02) 9552 4500.

AUSTRALIAN COACHING COUNCIL STATE COACHING CENTRE COORDINATORS

Australian Capital Territory

Mr John Armstrong
ACT Coaching Centre
Bruce CIT
PO Box 90
Belconnen ACT 2616
Telephone: (02) 6207 4389
Mobile: 0417 264 939
Facsimile: (20) 6207 4042
Email: armstrong@ausport.gov.au

New South Wales

Mr Mark Fitzgerald
Coaching Coordinator
NSW Coaching Centre
Sydney Academy of Sport
PO Box 57
Narrabeen NSW 2101
Telephone: (02) 9454 0200
Facsimile: (02) 9454 0207
Email: mfitzgerald@dsr.nsw.gov.au

Northern Territory

Cathy White
State Coaching Centre Coordinator
NT Coaching Centre
NT Institute of Sport
GPO Box 40844
Casuarina NT 0811
Telephone: (08) 8922 6819
Facsimile: (08) 8922 6800
Email: cathy.white@nt.gov.au

Queensland

Mr Michael Keelan
QLD Coaching & Officiating Centre
Office of Sport and Recreation
GPO Box 354
Brisbane QLD 4001
Telephone: (07) 3237 9835
Facsimile: (07) 3237 9879
Email: keelanm@dtsy.qld.gov.au

South Australia

Ms Yuli Gowling
Coaching Centre Coordinator
SA Sports Institute
27 Valetta Road
Kidman Park SA 5025
Telephone: (08) 8416 6752
Mobile: 0419 828 902
Facsimile: (08) 8416 6755
Email: gowling.yuli@saugov.sa.gov.au

TAS Coaching Centre

Jean Kleeman
Executive Officer
Tasmanian Sport & Recreation Skills
Centre
PO Box 1154
Glenorchy TAS 7010
Telephone: (03) 6230 8256
Facsimile: (03) 6230 8265
Email: skillcentre@tassport.org.au

Victoria

Mrs Janet Pyke
VIC Coaching Centre
Sport & Recreation Victoria
PO Box 2392V
Melbourne Vic 3000
Telephone: (03) 9666 4333
Facsimile: 903) 9666 4266
Email: jpyke@dsv.vic.gov.au
coaching@dsv.vic.gov.au

Western Australia

Mr Ron Tindall
WA Coaching Centre
Coaching Foundation of WA
PO Box 447
Wembley WA 6014
Telephone: (08) 9383 7693
Mobile: 041 994 4036
Facsimile: (08) 9383 7846
Email: wacf@iinet.net.au

COACHING COURSES CALENDAR

Level 1 Flatwater
West Lakes Canoe Club,
ADELAIDE SA
Mid August 1999
Phil Hinc (08) 8248 3963

Level 1 Flatwater
Perth
29- 30 August 1999
Lynda Lehmann (08) 9387 8166

Level 1 Whitewater
Fitzsimmons Lane &
Bullen Reserve Kew, Melbourne
17 -19 September 1999
Jane Farrance (03) 9857 5303

Level 1 Flatwater Coaching Course
Burley Griffin Canoe Club,
Canberra
September 1999
Antonia Kieran (02) 6214 1993

Level 1 Flatwater
Melbourne
October 1999
Dasha Kopececk (03) 9890 4919

Level 1 Canoe Polo
Canberra
20 - 21 November 1999
Antonia Kieran (02) 6214 1993

Level 1 Whitewater
Launceston, Tasmania
November 1999
Andrea McQuitty (03) 6429 3350

Level 1 Whitewater
Nymboida, NSW
November 1999
Peter Flowers (065) 546 808

NATIONAL DISCIPLINE COACHING COORDINATORS

Slalom Racing

Jane Farrance
Development Coach
8 Ruda Crt
Doncaster VIC 3108
Ph: (03) 9857 5303
Fax: (03) 9817 1820

Canoe Polo

Duncan Cochrane
Coaching Coordinator
16 Parr St
Largs Bay SA 5016
Ph: (08) 8449 5130
Fax: (03) 8449 2282

Wildwater Racing

Andrea McQuitty
Coaching Coordinator
1113 Kindred Rd
Kindred TAS 7310
Ph / Fax: (03) 6429 3350

Sprint Racing

Lynda Lehmann
Coaching Coordinator
60 Margaret St
Ashfield WA 6054
Ph / Fax: (08) 9379 3508

Marathon Racing

Mike Mills-Thom
Coaching Coordinator
3 Ann St
Coffs Harbour NSW 2450
Ph: 066 524 986 (w)
Ph: 066 516 158 (h)

Australian Canoeing

Peter Horne
Coaching & Development Manager
PO Box 666
Glebe NSW 2037
Ph: (02) 9552 4500
Fax: (02) 9552 4457

The National Slalom Team has a web page online in the Slalom Zone on the Australian Canoeing web site: www.canoe.org.au. The site features the latest Team News, a full Team List with profiles for each athlete, a full itinerary for the first tour and dates of major International races for 1999. Second tour details will be posted as they come to hand.

You can follow the Australian Sprint Team via their homepage on the Australian Canoeing website: www.canoe.org.au - just go to the Sprint Zone and click on National Teams.

POSITION VACANT

The British Canoe Union is advertising for the position of National Performance Coach - Sprint. The position has a salary of 25k sterling and benefits package to be negotiated with the successful candidate.

The closing date is the 20th September. For further information and to receive an application form, please write to:

The Performance Director,
The British Canoe Union
Adbolton Lane,
West Bridgford,
Nottingham, NG2 5AS
UK

AUSTRALIAN CANOEING E-NEWS

WHAT'S IN YOUR MEDICAL KIT??

Liz Broad, Sports Science Coordinator

A medical kit should be an essential item for any athlete to have, whether traveling domestically or overseas. For many athletes, it consists of some bandaids and panadol, which really doesn't cover everything you might need. At the same time, it doesn't have to be something you get charged excess luggage for!

Provided below are what could be considered essential elements to a medical kit, and is based on what is provided in the National squad kits of the sprint and slalom teams.

ASDA Drugs in Sport Handbook and information card

First Aid book

Antiseptic cream or lotion (such as betadine)

Sunscreen

Bandaids or some type of dressing (preferably somewhat water proof)

Antidiarrhoeal medication (such as Immodium)

Eye drops, especially if you suffer from hayfever

Tweezers

Throat lozengers

Gastrolyte, in case you need some form of rehydration following illness

Panadol or aspirin

Insect repellent

Anti-inflammatory gel or ointment

(e.g. Voltaren gel)

Ice compression bandage

(there are reusable ones available)

Crepe bandage

For those who are traveling overseas, it's also very worthwhile packing some multivitamin / mineral supplements (you can't always guarantee the food supply is as varied as in Australia) and a can of Sustagen Sport in case you get caught out without access to food. Any favourite foods that may be difficult to get (like breakfast cereal and vegemite) should be packed provided you know they will get through customs without difficulty. If you suffer from travel sickness (car or boat), take some anti-nausea medications.

Before heading off, you should get a general medical checkup from your sports physician.

You should discuss with them any immunisation requirements of the country(s) you are going to, and get additional prescriptions filled for any medications you regularly take. If you have experienced any problems with asthma (even if only occasionally), your notification form must be up to date and your medications topped up, as it can be difficult to get exactly what you need



overseas. For those of you who have traveled overseas before, this is also a good time to touch base with your sports physician about reducing the degree of jet lag you generally experience, if this is a problem for you.



Queensland
Canoeing
Incorporated

QUEENSLAND

State round-up

QUEENSLAND CANOEING STANDING COMMITTEES CONTACTS

Sprint Racing: Executive Officer (07) 3278 1033
 Marathon : Qld Canoeing (07) 3278 1033
 Canoe Polo: Lenore Solomon (07) 3278 1033
 Slalom: Qld Canoeing (07) 3278 1033
 Recreation: John Kovic (07) 3278 1033
 Queensland Board of Canoe Education:
 Susan Bell (07) 3278 1033

QUEENSLAND ACADEMY OF SPORT ITC CANOEING PROGRAM

Head Coach: John Sumegi 0417 980 238
 Assistant Coach: Denise Cooper
 Postal Address: PO Box 79
 Sherwood, QLD, 4075
 Ph: (07) 3278 1033
 Fax: (07) 3278 2202
 Mobile: (0411) 423 498
 E-mail: qldcanoe@canoeqld.org.au
 Internet: www.canoeqld.org.au

QUEENSLAND CANOEING AFFILIATED CLUB

Barron River	Mackay
Beaudesert	Maryborough
Brisbane	Nerang River
Cape Byron	Newport Waters
Currumbin Creek	Lourdes Hill
North West	Fitzroy
Pine Rivers	Frogs Hollow
Sandgate	Gladstone
Surfers Paradise	Gold Coast
Sunshine Coast	Goodtime
Tinaroo	Greater Logan
Townsville	Indooroopilly
Uni of QLD	Ipswich
West End	Iron Stem (Macleay Is).
Wynnum Redlands	Karana District

Greenlander III Sea Kayak

The ultimate craft
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 Superbly finished

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808 South Road
 PO Box 282
 Penguin, Tasmania, 7316
 Ph: (03) 6437 2791
 Fax: (03) 6437 2792

CANOE 'N' SURF

144 William Street
 Devonport, Tasmania, 7310
 Ph: (03) 6424 4314
 Fax: (03) 6423 3553

Canoe 'n' Surf also stock a large range of plastic and fibreglass canoes and kayaks, hire kayaks and accessories.

www.tassie.net.au/~lford
 link to sea kayak manufacturer

QUEENSLAND



Queensland
Canoeing
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CALENDAR OF EVENTS 1999

Proudly Sponsored by:
Queensland Government
Insurance Exchange of Australia

August 1999

Sun 1 Beaudesert Classic (Club: Beaudesert)
Canoe Polo South Bank Competition
Fitzroy River Race (Club: Fitzroy)

Sat 7/Sun 8 Basic Skills Instructor Assessment #9904
Townsville

Sun 8 Noosa Race (Club: Sunshine Coast)

Sun 15 QLD Schools Marathon Championships -
Loc Maroochydore - Sunshine Coast

Sat 21/Sun 22 Basic Skills Canoe/Kayak Course #9906
Fernvale

Sun 22 Lockyer Series #1
Queensland Canoeing

Sat 28/Sun 29 Sea Kayak Proficiency #9903
Sunshine Coast

Sun 29 Thornside Classic
(Club: Wynnum Redlands)

September 1999

Sat 4/Sun 5 Basic Skills Instructor Training Course
#9906 - Fernvale

Sun 5 Lockyer Series #2
Queensland Canoeing

Tue 7 Coaching Update Clinic #9903

Sat 11/Sun 12 Flatwater Level 1 Coaching Clinic -
Pamphlet Bridge

Sun 12 Logan Classic (Club: Greater Logan)
Down By The River Festival -
Queensland Canoeing Promotional
Activity incl: Canoe Polo Demonstration
match South Bank 1.00pm

Thu 16 Queensland Canoeing Council Meeting -
Pamphlet Bridge

Sat 18/Sun 19 Basic Skills Instructor Assessment #9905
Colleges Crossing

Sun 19 Lockyer Series #3
Queensland Canoeing

Sun 26-Tue 28 Pre Olympic Sprint Race Test Event -
Penrith

Thu 30 Australian Schools Marathon
Championships - Gold Coast

Thu 30/Sat 2 1999 Australian Inter Club Canoe Polo
Championships

October 1999

Sat 2 Australian Marathon K4 & C4
Championships Brisbane - City

Sat 2 K4 \$1000 Dash For Cash

Sun 3 Brisbane River Paddle Event (8km)-
Queensland Canoeing
Brisbane River - City

Sat 2/Sun 3 Basic Skills Canoe/Kayak Course #9907
Fernvale

Sat 9-Sun 10 Brisbane Valley 100 & Brisbane Valley
50 Race - Queensland Canoeing &
Cerebral Palsy League
Canoe Polo Summer Comp commences
Sea Kayak Proficiency #9904
Gold Coast

Sat 9/Sun 10 Australian Canoeing AGM - Sydney

Sun 17 Forest Lake Endurance Challenge -
Queensland Canoeing (Cash Prizes)

Sun 24 Basic Skills Instructor Training Course
#9907 - Fernvale

Sat 23/Sun 24 Sea Kayak Instructor Training #9902 -
Sunshine Coast

November 1999

Sat 6/Sun 7 Whitewater Instructor Training /
Assessment Course #9902 - Nymboida

Sun 14 Queensland Canoeing Sprint Regatta -
Hinze Dam Gold Coast

Thu 18 Queensland Canoeing Council Meeting -
Pamphlet Bridge

Sat 20/Sun 21 Basic Skills Canoe/Kayak Course #9908
- Fernvale

Sun 21 Maroochy River Race
(Club: Sunshine Coast)

Sun 28 Ipswich Picnic Race
(Club: Ipswich & District)

December 1999

Sat 4/Sun 5 South Queensland Marathon Titles -
Loc TBA

Tue 7 Coaching Update Clinic #9904

Sat 11/Sun 12 Australian Canoeing Sprint Race
Grand Prix #1

Sat 11/Sun 12 Queensland Canoe Polo Championships -
Loc TBA

Sat 11/Sun 12 Qld Invitational Grand Prix -
Loc Hinze Dam (Cash Prizes)

Sat 11/Sun 12 Basic Skills Instructor Training Course
#9908 Fernvale

Sat 11/Sun 12 Sea Kayak Instructor Assessment #9902 -
Gold Coast

Sat 18/Sun 19 Basic Skills Assessment #9907
Colleges Crossing



7-8 August	Meeting	Whitewater Proficiency Course, Grafton
7-8 August	Slalom	Whitewater Instructor Assessment, Victoria
8-9 August	Marathon	Avon Descent 99, WA
13-15 August	Slalom	Slalom World Cup Three, Bratislava, Slovakia
14-15 August	Sea Kayaking	Basic Skills - Sea Kayaking, Victoria
15 August	Wildwater	Kirinari Race 3, Jumping Creek, Victoria.
20-22 August	Slalom	Slalom World Cup Four, Augsburg, Germany
21-22 August	Slalom	Introduction to Slalom, DRR Rodeo, Polo, Victoria
22 August	Slalom	Yarra Series Race 2, Fitzsimmons Lane, Upper Murray, Victoria.
22 August	Touring	ACAWA Tour - Upper Murray Tour, Upper Murray, Western Australia
22 August	Meeting	Instructor Workshop, Victoria
26-29 August	Sprint	World Sprint Canoe/Kayak Championships, Milan, Italy
29-30 August	Meeting	Level One, Flatwater Coaching Course, Perth
27-29 August	Whitewater	Whitewater Instructor Intake, Victoria
4-5 September	Slalom	Slalom and Wildwater Sunsmart Victorian Schools Championships, Warrandyte, Victoria
4-5 September	Meeting	Introduction to Sprint, Marathon & Murray Marathon, Victoria
5 September	Meeting	Instructor Workshop, Victoria
5 September	Whitewater	Whitewater Introduction, Victoria
9-12 September	Slalom	Senior Slalom World Championships, La Seu d'urgell
11-12 September	Slalom	Southern Zone Championships, Cotter River, Canberra
11-12 September	Sea Kayaking	Introduction to Sea Kayaking, Victoria
11-12 September	Meeting	Basic Skills Instructor Intake, Victoria
17-19 September	Regatta	Lismore Region Masters Games, Lismore
18-19 September	Slalom	Slalom/Whitewater Country Series Race 2, Howqua River
19-19 September	Sea Kayaking	Sea Kayak Advanced, Victoria
19 September	Whitewater	Whitewater Advanced Award, Victoria
19 September	Touring	ACAWA: Pinjarra to Ravenswood Tour, Pinjarra River, WA
25 September	Meeting	Instructor Workshop - River Rescue III, Victoria
25 September		To become an Instructor - Exam, Victoria
25-26 September	Meeting	Whitewater Instructor Course, Grafton
25-26 September	Meeting	River Rescue III, Victoria
26-28 September	Sprint	Sydney International Canoe/Kayak Regatta, Sydney International Regatta Centre
30 Sept -3 October	Slalom	Slalom World Cup Final, Penrith Whitewater Stadium, NSW
2 October	Meeting	River Rescue I, Victoria
3 October	Whitewater	Whitewater Proficiency Assessment, Victoria
8-10 October	Whitewater	Whitewater Instructor Intake, Victoria
9-10 October	Meeting	Sea Instructor / Assessment, Victoria
16-17 October	Instruction	Learn to Kayak weekend, Grafton Big River
16-17 October	Instruction	'Sunsmart' Introduction to Canoeing, Victoria
17 October	Wildwater	Pre Victorian Championships, Homestead to Wittons
24 October	Whitewater	Whitewater Advanced Award, Victoria
24 October	Marathon	Yarra Series Race 5, Warburton, Victoria
30-31 October	Rodeo Canoeing	Australian Rodeo Event, Penrith Whitewater Stadium
30-31 October	Meeting	River Rescue III, Victoria
30-31 October	Meeting	Instructor Workshop, Victoria
30-31 October	Meeting	River Rescue II, Victoria
30-31 October		To become and Instructor - Exam, Victoria

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

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.

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

Canoe South Australia

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

Amateur Canoe Association of Western Australia

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

Queensland Canoeing Inc.

Queensland Canoeing Inc.
Simpsons Park
Graceville Avenue
Graceville, QLD, 4075
Telephone: (07) 3278 1033
Facsimile: (07) 3278 2202
Postal Address:
PO Box 79,
Sherwood, QLD, 4075
E-mail: qldcanoe@canoeqld.org.au
Internet: www.canoeqld.org.au

NSW Canoe Association

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

Canoe Northern Territory

PO Box 70
Katherine, NT. 0851



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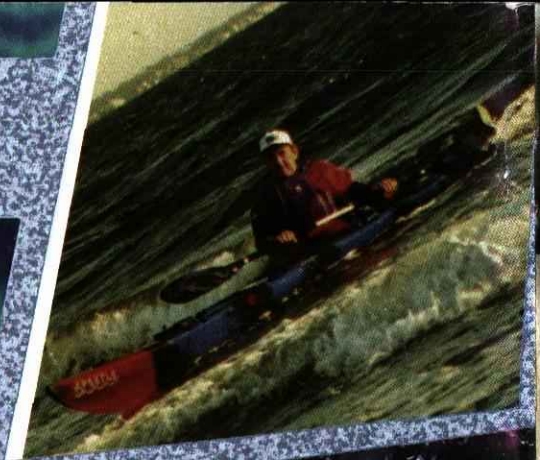
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