

kayak & canoe

KC magazine

VOL: 12 1999 \$5.95

ALASKAN SEA KAYAK ADVENTURE

**STARBUCK'S COFFEE
OCEAN KAYAK WORLD
CHAMPIONSHIP**

WORLD CHAMPIONSHIPS:

**SPRINT
SLALOM**

**Robin Bell's
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INTERVIEW: JUSTIN BOOCOCK

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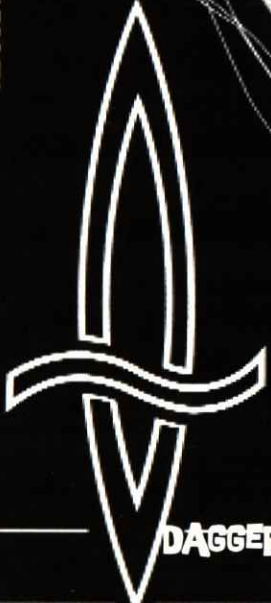
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Whitewater Kayak





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note from the editor ...

Managed through a mate of mine to score a VIP freebie for the opening night of the Pan Pacific Games Swimming Championship at the Sydney International Aquatic Centre. Being the good Sydneysider Olympic supporter type that I am, it was the first time I had been to what will be the aquatic venue for next year's Games. As impressed as I was with the venue and the fact that I also happened to witness Ian Thorpe rip the heart out of Keiran Perkins 'greatest world record ever', 400 metres world record, the warm fuzzy feeling that I went home with came not so much from the athletic quality of the evening but from the fact that I had witnessed young Australians without the aid of steroids rewriting the book of swimming records. Sure Thorpies got huge feet, Klimmies got a head that looks like it was designed for a wind tunnel and Susies got.....Hell I don't know, just a bloody big heart I suppose. But at the end of the day these guys are correctly training their backsides off, eating right and resting heaps. It's a message to all sports and all kids. It is possible, that even if you are clean of performance enhancing drugs, your best can be the very best.

This issue covers more miles than our national sponsor Qantas. World Championships from Zagreb, Yugoslavia to Milan, Italy and from Molokai, Hawaii to the wild water of La Seu d' Urgell, Spain. We celebrate with young Western Australian Slalom paddler Robin Bell as he became only the third Australian slalom paddler to win a medal at a World Championship and we travel to Alaska with Manly couple Greg and Ruth Booker for a Sea Kayaking adventure with a difference. We are also treated, courtesy of Horizon Line Canoe's Ben Patrick, to an in-depth interview with Slalom Paddler Justin Boocock.

Australian Canoeing's Coaching and Development Manager Peter Horne through his regular Canoeing Education column has outlined the many various Coaching Accreditation Certificate Courses, Coaching Lectures and Coaching Scholarships that are available as well as a complete list of State Contacts. Finally, Liam Guilar updates us on the ever growing Plastic Pig Day from the Nymboida River in Northern NSW.

Hope you all enjoy the read, we are certainly trying hard to produce an article which is both informative and interesting. This magazine is based on contributions so if you have a story to tell about your last race, maybe a great trip you had, or rather a journey you once took, please share it around.

Take care.
Scott Wood



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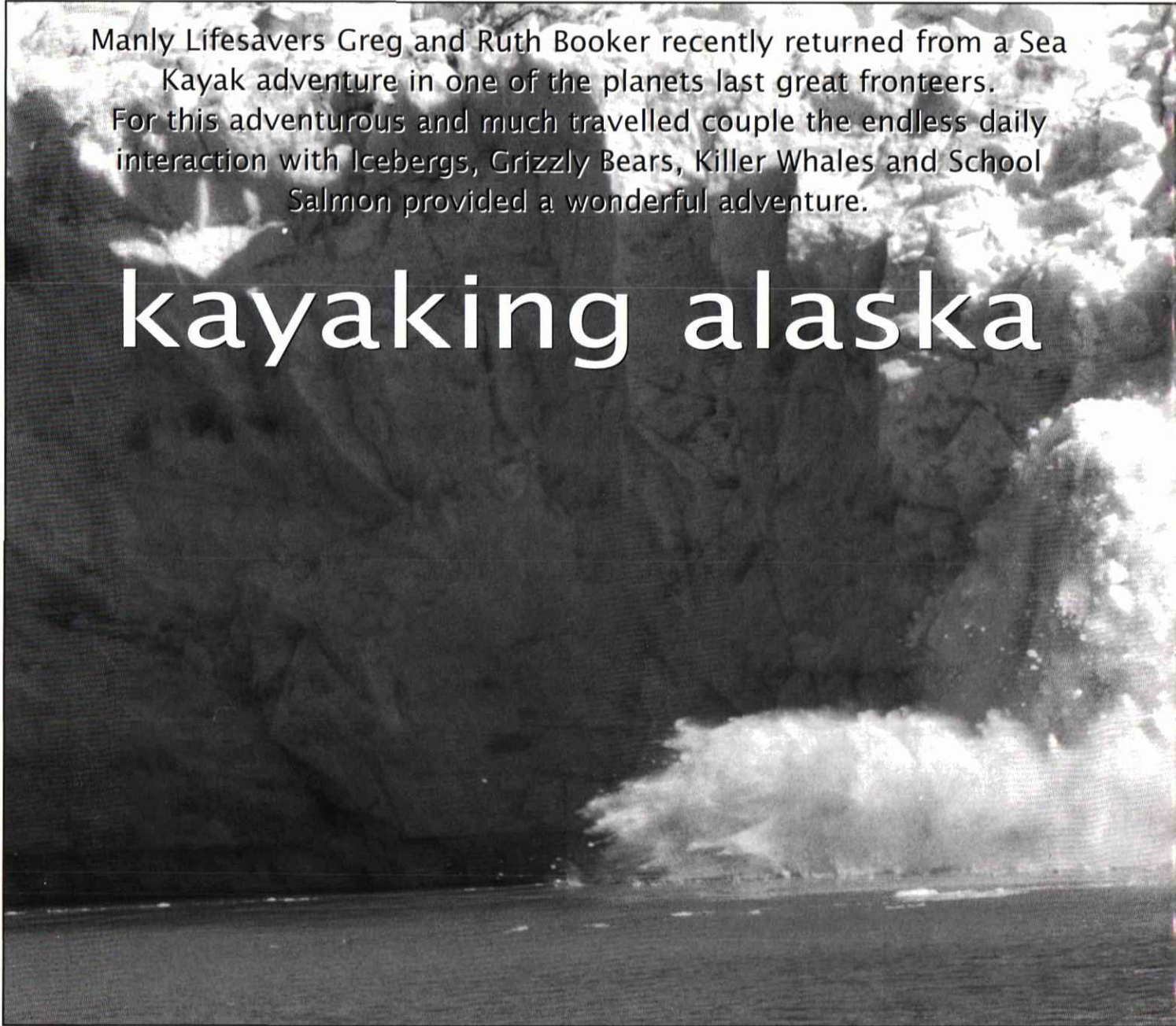
KAYAKING ALASKA
 page 5



MOLOKAI, OAHU
 page 15



JUNIOR KAYAK EUROPEAN TOUR
 page 26



Manly Lifesavers Greg and Ruth Booker recently returned from a Sea Kayak adventure in one of the planets last great fronteers.

For this adventurous and much travelled couple the endless daily interaction with Icebergs, Grizzly Bears, Killer Whales and School Salmon provided a wonderful adventure.

kayaking alaska

Ladies and Gentlemen, as we have begun our descent into Anchorage please bring seat backs upright and stow all tray tables. Thank you for flying Alaskan Airlines.

Finally, after four separate flights on four different airlines, and some twenty-six hours after departing Sydney, we had arrived in Alaska's largest city. Now, to grab the 4WD from the hire company, get a cheap room and crash out for a few hours before the run down to Valdez in the morning.

My wife Ruth and I had been planning the trip for about two months prior to departure and to say expectations were high is an understatement, mind you it was tempered with a small

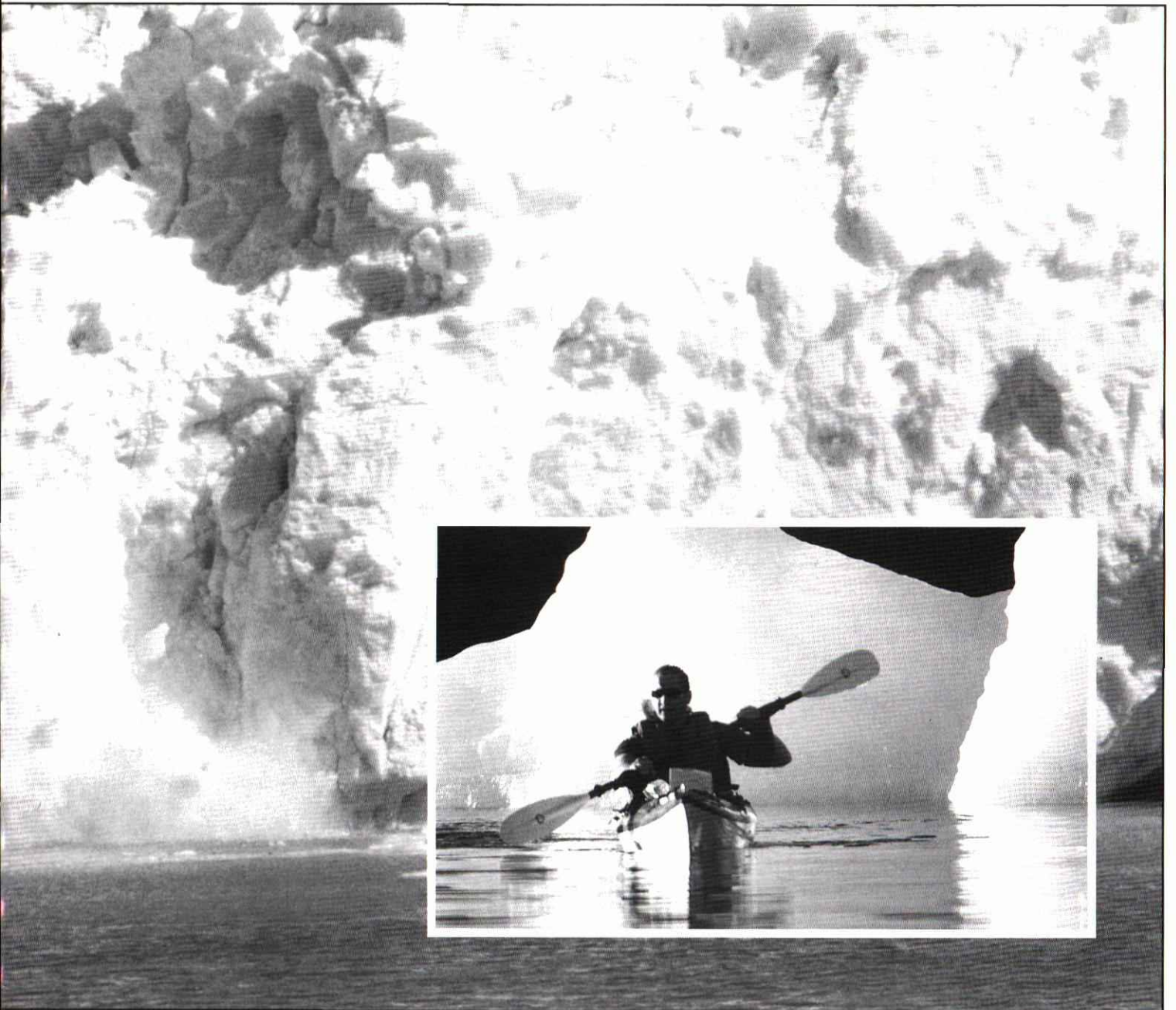
degree of apprehension when the water temperatures of 2 degrees Celsius were considered. Due diligence on the Internet, scouring of Lonely Planets Alaska volume and a couple of lucky phone calls had routed us to Prince William Sound and an amazing kickoff point for our kayaking trip, an island named after the small icebergs which clutter its front bays, Growler island.

The island is situated at the head of the bay containing the Columbia glacier (Alaska's largest tidewater glacier) and is suitably named with hundreds of small, medium, and large icebergs which are calved by the glacier and drift down toward the island. The island is a privately run camp site catering for a maximum of thirty people which is

visited daily by one of the tour boat companies which ply the waters of Prince William Sound. Of interest to Ruth and I was that it also acts as a kickoff point for kayakers wishing to paddle the Alaskan wilderness without having to paddle the extra 25 miles (40 kilometres) from the ports of Valdez or Whittier.

The run from Anchorage to Valdez takes about seven hours by road or you can take an hour long direct flight on one of the many small planes which buzz around Alaska in numbers rivalling their mosquitoes (although I think the mosquitoes are larger!!). If you have time definitely do the drive, the roads are good and the scenery is spectacular. Alaska contains half of the

Mears Glacier, Prince William Sound, Alaska



worlds glaciers and of those a goodly percentage are dotted along this route. On arrival in Valdez we tracked down the Alaskan Wilderness Adventures office (shared with Stan Stephens Cruises) and finalised our bookings for the next five days. We then spent about three hours repacking our packs to ensure we could fit everything into the kayaks but also ensuring no necessities were left behind. At this point it would be remiss of me not to mention our experiences with supermarket shopping in Alaska. For a couple of Sydney based Aussies it was unusual to go into a supermarket which is setup to cater for people who shop with the full expectation of being frozen in for the winter. Our conversations with staff tended to

be along the lines of
“Excuse me, could you tell me where the Pasta sauce is please.”
“Why, right here Sir.”
“Errrr No, I was hoping for something smaller than a bucket.”
“Sir, that is the small size!!”

At 8:00a.m. the following morning we rocked up to the docks with food, water, and camping gear for five days and loaded the lot onto the Stan Stephens Cruises boat NUNATAK. It became obvious pretty quickly that we wouldn't exactly be roughing it on the run out to the island, at around 30 metres and with a cruising speed of 24 knots the NUNATAK provides a very comfortable way to get a look at Prince William Sound and its wildlife. The

hundred or so American retirees that followed us onto the boat were testimony to the popularity of these cruises with the ‘chronologically challenged’ set. I would be tempted to call these people the less adventurous types except that it seemed everyone I spoke to was from somewhere down in the lower forty-eight U.S states and all had driven their RV's up through the States and Canada to get to Alaska, a run of several thousand kilometres and all of them planned to go fishin' and huntin' and be on the road for anywhere from three months to two years - mind you they couldn't understand why anyone would want to ‘freeze their butts off’ sitting in a kayak for a few days.

We arrived at the island at 3:00p.m.

Greg Booker paddles between the ice

kayaking alaska

and met up with the two resident kayak guides on the island, Bill and Renee Wakefield. These two have been married for around a year and spend their life living on a 36 foot yacht and preventing naive Aussie paddlers from becoming 'Ozcicles', not a bad life really - I think I'd swap (at least till winter). As we turned the air a slight shade of blue trying to cram everything into the kayaks, they imparted a lot of local knowledge and a sense of both enthusiasm and caution.

Don't worry about the bears, just set your camp up in three points, tent upwind, then cooking fire 100 metres downwind, and then hang your food in a tree another 100 metres down. Oh yeah, and don't sleep in the clothes you cook in!

If you capsize you have 90 seconds to get back in the boat or you won't be able to, don't try and swim ashore no matter how close it looks, get back in the boat, paddle ashore and get warm.

Don't go any closer than one boat length from the icebergs, they melt far faster under the water regardless of air temperature and will eventually tip over.

If you go to the glacier terminal moraine (where glacier meets sea) be careful paddling amongst the bergs, they are continually shifting and can block your path out.

Watch where you camp, the tide range gets as high as 20 feet, make sure you're above the high tide mark - especially your kayaks!

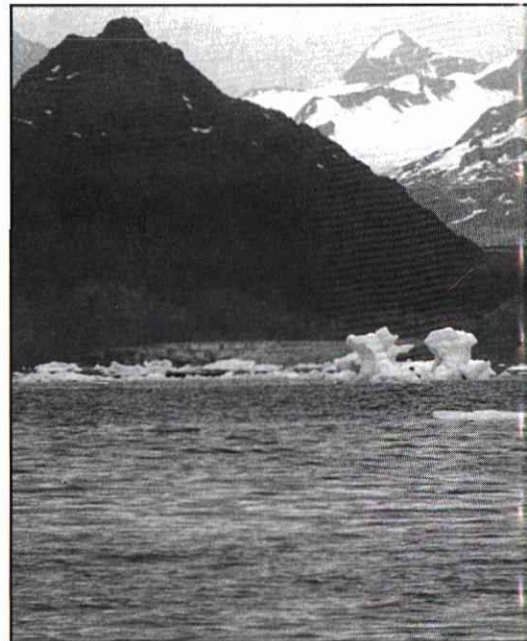
Columbia Glacier is different to other glaciers in that its face was under the water before it retreated. This means its left a number of house size chunks of ice frozen to the bottom and these eventually break free and pop up like corks from about 300 feet down - don't be there when that happens.

There may have been more helpful hints, I can't be sure because by this time I was back on the NUNATAK cowering between two 80 year old American ladies and chanting the litany

"Make the bad man go away mummy" - I wouldn't move until the lovely 80 year old lady leant over and very quietly whispered to me "Beat it creep or I'll call a cop."

It was with high confidence that we paddled out into Growler Island bay, nearly suffering our first capsize when I tried to wave goodbye without first taking my hands out of the paddle spats - Bill and Renee waving cheerfully until we rounded the corner then madly running to look up the number for Coast Guard rescue.

It was around 5:00p.m. when we first hit the open waters of Prince William Sound and headed straight into the teeth of a 20 knot wind blowing off the Columbia Glacier. This glacier is like many other large glaciers in that it is capable of generating its own micro environment. By lunchtime of most days a strong Glacier breeze can be expected and let me tell you, this is not your standard Southern Australian Northerly. To ask if this wind is cold is like asking 'do frogs bump their butts when they jump', the answer to both is a resounding 'yes!'. Passing our first icebergs was an interesting experience, the small air bubbles trapped within are constantly being released as the ice melts and the effect is one of paddling past a huge plate of rice bubbles. Locals we spoke to even noted that the effect is called 'ice crispies'. A resounding gunshot report and then a huge roaring had both Ruth and I ready to bid farewell to this existence but it was only an iceberg reaching the limits of tolerance and falling over, the noise echoes off the surrounding ice until it's both impossible to tell where the collapsing berg is and also daunting in the volume of noise generated. The Columbia Glacier currently loses around 10 million tons of ice a day so the ice flows in the area of Growler Island are quite extensive. During the late 80's and early 90's the glacier was losing around 80 million tons of ice per day and it was this pack ice from the Columbia Glacier which



caused the skipper of the Exxon Valdez to make the fateful decision to move outside the regular shipping channels on the night of March 24 in 1989. The resultant collision with Bligh reef and 260,000 barrel (50 million litre) oil spill coated 1770 kilometres of the Alaskan shoreline, the largest oil spill in the history of the United States. It took until June of 1992 and a cost of two billion dollars to clean up the spill which oiled the shores of Prince William Sound, the Kenai peninsula, and the Kodiak Islands. The oil spill travelled a considerable distance with shorelines up to 900 kilometres from the initial spill being oiled. At its peak, the clean-up operation utilised the services of 11,000 people and over 1400 marine craft and as part of the exercise, the remains of over 100,000 sea birds and 2650 sea otters were recovered. The Exxon corporation paid total damages of 5.25 billion dollars as a result of the spill, 250 million in the form of a fine and 5 billion (payable over a ten year period) as restitution to the state of Alaska and around 11,000 participants in a civil suite. The captain of the Exxon Valdez, Joseph Hazelwood, was found to be

The Exxon Corporation paid total damages of \$5.25 billion dollars as a result of the spill, \$250 million in the form of a fine and \$5 billion (payable over a ten year period) as restitution to the state of Alaska and around 11,000 participants in a civil suite.



bing back to the surface coughing and spluttering and grinning somewhat shamefacedly at both us and the other otters in the area. I guess catching King Salmon rather than the normal Silver Salmon is the otter equivalent of extreme sports.

As we pulled ashore we were immediately thankful for the two items given to us by Bill and Renee that reflected the true difference between Alaska and Australia. The first was a pair of Gum Boots to replace our wetsuit booties (Bill - "If your feet are wet they're cold, neoprene just doesn't cut it here") and the second was a mosquito net head-piece complete with armholes to hold it down so head and shoulders were fully covered (Renee - "You'll definitely need these, the mosquito is the Alaskan state bird"). The numbers and ferocity of the mosquitoes was amazing, at times they were so thick you couldn't help breathing them in. Mind you they are almost large enough to be a meal in their own right! By the time we had setup the campsite following the three points approach, eaten dinner and hung the remaining food from a convenient tree limb it was 11:30p.m. and the sun was finally dipping toward the horizon, definitely time to hit the sack. Waking to sunlight streaming into the tent four hours later and an almighty splashing just outside the door we tentatively stuck our heads out the door - and near-

negligent in his handling of the ship and to the current time is working off his sentence in the form of community service within Alaska each summer. The Exxon Valdez itself was only three years old at the time of the grounding and was extensively damaged. It has subsequently been repaired, been renamed as the Sea River Mediterranean, and is servicing the Mediterranean sea routes. In the three years since the spill the waters and shorelines of Prince William Sound and its surrounding areas have been restored to their pristine state, however it is still possible to dig a metre deep hole on some shorelines and have oil seep in from the surrounding ground.

A paddle of around ten kilometres took us past the main channels and into the protected waters of Long Bay and to a great spot to camp on the shores of the interestingly named Useless Bay. Along the way we picked up an escort of sea otters, probably the cutest and certainly the funniest of the Alaskan wildlife (Ruth disagrees here, voting in favour of the bears, personally I think 3 metres and

500 kilograms of cute is just a bit much). The sea otter was hunted to virtual extinction during the 1800's and only after it became a protected species in the early 1900's was its future ensured. Cruising past these guys while they lay floating on their backs or splashing around catching Salmon was one of highlights of the trip. One guy that tried to make a snack of a King Salmon which had him outweighed by around 10 kilograms (otters weigh between 20 and 40 kilos) was taken on a ride for about 20 metres before bob-



Ruth Booker sets camp, Useless Bay

kayaking alaska

ly face planted into the ocean. A 20 foot tide variance is certainly not something to be underestimated, at the high point we had about one metre of clearance between the tent and the water. As to the splashing which had awoken us and was increasing in frequency and volume - bloody otters having breakfast. Grumbling about how they weren't quite as cute as I first thought we both fell back into the tent and crashed out for a couple more hours.

Our first full day on Prince William Sound dawned Sunny and bright with just a gentle breeze blowing. The difficult thing about Alaskan weather in the summer is that it can change so rapidly and you need to be prepared for all contingencies. For three of the four days we saw sun, blue skies and temperatures around the 18 degree mark, yet on the fourth day we experienced temperatures around 5 degrees C with a glacial wind chill factor taking it down to around the zero mark - add some splash from the windchop to that and a kayak can be a very chilly place indeed.

Day two was our longest paddling day with a run down to the end of Long Bay and then up into the salmon rivers as the tide came in and covered the intervening Tundra. This was Alaska at its finest, glassy waters, salmon and otters cruising all around us, massive bald eagles launching from trees as we paddled past, and snow capped mountains rising vertically from the depths of the sound. At times we were paddling in waters over a thousand feet deep and there was not a ripple or any sound other than our paddles to disturb the serenity. Of course just as you'd get into the mood of the environment an otter or salmon would explode out of the water about three metres away and scare the living heck out of you.

Arriving at the end of Long Bay

we came into an area where the salmon were waiting for the tide so they could get up the rivers to spawn, the fish were so thick here that they would bump against the side of the Kayak and the water constantly boiled as the huge backs of the King Salmon were mixed with the constant jumping of the smaller Silver Salmon. We had arrived at the very end of the King Salmon season and the start of the Silver Salmon season, the Kings that we saw all exhibited the massive hooked jaw and discolouration of fish which had spawned and were now in the process of dying. Paddling up into the rivers was quite disconcerting as the crystal clear water showed a bottom littered with dead and decomposing salmon, many showing the marks of having been taken by the bears which daily feed along the shoreline. Cruising up a river approximately four metres wide in a five metre kayak, surrounded by schools of torpedo sized salmon jostling for space whilst all the time looking at the shore and where the grass is crushed flat from the weight of the feeding bears is certainly a different experience. I was carefully paddling along singing and whistling loudly to ensure any bears knew I was in the area when suddenly I became aware I was alone. Spinning in my seat I saw Ruth had stopped her craft at the last bend, just before the stream narrowed right down, and was signalling for me to come back to the wider area. Taking a look at the overgrown shores and realising I could now almost touch each side with the paddle it became a rapid case of brains overruling bravado and I reversed back to a slightly wider point, executed the perfect three point turn and casually paddled back to where Ruth waited (Ruth seems to remember this controlled retreat slightly differently, something about a welter of white water, a canoe being bashed against the side of a stream, an Australian accented voice crying out 'turn around you mongrel kayak' and then a vague blur as something went past her approaching light speed....I can't explain the different recollections, it must be a Venus and Mars thing!).

By the time we exited the Salmon streams it was around 6:00p.m. and deciding that we really didn't wish to camp in the immediate vicinity we put in a solid three hours before find-

ing a campsite further up the bay. A quick camp setup and feed saw us hitting the sack around 11:00p.m. It was still daylight but somehow it didn't seem to matter and I'm pretty sure the snoring emanating from the tent managed to keep a few of the ever present otters awake during the night (who'd have believed a lady as small as Ruth could snore so loudly!).

Our third day of Kayaking was a paddle up toward the terminal moraine of the Columbia Glacier. With impeccable timing we managed to be pushing into both the Glacier breeze of about 20 knots and an outgoing tide of 2 to 3 knots. The number and size of the icebergs increased as we got closer to the terminal moraine and we became very conscious of some of the warnings we had received about being to close, this was reinforced when we saw one berg cheerfully set sail at a healthy paddling pace. Having a 20 ton ice cube sail past around 50 metres away is a sure fire way to keep the concentration focussed. When we were among the bergs we noticed a large number which were a vivid blue, these were in fact bergs that had already capsized and the portion which had been scoured clean by the water was now visible. The blue colour of the icebergs is caused by the extreme density of the ice which prevents light of a lower refractive index from escaping. In discussing this with our hosts at Growler island they commented that it takes 100 foot of snowfall (30 metres) to make one foot of glacial ice (.3 metre) such is the compacting effect of the glacier. Other bergs we noticed were completely black in colour and totally impregnated with dirt and soil. These bergs had come from the bottom of the glacier and been left behind when it retreated, it was these bergs which represented the deep water popups that we had been warned of.

By midafternoon of this day we decided to turn and make the run for the base camp at growler, approximately 15 kilometres away. By this time the tide had turned and we were once again pushing against it, but at least we had the breeze to our backs. A couple of anxious moments occurred when we were trying to work out which particular forested point was the entrance to the growler camp but once again Bill and Renee came to the rescue by appearing on the horizon in their yacht and sailing into a gap between two points...."Follow that yacht!" became



Sea Kayaks in Valdez Harbour

the catchery for the next half hour!

After spending a very pleasant evening drinking beer and comparing the various lethal animals of Alaska and Australia with Bill and Renee (and Bobthecat, a rather frisky tail truncated feline which lives on the yacht with them. When asked if the name came from the similarity to the tailless Bobcat species Bill informed us that no,

In these waters, if you capsize you have 90 seconds to get back in the boat or you wont be able to, don't try and swim ashore no matter how close it looks, get back in the boat, paddle ashore and get warm.

he simply got the cat at the same time the Lorayna Bobbitt story was in the news and the lack of a long appendage, in this case a tail, was a similarity too close to pass up) we headed out the following morning in the Growler base camp windriders.

These windriders are effectively one person trimarans, incredibly stable and a great way to explore areas of Prince William Sound when time prevents a more leisurely cruise by Kayak. Neither Ruth nor myself had ever sailed before but with a five minute instruction session from Dr Jim Lethcoe, our Growler Island host, we were comfortably scooting between icebergs at a goodly rate of knots. On the topic of our Growler

Island hosts, Doctors. Jim and Nancy Lethcoe operate the Growler Island base camp and provide guided tours, one day sailing trips and a multitude of activities from the camp. The camp itself will host up to thirty guests in a series of comfortable cabins spread across its foreshore and there is a communal hall where meals are served. For those not seeking the adventure of the kayaks or windriders it is possible to do day cruises on the Jim and Nancy's 40' yacht. More information on the Growler Island cap and the opportunities available can be found by searching for Alaskan Wilderness Sailing and Kayaking on the Internet. The website is comprehensive providing details of all activities, a great photo tour, and an EMAIL address for further information.

After a full day of sailing amongst the icebergs and having two Orcas (formerly known as Killer Whales) pop up within 20 metres of the craft and swim with us for 20 minutes, we returned to the Growler base camp and jumped aboard the NUNATAK for the run back to Valdez. The NUNATAK had been on a day tour when it spotted the Orcas and windriders moving along together and pulled up alongside to allow the day-trippers to take advantage of a great Kodak moment. When the passengers on the boat found out Ruth and I had been on the windriders with the Orcas we managed to experience our 15 minutes of fame, right up until the point that the warm cabin, comfortable seats, and gentle motion of the boats passage sent both of us soundly to sleep.

1999 World Canoe Slalom Championships

La Seu



d'Urgell, Spain



Twelve months out from an Olympics, there is nothing better for team morale and motivation than a great result at the preceding World Championships. Western Australia's Robin Bell, amidst the outrageous cheers of thousands of Spanish spectators, nailed not only the Lone Rangers Horse in the C1, but provided the entire Australian Slalom Team with the belief that anything is possible if you really want it.

A glorious day in the North of Spain opened day one of the World Championships. These Championships are also the only qualification event for the 2000 Olympic Games. As host nation, Australia receives one entry in each of the four classes, MK1, LK1, C1 and C2, however, they have the opportunity to qualify an additional boat in each class. The Australian contingent with their speedster hairdos were rested up and raring to go (don't worry Bob and Judy, at least he's shaved the horns off!). The 1999 Worlds saw a record entry of forty-one countries paraded in the opening ceremony, which was highlighted by a wonderful fireworks display, as we've come to expect from Seu!

The best chances for Australia to qualify were in the Men's C1 and the Ladies K1. National Coach Richard Fox believes that Australia's premier C1 paddlers - Tasmanian Justin Boocock and WA's Robin Bell are both potential medallists at next year's Olympic Games. Fox said, "Both Justin and Robin have the talent to finish on the podium at the Sydney

Olympic Games. They continue to push each other to higher levels, and I'm confident that if they both perform to the best of their ability, that they will qualify an extra boat in the C1 for Australia."

Australia's other great hope was 1992 Olympic silver medallist Danielle Woodward. Woodward lined up in the qualification runs of the Ladies K1 and was supported by fellow Victorians Mia Farrance, Louise Natoli and Victoria Milne. While it was going to take a huge effort from the Australian women to qualify an extra boat for next year's Olympic Games, past performances indicate it was possible. Woodward has consistently made the finals of the World Cup events this year and in previous years Mia Farrance has finished as high as 5th in a World Cup Final.

First off were sixty boats in the C1 Category. This was, in fact, a late change in the program as the organisers realised that their original program didn't follow the Olympic program. Jack Hodge started the day nervously with a steady run but was a little disappointed that it hadn't flowed quite as

well as he'd hoped. He improved significantly on this and looked much smoother on the water in his second run, pulling in six seconds. He finished in 51st position with a total score of 266.82. Kynan Maley, the baby of the group at just 18 years of age, also started the day with a steady run. His second run was a pleasure to watch, pulling in a clean 117.94 seconds. Kynan was thrilled with this result and it shows that all the hard work he has put in over the past three months overseas is paying off. Kynan finished in a fantastic 34th position with a score of 241.89 points. In stark contrast, Justin Boocock looked unusually nervous. His first run was steady but not smooth, yet had him placed in 19th position, amongst a group of six athletes (13th-19th) all within one second of each other. Unfortunately, Justin lost sight of a finals placing on his second run, joining several other high ranking paddlers who lost the battle with the difficult Seu water. Justin finished in 30th position with a score of 238.09. Robin Bell proved to be the star of the day one. His first run was steady, seeing him placed in 8th posi-

Kai Svoboda and Andy Farrance, Men's C2, Photo Liz Broad

1999 World Canoe Slalom Championships

La Seu d'Urgell, Spain

tion. His second run could simply be described as awesome (and the Aussies weren't the only ones to notice!) - clean and fast, posting what proved to be the second fastest time of the day with 105 seconds. Rob finished the day in second place with 216.68 points, sandwiched between the Estanguet brothers of France and with a prime berth for the final.

In the sixty boat Women's K1, competition was hot. Victoria Milne started her first ever world championships nervously. She paced her way down the course *steadily* on her first run. Having gained a little confidence, Victoria improved a massive twenty-two seconds on her second run to finish the day in 48th place with a score of 308.66. Louise Natoli had a disappointing start, her inexperience resulting in a run that was not up to the standard she'd achieved in training. However, her second run showed her potential more, improving nine seconds and with fewer penalties to finish in 46th position with a score of 301.62. Mia Farrance produced two steady runs down the course, finishing in 38th position with a score of 275.53. Danielle Woodward started the day well with a solid run that saw her in 12th position overall after first run. With less than ten seconds separating first and 15th, the competition was very tight. In the end, less than two seconds (or one penalty touch) was the difference between placing in the finals or placing 22nd, the group including many athletes who had placed in finals at World Cups this year. Unfortunately, despite her best efforts, Danielle slipped into this grouping after second run, finishing in 21st position with 256.72 points.

The first night of finals were held amidst a crystal clear Spanish sky and it was a great time to be an Aussie with Western Australia's Robin Bell claiming a silver medal in the C1. The 22-year-old had the race of his life and after first run was assured of a medal

sitting in third place. He came off the water extremely happy with his run but knowing he could improve on the time. He checked video and splits information to seek the two areas on the course where he lost time, and carefully went through these sections with coaches Richard Fox and Mike Druce. His second run was awesome according to National Coach Richard Fox, who was elated at the result. Bell had the fastest time for second run until France's Emmanuel Brugvin followed him down the course and claimed the gold medal. It looked then that Bell would claim the bronze medal with the last paddler to come down the course the reigning Olympic and World Champion Mikael Martikan from Slovakia. Martikan made an uncharacteristic error on his second run relegating himself to third and assuring Bell of the silver medal. minutes after the race Bell said, "I can't believe it. I feel great, but it hasn't hit me yet." Bell thanked his teammates for their support on the day. "It was awesome as I came down from the course, the entire Australian Team had jumped in the water and were swimming towards me to congratulate me. It was unreal and I hope someone got a photo." Bell has shown steady improvement this year after moving to Penrith to optimise training opportunities on the new Olympic course and will now go into the World Cup Final at the end of the month riding high.

The World Cup Final will be held at the Olympic course at Penrith, New South Wales - right on Bell's doorstep. His medal winning performance in Spain has set him up well for Olympic selection next year. National Coach Richard Fox was ecstatic at the maturity Robin showed in preparing for the final and feels he has turned a major corner in his development as an athlete. Robin, a WAIS scholarship holder, is looking forward to taking his medal home to Perth after the World Cup Final in Sydney. As one of the most

popular athletes on the World Cup circuit, Bell was overawed by the level of support he received not only from the Australian team, but also from nearly all other countries competing at the Worlds. After the initial excitement of the win, Bell said that he and the rest of the team "... would like to thank all those who wished them well during the Worlds and for the support received from home. It was fantastic to know that people were up watching the Internet with avid interest, waiting for the results to come through and even calling me to congratulate me. A huge thanks to you all!"

Eight more Australians contested qualification runs on day two in the Men's K1 and Men's C2 events. Although this year has seen solid improvement in both categories by Australian crews, it was unlikely that they would qualify additional boats for the Sydney Olympic Games.

The Men's K1, amidst a field of 113 paddlers, proved to be a battle royale between Paul Ratcliffe (who spent a lot of time in Australia during our summer and is well loved by all the Aussies), American Scott Shipley, and a couple of Austrians. The entire field was very tightly bunched (five seconds separating first and twentieth place after first runs!) and only one sub-hundred second run on the whole day, that being the very last run of the from Paul Ratcliffe. The Australians fared well in the midst of all this, with final rankings being somewhat deceiving in comparison to the run times posted. Dan Milne started the contingent off nervously but with a steady run that had him in 75th position after first run (which is deceiving because his run time was quite good). Dan pulled in a magical, clean second run (the time being very close to those of the top thirty ranked athletes) pulling in three seconds on his first run time and finishing in 69th position with a score of 234.45. John Wilkie was next off for the Aussies. Coming from a predominantly sprint background, John is still learning to work with the water rather than trying to power through it and is continuing to show steady improvement under pressure. His two run times were comparable with the other Australians, and he finished in 73rd position with a score of 238.98. Lachlan Milne started the day with a very steady and clean run of 113 seconds. His second

run pulled in five seconds on run time, which was equal to those of the top twenty-five placings and showed the potential that Lachie has. Lachie finished in 55th position with a score of 224.82. Warwick Draper was the last of the Australians to head off. Warwick produced two consistent runs with relatively good run times, his second run being two seconds faster than his first. He finished the highest ranked Australian in 51st position with a score of 223.54.

In the Men's C2 events the Australian crews of Andy Farrance and Kai Swoboda and Andy Wilson and Rob McGuinness put in impressive performances in their first World Championships. Farrance and Swoboda had a great first run which left them in 19th place, just 2.5 seconds off the lead. However, they were unable to reproduce that great run second time around and ended the day placed 22nd. Wilson and McGuinness still adjusting to a new boat (which they had for just a week), put in a steady first run and went on to improve that by five seconds on their second run to finish the day in 27th place. The result was pleasing for the pair who has been paddling together for less than a year.



Final Results LK1

1st	Stepanka Hidgertova	CZE	226.03
2nd	Sandra Friedli	SUI	227.58
3rd	Rebecca Bennett	USA	228.03

Final Results C1

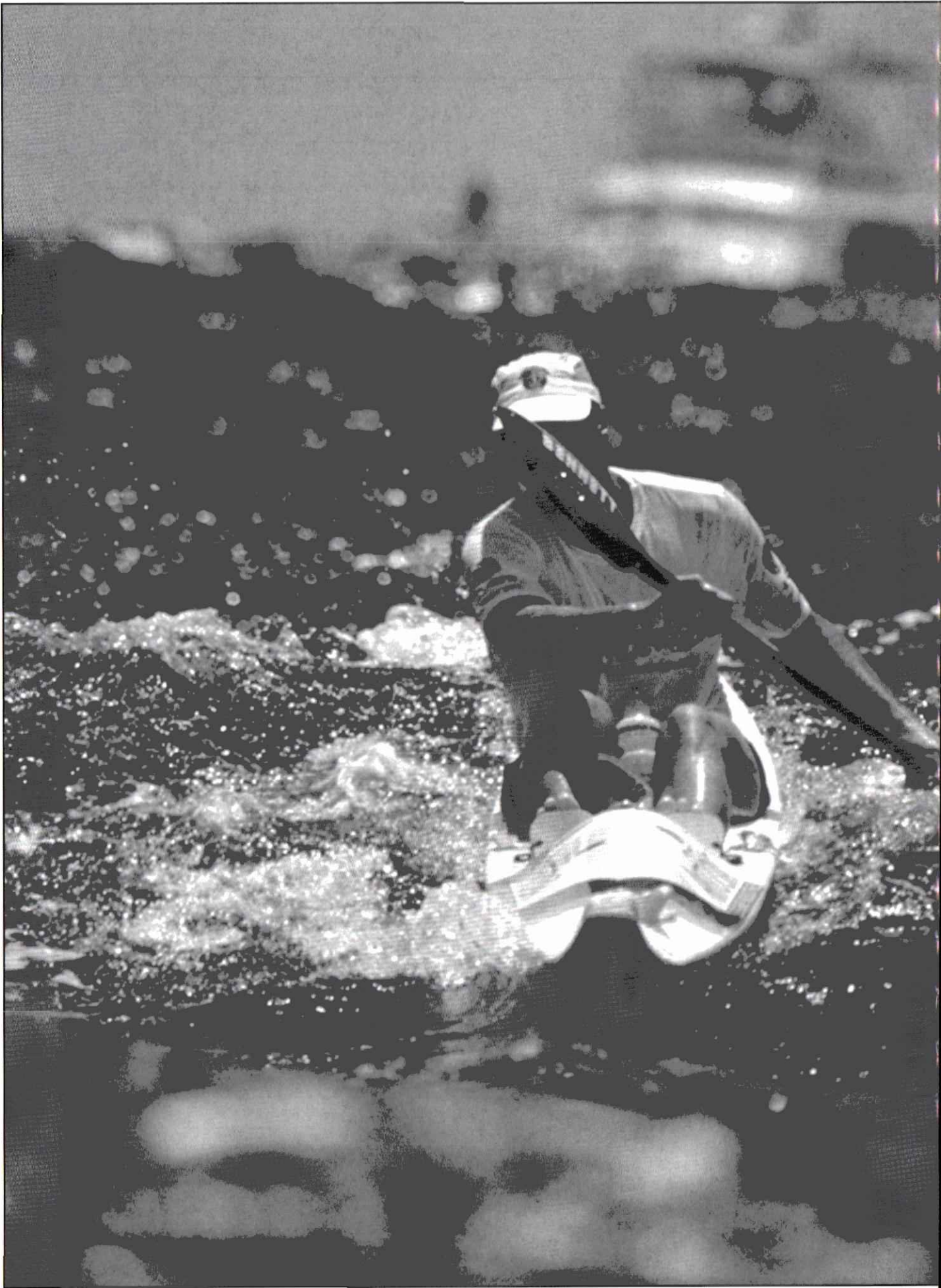
1st	Emmanuel Brugvin	FRI	205.84
2nd	Robin Bell	AUS	206.45
3rd	Mikael Martikan	SVK	207.00

Final Results C2

1st	Kolomanski / Staniszewski	POL	228.88
2nd	Juras / Mader	CZE	232.53
3rd	Hochschorner / Hochschorner	SVK	233.45

Final Results K1

1st	Paul Ratcliffe	GBR	202.87
2nd	Manuel Kohler	AUT	206.37
3rd	Scott Shipley	USA	206.75





STARBUCKS COFFEE

OCEAN KAYAK WORLD CHAMPIONSHIP

Molokai, Hawaii

Triathlete Mark Allen was quoted once as saying that "It is not a single victory that makes a champion, but more a series of victories over a long period of time. In winning his seventh Ocean Kayak World Championship, no one will deny Dean Gardiner his place as one of the great champions of this incredible event.

Story by Scott Wood

Every May for the last twenty or so years, the small Hawaiian Island of Molokai has become the meeting place for the greatest of all ocean kayak paddlers. It is well known that in the world of sport, each sport has its pinnacle. A venue, event or destination where legends are born and history made. The US Masters for Golf, The Tour De France for cycling and Wimbledon for the most prized trophy in all of Tennis. In the sport of ocean paddling, Molokai to Oahu is the pinnacle, the mountain that all serious paddlers aim to climb.

As the crow flies it is roughly fifty kilometres across the Kaiwi Channel between the Hawaiian islands of Molokai and Oahu. Dean Gardiner covered many more in his search for victory. The master of his craft, he works every little swell and follows every gust of wind. Sweeping right for a hundred metres with the wind buffeting across his body, then left as he sprints for another swell that will carry him directly down wind for a few hundred more. Then left, then right once again. Desperately trying to empty the

horrible burning sensation from his arms and torso each time he pulls over a swell. A thousand times or more he will get a brief respite before sprinting yet again. Fighting not only the competition, but the intense heat and drenching humidity. Forever focussing on the end target but frantically abusing and using each and every millilitre of ocean with the expressed aim of getting to the finish faster than anyone else. For the last eight years no one has been better at this style of racing than the former fisherman from Sydney, Australia. Gardiner has won ocean paddle events in South Africa, mainland USA, Japan, Tahiti and Australia, but it is Hawaii that has become the proving ground for the elite paddlers of our time and Gardiner has on six previous occasions proved himself to be one of the very best. Many have competed, few have ever won on this most difficult of playing surfaces. Names like Australian Ironman legend and Los Angeles Olympic Canoeing Bronze Medallist Grant Kenny, South African Champion and Barcelona Olympian Oscar Chalupsky, his brother Herman,

Dean Gardiner conquers the Molokai Channel. Photo: Joss

STARBUCKS COFFEE

OCEAN KAYAK WORLD CHAMPIONSHIP

Gardiner saw Chalupsky twice during the entire event, the first time was on the start line and the second was on the podium at the finish. The magnitude of the victory was something that the South African will ponder for quite a while.



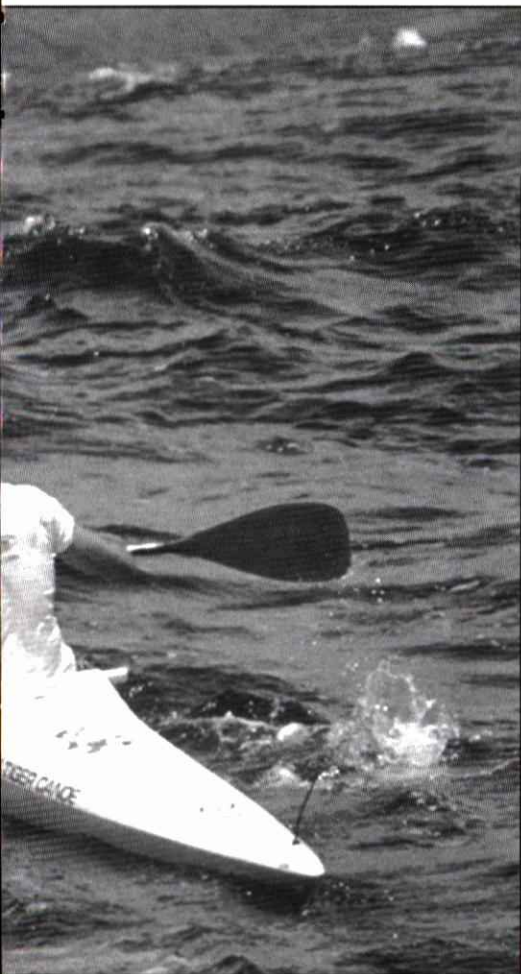
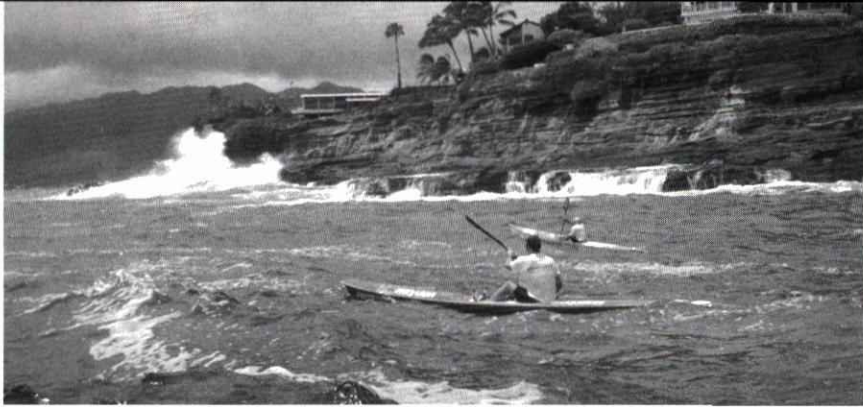
himself many times South African Champion and a prolific winner of ocean kayak paddle events around the globe. Guy Leech a former Professional Ironman Champion of the World and one of Australia's most successful endurance athletes and six time winner and defending champion Dean Gardiner are the only athletes to have produced the strength, skill and courage to win this epic championship.

1999 produced what was possibly the highest quality field in the history of the event. Eight time champion Oscar Chalupsky was back looking for his ninth incredible victory. American Greg Barton, three times an Olympic Canoeing Champion and

although advancing in years and not as comfortable in the open ocean as he is on the flat water, still an extremely formidable commodity and a wonderful competitor. Australian Ocean Sport World Cup Champion Michael Clues was a *genuine* contender as was Queenslander Brett Monaghan and Tim Jacobs from Sydney. Lewis Laughlan from Tahiti and Hawaiian local Nalu Kukea were former placegetters and each man could win on any given day.

Rather than stay overnight on the island of Molokai, Gardiner likes to fly over on the morning of the race. It enables him to eye the battleground. He will see what way the wind is blowing and he will mentally map out the

Mark Riggs, Photo Joss



defending champion for as long as possible. Trying to match Gardiner wave for wave is virtually impossible because of the territory he covers, and one by one they all dropped behind. Gardiner saw Chalupsky twice during the entire event, the first time was on the start line and the second was on the podium at the finish. The magnitude of the victory was something that the South African will ponder for quite a while.

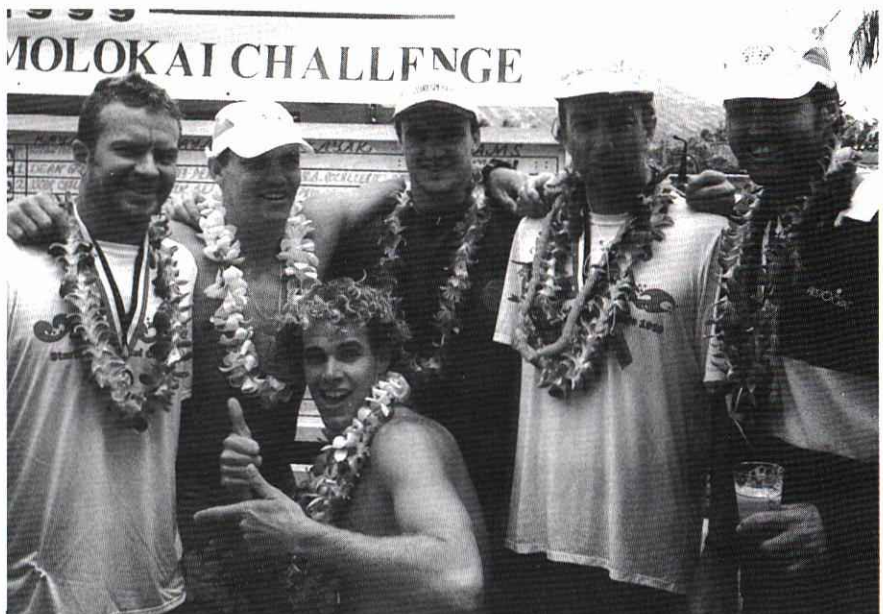
Such is the vastness of the spread of competitors in this event, it was only when some of the media craft started to gather close did Dean Gardiner begin to realise that he had wrapped up his seventh, and perhaps most incredible, world championship. Incredible because of the five minutes that elapsed between himself and second placed Chalupsky, but more so because Gardiner's preparation for this title defence was a confusing mixture of lack of motivation and poor form. Year round training and racing for the past twelve years had taken a toll on Dean Gardiner, and for the first time in a long while he made the decision to hang loose for an extended period of time, much preferring to party long

than train hard. Yet despite this, many people in Gardiner's home town of Manly placed much hard earned cash on Deano to successfully defend his championship. Why, because quite simply they knew that in the open ocean with the wind at his back he is the best ocean paddler on Earth and whilst there are no certainties in sport, the Manly crew believed that the daily trade winds that whistle down the Kaiwi Channel are as close to a sure thing as there will ever be.

Despite claiming his seventh victory, Gardiner says that the motivation to continue comes not from the endless search for success but more so from his intense love of the Hawaiian people, their culture, the deep tradition that the Molokai to Oahu event has and the fact that he is proud of the niche that he has carved for himself into both the history of Molokai to Oahu and also the events standing within the paddling fraternity on a world wide level.

course he will take. It was this ritual reconnaissance that determined Gardiner's decision to head into the breeze toward the tiny speck of Coco Head and surf down wind over the back end of the race. His other option was to take the early advantage of travelling down wind in the first two thirds of the race and hope that the lead gained will hold up during the fight into the wind over the last hour. Gardiner chose the former, Chalupsky the latter.

With fourteen championships between them both men backed themselves and went in different directions. Whilst Chalupsky screamed downwind on his own, the majority of the field followed the



Team Aussie: World Champions

1999 WORLD SPRINT CANOE / KAYAK CHAMPIONSHIPS

The premier event of the canoe/kayak season held extra importance this year, one year out from the 2000 Olympic Games, because along with the opportunity to achieve world championship medallions, it was also the only opportunity for each nation to actually qualify for the Olympic Games.

Unlike many other Olympic sports, in Canoeing/Kayaking there is no automatic entry for Australia as host nation. With this in mind, the Australians sent a sixteen person team to qualify for 'our' Olympic Games. The eight men and five women kayakers were attempting to qualify in each of the eight Olympic events - K1 500, K2 500, K1 1000, K2 1000, K4 1000, LK1

going to take best ever performances from all three (Jason Egan, Nick Richards and George Wakim) to make the giant leap from an international debut only three months ago to Olympic qualification.

Australia was a realistic medal chance in a number of the events. Our best chances for gold would come from reigning dual LK2 World Champions Anna Wood and Katrin Borchert. This duo is the nucleus of the ladies team and will compete in both the LK2 500m and LK2 1000m as well as the LK4 500m. Borchert will also contest the LK1 500m. Borchert would be trying to better her record medal haul at last year's World Championships where she collected two gold, one silver and one bronze medal.

McFadzean. The new crew, formed after an injury to Tim Watkin, had been training well together and were confident they would be able to put in a strong performance in an event which has been quite successful for Australia at both World and Olympic level for a number of years.

Day One and heats and semi-finals saw the Australians qualify for four of the six kayak finals over 500m. Anna Wood and Katrin Borchert were a shock omission from the Ladies K2 500 metre final. The Australians won gold in this event at last year's World Championships and were confident of defending their title. Unfortunately, they drew a tough semi-final and finished fourth - missing the final by one spot. Despite being the 4th fastest qualifiers, they would not be contesting the A Final, though they would be red-hot favourites in the B Final. Borchert did however qualify 3rd fastest for the final of the Ladies K1 500m. After winning silver in this event last year and missing the final in the LK2 500m, Borchert was very keen to go one better. Tough competition would come from Italy's Josefa Idem and Rita Koban who both beat Borchert in the semi-finals, reigning World Champion Caroline Brunet of Canada. Andrew Trim and Daniel Collins qualified for the K2 500m final. Although they were only the eighth fastest qualifiers, the Brisbane based pair will push the Italians, Slovaks and Polish favourites right to the line. The only Men's 500m kayak final that Australia was not represented in was the K1 500m. Newcastle's Peter Scott was disappointing finishing sixth in his semi-final. This means that he missed both the A and B Finals. Scott had hoped to erase the memory of missing last year's final with a strong performance. However, it was not to be.

The 500m finals started in great fashion with Brisbane's Andrew Trim



500, LK2 500 and LK4 500. Australia has been ranked in the top five nations of the World since the Atlanta Olympic Games. Also in Milan, were three Australian canoeists, trying against incredible odds, to also qualify for next year's Games. Australia has not had a canoe representative at an Olympic Games for over thirty years and it was

In the men's events, best medal hopes would again be Andrew Trim and Daniel Collins in the K2. The 1996 Olympic bronze medallists were keen to reclaim the World title they won so magnificently in 1997. Australia's other medal hope was the Men's K4 1000m crew of Scott Austin, Brian Morton, Peter Scott and Cameron

ONSHIPS



and Daniel Collins paddling a fine race to claim a bronze medal in their favourite event - the K2 500m. Once again, proving themselves to be 'big race' performers, the duo, who had already qualified Australia for next year's Olympic Games by making the final of this event and the K2 1000m, were looking to reclaim the world title they held in 1997. Despite being desperately close the entire 500 metres, the Australian pair finished third behind the Polish crew of Marek Twardowski and Adam Wysocki and Hungary's Botond Storcz and Gabor Horvath. In the LK1, Borchert, a silver medallist last year, finished in sixth place. In what was considered a surprise result, Borchert whilst disappointed to not repeat her medal winning performance of 1998, did however, qualify her boat for next year and now can firmly turn her focus to Sydney 2000 and reclaim her place on the medal dais. Caroline Brunet of Canada, so dominant all year, claimed the gold medal from Josefa Idem of Italy and Rita Koban of Hungary. In other final, Australia's Ladies K4 500m crew finished in 6th position. Having qualified the boat for the 2000 Olympic Games by making the final, the Australian women were on track to produce a record-breaking result. However, the might of the Hungarian and German crews was too much. The Hungarians won the final in from Germany and Poland.

Day Two saw Andrew Trim and Daniel Collins progress to the final of the K2 1000m as the second fastest qualifiers. The 1997 World Champions looked to set to produce a medal winning performance in the final after commanding efforts in both heats and semis. The fastest qualifiers were the Italian pair of Antonio Rossi and Beniamino Bonomi. Rossi has been a member of the winning K2 1000m crew at each Olympic and World level since 1996. They will be hot favourites for the title again this year but the

Australian duo were not make it easy for them. In the Men's K1 1000m, Byron Bay's Nathan Baggaley was disappointed to miss the A Final. Baggaley was the 17th fastest qualifier, which places him in Saturday night's B Final. While disappointed at not qualifying for the A Final, Baggaley will still have the chance to qualify the Australian boat in the K1 1000m for the Olympics. Australia's K4 1000m crew drew a tough semi-final with red-hot favourites Germany featuring. As expected Germany won the heat and Australia was placed fourth - meaning they did not progress to the A Final. Despite having the sixth fastest time under the progression system used in canoeing Australia were resigned to contesting the B Final and the subsequent added pressure of having to finish in top three to qualify for the Olympic Games. The Australian crew of Scott Austin, Brian Morton, Peter Scott and Cameron McFadzean were bitterly disappointed with not making the A Final.

In the final of the 1000m events, the 1998 World Champion crew of Anna Wood and Katrin Borchert bounced back from the disappointment of the K2 500 by winning the Women's K2 1000 and as a result, secured back to back World Championships. The Australian pair won the final from the German crew of Manuela Mucke and Katrin Wagner and the Hungarian crew of Kinga Bota and Andrea Barocsi. It was a race between these three crews with the next placed crew a further two seconds behind. The Australian Team then continued on its quest to qualify all crews for the Sydney 2000 Olympics by winning the K4 1000 metre B final in outstanding fashion. It is great pity that this crew had an ordinary semi final performance as they were a strong medal chance if they had qualified for the A final. Former World Champions Andrew Trim and Daniel Collins were placed 8th in their A final of the K2 1000. The

The 500m finals started in great fashion with Brisbane's Andrew Trim and Daniel Collins paddling a fine race to claim a bronze medal in their favourite event - the K2 500m. Once again, proving themselves to be 'big race' performers.

race was exceptionally fast with only 2.3 seconds separating the entire field. Gold Coast based pair Anna Wood and Katrin Borchert defended their LK2 1000m title. In the non-Olympic LK1 1000m, Victoria's Paula Harvey missed the final after finishing 5th in her semi-final. The young Victorian put in a great effort and in her first World Championship campaign can be pleased with her performance.

On the last day of competition, Sydney's Shelley Oates-Wilding put in a wonderful performance finishing 4th in the final of the LK1 200m, missing a medal by just over three one hundredths of a second. The 1996 Olympian was beaten to the line by Canada's Caroline Brunet, Italy's Josefa Idem and Hungary's Rita Koban. Brunet and Idem made it triple gold and silver having placed in the same order in both the LK1 1000m and LK1 500m. In nine years of international competition it was the first time Oates-Wilding had made a World Championship final in a LK1 event. The 4th placing was an amazing effort by the 34 year old, and a sign that her comeback after

Katrin Borchert. Photo Carsten Loemaker

1999 WORLD SPRINT CANOE / KAYAK CHAMPIONSHIPS

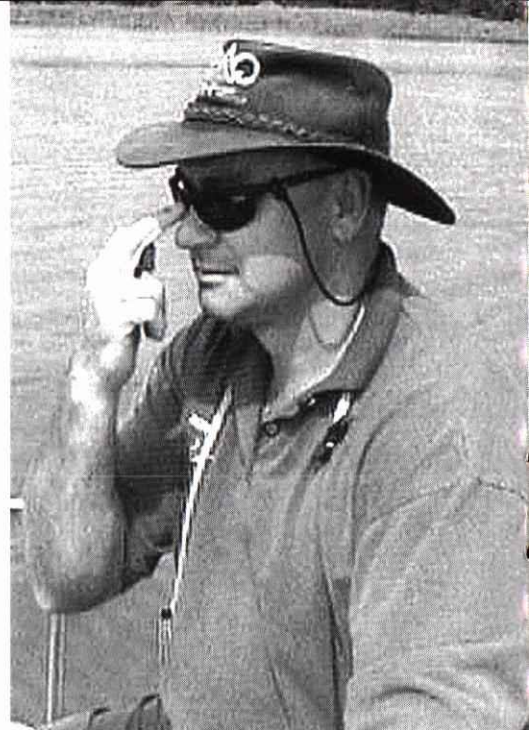
giving birth to son Kai, two years ago is complete.

Australia's only canoeists in semi-finals - Victorians Nick Richards and George Wakim struggled to compete with the rest of the world. They finished last in their heat and failed to qualify for either final. However, the pair can look back on 1999 with pride. They improved their best times by over fifteen seconds and made their international debuts - learning just how tough it is to succeed on the international stage.

Overall, the competition was very

intense with countries such as Italy failing to qualify either a Men's or Women's K4 crew. Other nations such as the crack Women's K4 500 crew from Sweden (bronze medallists in Atlanta) also failed to qualify for Sydney.

Australia has now qualified in the following events for the Sydney 2000 Olympics: LK1 500; LK4 500; K1 500; K1 1000; K2 500; K2 1000; K4 1000 and is one of only four nations who have qualified for every event at the Sydney 2000 Olympics.



John Sumegi, Photo Carsten Loemaker

RESULTS

LK4 200m FINAL

1	K. Kovacs, E. Viski S. Szabo, R. Koban	HUN	00.35.988
2	N. Goulii, O. Tichtchenko T. Tichtchenko, G. Poryvaeva	RUS	00.36.406
3	B. Sokolowska, A. Pastuszka A. Piszcz, A. Michalak	POL	00.36.448

C1 200m FINAL

1	Maxim Opalev	RUS	00.40.368
2	Martin Doktor	CZE	00.40.413
3	Slavomir Knazovicky	SVK	00.40.760

K1 200m FINAL

1	Michael Kolganov	ISR	00.35.793
2	Oleksiy Slivinsky	UKR	00.35.961
3	Ronald Rauhe	GER	00.36.028

LK1 200m FINAL

1	Caroline Brunet	CAN	00.40.981
2	Josefa Idem	ITA	00.41.836
3	Rita Koban	HUN	00.42.031
4	Shelley Oates-Wilding	AUS	00.42.353

C2 200m FINAL

1	K. Fomitchev, A. Artemida	RUS	00.37.842
2	D. Jedraszko, P. I Baraszkiwicz	POL	00.38.004
3	T. Zereske, C. Gille	GER	00.38.089

K2 200m FINAL

1	V. Fehevari, R. Hegedus	HUN	00.33.055
2	R. Zaroubine, A. Ivanik	RUS	00.33.130
3	M. Twardowski, A. Wysocki	POL	00.33.298

LK2 200m FINAL

1	I. Aramburu, B. Manchon	ESP	00.37.814
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2	B. Sokolowska, N. Pastuszka	POL	00.38.102
3	E. Donusz, E. Laky	HUN	00.38.862

C4 200m FINAL

1	R. Krougliakov, V. Ladocha M. Opalev, A. Kabanov	RUS	00.33.675
2	P. Prochazka, J. Brecka P. Fuksa, K. Kozisek	CZE	00.34.182
3	M. Pricop, I. Averian G. Andriev, F. Popescu	ROM	00.34.529

K4 200m FINAL

1	V. Fehevari, G. Kajner I. Bee, R. Hegedus	HUN	00.30.835
2	P. Markiewicz, M. Twardowski A. Wysocki, P. Lakomy	POL	00.31.162
3	A. Tichtchenko, A. Chtchegolikhine O. Gorobii, V. Gankone	RUS	00.31.205

LK4 500m FINAL A

1	K. Kovacs, E. Viski S. Szabo, R. Koban	HUN	1.33.993
2	B. Fischer, M. Mucke A. Schuck, K. Wagner	GER	1.34.703
3	B. Sokolowska, A. Pastuszka A. Michalak, J. Skowron	POL	1.34.888

C1 500m FINAL A

1	Maxim Opalev	RUS	1.51.374
2	Martin Doktor	CZE	1.51.684
3	Andreas Dittmer	GER	1.51.827

K1 500m FINAL A

1	Akos Vereckei	HUN	1.38.824
2	Petar Merkov	BUL	1.39.729
3	Grzegorz Kotowicz	POL	1.40.443

LK1 500m FINAL A			
1	Caroline Brunet	CAN	1.49.445
2	Josefa Idem	ITA	1.50.248
3	Rita Koban	HUN	1.51.930
6	Katrin Borchert	AUS	1.54.216

C2 500m FINAL A			
1	D. Jedraszko, P. Baraszkiwicz	POL	1.43.553
2	I. Pulai, F. Novak	HUN	1.43.986
3	A. Kovalov, A. Kostoglod	RUS	1.45.068

K2 500m FINAL A			
1	M. Twardowski, A. Wysocki	POL	1.32.304
2	B. Storcz, G. Horvath	HUN	1.32.439
3	D. Collins, A. Trim	AUS	1.33.056

LK2 500m FINAL A			
1	B. Sokolowska, A. Pastuszka	POL	1.43.370
2	C. Brunet, K. Furneaux	CAN	1.43.510
3	K. Kovacs, S. Szabo	HUN	1.43.568

LK2 500m FINAL B			
1	A. Wood, K. Borchert	AUS	1.45.316
2	N. Goullii, G. Poryvaeva	RUS	1.45.446
3	L. Karmi, L. Peisakhovitch	ISR	1.46.760

C4 500m FINAL			
1	R. Kroughliakov, V. Ladocha K. Fomitchev, A. Kabanov	RUS	1.32.398
2	M. Pricop, I. Averian G. Andriev, F. Popescu	ROM	1.34.940
3	Y. Lavigne, J. Grare M. Goubel, S. Hoyer	FRA	1.36.272

K4 500m FINAL			
1	T. Gutsche, M. Zabel B. Bach, S. Ulm	GER	1.21.349
2	A. Tissine, V. Gankine A. Ivanik, R. Zaroubine	RUS	1.22.545
3	Z. Kammerer, B. Storcz A. Vereckei, G. Horvath	HUN	1.22.569
6	S. Austin, B. Morton S. Suska, C. McFadzean	AUS	1.25.025

C1 1000m FINAL A			
1	Maxim Opalev	RUS	3.54.600
2	Andreas Dittmer	GER	3.54.963
3	Martin Doktor	CZE	3.56.167

C1 1000m FINAL B			
1	Florin Huidu	ROM	3.59.082
2	Pawel Baraszkiwicz	POL	3.59.328
3	Ledy F Balceiro	CUB	4.00.476

C2 1000m FINAL A			
1	A. Kovalev, A. Kostoglod	RUS	3.38.999
2	I. Rojas, L. Pereira	CUB	3.41.720
3	P. Schulze, P. John	GER	3.41.969

C2 1000m FINAL B			
1	A. Balabanov, V. Dobrotvorsky	UKR	3.43.271
2	K. Negodyayev, Z. Satubaldin	KAZ	3.44.023
3	N. Ljubek, D. Funtak	CRO	3.44.076

C4 1000m FINAL			
1	I. Kovalev, K. Fomitchev A. Volkonski, A. Kabanov	RUS	3.18.001
2	M. Pricop, I. Averian I. Anisim, S. Grigore	ROM	3.19.434
3	C. Horvath, B. Belicza A. Gajarszki, G. Kozmann	HUN	3.19.451

K1 1000m FINAL A			
1	Lutz Liwowski	GER	3.33.319
2	Knut Holmann	NOR	3.34.673
3	Torsten Trannum	DEN	3.35.075

K1 1000m FINAL B			
1	Robert Erban	SVK	3.36.890
2	Nathan Baggaley	AUS	3.37.376
3	Bob Maesen	BEL	3.37.955

K2 1000m FINAL A			
1	M. Riszdorfer, J. Baca	SVK	3.14.244
2	M. Twardowski, A. Wysocki	POL	3.14.437
3	J. Schaefer, O. Winter	GER	3.14.543
8	D. Collins, A. Trim	AUS	3.16.050

K4 1000m FINAL A			
1	Z. Kammerer, B. Storcz A. Vereckei, G. Horvath	HUN	2.53.064
2	T. Gutsche, M. Zabel B. Bach, S. Ulm	GER	2.53.626
3	S. Petcu, V. Curuzan M. Sirbu, R. Serban	ROM	2.56.066

K4 1000m FINAL B			
1	S. Austin, B. Morton P. Scott, C. McFadzean	AUS	2.57.761
2	K. Lestina, J. Polivka R. Kucera, P. Holubar	CZE	2.59.402
3	P. Aubertin, M. Boccon S. Mayer, S. Gourichon	FRA	2.59.430

LK1 1000m FINAL			
1	Caroline Brunet	CAN	3.54.262
2	Josefa Idem	ITA	3.55.137
3	Katalin Kovacs	HUN	3.55.932

LK2 1000m FINAL			
1	A. Wood, K. Borchert	AUS	3.38.266
2	M. Mucke, K. Wagner	GER	3.38.608
3	K. Bota, A. Barocsi	HUN	3.38.997

QUALIFICATION NUMBERS FOR
SYDNEY 2000- BOATS:

Men:

K1 500, K1 1000: top 17 boats in each
K2 500, K2 1000: top 13 boats in each
K4 1000: top 12 boats

Women:

LK1 500: top 15 boats
LK2 500: top 12 boats
LK4 500: top 10 boats

This five week tour is part of a long term development plan, aimed at maintaining Australia's magnificent record in International Canoe Polo and aims to development all players towards the Senior Men's team of 2000 and beyond. The team consisted of five Victorians: Nathan Moore (captain), Trevor Hutchings (vice captain), Matthew Moore, Shane Paterson and Richard Coates, Tasmanian Stephen Gale, Cameron Lewis from New South Wales, Chris Heard, Duncan Citroen (Coach) and Ian Heard (Manager) all from South Australia.

Playing in five major competitions in Belgium, France and Germany, including the European Championships, the trip will be a huge boost in the experience of all players. With training camps mid-week with some of the European U21 teams, as well as some sightseeing to relax between sessions, the tour is bound to broaden the horizons of all players, and is not just about results. In fact the teams goals are about personal improvement - not about winning competitions.

Prior to departure the team had a four day training camp at the AIS and received coaching from trainee level 2 coaches including three time World Champion Brett Houghton, 1998

World Champion Stephen Gibson and 1996 World Championship Silver Medallist Antonia Kieran. The camp was a huge success and gave the team a solid platform from which to build.

The first weekend of the competition was in Leper, Belgium. This competition was played on a lake just outside the town of Dikkebus, located 4 kms from Leper. Unique because, unlike the majority of Canoe Polo Tournaments, this is played outdoors and exposes competitors to the various weather conditions which typical to Belgium at this time of year, were quite windy. The Australians were placed in a tough division made up of Italy Men's, Belgium Men's, and Liblar (a German club team from Cologne District).

The first game was against Italy. The Italians were fast with their boats and paddles and extremely accurate with their passing. It was a tough first-up encounter for the young Australian team and at the final whistle the score line was Italy - 11 Australia - 1. Two days of travelling certainly affected the Australian performance but exposure to teams like Italy is beneficial for the long term. Next game for the Aussies was against German club team, Liblar. The game was played in the typical German style with a lot of use of paddles and powerful shots. A

much improved performance saw the scoreline finish with Liblar winning 5 - 2. The last game played on the Saturday for the Australian team was against the Belgium National side. On their home soil, this was shaping as possibly the hardest match of the tournament and the Belgium team applied the pressure straight away with the first goal in the sixth minute of the game. Australia had a number of opportunities but none were taken, and at this level of international competition missed chances will

In a bid to continue the extraordinary success of Australia's Representative Canoe Polo Teams at the senior level. An Under 21 team was selected to experience the might of top level canoe polo in Europe. The tour provided fierce competition and training access to some of the worlds best international teams.



1999 AUSTRALIAN U21 CANOE POLO

cost games. Although the final score saw the Belgium's win 2 - 0 it was a great game for the Australians.

Saturday night the host Club (De Paddle) put on a dinner with good Belgium Ham and lots of chips and mayonnaise. It was a wonderful evening which was only slightly dampened by a tropical style down pour that made

pockets of water in the tent filled to breaking point.

Sunday morning dawned fine and sunny and much to the delight of all competitors, the wind had dropped to about 7 - 12 knots from the previous days 15 knots. Play started at 9.00am with Australia against the Welsh Men's A team. Wales opened the scoring at the three minute mark but the Australians, showing far greater manoeuvrability and boat speed, managed to level the score line late in the first half. The second half began and finished with Australia demonstrating good passes, screens and fast breaks and generally running riot over the Welsh. The final score of 4 - 1 was an indication of the Australian's superior play. Following the Welsh game, Australia faced a composite 'Barbarian' side from Australia. Competing under the name of 'Down Under', the team included experienced senior representative players the calibre of Brad and Trent Baker

and Duncan Cochrane
as well as a
selection
o f

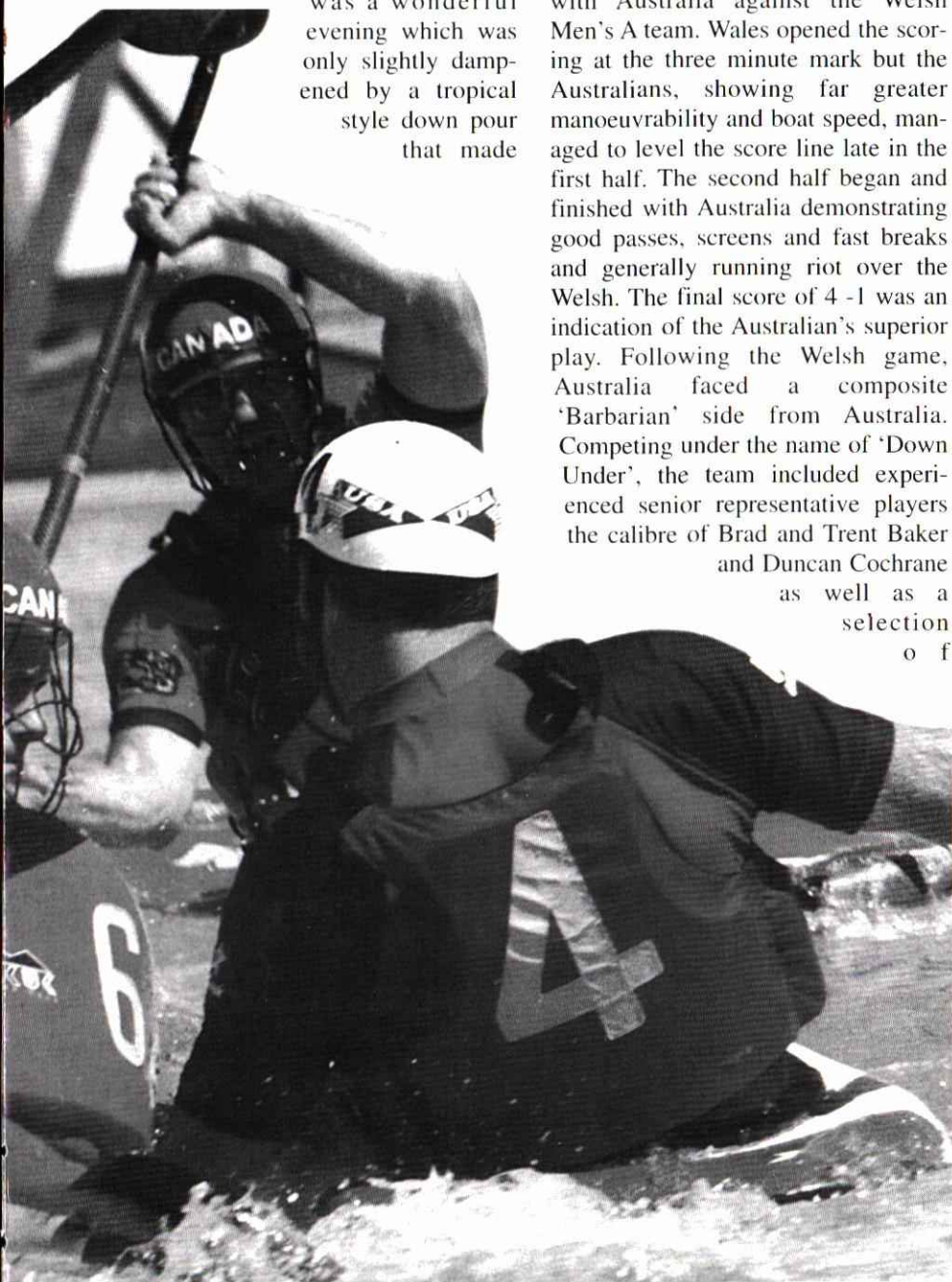
expat hanger-oners from the throughout the Southern Hemisphere. Again the young Australian team placed themselves under pressure by conceding the first goal. Although resilient, the Australians were no match for the experienced Down Under and were beaten 6 - 2.

One victory from five games saw the Australians in a play-off for ninth place against the Welsh Men's A Team. An even first half saw the scores level at 0 - 0 at the break. Both teams scored in the second half with Australia making the most of opportunities. The game went to a sudden death play-off of three minutes. Wales applied plenty of pressure but Australia scored the deciding goal to take the points in a great victory and ninth position in the Men's A Division.

Later in the day, the Grand Final was played between Liblar and Italy with the Italians winning easily.

A mid week training camp including games against the USA Men's team and a Dutch Club team, both of which the U21 team won well, led into the second weekend at Essen. The team played in a special class during the German Championships against various German Club Teams. The German Championships were huge. In total there were over seventy teams competing on six fields for three days. Of these, forty-eight teams were aged 10-18 - surely making Germany the country to beat in the future. The team played well for most of the weekend and won their special class, and also lost narrowly to a German Division 1 team 4-2 in a friendly match.

So far there are some very promising signs and the team is getting on very well together. This week there is a training camp with the German U21 team - probably the team to beat at the European championships, and a fun day at Augsburg, before heading back to Leper for the third tournament. Then it is off to France for training and the final lead in competition on September 4th and 5th in Lochrist, France, before heading back to Mecheeln Belgium for the European Championships.

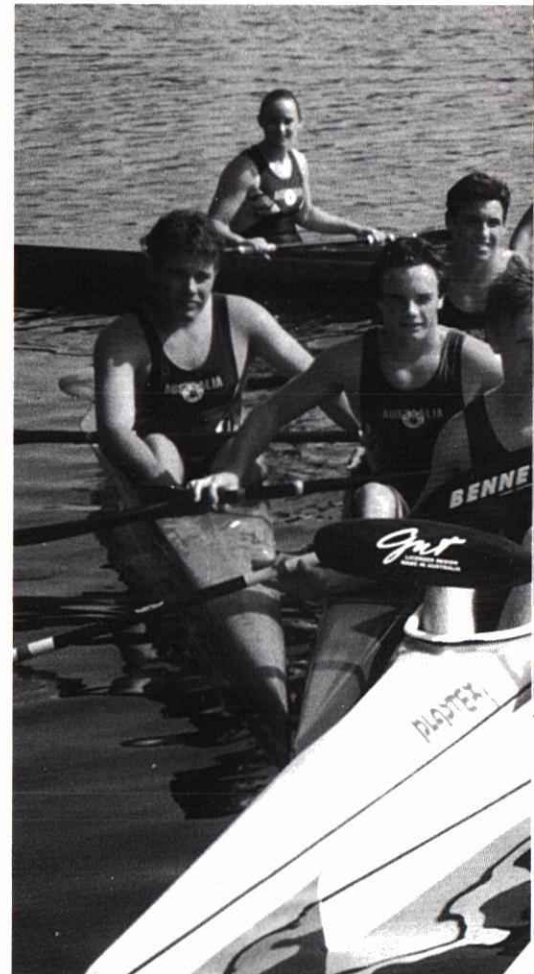


CANOE POLO

tour of Europe

AMERICA'S CUP

canoe polo



Duncan Cochrane talking tactics. Photo Canoes Plus

On July 17/18 the inaugural America's Cup in Canoe Polo was held on a US Naval base at 'Los Alimotos' in Los Angeles with teams from the USA, Canada and Brazil competing. I was lucky enough to attend as part of the launch for the 'Dagger Vampire', Dagger Australia's latest kayak design for both polo and recreational use. Brad Wicht from Sydney also attended as chief referee and between us we became referees, referee assessors and assistant coaches for various teams over the weekend.

The competition for the Men's, Ladies and U21 classes was very close, and demonstrated just how quickly these newer polo playing countries are learning. The USA with help from several ex-patriot players, including former New Zealand Captain Martin Bell, have already improved past Canada and lost narrowly to Brazil in the Men's final.

The Canadian women showed the benefit of having a younger team will-

ing to learn and won the women's final in a close contest with Brazil, whilst the Brazilian U21 men beat Canada U21 in a close final to take out the U21 class.

Whilst the standard of the competition was not world class, it did clearly demonstrate how the USA are really taking to Canoe Polo, and it is surely a sign of better things to come. The competition could also be the first step towards Pacific Championships - for all countries bordering on the Pacific Ocean - with the first championships possibly to be held in 2001.

As a follow up to the weekend, a demonstration game between the USA and Brazil was held immediately before the Bronze Medal playoff of a major Water Polo International. In front of a huge crowd, the game was a huge success and the US Water Polo association are already planning a repeat performance in December as part of a major international women's event.

Sprint kayakers and Canoeists at the Junior level need constant racing against the worlds best. Team Manager Christine Duff chronicled the competitive and cultural experiences of our Junior team as they travelled through their European tour, culminating with the Junior World Championships in Zagreb, Yugoslavia.

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1999 AUSTRALIAN JUNIOR KAYAK TEAM



The Australian Junior Kayak Team and the Junior Development Kayak Team have recently returned from their International Tours to Europe.

This was the first time a junior development team has been selected by Australian Canoeing for an international tour. The team of just four athletes were all just sixteen years old or younger, and showed that the future of our sport is in good hands. Their tour was a little over three weeks and they contested three regattas. The National Junior team also competed at these three regattas and then went on to a training camp in Hazewinkle, Belgium for two weeks prior to competing at the Junior World Championships in

Zagreb, Croatia.

Both teams competed in the Bochum International Junior Regatta, a club regatta in Kleinheubach (in Bavaria) and the Wiesbaden Regatta (Germany). The camaraderie of the teams was outstanding throughout the tour and the solid State based programs that are now in place for junior athletes are beginning to show results.

The Bochum International Regatta was just five days after our arrival in Germany. Performing at our best was always going to be difficult since the athletes were still feeling the effects of jet lag. The junior team managed seven A final placings, which was a start point for our final assault on the junior world championships some five weeks

later. Five crews also reached B finals. The Junior Development Team medalled at this regatta with Kim Gittoes placing 2nd in the U/16 LK1 500 and 2nd with Amanda Allen in the U/16 LK2 500. Luke James was 3rd in the U/16 K1 1000 and reached the U/18 K2 1000 B final with brother Nicholas. For the first time ever we had a C boat paddler on the team. Sebastian Marczak was 2nd in the U/16 C1 500 and 2nd in the U/16 C1 1000.

The Kleinheubach Regatta was an unknown quantity since no previous Australian Team had been there before. The town turned out to be a quaint little village in Bavaria some one hour south of Frankfurt. Our accommodation was once a castle but

Australian Junior Sprint Team. Photo: Duff

1999 AUSTRALIAN JUNIOR KAYAK TEAM

is now a conference centre run by Deutsche Telecom. The weekend was one of our more colourful for more reasons than one. A bout of food poisoning struck on the first night which layed some four athletes low for the weekend. This resulted in various crew changes. The standard of the

which was most unusual. The team also managed to acquire twenty push bikes formally used by Deutsche Post while we were at Kleinheubach. They were a little shakey to start since they had to get used to riding on the right side of the road. This kept the locals on their toes but we managed to leave unscathed some three days later.

The final lead up regatta was in Wiesbaden. This provided some good solid competition with a number of the German National Junior Team also competing. The Men's K4 crews paddled very well here, even contesting the open events. This weekend also saw some very mixed weather conditions but by Sunday afternoon the sun shone brightly. This was also the day the Junior Development Team would depart and head back to Australia. A team dinner saw them off and they vowed to be on the National Junior Team at this time next year.

The final training camp for the National Junior Team in Belgium saw us with access to a fully buoyed 2000m training course which we were sharing with the French and British U/23 rowing teams. The time here was spent time trialling and honing our final preparations for racing at the Junior World Championships. Time trials in the last week showed that a number of the crews were on target for finals berths. Moral was high and support for each other was growing all the time. The team had become a very close knit group.

The unique thing about junior teams is the closeness of age of the athletes. The team can become very family oriented - lots of playmates and fun times with one another on and off the water. This type of closeness is something that is often lost in the senior ranks when the pressure of performance outweighs everything else. This is not to say that the junior athletes were not focused - quite the contrary - they were very supportive of one another and encouraged and sup-



regatta was not as high as we had hoped but this did provide us with a good opportunity to practice race plans and starts outside the pressure of major competition. Kleinheubach Canoe Club extended some typical Bavaraian Hospitality and hosted us for a meal at the conclusion of the regatta. This was also an opportunity for the athletes to learn a little about the Bavarian culture. Dane Sloss and Blake Ballard were even dressed in traditional Bavarian lederhausen, which entertained us all. The team walked away with some very nice trophies following the weekend. The town is known for its pottery and the medals were all ceramic kiln fired

ported each other at every opportunity. They were really looking for a team result.

The Junior World Championships in Zagreb was the culmination of our six week tour. The heat was unbearable the day we arrived but was quickly replaced by cool windy conditions. The team was successful in reaching four finals. In all eleven of the sixteen athletes raced in finals which was a considerable improvement on the performance of the Junior Team in 1997 when just three athletes reached two finals. The times of some of the 1999 crews were certainly up there with the best in the world.

Congratulations are to be extended to the following World Junior Championships Finalists:

Ladies K4 500 crew of Elizabeth Hegarty, Kristie Colomb, Cara Targ and Kellie Vernon. 9th place

Mens K4 1000 crew of Blake Barrard, Ben Sherry, Scott Leeson, Dane Sloss. 7th Place

Mens K4 500 crew of Blake Ballard, ben Sherry, Scott Leeson, Jay Capel. 8th place

Mens K2 1000 crew of Toby James and Scott Casey. 9th place

It is also worth mentioning the performance of Sebastian Marczak in the C1 500. While Sebastian was eliminated from the semi final round, at just sixteen he will still be junior at the Junior World Championships in Brazil in 2001. With continued improvement we would hope to see him in the finals there.

For most, this was their first venture overseas minus their parents. A tour of up to six weeks is tough to handle for any athlete let alone a group of junior athletes who are touring for the first time. The task of the coaches and manager was not only one related to sports performance but also one of teaching the athletes off the water as well. These juniors are now experts at handling airport check-ins and delays, foreign currency

exchanges and international telephone dialling.

The athletes and their parents largely fund the tour, with assistance from Australian Canoeing. Four star accommodation is out of the question but the close quarters of dormitory style accommodation makes for fun times. The athletes became quite confident at the supermarket as well assisting with the purchase and preparation of meals (we even took photos to show the parents it really happened). For many the experience of washing their clothes and looking after themselves was a new one, but by the time we got home they were all very independent.

All athletes can be proud of their performances on and off the water. They were excellent ambassadors for Australia and their families and they were very proud wearers of the green and gold. For some this may be their only taste of international competition while for others it could be the start of illustrious careers at the open level. Either way the experiences they gained this year will be with them for a long time to come. The gossip at regattas in the coming season will be a lot of 'remember when' related to the tour. This group of young athletes now shares a special bond that was the 1999 Junior European Tour whether on the Development or National Junior Teams.

A special mention of the coaches as well, who worked tirelessly on and off the water to make sure these athletes had the experience of a lifetime. Thanks to Denise Cooper, David Foureur and Chris Kelly.

Christine Duff
Junior Team Manager 1999



Kim Gittox: Bochum Junior Regatta. Photo Duff

toby james

junior kayak tour perspective

This year's tour was an experience that I would class as, 'an opportunity of a lifetime'. Along with the hard training, occasional conflicts, dormitory style accommodation and monotonous meals, came the self-realisation of why we do all this. Why we want to achieve, what it is that drives us, that keeps us paddling towards our dreams. At first our reasons may seem selfish, but there comes a time when you not only want to succeed for your own pride, but also for the pride of everyone who has helped you along the way. One rarely thinks too hard about how many paddle strokes, or kilometres it takes to reach this level. That seems to get left with the past as we aim for the future with one common focus, to be the best.

Our tour began in Germany at Essen Canoe Club, a training facility where many world class German athletes have originated. With the Junior International Regatta in Bochum not too far away, we got pretty much straight into training. We were all quite keen and eager for this regatta to start, as it was the first real sprint racing we'd done since nationals. It seemed to come and go so fast, suddenly we were up against the best juniors in the world, in unfamiliar boats or paddling with people we'd only paddled with a couple of times before. The conditions were less than desirable but given the circumstances the team performed exceptionally well. No world record times were clocked but we had begun the tour with a taste of what interna-

tional competition was really like, and we were hungry for it.

The week following the regatta saw us training three times a day, a training schedule none of us were used to. Rising at 7am for breakfast, your typical German breakfast that included a variety of meats and cheese, we

Our next move was to a little Bavarian town, Klienhubach, it was quite a cultural shock to most of us, like stepping back in time. We were booked into a castle, and it proved to be the best accommodation we had the whole tour. The food was fairly average, but everyone ate up as if we didn't, we would go without.

would begin the day usually with a paddle. Our daily routine wasn't too complex; basically we ate, trained, slept, trained, ate, slept, trained, ate, stretched and slept. (It gets dark at 10:30 at night, you become accustomed to the light so sleeping during the day isn't a problem.)

We trained in Essen for a duration

of two weeks and that seemed to be long enough. Some of us had started getting niggling problems such as sinus/colds, blisters from using different boats and footbars and some other more careless accidents occurred to people who we would later learn had a reputation for being clumsy.

Our next move was to a little Bavarian town, Klienhubach, it was quite a cultural shock to most of us, like stepping back in time. We were booked into a castle, and it proved to be the best accommodation we had the whole tour. The food was fairly average, but everyone ate up as if we didn't we would go without. Personally, I could have gone without the spaghetti bolognaise. I woke the following morning with stomach cramps only to find out that I had food poisoning. However I was not alone as a few others in the team had woken up the same, no prizes for guessing the symptoms of a dysfunctional digestive system. While some of us spent a couple of days in bed, the others were competing in the local club regatta. It turned out that there wasn't much competition so we really didn't miss much. In fact that town was one that I'd rather forget.

Off to Wiesbaden and what an adventure that turned out to be. For the first time on the tour we were faced with having to cook our own meals. While most of us were good at not being able to cook, Duffy and CK took to this duty like a charm. For the first time it actually felt like we were back at home eating a home cooked meal. I had the slap myself over the face and

draw myself back to reality as I walked into our 4m x 3m room that housed three others. It wasn't that bad and we got used to living in close quarters.

We trained at the venue where the regatta was to be held, the club was under renovation and wasn't as appealing as Essen, but we managed to get by, we'd learnt to adapt to these type of situations. The training load wasn't backed off at all, we were still doing three sessions a day and even made use of the club's gym facility. We had no trouble putting our improvisational skills to the test, I think a few athletes were lucky to escape uninjured, to say that it was an interesting and innovating gym set-up would be an understatement.

Following closely that weekend, was the Wiesbaden Club Regatta that we'd all been eagerly waiting for. Some of the athletes on last year's tour had competed at this event before, including myself, so we had a fair idea of the competition. Some of the German Junior Team were there, this would have appeared to lift the standard, but they didn't seem too much of a threat. On Sunday the

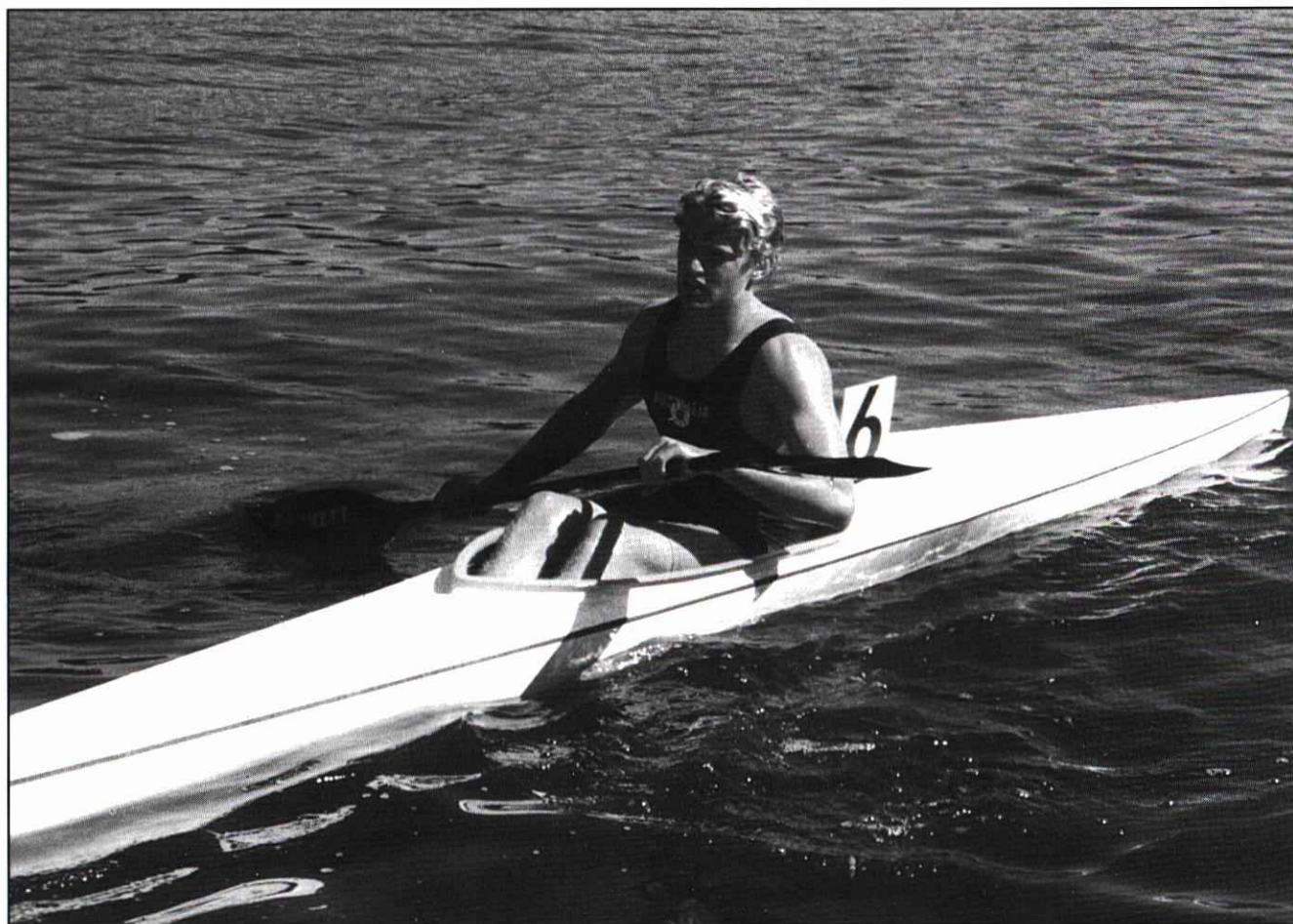
regatta was delayed for a couple of hours when a huge thunder storm came up from nowhere, then as quickly as it came, the grey sky turned blue and the sun came out reminding us to reapply our sunscreen and get on the water for our race. All and all the rest of the day, turned out to be scorching hot, some athletes were game enough to take a dip in the pollution infested waters. Overall our team performed well in this regatta which would be our last before the Junior World Championships. Most athletes were awarded trophies and medals after winning or placing in the majority of events. This now brought the conclusion of the regatta, as the development team were rushed off back to the accommodation where they would quickly have to get changed and packed for their departure. The rest of us stayed back at the venue tying the boats onto the trailer, before we were collected and shuttled back to the accommodation.

One last event was to be held before the conclusion of the day was our last full team dinner. We found an Australian restaurant in Mainz, near where we were staying, so we all

gathered there to say our good-byes to the development team. This all happened fairly quickly before they were rushed off to Frankfurt Airport, destination AUSTRALIA. This not only marked the halfway point of the tour, for the rest of us, but also the beginning of our World Championship pursuit. We knew little about the place that we were going to, but one thing we were sure of, we were going there for one soul reason, to prepare ourselves for the Junior World Championships as best we could.

We arrived in Belgium, Hazelwinkle - Bloso was the name of the venue, Belgium's main sport academy for rowing and canoeing. The accommodation was nothing different from what we were used to, but the food was quite good. Also sharing the facility at this time was the U/22 French Rowing Team, who seemed to get along well with the female athletes in our team, as did we get along well with the Belgium Rowing Team's women, who later arrived to train.

Trying to kill the routine of training two to three times a day we started playing soccer in the evenings. This was to be later banned when a



Luke James U16 K1 1000. Photo Duff

toby james

junior kayak tour perspective

few athletes broke out with an itchy rash that covered their body. The cause for this was identified; caterpillar eggs in the grass that cause some people to have allergic reactions. Maybe the French didn't know about it or if they did it didn't stop them from rolling around the grass without a shirt.

Alas the taper. With lots of work, comes the taper period, where we back off the volume quite dramatically. I'm sure everyone was looking forward to this, I know I was. With everyone really starting to focus and prepare, the time had finally come. With only days until our first event, we departed Belgium, bound for Zagreb, Croatia and the Junior World Championships.

Everything had been done, there was nothing more that could be done, the past is unchangeable. With this in mind, our plans in place, we had one final accomplishment, to go out there and show the world how good we Australian's really are. And this we did.

We arrived in Zagreb on a Tuesday, which gave us a few days to eye out the course and some of the competition. Our hotel was quite basic but in comparison to what we'd had, not bad. The food was awesome, buffet style with an interesting array to cater for all varieties of life. It's understandable that being an athlete you are by nature competitive, but rarely is that quality brought to the dining room. At this place it was. As if it were their last meal, the Hungarians and Russians were highly skilled at shovelling as much food (especially meat) as possible onto their plates as quickly as they could. They seemed to use the same method when eating as well. We figured out that the only way we were going to get fed was to be first in line when the dining room opened. That seemed to be our strength, efficiency.

The Junior World Championships

began on Thursday evening when the opening ceremony took place. It was quite a spectacular, opening with a traditional dancing group and then the flag ceremony. Blake Ballard was selected to carry the flag for Australia; flag holders were escorted by boat to the main stage (two at a time) as their country names were

As Australia was presented, our team lead by Chris Kelly introduced our proud "AUSSIE AUSSIE AUSSIE" chant. From that moment on we were recognised by other countries for that jingle.

read out over the loud speaker. As Australia was presented, our team lead by CK introduced our proud "AUSSIE AUSSIE AUSSIE" chant. From that moment on we were recognised by other countries for that jingle. The ceremony continued with a few speeches from ICF board members, shortly after some light entertainment on the stage was provided, the ceremony was over but the racing had just begun.

Day One

Our first day of racing consisted of heats. We were all quite nervous, but desperate to taste the competition and put to the water our weeks of hard training. We knew what we had to do, it was just a matter of getting out there and doing it.

Day Two

With everyone making it through to the next round day two was the most cutthroat of all, the semi-finals. These races would determine whether or not athletes would go through to the finals. Today everyone that raced made finals but the hard work of making it had to be finished

that afternoon. All crews did their best, finishing well, some surpassing expectations but some not quite reaching their goals. This gave a clear understanding of the joys and disappointments that go with competitive sprint racing. With this day over we still had time for one more celebration before the night was out, Jay Capel's 18th Birthday. We had a small party for him but with most of us still competing the following day we retired to our rooms early.

Day Three

The final day marks our last racing for a while and for some of us our last racing at a junior level. Everything leads up to this moment, this single race, you blink and you miss it, that's how quickly it comes and goes, leaving one thing, the result. Everyone performed well some just missing out on finals and others performing exceptionally well in finals. One quality that we Australians have is the dedication and commitment to never give up. Sometimes it is easy to throw in the towel, but it is these times that we should dig in and fight harder. These characteristics are what make us continue on our pursuit in achieving our goals and fulfilling our aspirations.

The commitment and dedication displayed on this tour far exceeds anything I have seen before. Some people dedicate their lives to sport to achieve personal goals or to be the best, these are our athletes. Others give up their lives to help athletes achieve their goals or to be their best, these people are our coaches.

I would like to take this opportunity to thank Denise, Dave and CK, for their continued support on the tour. You guys were excellent and set a role model standard for future junior team coaches to follow. My special thanks goes to Duffy, my coach and manager of our team, where would we be without you, words cannot describe how much hard work and dedication you put into this sport.

Toby James
1999 Australian Junior Canoe and Kayak Team Representative

QUEENSLAND



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CALENDAR OF EVENTS 1999

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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
- Sat 9/Sun 10 Sea Kayak Proficiency #9904
Gold Coast
- Sun 17 Australian Canoeing AGM - Sydney
- Sun 24 Forest Lake Endurance Challenge -
Queensland Canoeing (Cash Prizes)
- Sat 23/Sun 24 Basic Skills Instructor Training Course
#9907 - Fernvale
- Sat 29/Sun 30 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

QUEENSLAND CANOEING STANDING COMMITTEES CONTACTS

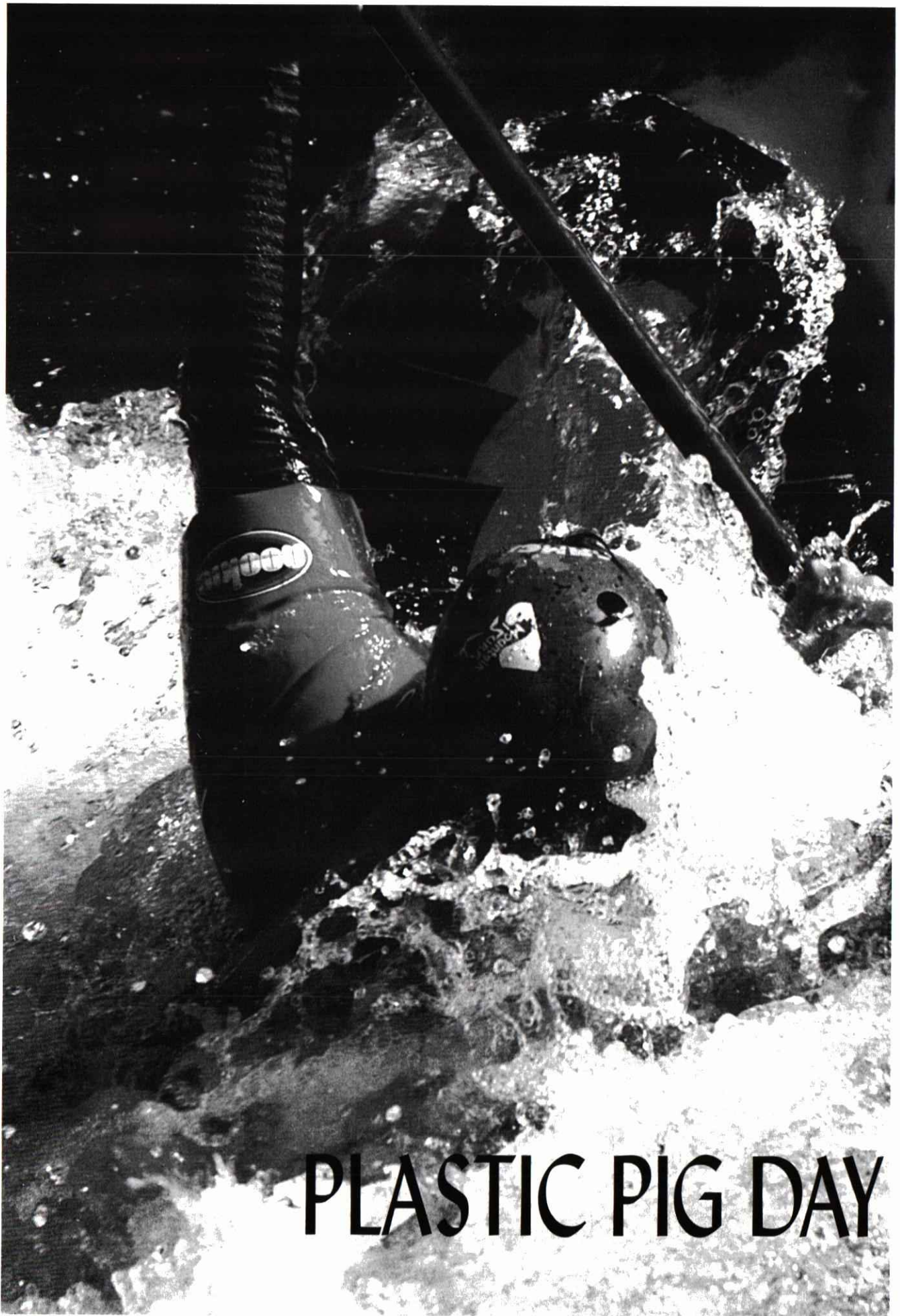
- Sprint Racing: Executive Officer (07) 3278 1033
Marathon : Qld Canoeing (07) 3278 1033
Canoe Polo: Lenore Solomon (07) 3278 1033
Slalom: Qld Canoeing (07) 3278 1033
Recreation: John Kovic (07) 3278 1033
Queensland Board of Canoe Education:
Susan Bell (07) 3278 1033

QUEENSLAND ACADEMY OF SPORT ITC CANOEING PROGRAM

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QUEENSLAND CANOEING AFFILIATED CLUB

- | | |
|------------------|-------------------------|
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| 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 |



Pig Day action. Photo Canoe's Plus

PLASTIC PIG DAY

I don't think I should be writing this article. But anyway..... Plastic Pig Day is the largest event of its kind in Australia. Conceived as a party for plastic kayakers, Pig Day is an open invitation to everyone, regardless of skill, age, sex or boat size to come and play on the river. Somehow, it became a national rodeo event and this year found itself, a little bemused, a little out of character, as part of the national selection circuit.

The event attracts a wide range of paddlers of all ages, skill levels, and from every one of the white water and surf sub disciplines. For the first time we had to go over two days to accommodate numbers, but that worked well, giving everyone access to the creek on Saturday afternoon and increasing the amount of paddling time available.

One of the great things about Pig Day is that we seem to have regulars as well as first time visitors. Where would we be without Jan in her Pink Panther outfit, the Hauptmans (They call me Mr Pig!) or Ian Royds and Team Oxley? Three years ago Mark Killip entered the event and asked me what a hole was. Now the boy does things in them that I find faintly immoral and can't even begin to imitate. And as for Ian, aren't people supposed to slow down and lose it as they grow older? Dave Finlay turned up at Pig one day dressed as Darth Vader. These days he just does things in the hole that makes the digital contortions of an X wing in free fall look leaden.

Off the water the event began on Friday night with an informal pre-Pig cocktail party. UMMMMMM. Nuff said. Some of those present may not remember it. Let's just say that I have never thought of drinking as a spectator sport, but next year we may sell tickets. Or move it to the post Pig party to protect the innocent.

On the water the paddling began on Saturday with a not slalom. Despite the fact that this is not part of

normal freestyle events it is part of Pig Day. So while the results didn't count towards selection they did count towards the overall competition. The not slalom encourages and rewards precision paddling. It also provides a challenge for all skill levels. The novices tried to negotiate a series of gates though a grade one stretch of water. The open classes once again ran through Tennis Courts, this year through Sam Norton's fiendishly complicated course. If nothing else the open slalom provides ample entertainment as paddlers attempt tennis courts in unfamiliar boats. Leigh's first run in a Mr Clean was ...memorable.

Next up, we ran the intermediate hole event. Just to prove that the original spirit was not dead Nick entered in a raft and managed to get more vertical points than some of his competitors. In the true spirit of the Plastic Pig, numerous novices appeared to try their luck in the hole. Next year they'll probably be cart wheeling effortlessly. In the open event, places were up for grabs in the Australian team. The top ten paddlers strutted their stuff, with Dave Finlay repeating his win in the slalom by winning the hole competition. Paul Dunn racked up an amazingly high technical points score but the lack of variety in his ride gave Dave the lead. Thanks must also go to the distributors; to Prijon, Perception, Dagger, and to Ben Patrick for bringing in samples of Necky boats. Andy Barkham created Distributor Alley, a place where you could wander and drool over new boats and gear, and talk to people about their merchandise. Not only that but once again the distributors allowed participants free access to demo boats. For most of us this possibility to try out new boats is a highlight of Pig Day. Wendy Cole ran a hot food stand to raise money for young pointy boaters and everyone helped by eating lots.

I would like to thank Prijon, Perception and Dagger, for putting up enough prizes so that every junior went away with something, to Martin Keir

for putting up the prize for fancy dress and to Patagonia for providing t-shirts for the winners in the Open Men's and Ladies class. Thanks to Ian and Team Oxley for their continuing support and presence. (Where are the other schools?) The Barkhams once more did us proud by making their excellent facilities available to us and both of them worked flat out to keep the thing from falling apart. The Nymboida rescue squad turned up to run safety. St John's were ready to bandage and splint. Sam set the slalom course. Extra special thanks go to Nick and Danny and Ken for judging the open hole (hope the bum numbness has gone) to Deb and Astrid and Jan for helping out, and to Andy and Leigh for helping me enter the results. To Chris and Mark's missus and Tracey and Dave for doing the food, thanks again.

We (Sam, Andy and I) got the sport onto ABC radio (three interviews later). We got some great footage of Sam doing elegant pirouettes in the hole onto the NBN TV news, and a couple of freelance journalists turned up to cover the event but got sidetracked into trying out kayaking instead.

To every one who turned up, especially those who have been there every year, thanks guys, the Pigs have been a ball.

As my friend Dick Shreeval says, "This is a game, maybe the best game there is, and the only rule is that you have to get your bum in a boat to play." So on the first weekend in May next year, you need to get yourself and all your friends, regardless of their age skill or experience, to Goolang creek for what will be the biggest paddling party you're liable to see in this country. Even if you don't want to enter you can try boats, talk gear with distributors, buy stuff, have fun, watch some awesome paddling, do some awesome paddling and who knows, we might run one heat at midnight for a bit of variation.

Having viewed the movie 'Deliverance' on a number of occasions I can honestly say I was initially concerned about grown men playing with pigs in a bushland slash river type setting. Now I'm hearing that they're getting families involved and it's become a huge picnic type party weekend. I have a feeling that paddle sports will never be the same again.

- the story

canoeing *education*

If you are interested in attending any of these courses contact the coordinators and enrol. Remember you cannot enrol in a Level 2 Course unless you have completed a level 2 General Principles Course: so contact your State Coaching Centre and enrol today!

COACHING ROUND UP CANOE POLO

CANOE POLO LEVEL 1 COACHING COURSE

A Level 1 Canoe Polo Coaching was conducted in early June by Duncan Cochrane (Canoe Polo Coaching Coordinator). This is the first time a Canoe Polo Level 1 has been conducted in Queensland. Due to the small amount of people participating in Canoe Polo in Queensland, the new coaches that attended the course will be able to, with assistance from Queensland Canoeing and Australian Canoeing, encourage further development within the sport.

NSW CANOE POLO DEVELOPMENT CAMP & LEVEL ONE CANOE POLO COACHING COURSE

NSW Canoe Polo is conducting its annual development camp and Level One Coaching Course on the 20th - 21st November 1999. The Camp and Course is open to all players and interested coaches. Players will receive coaching in small groups from the best coaches in the country, including 3 times world champion Brett Houghton. If you are interested in attending this course/camp then please contact Antonia Keiran on (02) 6214 1993.

SPRINT AND MARATHON RACING

QUEENSLAND LEVEL 1 FLATWATER COACHING COURSE

A Level 1 Flatwater Coaching Course was conducted in April. Eight people participated in the weekend course, with Indooroopilly, Lourdes Hill and

University of Qld Canoe Clubs involved. In addition, a number of school teachers with an interest in incorporating a canoeing program into their schools were also involved. Denise Cooper successfully presented this course. Another Flatwater Coaching Course is planned before the end of the year.

SOUTH AUSTRALIA LEVEL 1 FLATWATER COACHING COURSE

On the 14 - 15 August 1999 a Level One Flatwater Coaching Course was held at the West Lakes Canoe Club. The course was coordinated by Phil Hinc (SA Flatwater Coaching Coordinator) and was attended by 11 coaches. These coaches are well on their way to finalising their accreditation.

NSW LEVEL 1 FLATWATER COACHING COURSE

Level Two Coaching Course for Flatwater will be held in Canberra and Sydney. Each course is currently in the coordination stage and are planned to be delivered in November 1999. If you are interested in attending these courses you can contact Ben Chalmers on (02) 9660 4597 for the Sydney course and Antonia Kieran for the Canberra course on (02) 6214 1993.

SLALOM AND WILDWATER RACING

NSW SLALOM COACHING CLINICS

In 1999, 6 coaching clinics have been offered in NSW throughout the year. One totally devoted to Wildwater Racing, and the others to both Slalom and Wildwater Racing. Four of these highly successful clinics have been completed with 2 to go. If you are interested in improving your coaching skills or interested in finding an edge on your competitors give Peter Flowers a call on (02) 4730 4333.

Clinic Five, will be conducted at the Nymboida Canoe Centre on the 13th - 14th November 1999. The clinic aims to combine a Level One Coaching Course for those wishing to gain

coaching accreditation. It will also focus on gate technique, anaerobic and lactic fitness.

Clinic Six, is to be held at Lake Glenbawn venue of the National School Championships. This clinic will be aimed at final race preparation for the National Slalom Championships to be held at the Penrith Whitewater Stadium in January 2000.

If you are interested in attending please contact Peter Flowers (NSW Coaching Coordinator) on (02) 6554 6808.

VICTORIAN LEVEL ONE WHITEWATER COACHING COURSE

A highly successful Level 1 Whitewater Coaching Course was held at the Fitzsimmons Lane and Bullen Reserve Kew, Melbourne on the 17 - 19 September 1999. Six new coaches are on their way to finalising their accreditation. I would like to thank Jane and Andrew Farrance for their coordination and lecturing during the course.

COACHING UPDATE LECTURES

UPDATE COACHING LECTURES

Queensland Canoeing has conducted two update lectures during 1999 for all accredited coaches and interested paddlers. These have been very well received with a great response from interested coaches.

Denise Cooper presented the first lecture: 'Are you mental enough to race'. This was in preparation for everyone involved in the upcoming National events (Sprint & marathon). Positive feedback was received from all who attended.

The next update lecture was conducted in early September with nineteen coaches attending. This update was a 'hands on' workshop focusing on current training programs, equipment and the latest in gym training. Queensland Canoeing is planning on running follow up sessions as this proved to be very successful and some interesting subjects were only lightly touched on in the time frame.

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Mobile: 041 994 4036
Facsimile: (08) 9383 7846
Email: wacf@iinet.net.au

COACHING COURSES CALENDAR

International Slalom Coaching Conference
Penrith City Council,
Penrith, NSW
5-6 October 1999
Peter Horne (02) 9552 4500 (w)
(02) 9552 4457 (F)

Level 1 Flatwater Coaching Course
Burley Griffin Canoe Club,
Canberra
October 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
Nymboida, NSW

Slalom Coaching Clinic No. 5
Nymboida, NSW
13th - 14th November 1999
Peter Flowers (02) 6554 6808

Level 1 Whitewater
Launceston, Tasmania
26 - 28 November 1999
Andrea McQuitty (03) 6429 3350
Slalom Coaching Clinic No. 6
Lake Glenbawn, NSW
Date TBA 1999

Peter Flowers (02) 6554 6808
National Slalom Coaches Seminar
13th January 1999
Penrith Whitewater Stadium
Peter Horne (02) 9552 4500

NATIONAL DISCIPLINE COACHING COORDINATORS

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Australian Canoeing

Peter Horne
Coaching & Development Manager
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HAWKESBURY RIVER CANOE CLASSIC MOONLIGHT MADNESS

Whilst some of us will be either partying or taking it easy enjoying a meal, a glass of wine and a good nights sleep on Saturday, 23rd October, over 600 people will be paddling overnight (hopefully by the light of a full moon) down a 111km stretch of Sydney's Hawkesbury River from Windsor to Brooklyn.

Paddlers throughout the State are currently putting in the hard yards in an effort to get themselves to a reasonable level of fitness to compete in the Hawkesbury Classic Paddle in late October. For many the challenge lies in making an attempt on one of the long standing records in each class, whilst for others, just completing the distance is challenge enough.

The Hawkesbury Classic Paddle has been held annually for twenty-two years and attracts all standards of paddlers in craft ranging from Olympic class kayaks through to home-made canoes. The race record of 7 hours 11 minutes was set by a K4 back in 1985 and is held by Garry Byrne, Brett Worth, Cameron Tunbridge and Grant Hughes of the Manly Warringah Kayak Club. Last year's winners, again a K4 crew, paddled the 111km

in 7 hours 25 minutes.

The average time for recreational paddlers is around 15 hours. This includes a number of stops along the way down the river for food and a change of clothes. Each craft must have a land crew of at least two people who meet the paddlers at designated check-points.

Last year the K4 crew of Rob Chant, Peter Tedesco, Paul Lancaster and Brett Worth won the Classic in a time of 7 hours 25 minutes.

The Classic is organised by volunteers from the Hawkesbury Canoe Classic Association with unstinting support from the Royal Volunteer Coastal Patrol, the Wireless Institute Civil Emergency Network, Australian Red Cross, the Sports Physiotherapy Group and many, many other community groups who man the check-points down the river.

For safety reasons the Waterways Authority closes the river to normal traffic from Windsor to the Sackville Ferry.

Each paddler is required to raise at least \$60 (on top of the \$50 entry fee) and last year the event raised \$100,000.00 which was donated to the Arrow Foundation to assist in their research into treatments for leukemia and other diseases treatable by bone marrow and stem cell transplantation.

Entrants this year include blind public speaker and athlete Ched Towns and Australian Navy diving instructor, Warren Dean, who underwent a bone marrow transplant exactly twelve months to the day from the date of this year's event. Both really remarkable achievements.

For further information and entry forms call (02) 9666.7786

Entries close on 11 October
Media contact Kent Heazlett
0296935711
0418863950
kenth@cornish.com.au



interview

with

justin boocock

By Ben Patrick



How long have you been paddling for?

Since I was seven and I am now twenty-four. What does that make? seventeen years.

Do you think that it is an advantage to have been paddling for so long?

Of course I do. I think that you learn to walk early in life, and you can walk later in life without any problems. I trip up occasionally, but it is a lot more natural. You don't see too many people at twenty who can't walk.

Is this too long paddling?

No, not at all. There is no such thing as too much paddling.

So what do you get out of paddling?

Ah, bursitis of the knee. Ah, I get to be part of a wonderful group of people doing wonderful things day in day out, travelling overseas to exotic places, to farfetched areas of the world and completing my millennium degree.

How does this relate to your competition?

I get to challenge myself. Um.

Are you as easy going as you make out?

When I'm paddling I'm serious. Oh yeah. When I have a bad session I am nasty to everyone. I'm an extremely serious person. I take my paddling very seriously. (Laughs.)

Are you serious under that jocular exterior?

I like to take my paddling very seriously because the better I paddle the better my life is, and to do that I think that it is important to be able to segregate some things in life. Like when I am on the water I am actually quite

Justin Boocock wrestling with Slalom Groupies. Photo: Liz Broad



serious and then when I am off I try to separate my life from the on the water paddling things and be less serious. So most people would see me off the water and I guess in my jovial mood.

How important is the Olympics to you?

It is very important at the moment. It certainly is a different thing (to '96) as it is going to be a challenge to get to the Games. Therefore I think that in '96 I didn't get as much out of it as I should have. This time round I am a lot more professional in my approach to it all I want to get a lot more out of it. I think that I have a goal I can actually achieve. I want to get there.

Has Penrith assisted you much?

Oh yes, to no end. The fact of the matter is that you look at paddlers from other countries of the world and they all train on really high-class quality whitewater and they're all really good paddlers. The people that don't train on the high-class quality whitewater are not as good paddlers.

Have you noticed much difference on your own paddling then?

Yeah a little bit. I mean we have only had this course for half a year and it has certainly made a bit of a difference. I went overseas for a shorter period of time this year than last year and normally you have to go overseas to train. I think that you can step right into competition a lot quicker as there is none of the superfluous wanting to train on the water before hand. You just don't need to.

Have you been satisfied with your success so far in slalom?

To a certain extent. The last few years have been a little stagnant. It is not until this year that I feel that I have made a bit more of a step. I was making finals

five years ago, and I really haven't done too much more than mike finals in the last five years, and only now that my paddling has got better.

What has been the change?

We have all got a lot more professional. We have got a course here, full time coaches, massage therapists, physiologist, psychologists, we have got everything you could possibly lay your hand on. That has finally started to take hold and we have had that for the last year and it takes a while for things like that to kick in. Yeah, just a lot more professional.

How much longer do you think that you will be paddling for?

I will be paddling for the rest of my life. Canoe slalom I don't know. I am definitely going to take a year a lot easier in 2001 and finish my degree, the millennium degree, and possibly continue on with slalom, but maybe not.

Who would be your ultimate training partner?

I guess the ultimate training partner would be the person you can learn the most off. Who that person would be, I don't know. My training partner who I train with now is Rob Bell. I don't know about the word ultimate!

What do you think has been the greatest contributing factor to your success?

I would have to say my dad, partly because we got into it as a family, and he was the person that put the family into canoeing more, partly because he liked it more than anyone else. I started to really enjoy it and he has pushed me the whole way through and supported me with everything.

What about your plastic boating, how has that impacted on your slalom?

I started off as a recreational paddler, and canoe slalom was just something that just came around just because there wasn't always whitewater. So we would just go and paddle in a slalom on the weekends. I really enjoy plastic boating, and I think that it is good as it gives you a really well rounded base to work from, good whitewater skills, and it is just a load of fun!

For you young paddlers, what would advise them to do to maintain their enthusiasm?

Certainly be well rounded, and keep everything fun as much as you can. If you feel like doing something different, like if you are a slalom paddler and want to run rivers, do downriver, play polo, just do it. If you don't want to do it, that is fine as well. It is just important to do what you want to do.

Do you want a bigger profile for canoe slalom and yourself?

Not so much myself but I think that for slalom it can only be seen to be a good thing. With a high profile comes more support and with more support comes more success, more paddlers and it just become a bigger sport which can only be a good thing. It would be great for Horizon Line Canoes.

Can you see your left nipple?

I can't remember if it is my left or my right one is the one I can't see!

Why can't you see it?

When I was young, my parent chained me to this wall, flogged me senseless and now look what happened!

How do you normally answer the phone?

Either good evening phone, or good morning phone. Depending on the time.



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SPORTS SCIENCE INVOLVEMENT IN PREPARATION FOR THE WORLD CHAMPIONSHIPS

Liz Broad
Sports Science Coordinator

What a glamorous life, travelling overseas with a team to exotic countries, paid for by someone else! Many times I've been asked what sports science / medicine (SS/SM) does to help athletes on tour. In the preparation for both sprint and slalom World Championships, sports science was used in many ways, so this is an appropriate time to shed some insight into this area.

Far from the common perception, travelling with a team is hard work. SS/SM staff put together long days, generally without more than half a day off a week (including weekends). Staff battle with language barriers and accessing space and suitable technology to support their work - sight-seeing is last on the list of things to do!

Sprint canoeing have utilised SS/SM on tour consistently over past years. A physiotherapist and/or massage therapist is taken on tour to help prevent and manage injuries and keep the athletes well in tune to cope with the training they will undertake. For a group of twenty or so athletes, both are required as the workload can be high. They've also taken John Baker, a biomechanist, to assist with videoing and boat speed/movement analysis during training and races, and reviewing past video footage of races. In addition to their primary roles, the SSSM staff also assist with any other activities they can - baggage carrying, transporters, time keeper, video operator, psychologist and mediator, to name a few.

Slalom canoeing were fortunate to have a sports psychologist spend a few weeks with them last year, and a physiotherapist this year (who also undertakes massage). On tour, a psychologist can have many functions - in slalom's case, it was to assess current psychological race preparation strategies, such as visualising movements on the course, planning of time schedules, and many other factors. The work from this has been ongoing at a domestic level such that the athletes race preparation is now more consistent and

effective. The team physiotherapist also assists in monitoring fluid intakes of athletes and some warm up strategies that are being trialed following work done in Penrith by the physiologist.

Sports dietitians also travel with some teams, but in canoeing's case much of the work I undertake is done from a distance. Hotels are faxed information on catering for athletes and requested to provide an overview of the menu they wish to serve, which is checked for variety, provision of adequate carbohydrates, and individual athlete preferences. On tour, a dietitian's role can also be very hands on, to the point where time can be spent daily in the kitchen providing feedback and advice to the chefs. Where a team is self-catering, the emphasis moves to team lunches on race days and keeping the coaches well fed in order for them to perform at their optimum!

Compared to other countries, Australia's use of SSSM personnel on tour is at least on a par, if not better. Some sports will take a sports physician in advance of a physiotherapist due to the nature of the injuries/problems they encounter, whilst others will travel with no SSSM staff, or an entire entourage of them! All in all, there are many hidden benefits of taking SSSM staff on tour, apart from being an extra pair of hands. The key is choosing the most appropriate personnel for the type and size of the team, and helping them manage their time effectively so they don't burn out.

For teams who don't have the funds to take SSSM personnel, it is very important to know you have at least one good medical contact in each location you go to overseas. Through the Olympic Athlete Program, a list of suitable practitioners is being finalised for all sports to access. In addition, contact details of the canoeing Chief Medical Officer can be provided to team managers for emergencies. Contacts can be accessed through Liz Broad at Australian Canoeing. I am also happy to assist with organising meals where required.

Victorian Kristie Colomb produced Australia's best result at this year's Junior Marathon World

Cup claiming the bronze medal in the Ladies K1 event. Colomb also competed in the Junior Sprint World Championships a week earlier in Zagreb, Croatia where she finished 9th in the LK4 500m. Australia's other representative in the Ladies K1 event was Sydney's Kellie Vernon. Vernon placed 14th in this event, and was a member of the same LK4 crew Colomb was in at the Junior Sprint World Championships the week before.

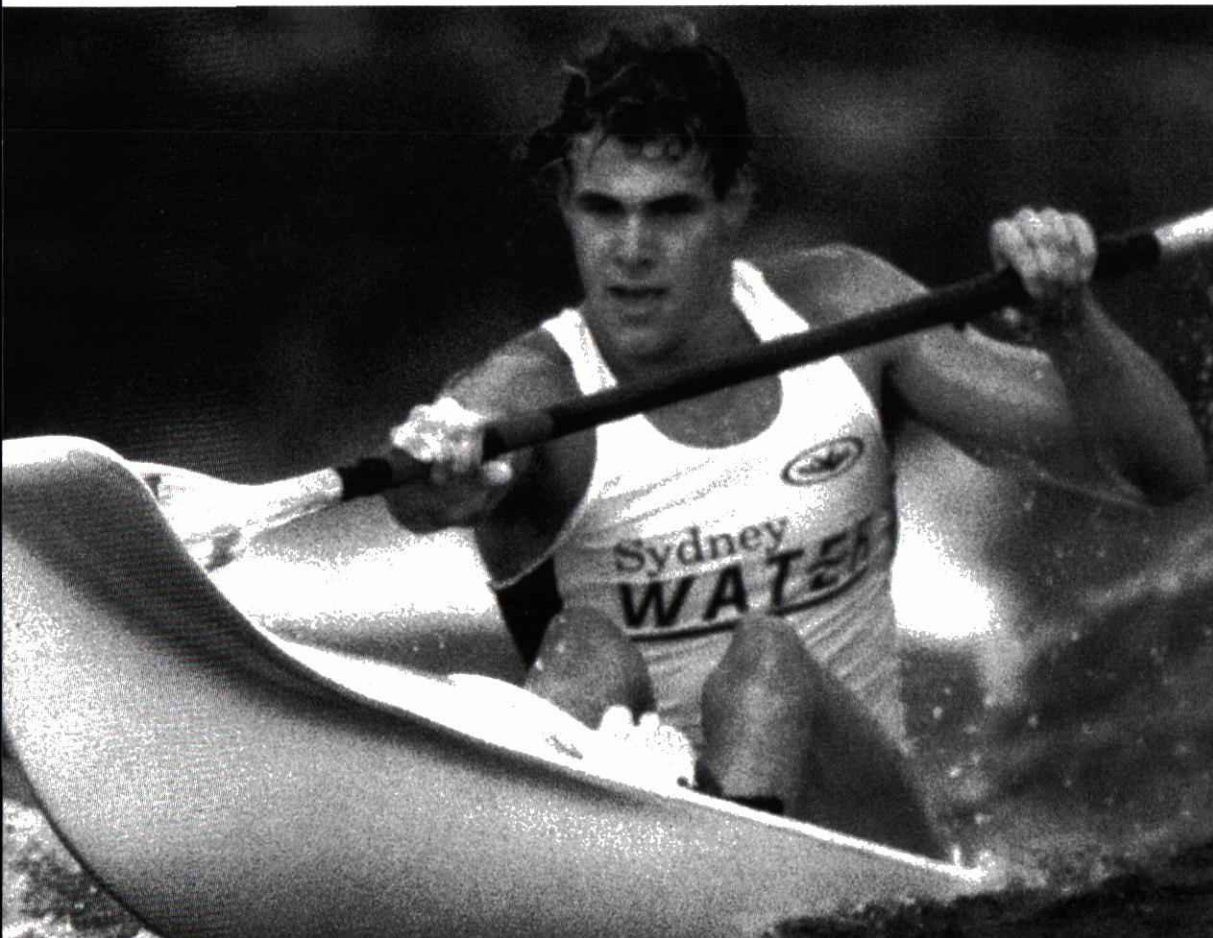
Colomb joined Australian debutante Irene Digenis in the Ladies K2 event where they recorded a 5th placing. The second Australian crew in this event was Jane Greig and Jessica Beck (VIC). The duo were placed 12th at the end of the day.

Australia's junior men were well represented with a team of eight competing at this Junior World Cup. Our two K1 representatives were backing up after representing Australia in the Junior Sprint World

Junior Marathon World Cup 1999

Championships the week before. Jono Chalmers (NSW) finished the event in a credible 7th position. Dane Sloss (QLD) failed to finish the race.

Australia had four crews in the Men's K2 event. The best placed finishers were Ty Hawkins and Nathaniel Chellew (both from NSW) who finished in 11th place. In 14th place were Jono Chalmers and Dane Sloss - a great effort given their heavy workload and dual representation. Edward Knight (WA) and Trevor Murray finished in 16th spot, with Peter Ingerman (QLD) and Keith Garrash (NSW) finishing in 24th position.



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e v e n t



c a l e n d a r

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
3 November	Whitewater	Whitewater Proficiency Assessment, Victoria
5-7 November	Instructor	Basic Skills Instructor Intake, Victoria
7 November	Slalom	Yarra Series Race 6, Dights Falls, Yarra River, Victoria
13-14 November	Instruction	'Sunsmart' Introduction to Canoeing, Victoria
13-14 November	Whitewater	Whitewater Overnight Trip, Victoria
13-14 November	Meeting	Tour Guides Award, Victoria
14 November	Wildwater	Wildwater Sunsmart Vic Championships, Homestead to Wittons
15 November		CAE - Albert Park (twilight), Victoria
17-18, November		
24-25 November	Instruction	'Sunsmart' Introduction (twilight), Victoria
19-21 November	Instruction	Basic Skills Instructor Assessment, Victoria
20-21 November	Touring	ACAWA Tour - Rottnest Island Tour, Rottnest Island, WA
21 November	Slalom	Canoes Plus Slalom, Goulburn River Victoria
21 November	Meeting	Trainee Day, Victoria
28 November	Instruction	Come 'N' Try Canoeing, Victoria
4-5 December	Instruction	'Sunsmart' Introduction to Canoeing, Victoria
4-5 December	Whitewater	Whitewater Proficiency Assessment, Victoria
5 December	Slalom	Sunsmart Victorian Slalom Championships, Goulburn River, Victoria
7-9 December	Slalom	University Slalom Championships, Penrith Whitewater Stadium
9-12 December	Slalom	Slalom World Championships, La Seu d'Urgell, Spain
11-12 December	Meeting	Whitewater Proficiency Course, Grafton
19 December	Touring	Twilight Paddle at Garvey Park, Garvey Park, WA
9-16 January	Sprint	Australian Canoeing National Championships, Penrith Whitewater Stadium
19-20 February	Slalom	Second Annual Penrith Whitewater International Slalom, Penrith Whitewater Stadium, NSW
22-30 April	Sprint	Australian National Team Selection Trials, Penrith Whitewater Stadium

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

state contacts

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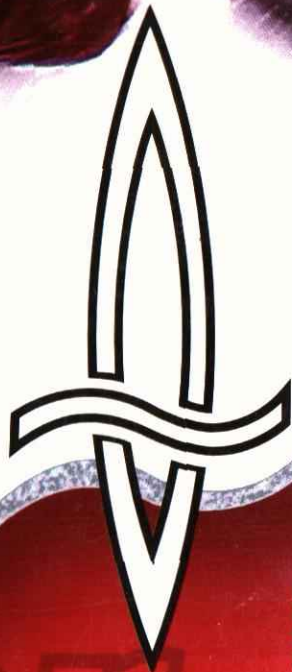
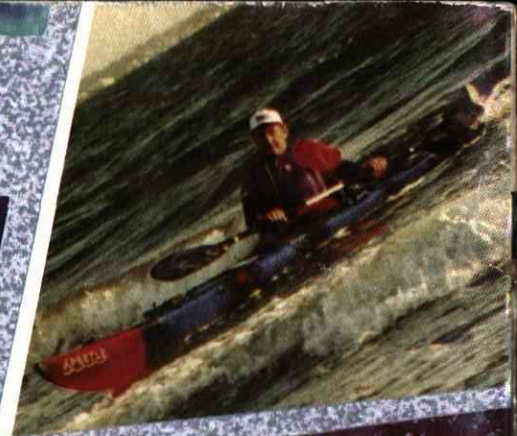
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