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KC magazine

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INTERNATIONAL DRUGS IN SPORT SUMMIT

RICHARD FOX

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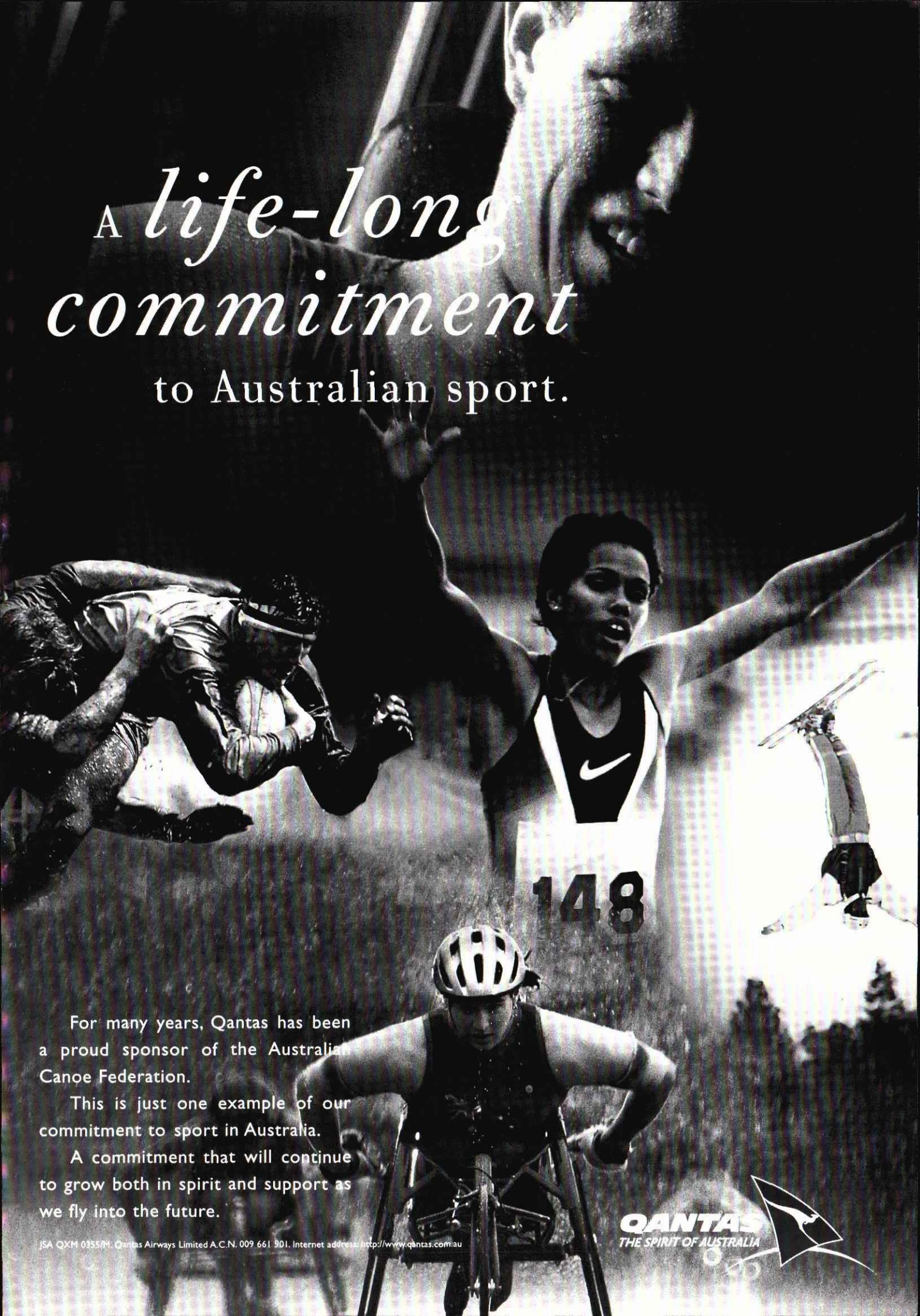
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note from the editor ...

Hello readers.

You'd have to think that we're in pretty good shape.

For the Olympics I mean.

Our athletes are smokin' in all sports. The swimmers are on top of the heap, we're running well, cycling well, our women triathletes are damn well unbeatable, the slalom paddlers and kayakers are mixing it up and the sailors just about run amok in all classes.

On top of this, all our venues seem to be completed, and not only that, just about all of 'em have been already used for anything from small meets or regattas to full blown Internationals. These type of events give the people who matter organisation wise time to iron out the kinks that may surface before the big day. Or should I say big fortnight.

It's gotta be a good thing, hasn't it?

I admit that the ticket issue situation got a little bit out of hand but I think most people generally got close to what they wanted. Take me for instance, I applied for some Track finals, a couple of Swimming finals, a day at the Cycling and some 'A' seating at the Canoeing and ended up with back stalls at the Dressage warm-up and a half-day at the heats of the Greco Roman Wrestling.

Gotta be a win there somewhere.

In my day job as a Beach Inspector on Manly Beach, I regularly get to speak to visitors to Australia and in particular to Sydney, and all agree that the Olympic city is an incredible place not only for the Games but just to visit. The general consensus is that not only is it beautiful but it is also one of the cleanest places in the world. I feel real good about that.

So from the viewpoint of the common every day rate paying punter I'm thinking that the whole show is moving along pretty well.

For some reason I pondered that last night before I fell asleep and just figured I'd share it with you.

Enjoy the read.

Scott Wood
Editor



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INTERNATIONAL DRUGS IN SPORT SUMMIT

~ pure performance ~



Key nations representing all regions of the world have come together in an unprecedented move to get drugs out of sport.

Governments have demonstrated their pivotal role in ensuring all athletes compete on the level playing

field of natural ability in the lead up to the Sydney 2000 Games and into the new millennium.

The latest moves flow from the International Drugs in Sport Summit held recently in Sydney and initiated by Australia.

The Sydney communique issued

after the conference showed the governments' determination to root out the dopers: the twenty-five nations represented at the summit advocated a system of 'internationally applicable and equivalent sanctions across all sports, such as a two-year minimum ban for first-time offenders'.



German C2 crew, photo: Rapid Exposure - Matthew Newton

They committed to establishing national drug testing programs, including year round, no notice, out-of-competition testing.

Delegates also stressed that athletes' rights would be protected throughout the sample collection, analysis and result management

process, with the right of appeal and arbitration. In other moves, the rights of athletes would be protected by promoting the ethics of doping-free sport.

They agreed drug testing will be conducted in accordance with internationally accepted procedural standards, specifically the International Standard

for Doping Control.

Policies will include an independent system for prior approval to use substances from a predetermined list when there are genuine therapeutic reasons and no therapeutic alternatives, and such use is permitted by the rules of the athlete's sport.

INTERNATIONAL DRUGS IN SPORT SUMMIT

~ pure performance ~

As a result of the Sydney Summit nations are also expected to boost their border controls to help stop the traffic in anabolic steroids and performance-enhancing hormone preparations and will review penalties for trafficking in anabolic steroids to ensure they adequately reflect the governments' strong anti-doping policy. Governments will also review processes to enhance the flow of intelligence information between regulatory and enforcement agencies and anti-doping agencies.

The delegates agreed that priority must be given to research into detecting endogenous substances such as growth hormone and EPO, and that researchers must increase levels of cooperation, collaboration and information sharing.

Education programs for athletes will be stepped up and there will be an increase in the number of bilateral and multilateral drug testing agreements.

The summit also addressed the issue of the World Anti Doping Agency recently established by the International Olympic Committee (IOC).

Australia's Minister for Sport and Tourism, Jackie Kelly, pointed out that before the Sydney summit, there was no agreement about how a world anti-doping agency could truly enforce 'pure performance' in sport on a global basis.

'Thanks to the pressure from world governments at this summit a new standard has been set for the effective operation of the world anti-doping agency,' the Minister said.

In an unprecedented show of international co-operation, all nations represented unanimously agreed to boost the accountability, transparency, independence and global representation of the new World Anti-Doping Agency.

The summit agreed to set up a consultative group drawn from the governments of the world to ensure that the commitments made at the summit

are carried through. The group will also work with WADA to ensure that it has equitable geographic representation on its board.

The WADA board of members will be selected from public authorities from all geographic regions. The consultative group will also make recommendations on several other issues raised regarding WADA, such as its location, governance and decision-making processes.

'Recommendations on these aspects were agreed on at the Sydney Summit and have already been passed on to the WADA Board,' Minister Kelly said. 'We will continue to discuss these issues with the IOC and the WADA'

In the declarations from the Summit, the governments agreed, in the interests of all athletes and youth, to work with WADA to pursue an effective, world-wide concerted campaign against drug abuse in sport. As well, long-term educative strategies will be developed based on sociological research and targeted at all levels of sport.

Sports drug testing laboratories should be accredited by an independent agency and accreditation standards will assess laboratories on the basis of their scientific capability, quality management and ethical standards. The delegates agreed this function should be the responsibility of the WADA.

These moves are expected to intensify and co-ordinate the fight against drug cheats to levels - and bring in a hard-hitting systematic approach - never seen before.

Two top Australian athletes attended the Sydney Summit, rowing gold Olympian, Kate Slatter and St. George - Illawarra star hooker, Nathan Brown.

'Everybody in the sporting world I've spoken to is right behind the nations' pro-active stance,' Kate Slatter said. 'There have been too

many drug-related scandals in sport and all the countries of the world have to pull together; we all have to make sure the determination shown at the Sydney Summit is carried through into action,' she stressed. 'Drugs are a huge problem in the general community as well; sporting people are a role model for young people and must show the way by example.'

Kate, from Adelaide and in training at the Australian Institute of Sport in Canberra, represented Australia at the Barcelona and Atlanta Olympics. 'I hope to be able to be proud to represent my country at a totally drug-free Olympics in the year 2000 and it's great to see Australia at the forefront of the effort to stamp out the drug users; we all want to be harder, faster and better in our sports - but on a level, drug-free playing field.'

'The best-practice organisational structures and protocols I saw being put in place at the Sydney Summit will ensure that all the world's Olympians will respect the rules and abide by them.'

'The Sydney Olympics will be the best ever for world sport and for clean competition free from the stigma and shame of drug abuse - the kids out there deserve nothing less,' Kate said.

Australia has put drug cheats planning to attend the Sydney 2000 Games on notice.

Top scientists are being enlisted to fine tune the most sophisticated methods ever devised to detect drug cheats.

In the world of the dopers, their drug-induced performance has depended increasingly on synthetic EPO (erythropoietin) which works by increasing the number of red blood cells, lifting oxygen levels to boost performance.

Often used in plasma replacing the body's entire blood supply, synthetic EPO has taken doping techniques to new heights and has been difficult to detect, but with the attention of the world on the Sydney Olympics, all the forces of legitimate science are being marshalled to try to ensure the Sydney Games are clean.

During the summit Minister Kelly pledged Australia would provide \$1.5 million to validate a way to test for EPO, subject to the IOC

accepting an Australian submission for funding support. The IOC subsequently announced its support for the Australian research project on 9th December.

Minister Kelly told the summit that researchers from the Australian Institute of Sport and the Australian Sports Drug Testing Laboratory have

project gives us a critical boost in our efforts to try to develop a foolproof test in time for the Sydney 2000 Games.

'The IOC's support sends a very loud and very welcome message that it is as determined as we are to keep sport drugs free,' she said.

Top Australian and world athletes

High quality national drug testing programs will be set up in conjunction with national sporting organisations and drug testing resources will be applied strategically world-wide to maximise the attack on problem areas.

'Australia's Tough on Drugs in Sport strategy is all about doing the right thing by our kids; it's all about



Glen Singleton, 2000 Australian Wildwater Champion, photo: Nick Deke

found 'foolproof and demonstrable scientific bases' for detecting synthetic EPO in blood samples.

The joint IOC/Australian Government funding will help researchers to undertake 'validation studies' during the next six to nine months to ensure the EPO test is 'reliable and robust'.

The Australian study will be done in collaboration with scientists from France, Canada and Norway and with sports institutes and authorities from China, France, Italy and the United States.

The IOC has already given its approval for blood samples to be taken from athletes competing in Sydney for the Olympics. If a reliable method for detecting EPO is determined samples will be collected to detect use. If it is not found, the samples will be taken from athletes on a voluntary basis and used for research.

Minister Kelly said the IOC decision to support the Australian research

have thrown their support behind these unprecedented international efforts to get prohibited performance-enhancing drugs out of sport.

In Minister Kelly's words, everything possible is being done to ensure the Sydney Olympics will be 'pure performance'.

'Enhancing drug detection research to keep up with, and where possible, keep ahead of the latest doping practices is a key part of the Australian Government's Tough on Drugs in Sport strategy.

'We're totally committed to getting drugs and drug cheats out of sport,' the Minister stressed.

World sporting and government leaders agree the International Drugs in Sport Summit in Sydney has made a level of progress never seen before by achieving a global breakthrough in the war against drug cheats.

Their deliberations will result in the broadest range of obstacles ever faced by sport dopers.

showing them the right way,' Minister Kelly said.

'Hosting the summit has demonstrated Australia's commitment to drug-free sport and recognises our position as a world leader on anti-doping issues.

'I am delighted it resulted in other governments committing themselves to establish comprehensive national anti-doping programs that are modelled on the Australian approach set out in our Tough on Drugs in Sport strategy.

'This includes strategies for government action in a range of areas including policy, protection of athletes' rights, sanctions, drug testing, education and information services, research, supply, control and international collaboration.

'It proves that governments the world over have a strong role to play in the fight against drugs in sport.'

WOLLEMI NATIONAL PARK

**Bruises, rain, exhaustion and the odd bit
of chocolate: WOWing volunteers on
the Colo River canoe expedition**

Story by Simone Cottrell



I've always wanted to explore Wollemi National Park. Its sheer vastness has always aroused my curiosity, and the fragility of its remote wilderness stands out as one of the State's great symbols of nature conservation. So when I was given the opportunity to canoe down the Colo and help to protect its native vegetation, I jumped at the chance. Canoeing down the Colo gorges I thought, would be tough but unbelievable. I was right.

I was one of six volunteers who took part in the Willow out of Wollemi (WOW) program between February and March this year. The annual program, which was started up by ranger Ian Turner, aims to manage and eradicate the willow trees which are threatening to choke the Colo River.

Certain species of willow are classified as noxious weeds in most parts of NSW. Resilient and adaptable, they rapidly take over river banks and alter river ecosystems. They can spread vegetatively (meaning that a broken branch can float downstream and start to grow in a new location). However, if allowed to reach maturity they will rapidly

reproduce through flowers and pollen. They can permanently alter a river environment, pushing out native vegetation and blocking the flow of water.

Canoeists are all too aware of the dangers willows are on our riverbeds. Their presence on white water rivers can be fatal. Helping to look after our natural waterways is the least I can do for the enjoyment I gain out of it.

It exceeded all of my expectations. Mist moved silently across the river to unmask craggy cliff tops above. The drizzle on my face was cool and invigorating. I couldn't have thought of a better place to be.

In the case of Wollemi National Park, willows were planted on farms in the Capertee and Wolgan valleys, and they have been spreading downstream ever since. Some watercourses, such as the Cocks River, have been totally dom-

inated by the exotic species. However others, such as the Coomung River, have been regenerated by community and bush care groups.

The WOW program attempts to do the same for the Colo.

I heard about WOW '99 in February, in the middle of a hectic time in the office. The NPWS needed volunteers to help them canoe 50 kilometres down the Colo River, mapping and poisoning willow trees. Three days later, having organised a week off work, I found myself at the Colo Heights Workshop with four rangers (Ian Tuner, Vanessa Richardson, Mark Robson and Jamie Erskine), an experienced canoeist (Michael Smith) and other volunteers. Not having had any bush regeneration experience, the idea of killing trees just didn't seem natural to me. I was soon persuaded of its necessity.

Our journey began along the Culoul Range 4WD fire trail, where a NPWS helicopter picked us up and dropped us at the junction of Wollemi Creek and the Colo River. Accessing the Colo is normally a half-day journey, but with three canoes and all our gear, flying was our only form of



access. After losing a paddle mid-air, and getting shot at by a rifle, we wondered what we were in for when we finally hit the water!

The gruelling journey was difficult to begin with. Low water levels meant that there were sandbars everywhere, and dragging the canoes over sand and through rapids was strenuous and back breaking - not to mention freezing, given the consistent rain. Zig-zagging down the river also lost its novelty, so we took paddling and steering lessons from Michael. We looked forward to the sandy beaches and deep pools, to repair our aching muscles and weathering spirits.

As we moved along the river, mapping the willow was easy. The places where it clustered on the riverbank were very different to the general native vegetation, and were generally surrounded by other types of weeds and foul-smelling mud. Killing the trees was far more time-consuming. It involved chiselling into each tree's bark, low to the ground, and spraying a circle of herbicide into the sap wood. Where there were large clusters, it took us all a good 30-45 minutes to poison all the plants. The third day was

the hardest. The rain wasn't looking like clearing, and the rapids had been unforgiving. We were battered, bruised and drenched. Fortunately, we came across the food drop that had been left by our pilot. The chocolate and other goodies brought smiles to our dripping faces.

Despite our screeches of pain under the pouring rain, the scenery was magnificent. The river winded and twisted its way through gorges, canyons and spectacular escarpments, past ferny groves and massive boulders. It exceeded all of my expectations. Mist moved silently across the river to unmask craggy cliff tops above. The drizzle on my face was cool and invigorating. I couldn't have thought of a better place to be.

With the heavy rainfall, the changing moods of the river were incredible to watch. The water level rose quickly, making the last leg of the journey easier. The rapids and sandbars were less gruelling, as we could paddle them at last. The only consequence was that Jamie and Mark had to accustom themselves to capsizing whilst the rest of the group laughed hysterically at

their expense.

Six days after setting out, our journey came to an end at Colo Meroo. We had accomplished our goal of mapping and eradicating willow along the Colo. Much work remains to be done - in particular, some of the willow clusters were far too large and plentiful to be poisoned by us, and base camps will have to be set up around them next year. But the WOW program was up and running.

I will definitely be volunteering for the WOW 2000 team, regardless of the bruises and wet weather. I haven't seen anything quite like the Australian bush anywhere else in the world. Enjoying the Colo and protecting it is not only an amazing experience, but also an incredibly rewarding one.

Canoeists, bush walkers, bush regenerators and NPWS staff are all invited to become part of the WOW project.

Unfortunately WOW 2000 was conducted as KC went to print. For more details, on future WOW projects call the Ranger at the Blue Mountains District's Windsor Office on 4588 5247, or fax 4588 5335.

As expected, the second Sprint Grand Prix attracted the cream of Australia's canoeists and kayakers to the Sydney International Regatta Centre. With a number of Olympic candidates preferring not to travel to the first Grand Prix at Nagambie, Grand Prix number two gave everyone a chance to flex some muscle and display early season form in the lead-up to the Nationals and Olympic Nomination Trials to be held in late March.

The Grand Prix circuit, normally a series of three regattas has been cut to just two regattas this year to allow for a later start and increased number of Olympic nomination trials later in the season.

Dual Olympic medallist Clint Robinson arrived, and despite feeling slightly suspect health-wise, was hopeful to continue his solid comeback to racing after he won both of the K1 events at the Nagambie Grand Prix last month. Robinson was certainly looking to set up a psychological advantage heading into the Olympic trials over fellow Australians Nathan Baggaley and Peter Scott - his main rivals for the K1 positions on the Olympic Team.

Also competing was World and Olympic medallists Anna Wood and Katrin Borchert and Andrew Trim and Daniel Collins. Neither pair had raced at national level this season and were looking to ease into the new millennium with wins in their pet events.

The regatta also featured a red-hot Shelley Oates-Wilding and other Olympic athletes the calibre of Peter Scott, Yanda Nossiter, Cameron McFadzean, and Brian Morton.

In the Men's K2 Final, Trim and Collins powered to victory. Finishing in 1.31.45, just 0.54 seconds ahead of the young duo from Sweden - Erik Lindeberg and Anders Gustafsson and the AIS pairing of Brian Morton and Luke Young. Though Trim and Collins, World Champions in 1997 were tipped to win, stiff competition was expected to come from the new pairing of Cameron McFadzean and Peter Scott. However, due to a misunderstanding at the start McFadzean and Scott failed to finish the race. Believing the false start buzzer had been sounded, both men stopped paddling after only a few strokes. The only other crew to also slow down was the AIS's Clint Robinson and Justin Quill. Robinson

later revealed that he had not been feeling well all day and was suffering from nausea. Robinson made a decision that, rather than risk not being adequately able to compete for the remainder of the competition, he and Quill would paddle easily down the course and prepare for other events. McFadzean and Scott protested to race officials but their appeal was not upheld and the results stood.

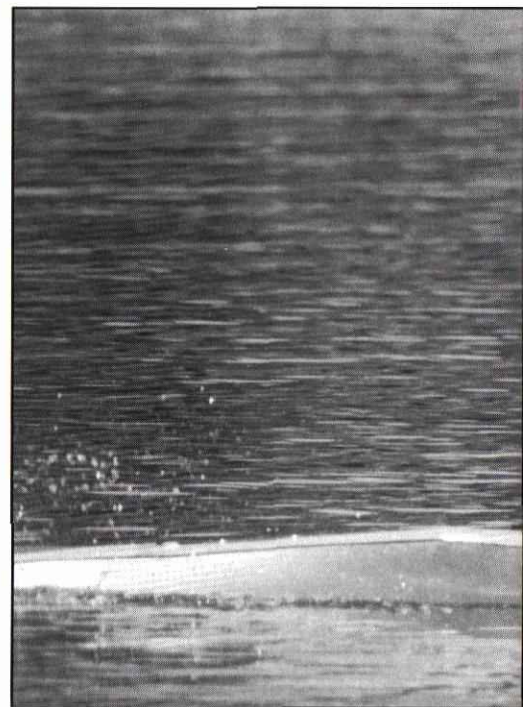
In the Ladies K2 500m final, 1998 World Champions Anna Wood and Katrin Borchert had to dig deep to overcome the new pair of Kerri Randle and Amanda Rankin. Both crews train on the Gold Coast and rumors had been circulating that Randle and Rankin had been posting terrific times in training and would challenge the five time Australian Champions. However, Wood and Borchert pulled ahead of Rankin and Randle with only metres to go to the finish to claim victory in the time of 1.45.07. Randle and Rankin were close behind in a time of 1.45.22 and the AIS pair of Jacqui Mengler and Leda McFadzean a further 5 seconds behind in third place in 1.50.71.

The Men's K1 500 Final was an absolute cracker with Newcastle's Peter Scott winning a tight tussle from NSW Institute of Sport teammate Shane Suska with Olympic Champion Clint Robinson third. Scott, a 1996 Olympian, won the final in a time of 1.39.92 from Suska's 1.40.30 and Robinson's 1.40.73.

In the Ladies K1 500 Final, Manly's Shelley Oates-Wilding paddled a strong race to lead all the way

Robinson was certainly looking to set up a psychological advantage heading into the Olympic trials over fellow Australian's Nathan Baggaley and Peter Scott - his main rivals for the K1 positions on the Olympic Team.

and hold off a fast finishing Katrin Borchert from the Gold Coast. Oates-Wilding finished with a time of 1.52.79 with Borchert less than a second behind in 1.53.22 and fellow Olympian Kerri Randle was third in a time of 1.54.36. Oates-Wilding surely in the richest vein of form of her entire



career, was magnificent in victory and will take it right to Borchert in the K1 events for the remainder of the Olympic campaign.

Disappointment for all on the second morning when Clint Robinson withdrew from the remainder of the program. Robinson, who competed in yesterday's events despite feeling unwell, chose not to continue the regatta, with just five weeks until the Australian Championships (the first of two Olympic nomination trials). Robinson said he thought it wiser to allow his body to recover instead of taxing it further by racing and having to take time off training later in the week. Coming off a double victory in Victoria, Robinson was keen to again prove his dominance over 1000 metres.

Despite Robinson's absence the K1 1000m proved to be an epic battle with New Zealand paddler Owen Hughes winning in a time of 3.39.85. Peter Scott (NSWIS) lead for most of the race but finished just behind Hughes in 3.40.95, with NSWIS teammate Shane Suska a further 1.61 seconds behind in third.

World LK2 1000m Champion Katrin Borchert easily won the Final



of the Ladies LK1 1000m. Borchert, a silver medallist over the distance at the 1998 World Championships, lead all the way in the final. Looking like she was out for a training paddle, Borchert, led from start to finish and was never in danger of being beaten, finishing in 4.03.14. In second place Victoria's Chantal Meek came home very strong to finish just 4.5 seconds behind Borchert and one second in front of third place Brooke Harris. Although a non-Olympic event, Borchert was keen to assert her superiority after narrowly placing second in yesterday's LK1 500m Final.

The LK4 500m final saw a clear victory to the crew of Shelley Oates-Wilding, Yanda Nossiter, Kerri Randle and Amanda Simper who won in a time of 1.35.33. Second placed was a compos-

ite crew consisting of paddlers from Victoria, WA and SA. Chantal Meek, Rachel Simper, Lisa Oldenhof and Kate Barclay came home strong to finish three seconds behind the winners in 1.38.71. Third placed went to the crew of Leda McFadzean, Amanda Rankin, Paula Harvey and Brooke Harris in 1.40.03.

Queensland's World Champions Anna Wood and Katrin Borchert won the LK2 1000m. The pair, based on the Gold Coast, have won this event at the World Championships for the past two years running so there was little doubt that Wood and Borchert would win the final, the only question was by how much. Wood and Borchert led from start to finish to win in a time of 3.44.84. Western Australia's pairing of Rachel Simper and Lisa Oldenhof came home very strongly to finish just over two sec-

onds behind the World Champions in 3.46.96. In third place was Chantal Meek and Kate Barclay in 3.49.42.

In the Men's K2 1000m final the new pairing of Brian Morton and Luke Young from the AIS paddled a brilliant race to claim first place. From way out in lane nine, Morton and Young powered home to finish over a second ahead of the NSW pairing of Peter Scott and Scott Austin. In third place were Andrew Trim and Daniel Collins. Morton last paddled this event with Clint Robinson in 1998, when the pair finished 4th at the World Championships. Now with Luke Young, a very talented up and comer, the two have shown they are definite contenders for the K2 1000m Olympic Team berth.

Race results page 35

C2 Crew photo: Trevor Wallace

SPRINT CANOE / KAYAK GRAND PRIX

Since the World Cup in October last year, athletes from around the world have been training hard at Penrith's Whitewater Stadium. Each day from as early as 6.30a.m. the Penrith Whitewater Stadium pumps out the beat for athletes to hone their skill and fitness in preparation for selection trials in April and of course the big Olympic thing in September. In between sessions Australian athletes can be found in a variety of occupations, the seriously employed hit the commuter and office trail in the city, the students head for UWS Nepean or Sydney University while others sell canoeing equipment and instruction from Penrith's latest specialty store, help with administration at the Stadium, guide rafts down the course or keep the lawns green and trim. In fact, never a dull moment. At weekends or on days off the lure of big rivers up north, surf on the beach, fun in the city, bike trails in the mountains, or for some a quick trip home to Melbourne for home comforts all help balance out the program. Come Monday it's back in the gym and on the river.

A year ago there was hardly a slalom soul in Sydney let alone Penrith. The course was a construction site and the first organised training sessions were held on a shallow reed infested creek. Today, the Stadium operates up to fourteen hours per day in peak periods, national championships have taken place, thousands of rafters have enjoyed the thrills of the channel and countless locals have dusted off old gear and come out of the woodwork. Still to come, one hopes, is a junior slalom program and more club activity with a volunteer base to run events. Such things take time but the Penrith community will soon have some of their own to cheer on in the local races. One of the greatest supporters is the local mayor John Bateman who braves the rapids with his colleagues and hosts events for visiting teams.

Eight competitions have been staged since the course opened in March last year ranging from a NSW Southern Zone event to the Australian Championships and a World Cup Final. A feature of all of these events has been the presence



of many top international athletes and the opportunity for our own athletes to measure their performances against the very best in the world. For Australian athletes, the focus is zooming rapidly in on the April Selection Trials and the World Cup which will be used to determine the National and Olympic teams. The level of competition in each class has never been higher and there is no doubt that we will see some exciting racing, so hold on to your paddles!

Following selection the National Team will tour overseas for five weeks from the end of June competing in World Cup events in France, Spain, the Czech Republic and Germany. The Olympic venue is closed during this time and will reopen for athlete training early in August when the team returns. The Australian Olympic Committee is well advanced in its planning for the Games and has gone to great lengths to ensure that the Australian team has every possible advantage. We're not saying what these advantages are in case anyone else is reading.

Video Geeks !

On the bank and in the lab, the Sports Scientists from the Victorian Institute of Sport and the New South Wales Institute of Sport have been hard at work assisting coaches and athletes while trying to figure out more of what the sport is all about. Science meets art on the river at Penrith. We are fortunate to have a dedicated support network of experts in each field from biomechanics to physiology, strength training, psychology, nutrition and the latest in video technology. An international coaches conference in Penrith last October promoted a useful exchange of ideas and the legacy post Olympics will hopefully be a useful source of specific information to assist coaches and athletes.

The latest advance is in the level of technological support provided at competitions. In recent months the slalom program has been experimenting with live feed video recording and computerised analysis. A technician cuts together the complete run of an athlete which is recorded live onto a VHS tape for the athlete to watch

John Wikkie photo: Rapid Exposure - Matthew Newton



richard fox

between runs. A second technician codes the video footage onto a computer for more detailed analysis or for accelerated review.

The benefits?

Faster and improved video feedback for athletes and a view of the whole course for the coach. Thanks go to the Australian Sports Commission Performance Unit who helped fund a video project including a part time video technician.

What Next?

The effect of the Penrith Slalom course has been very positive for the sport but it has created an elite focus and a sudden gravitational effect that has affected slalom activities in other areas throughout Australia. In discussions about post Olympic programs it has

become clear that while Penrith will be the central facility for training and competition the national program should also support a network of other training centres. In addition to state based support for camps and coaching, squads and athletes visiting Penrith for training would receive coaching and sports science support at the national centre. However, all this is speculative since the level of funding for high performance programs past the end of this year is uncertain. Funding issues aside there are other exciting developments taking place which look good for the future of slalom in Australia. The prospect of a world class slalom course and whitewater facility in Perth is almost too good to be true, and whisperings from other States indicate that the message to developers and governments is out : Take the river to the city

and everyone has more fun whether its rafting, racing or simply spectating from a terrace with a cappuccino in hand and a sunset over the river. Anyone got a few million to spare?

Thanks

Finally, a word of thanks to the volunteers. Like other canoeing disciplines slalom events could not take place without the support and commitment of a core group of volunteers. At the last open international event the slalom officials suffered everything from heatstroke brought on by judging all afternoon in 45° heat to hypothermia the next day when the temperature was halved and the cool change blew a chilly breeze round the Stadium. Thank you for the support you give the athletes, I hope you all recovered from the latest ordeal and please come back next time!



Congratulations to Brisbane Canoeing for hosting a well organised championships. To all volunteers and officials who gave their time - a big thank you.

The Brisbane River could be described as unpredictable and unattractive. Unpredictable with the numerous eddies, swirls and occasional chop from the wind. Unattractive as its sometimes muddy presentation, strong currents and openness to wind and chop.

This did not deter one hundred and forty individuals from seventeen

Queensland and one New South Wales clubs from competing in the 2000 Queensland Canoe Marathon Championships. For some there were more than the river conditions to battle.

Over ninety craft on Saturday and nearly eighty on the Sunday spread themselves around the twelve kilometre course on the Brisbane River between the Walter Taylor bridge at Indooroopilly. Canoe reach at Tennyson and Oxley Creek. Competitors raced over distances ranging from three kilometres for those Under 12 to thirty-six kilometres

for the Open and Veteran 35s.

Entries were encouraging and hopefully an indication that our sport of canoe (kayak) marathon racing is alive and well. It was pleasing to receive to receive large quality entries in the Veteran classes for both men and women. Organisers were unable to split the Veteran 45 Men K1 and TK1 classes into five year age groupings. These classes had ten and eleven entries respectively.

Whilst many classes flourished there were some that need nurturing and support for our sport to be even

QUEENSLAND MARATHON CHAMPIONSHIPS

bigger, better and stronger. These include our Junior and Women classes and the sometimes less popular craft like the canoes - both international and touring classes.

With forty-three different classes and age groups it is not always possible to acknowledge the feats of all concerned. All competitors are worthy of their due recognition and should be congratulated on their achievements over the weekend.

The 'blue ribbon' events are always the Open Men K1 and K2. Bennett Maxwell claimed double gold in these events. On the Saturday he outlasted a very determined and promising Under 22 competitor in David Provan by just over two minutes. Paul Gardner completed the Indooroopilly trifecta taking third place in the K1 finishing nearly ten minutes behind Bennett. In the K2 the finish was much closer. Bennett teamed with Bruce Fairlie to scrape home in front of Paul Gardner and David Proven by a slim fifteen seconds. Mitchell Bierge and Mark Peacock finished third in the K2.

It was another trifecta to Indooroopilly in the Open Women's K1. Jenni Sefton stormed home to be the Queensland champion for 2000. She beat home the sisters of Jane and Sarah Greig respectively. The distance between first and second was twelve minutes with a further ten back to third. Unfortunately there was no Open Women K2. Kerry Laidlaw and Angela Strohmayer completed the thirty-six kilometres unchallenged in the Under 22 Women K2.

Commencing the third and final lap in the Veteran 35 Men K1 had everybody guessing as to who may win. The top three places were all together until the leg toward the bridge at Indooroopilly where Peter Borserini had dropped off the pace. This left Bryn Davis and Ian Muir to battle it out for the gold and silver. Ian eventually triumphed by a small gap of five seconds.

Graham Batchelor may have started favourite in the Veteran 45 Men TK1 but he did not have it all his own way. Battling it out with Hugh Simmons, Graham held on to win by a slight six seconds. Peter Yager had to settle for third three minutes further back.

Gary Petie paddle courageously to cross the finish line in first place in the Veteran 55 Men TK1 but was unlucky to be relegated to second on handicap.

Digby Huffam pipped him by just twenty-six seconds. Garth Petersen was also unlucky to be moved down to fourth after crossing the finish line in third place. John Deane was able to finish over one minute in front after the times were corrected.

Jenny Worthington, Marilyn Drynan, Royce Genn, Robert Jackson and Clayton Mabb, Graeme Hudson,

Whilst many classes flourished there were some that need nurturing and support for our sport to be even bigger, better and stronger. These include our junior and women classes and the sometimes less popular craft like the canoes.

Anthony O'Loughlin, Tim Bowers and Thomas Moore, Alexis Gillard and Courtney Leifels, Jasmine Moore and Bonnie Taylor all scored victories in their respective classes on the Saturday.

On the Sunday, Anthony O'Loughlin and Jeff Wilkinson finished five seconds in front of Scott Atkins and Mal Clark in the Veteran 45 K2. David and Mary Stewart finished a creditable third.

A closer finish was recorded in the Open Men TK2. Steve Jenje and Brett Doyle just pipped Don McDonald and Graham Batchelor by a slender two seconds. The 1999 champions Royce Genn

and John Gardner finished third recording a time under two hours. Fourth finished nearly ten minutes back.

In one of the most outstanding performances on the Sunday came from Patrice Robertson in the Under 16 Girls K1. In her first her out of the Under 14 class Patrice showed her strength and determination to overcome an error just after the start. She was following the field toward Indooroopilly after making a wrong turn out of Oxley Creek. Patrice was able to muster a strong comeback to win the race by a margin of nearly seven minutes from Zoe Davis. Shannon Proctor finished third.

The Sunshine Coast recorded a trifecta in the Under 14 Girls K1. Courtney Leifels bolted to a three-minute win over Alexis Gillard. Sarah George completed the trifecta. Jamie Gardner came from Townsville to collect the gold medal in the Under 12 Girls K1. She beat home the Sunshine Coast club members of Bonnie Taylor and Jasmine Moore.

Other winners on the Sunday were Aaron Gordon, Erin O'Keefe, Bryn Davis and Sarah Kelly, Peter and Paul Yager, Steve McLay and Marilyn Drynan, Thomas Bridge, Sebastian Fearn, Jessica Trace, Joshua O'Keefe and Jessica George.

A list of results (top three places only) for constituted and all junior classes can be found toward the rear of this issue. The 2000 Queensland Canoe Marathon Team was announced at the conclusion of the weekend. It is listed elsewhere in this edition.



AUSTRALIAN WILDWATER SPRINT CHAMPIONSHIP

Fast, Faster, Fastest

Youthful Talent at the 2000 Australian Wildwater Championships

The atmosphere was tense on race day for the 2000 Australian Wildwater Championships. The campsite, where competitors had camped and eaten and tied each others boats up in trees so congenially for the last few days, was unnaturally quiet. Glenn had already left for the river. We were about to drive to the river too.

fastest. Current talent came in the form of Glenn Singleton (Vic), who put in a world class performance to win the Men's K1 title by twenty-nine seconds from Piers Christiansen (NSW) over the long and shallow course. Just four years ago Glenn was a quiet boy who made up the numbers in races, but his dramatic and continual improvement is an indication of both his talent and his

nance of Junior Men's events continued with Stewart Bennett winning the 16 Years Men's K1 event. Clare Beach (Vic) recorded the third fastest Women's time in winning the 18 Years Ladies K1 event.

Older talent showed the value of skill and experience with Andrea McQuitty (Tas) winning her 10th Australian Open Ladies K1 title. Her first was won in 1984



Nigel sat nursing a growing headache in the front of the car while Andrew plugged himself into his walkman and Ben attacked the gravel corners with more intensity than he had all week as he drove. 'Why are we all so nervous,' I asked, 'when the Barrington River is so easy?' The answer was obvious a few hours later when the tranquil Barrington River waters had been stormed by paddle strokes powered by this nervous energy.

Some excellent and surprising results saw old talent still fast, young talent faster and current talent still the

knowledge seeking at the cutting edge of training theories. Piers rise to number two in Australia is also a well deserved result from a talented paddler. Unfortunately, Piers is unable to take up his place with the Australian team this year due to study commitments.

Young talent asserted itself with Ben Maynard (Tas) getting the third fastest time of the day and winning the Under 22 Men's class at the age of nineteen. Sixteen year old Damon Bonney (Tas) claimed sixth fastest time overall and won the 18 Years Men's K1 class. The Tasmanian domi-

when some of the young people she coaches weren't yet born! First time competitor Renee De Voogd (WA) overtook many more experienced competitors to finish second in the Open Ladies K1 event, showing great potential. Steve Muir (NSW) had the fourth fastest time overall in winning the Masters Men's K1 class.

The Men's K1 team race was a closely contested event. The Victorian team of Chris Humfrey, Travis Minns and Glenn Singleton flew down the course, in a time faster than Travis's individual time, to win by just three seconds from NSW with Tasmania just

Adam Dickenson, Australian Rapid Sprint Championships photo: Adrian Cooper

three seconds further back. Victoria was also victorious in the Women's team event with Susie Wharton, Susan Humfrey and Clare Beach finishing well ahead of their opponents.

Rapid Sprints

And then the fun began. 'Me first.' 'Him first.' 'Let me go.' 'Ladies first!'

After months of speculation and wild descriptions from slalom paddlers, a handful of eager wildwater paddlers vied for the honour of being the first wildwater paddler to descend the Penrith Whitewater Course. All the other wildwater paddlers lined the banks and bridges to watch the much anticipated carnage, but all that emerged from the other end of the froth and bubbles were smiling faces and ear to ear grins. Okay, so some people did a few unexpected spins and turns and close bank inspections, but once some competitors had learnt that the finish gate was a timing device and not a swing to stop and play on, and that the intake grill was like a bread slicing machine that sucked, all was fun and games.

Rapid sprinting is now firmly established on the World scene with half the World Cup races being rapid sprints. A separate World Championships is now proposed for rapid sprints so the Wildwater committee thought it timely to introduce the Australian Rapid Sprint Championships in 2000. And what better place to hold it than the Penrith Whitewater Course. The biggest hazard for competitors was fatigue from paddling too much.

And the winners were:

Piers Christiansen, Scott Wischer, Steve Muir, Andrea McQuitty, Clare Beach, Michael Wilson and Stewart Bennett.

RESULTS

Open Men's K1

Piers Christiansen	BRCC	02:13.75
Glenn Singleton	INCC0	02:16.32
Ben Maynard	TCC	02:16.48
Chris Humfrey	INCC	02:18.66
Peter Gargiulo	INCC0	02:24.71

18 Years Men's K1

Scott Wischer	THCC0	02:24.58
Damon Bonney	TCC0	02:24.96
Andrew Maynard	TCC0	02:27.72
Peter Wilson	INCC0	02:30.74
Jim Castles	KKK0	02:52.88

Masters Men's K1

Steve Muir	BRCC0	02:20.07
Nigel Woolley	TCC0	02:23.24
Robert Delderfield	BRCC0	02:32.70
Darryl Long	AKC0	02:46.34

Open Ladies K1

Andrea McQuitty	TCC	02:39.25
Leila Muir	BRCC	03:01.55
Robyn Harris	SWCC0	03:09.30

18 Years Ladies K1

Clare Beach	CPRT	02:43.21
Nicole Bryant	GLCC0	02:55.35
Susan Wilson	INCC0	03:34.44
Vanessa Beach	CPRT0	03:38.31

Veteran Men's K1

Michael Wilson	INCC0	03:19.77
Chris Wharton	CPRT0	04:00.02

16 Years Men's K1

Stewart Bennett	TCC0	02:44.42
Ryan Longstaff	BRCC	02:55.55
Alex Bonney	TCC0	02:58.93
Jake Humble	KKK0	03:09.60
Lachlan Vallance	CPRT	04:08.09

AUSTRALIAN WILDWATER TEAM SELECTION RACE NO 1

Open Men's K1

Glenn Singleton	INCC	0:20:10.05
Piers Christiansen	BRCC	0:20:25.20
Ben Maynard	TCC	0:20:53.41
Chris Humfrey	INCC	0:21:04.67
Matthew French	TCC	0:21:29.63

Masters Men's K1

Steve Muir	BRCC	0:21:02.61
Nigel Woolley	TCC	0:22:30.07
Darryl Long	AKC	0:23:09.91
John Forsythe	BRCC	0:23:53.09
Robert Delderfield	BRCC	0:23:58.79

Open Ladies K1

Andrea McQuitty	TCC	0:23:51.73
Renee de Voogd	CRCC	0:24:29.68
Susan Humfrey	INCC	0:25:24.83
Karen Maund	GVCC	0:26:27.82
Elizabeth Pralica	HVCC	0:27:24.89

Masters Ladies K1

Leila Muir	BRCC	0:25:22.10
Robyn Harris	SWCC	0:26:03.13
Rosalie Evans	AKC	0:26:40.73
Chris Lee	HVCC	0:27:51.14
Anita Roche	GLCC	0:29:37.62

Veterans Men's K1

Michael Wilson	INCC	0:25:03.73
Chris Wharton	CPRT	0:27:21.27
Ron Elliott	HVCC	0:27:51.21
John Talbot	AKC	0:27:54.14

Open Men's C2

Chris Wharton/ Michael Wilson	CPRT/INCC	0:30:15.62
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AUSTRALIAN WILDWATER CHAMPIONSHIPS - TEAMS

Open Men's K1

C Humfrey/T Munro/G Singleton	INCC	0:23:50.82
J Fahey/S Muir/P Christiansen	BRCC	0:23:53.71
B Maynard/M French/D Bonney	TCC	0:23:56.24
A Dickenson/J Thorpe/N Woolley	CC	0:26:21.34
A Hewitt/M Wilson/P Gargiulo	INCC	0:27:50.09

18 Years Men's K1

A Bonney/S Bennett/A Maynard	TCC	0:28:48.32
J Humble/A Yeats/J Castles	INCC	0:30:17.46
D Roberts/K Roche/M Adamson	GLCC	0:30:22.90

N Caudry/L Vallance/C Fabris	CPRT	0:30:26.12
R Longstaff/R Scully/D Scully	BRCC	0:35:53.77

Open Ladies K1

S Wharton/S Humfrey/C Beach	CPRT	0:28:01.35
K Maund/N Bryant/L Muir	HVCC/GLCC/BRCC	0:29:36.82
R Harris/R de Voogd/R Evans	SWCC	0:29:40.07
V Beach/L Guinea/S Wilson	CPRT	0:31:19.90
A McQuitty/A Jopson/D Dickenson	TCC	0:31:49.97

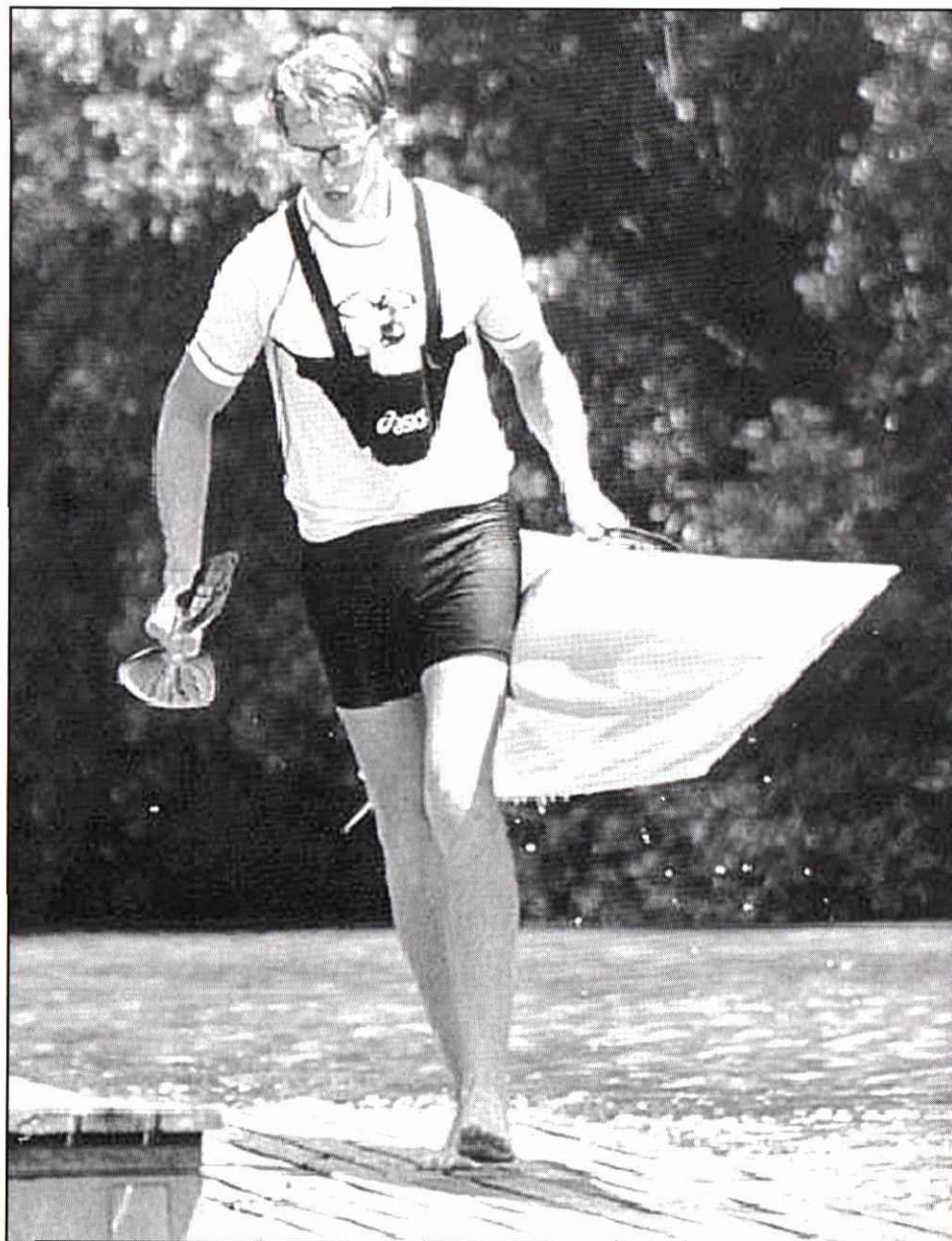
marathon canoe racing *the british way*

At the risk of being expelled from the National Governing body over here for giving away the crown jewels, here goes. For the most part, I shall regurgitate what was originally an article published in our national magazine by Ivan Lawler, now six times world champion (5 x Marathon, 2 x K2, 3 x K1 and 1 x K2-10K).

For the first part prepare yourself and your equipment correctly. Always carbo-load before a race. NEVER race without a footpump. Always have a drinks system in place. Most top Brits prefer the bottle in the boat with tube passed through the deck and velcroed onto the deck just at the nape of the cockpit. This leaves the upper body free to work and clear of tripacks or camelbacks.

At the start be sure to get a good start. There are many people who will put in a 250m ballistic burn. If you watch carefully the videos of top Brits you will find they never go flat out on the start, careful examination will show them getting a good start but from the very outset looking for a safe position near to the second line. Once the initial burn stabilises you will then see the best paddlers looking for a good slot. The general rule on V washes is first-one-in first-one-out. Don't be too keen to go for the V. Better to work your way into it as the early pace stabilises. At all costs be inconspicuous. Don't stand out or make yourself a target.

When you have to do the work (but if possible don't! - there's always a sucker out there who will do the work for you), patience is the key. If you



have to work, make damn sure it gets a result. So only do the work to lose someone from the group. Bear in mind it may take many efforts to achieve this. If you are out of position or on the fifth wash be prepared to take it up and then concede it later allowing you to slide into the V.

NEVER, EVER get involved in physical stuff with another paddler - EVER. There's no winner here only two losers. Don't think that by grabbing someone else's boat, knocking their paddlers, driving into their blades or any other stupid action will achieve anything positive. Likewise don't be an

idiot and try to drive someone into the shallows or into a corner. All that this kind of behaviour will get you is a boat facing round the wrong way! You will get turned, guaranteed. There are way too many idiots in Great Britain that think they can get into the team by taking other people out. These fools have yet to learn they aren't impressing the selectors one bit. I'm sure Mike Martin would agree (both of us have represented GB many times in the past at marathon internationals) there are many also-rans that we left by the wayside still wondering what happened.

When portaging there is no such thing as a fast portage. Either:

- a) you get it right and so does everybody else (in which case you all come out together) or
- b) you get it right and nobody else does (in which case you come out ahead) or
- c) you get it wrong and nobody else does (in which case you come out behind).

Simple isn't it???

So, I hear you ask how do you get it right. Simple is the answer. **DON'T GO TOO FAST.**

Once again, careful examination of video footage of Ivan will reveal all. He rarely is the first one into the portage, preferring to pick his spot carefully (and have a backup plan) he rarely runs at full pelt, preferring to ensure that he doesn't fall over and damage his boat (although anybody at Gyor cannot have failed to notice that Ivan was tripped over by his coach and father at the third portage yet he still won Gold!) and he is as smooth as custard getting back in.

Here comes the final secret. Never burn out of the portage like a lunatic. In the main it doesn't actually drop anyone because the really useful paddlers will just work the water until they get back together with the group. Having said that, if the distance from the finish is such that you believe you can sensibly hold off a group then it may make sense to try it but at world championship level there is almost never anything less than 4-5 boats together over the last 3-4 km.

And finally, the finish. There are basically only two ways to win from a group situation at the finish.



Either:

- a) take the long slow gradual wind up over about 1000m or
- b) take the short sharp final burn.

Generally the long slow build is favoured by most because once everybody is going at effectively sprint speed after 20 - 40km it is almost nigh on impossible to get enough acceleration to get off the side wash and past

the lead boat. The short sharp finish almost never happens at top level because for that to happen everybody has to be holding something in reserve in which case whoever is in the lead boat position already has half a boat headstart which is generally enough to hold it.

By Ian Jobe

marathon canoe racing portaging

Just a few notes about portages. Here in the UK the majority of portages are on to landing stages and require a different technique. It is not normally possible to stand up completely before the boat has come completely to a stop. So here is a quick run through of how I approach a portage.

1. Think about which side of the river the portage is on and try and get to the correct side of the group to ensure an easy spot. Some times it is worth going around the rear of the group and initialising a burn from the side closest to the bank.
2. Release/unzip spray deck before the burn happens. Try to initialise the burn before others have released their decks.
3. Choose a spot as far up the portage as possible.
4. Approach the landing stage at approx 45 degrees.
5. Put in a low brace stroke to turn the boat and give increased stability.
6. Before the boat stops bring the foot the side away from the bank back to the front of the seat.
7. Boat stops.
8. Stand up. Do not sit on the landing stage as this is slow.
9. Step from the boat.
10. Lift the boat back first to protect the rudder.
11. Carry the boat on the shoulder for all but very short portages.
12. Run to the far end of the getting in points.
13. Get into the boat with as big a gap as possible between the boat and the bank.
14. Paddle off.

By Mike Martin

canoeing education

Australian Coaching Scholarships

Application for Australian Canoeing Coaching Scholarships have closed and the three successful applications will be announced in the next edition.

If you are interested in attending any courses contact the coordinators and enroll. Remember you cannot enroll in a Level Two Course unless you have completed a Level Two General Principles Course.

Australian Canoeing Coaching Courses

Are you interested in becoming a coach or just looking for further information to improve your paddling technique. If so why not enrol in one of the Australian Canoeing Coaching Courses?

Each course contains the following components:

- Coaching Principles
- Sports Specific
- Practical

Level One Courses are run in all states and territories in the following disciplines:

- Whitewater (incorporating Slalom and Wildwater Racing)
- Flatwater (incorporating Marathon and Sprint Racing)
- Canoe Polo

To attend a Level Two Coaching Courses a Level One Coach must complete a General Principles Coaching Course before attempting a Level Two Sports Specific Course. Level Two Courses are offered in the following disciplines:

- Sprint Racing
- Marathon Racing
- Canoe Polo
- Slalom Racing
- Wildwater Racing

High Performance Coaching Award

Roy Farrance has recently taken the honour of being the first Australian to

COACHING COURSES CALENDAR

Level One Sprint Officiating Course
Venue: TBA, South Australia
June 2000
Sharyn Bojczenko (03) 9850 1046

National Sprint Coaching Seminar
Penrith International Regatta Centre
29th March 2000
Peter Horne (02) 9552 4500

Level One Flatwater Coaching Course
Venue: NSWIS, Narrabeen, NSW
July 2000
Ben Chalmers (0412) 191 887

National Marathon Coaching Seminar
Boatshed, Milne St, Hind Park, Perth,
Western Australia
21st April 2000
Peter Horne (02) 9552 4500

Level One Flatwater Coaching Course
Venue: TBA, South Australia
July 2000
Phil Hinc (08) 8248 3963

Level One Whitewater Coaching Course
Venue: Nymboida, NSW
TBC April / May 2000
Peter Flowers (02) 6554 6808

Level Two Wildwater Coaching Course
Venue: TBA, Victoria
August 2000
Andrea McQuitty (03) 6429 3350

Level One Flatwater Coaching Course
Venue: TBA, Victoria
May 2000
Dasha Kopecek (03) 9890 4919

Level One Flatwater Coaching Course
Venue: TBA, Queensland
August 2000
Lynne Wenban (07) 3278 1033

Level One Canoe Polo Coaching Course
Venue: TBA, New South Wales
21st - 22nd May 2000
Antonia Harmer (02) 6214 1993

Level One Flatwater Coaching Course
Venue: TBA, Queensland
October 2000
Dasha Kopecek (03) 9890 4919

Level One Sprint Officiating Course
Venue: TBA, Victoria
May 2000
Sharyn Bojczenko (03) 9850 1046

Canoe Polo Development Camp &
Level One Coaching Course.
Venue: TBA, New South Wales
11-12 November 2000
Antonia Harmer (02) 6214 1993

Level One Canoe Polo Coaching Course
Venue: TBA, South Australia
May / June 2000
Duncan Cochrane (08) 8449 5130

Level One Whitewater Coaching Course
Venue: TBA, Western Australia
February / March 2000
Brian Morgan (08) 9382-3548

Level Two Flatwater Coaching Course
Venue: TBA
June 2000
Peter Horne (02) 9552 4500

National Sprint Officiating Workshop
Penrith International Regatta Centre
28th March 2000
Sharyn Bojczenko (03) 9850 1046

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canoeing education

receive a High Performance Coaching Award from the Australian Coaching Council in the sport of Slalom Canoeing.

Roy began the High Performance Coaching Course in June 1991 and has now successfully completed the necessary curriculum and activities, which makes him the first Australian in the sport of Canoeing to graduate from the course.

Some of Roy's great achievements include attending International Canoeing Competitions as both an Australian National Coach and personal coach; establishing a National Athlete Screening Process with Natalie McCole from Prahran Sports Medicine and consultations with Karen Inge regarding nutrition. Roy has also attended an International Coaching Camp in France and has also coached Danielle Woodward to medals at both World Cup and Olympic levels.



Roy has also worked with Richard Fox in Great Britain, attended seminars on strength training and prepared/presented papers on periodisation, tapering and peaking.

Roy was presented with his High Performance Coach Award at the 1999 Coaches Award dinner in Sydney on December 3rd last year.

Congratulations must go to Roy for this great history making achievement.

Volunteer Coaching

Do you have a written agreement for your role as a coach? Do you know exactly what is expected of you as a volunteer coach and, in turn, what your club or association is required to provide to you?

If you have answered 'no' to either of these questions, then you could be leaving yourself exposed to challenge. Ironically most of you will plan with meticulous detail your athletes training schedules and game strategies, but many of you don't seem to do the same with your arrangement as a coach.

So why have a written agreement?

There are many reasons why volunteer coaches should ensure they have a written agreement. Some of them are listed below:

Certainty is the most obvious reason. You should be clear about the many matters which you need to know about as coach for your sport. These include how long the appointment is for; what benefits you are entitled to receive, who you are accountable to; who are you responsible for. If they are not recorded in some way differences can arise over what you expected and what was in fact provided or happened.

It shows your mutual commitment to each other. You are giving up your free time to train, coach and select the sport's athletes. The sport should recognise that commitment, and not abuse it. By having the length and nature of the commitment recorded you are both clear about the future.

Similarly sports will want to ensure you are committed to the position and understand all that it entails. It should ensure it is recorded so that if the commitment is broken by you it has a reasonable period of time to replace you by, for example, requiring you to give a certain period of notice.

Recognition of your voluntary time should be recorded in a written agreement. Often it is the only place where is expressed. This can be shown by many things such as invitations to dinners and awards, reimbursement of expenses, supply of clothing and sponsors apparel, use of computer, provision of a mobile phone, entitlement to retain frequent flyer points, and perhaps an honourarium. You should ensure that if these things are provided they are recorded so the sport cannot later renege on the deal you had reached.

Tax implications of any benefits you receive need to be carefully considered. Just because you don't receive a salary or wages for your role as coach, doesn't mean you escape paying tax on the benefits you receive. You may be liable to pay fringe benefit tax on certain benefits or to pay withholding tax on your honourarium. Repackaging the deal may enable you to minimise your tax obligations but in any event you should seek advice as to the tax implications of any benefits you receive.

Change in Personnel is another reason for recording your agreement to coach. Invariably the President of the Club or other administrator who appointed you will not be there when your time is up. It is difficult to then suggest you had a deal when it is not recorded anywhere.

Roles and Responsibilities of you as a coach should be clear and an agreement is a good place to record them. Things like: Who do you report to (the Club as a whole, the Committee, the President, the coaching committee)? What athletes/teams are you responsible for? What other coaches are you responsible for? Also the level of your authority should be clear. For example can you charge equipment needed for training to the club? If so to what level? Do you need to submit a budget for your expenses?

Risk Management is one of those words you hear often. But as a coach you have a duty of care to the athletes you coach to ensure they are not injured or harmed. If you are coaching young athletes that duty is even higher. While an agreement with your club won't stop injuries or remove that duty of care, the issue of who is responsible can be clearly determined in an agreement to minimise your liability. For example are you, or the club, or the grounds caretaker responsible for ensuring the safety of the equipment used in your game, be it goal posts, hurdles, ball machines etc?

Policies and Codes of Ethics are increasingly being produced by sports for your sign on. If a sport has policies and procedures which you are bound by, then make sure you have them! Policies like anti-doping, anti-harassment, preg-

nancy and infectious diseases policies are matters about which you could have legal obligations. By requiring the sport to list the policies which apply to you in the agreement, and then supplying you with them, you will be clear about what those obligations are.

Insurance is another area which should be covered in the agreement. Does your club or association have personal injury and public liability cover which includes you? What if someone defames you as a coach? Will your legal expenses be paid to sue them? What if one of your athletes sues you? Will that be covered? You'll be surprised that many sports do not have adequate cover for these situation. So get copies of the relevant policies, read them, and if necessary get some advice on them.

So ask your club or association for a written document recording the various matters you have agreed to in taking on the role of a volunteer coach. You will be better appraised of your responsibilities and what your sport will provide for you. Then you can get on with what you do best: coaching.

For further information contact Maria Shand or Jackie Solakovski.

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This information contains comments of a general nature only and is not intended to be relied upon, nor as a substitute for specific professional advice. No responsibility can be accepted by Rigby Cooke or the authors for loss occasioned to any person doing anything as a result of any material in this publication.

Contracts for Volunteer Coaches Governance
sportslaw@rigbycooke.com.au

Active Australia

In 1997 Australian Canoeing made that decision to undertake the process to becoming an Active Australia Provider. AC's aim to undergo this process was to assess its current organisational practices against some quality control and recommended benchmarks.

So what is Active Australia?

Active Australia is about encouraging more Australians to be physically active and improving the places where they can be active.

What is the Active Australia Vision?

All Australians actively involved in sport, community recreation, fitness, outdoor recreation and other physical activities.

What is the Active Australia Providers Network?

The aim of the Active Australia Provider Network is to assist clubs and organisations to improve their delivery of physical activity which in turn assists in their recruitment and retention of participants, coaches, officials, volunteers and staff.

The primary tool to assist in organisation development is the Provider checklist. This self-help checklist is a developmental tool which invites clubs and organisations to review their performance against seven key areas: Leadership, Planning, Information, Human resources, Client focus, Quality of service and Overall performance. These minimum requirements were developed by the industry.

Completion of the checklist will allow your organisation to display the Provider logo and benefit from a variety of promotional activities. How will becoming an Active Australia provider position our club in the marketplace? When choosing sport, recreation or fitness clubs, people are encouraged to look for those that are Active Australia Providers. These clubs have shown a commitment to the principles of Active Australia and are working to improve the services they offer to members and clients. The 2000 industry campaign will also focus on encouraging people to get involved in physical activity through their local AOZ provider.

What are the benefits of Active Australia?

The most immediate benefit is the opportunity to work with your club or organisation on a comprehensive and systematic review of your current activities. This review can lead to the implementation of a planned and structured approach to gaining a competitive advantage, improving service delivery and creating opportunities for future innovation. Some of the additional benefits are listed below. These will be reviewed in response to member needs.

- * Discounts on resources supplied through Active Australia relating to areas such as juniors, women, older Australians, people with disabilities and Aboriginal and Torres Strait Islanders.
- * Use of the Active Australia Provider and Generic Network logo to show that your club or organisation promotes and supports sport and physical activity
- * Access to the Active Australia web site and members database
- * Opportunities for advice and assistance from state sport and recreation personnel and other organisations committed to Active Australia
- * Assistance with advocating and promoting the benefits of sport and physical activity to your community
- * Access to professional development opportunities and publications on subjects such as cross cultural awareness, disability education programs and harassment free sport
- * Links to Active Australia Schools Network members and Active Australia Local Government via the membership data base and Activate magazine
- * Networking opportunities with other members throughout Australia
- * Priority involvement in Active Australia events and programs such as Active Australia Day.

If your club, school or State Association is interested in becoming an Active Australia Provider please don't hesitate to contact Peter Horne on 02 9552 4500 or Dianne Cowan (02) 6214 1445 at the Australian Sports Commission.



SYDNEY NORTHERN BEACHES KAYAK CLUB



The Sydney Northern Beaches Kayak Club is quite unique in that its primary focus is the development of junior paddlers. Most clubs are initiated by adults and programs geared towards adults. This club however is geared towards junior development with a secondary focus on the senior members of the club.

The club was formed in 1998 and grew out of a Talent Identification (TID) Program that was originally initiated by the NSW Academy of Sport. The original program began in January 1993 following a newspaper article during the Barcelona Olympics, calling for the introduction of TID programs in Australia as an answer to our performance potential as a sporting nation.

In 1993 Australia won the right to host the 2000 Olympics and the Australian Sports Commission sought papers from all sports looking at ways in which Australia's performance could be enhanced in 2000. This was called the "Gold Medal Plan" and in all sports where physiology plays a major role (canoeing, rowing, cycling, track & field) TID was seen as a major component. From this a national program called Talent Search emerged.

While Australia's performance at the Barcelona Games was commendable, with Clint Robinson winning a gold medal in the K1 1000 and our K4 team winning bronze, the sport had a small participation base in comparison to a number of other major Olympic sports.

Women were also under represented in the sport so the initial intake for the TID program was girls only. This changed the following year with both boys and girls being admitted in close to equal numbers on an annual basis. While even numbers are taken into the program the dropout rate for girls is higher than for boys.

The TID program is now entering its seventh year. From humble beginnings in 1993 the program placed its first member on a national junior team in 1995. Since then junior club members have gone on to represent Australia on thirty-two more occasions since 1996 winning a bronze and silver medal at the Junior World Marathon Championships and a silver medal at the Poznan Junior World Cup in 1998.

So you might ask what is the recipe for success?
* Take into the program children with the potential to do well - in the case of kayaking this is generally kids

Blake Ballard & Scott Leeson photo; Christine Duff

who have a good aerobic capacity (endurance), are above average for their age for height and have good upper body strength.

* Determination to do well will also help. This can be seen on testing days when taking children into the program or on the children's ability to push themselves once they are in the program.

* Structure a program that is progressive in nature and one that clearly shows the development pathway to the top e.g. TID squad - get the basics and start serious training

* Junior squad - main focus is the Junior World Championships

* Senior B squad - focussed on the National B Team or U/22 team

* Senior A squad - focussed on World Championships and Olympic games.

* Add to this a structured program, some basic equipment, supportive parents and a coach who genuinely likes working with this age group.

* As you go you add the icing on the cake - build self-esteem, belief in their ability to succeed and some clear stepping stones to success and the rest will take care of itself.

The aim of Talent Search was to have a mass screening program through schools where sporting clubs could tap into the database of a child's performance and select children for club based programs. The missing link in the equation for many of these sports, was the cost of equipment and the preparedness of sporting club members to allow children, with no skills, to use club equipment for the purposes of these programs, (particularly with sports like cycling, rowing and canoeing where equipment costs are high).

The program has been very fortunate to receive some hand me down gear from the NSW Institute of Sport. In addition the club has built a steady fleet of boats from the athlete's fees, which mean our best athletes, have very good gear to paddle in. Our beginners start in old repaired boats and earn their new boats based on their on water performances.

Athletes will be accelerated through levels based on their performance. With a squad of up to thirty athletes, athletes can be placed in training groups based on ability as opposed to when they join the program. Some learn quickly while some take the slow and steady approach. The good thing about squad training is that there is always someone taking

the lead and pushing the others a little harder. The drive to succeed comes from within the group and athletes are generally pushing themselves towards the top training groups.

The continuance of the program requires input at the bottom end and graduation at the top. This has also necessitated bringing on additional coaches to assist. This pool has come

**As you go you add the icing
on the cake - build self-
esteem, belief in their ability
to succeed and some clear
stepping stones to success and
the rest will take care of itself.**

from the parents and former program participants (who longer term are looking to careers in the sports fields such as sports science or coaching).

* Athletes can progress through this program to the NSW Institute of Sport Canoeing Program

* Selection to the NSW Institute of Sport is based on performance

* Currently approx. 50% of the existing NSW Institute of Sport squad have been through the talent identification program

**THE SPECIFIC DYNAMICS OF THE
SYDNEY NORTHERN BEACHES KAYAK
CLUB JUNIOR PROGRAM.**

* The TID group has formalised a club based on Juniors, called the Sydney Northern Beaches Kayak Club. The club operates from a container at Narrabeen Sports High School

* Athletes are recruited from schools within a 15km radius of Narrabeen to enable easy access by driving or public transport

* The program participants are clearly identified through uniforms that are appropriate to this age group (e.g. board shorts, T-shirts, fleece tops etc)

* Athlete fees are paid quarterly in advance at \$300 per quarter. Fees cover access to equipment, uniforms, coaching, regatta entry fees and boat storage. All fees generated by the program are put back into the program. (Quite comparable to sports such as swimming, diving, gymnastics)

* Athletes purchase their own paddle in the first year of the program

* Athletes paddle up to seven times a

week and commence weights at a time commensurate with their physical development.

* In addition to paddling and strength and conditioning athletes are increasingly taught the extras that make better athletes in the longer term (nutrition, some elementary sports science, sports psychology, drugs in sport and regatta protocols and procedures)

* A parent committee oversees the program and the budget. They meet monthly during the competition season and every two months out of season to set the direction of the program in consultation with the head coach

* Athletes who do not progress to the Institute can remain club members and can still paddle competitively at the state and national level.

* The program provides a fun and supportive environment for the kids and involves the parents from the start - they are often your best resource for getting a number of things done (e.g. repairs to equipment, meals at events, fundraising for international tours, establishment of clubhouses, running club races etc)

* Listen to what the parents and children have to say about the program (training times, rest requirements, weekend training, school holidays)

The driving force that makes any program work, is the commitment of the coaches running the program, the support of the parents for the program, the attitude of the children towards the program and ultimately the perception of the program leading to an end point (success for the athletes such as them being selected on National Junior Teams).

This TID program has been identified by the Australian Sports Commission's talent search area as the most successful program in the country of its type to date. The recipe is simple though, so any club with drive and determination and the desire to put in the work can achieve similar results. The smile on the junior athletes faces as they don their Australian tracksuit for the first time is worth all the hard work. Likewise the pride of the parents as they wave their offspring away on their first international tour is worth any amount of heartache and effort entailed in establishing and maintaining the program.

Christine Duff
Head Coach SNBKC

Penrith Whitewater International

Penrith Whitewater Stadium
26-27 February 2000

Athletes from thirteen countries, including Australia's best canoe slalom paddlers descended on the Penrith Whitewater Stadium in February for the second Whitewater International. Olympic silver medallist Danielle Woodward and Robin Bell, a silver medallist at the 1999 World Championship were two of the Australian Team members who battled with Canada's K1 World Champion David Ford, Evi Huss of Germany, Canada's Margaret Langford, C2 World Cup Champions Pavol and Peter Hochschorner from Slovakia and the Olympic C2 Champions, Frenchmen Wilfrid Forgues and Frank Addison.

The Whitewater International is the second in a series of four weekend races that are scheduled to be held before the 2000 World Cup on April 29 - 30.

This was another opportunity for Australia's canoe slalom paddlers to again experience competition against the best canoe slalom paddlers on the planet at home, on the Olympic course. And they performed outstandingly. In each of their three classes the Australian men produced awesome results against current World and Olympic champions, with top five and top ten finishes in all classes.

In the Men's C1 Tasmania's Justin Boocock finished fourth, after eight penalties on his second run cost him any chance of a victory. First to third places were filled by Slovakia's Juraj Mincik and Olympic Champion Micheal Martikan with Simon Hocevar of Slovenia, third. Young Western Australian Kynan Maley showed he is continuing his improvement by finishing in eight place - three places ahead of Robin Bell.

In the Men's C2 NSW's Andrew Wilson and Rob McGuinness started second runs in second place. However, the pair incurred six penalties on their second run despite posting a faster time and finished fourth. First place went to Slovakia's Kuban / Olejnik, second went to the Czech Republic's Volf / Stepanek and third to their teammates Popsil / Pollert. Australia's second C2 crew of Andrew Farrance and Kai Swoboda from Victoria finished a credible seventh place.

In the Men's K1 Australia's best paddlers were John Wilkie and Warwick Draper. The two Australians finished fifth and sixth respectively, showing the benefits of daily training on the Olympic course. World Cup Champion Paul Ratcliffe finished in first place, with Austria's Helmut Oblinger in second and Slovenia's Ales Kuder in third.

In the Ladies K1 Australia's top four paddlers finished in the top twenty overall. Mia Farrance was the best-placed Australian in twelfth, followed by Danielle Woodward, Louise Natoli and Victoria Milne. First place was claimed by Germany's Evi Huss, second by Canada's Margaret Langford and third by Stepanka Hilgertova from the Czech Republic.

Men's C1

1	Juraj Mincik	SVK	230.70
2	Michael Martikan	SVK	230.79
3	Simon Hocevar	SLO	231.03
4	Justin Boocock	NCC/TIS	231.53
5	Stefan Pfanmoeller	GER	232.13
6	Stuart McIntosh	GBR	233.86
7	Danko Herceg	CRO	235.26
8	Kynan Maley	SCC/WAIS	236.16
9	David Jancar	CZE	236.94
10	Jamie Cartwright	CAN	238.04

Men's C2

1	M Kuban/M Olejnik	SVK	236.25
2	J Volf/O Stepanek	CZE	238.33
3	J Popsil/J Pollert	CZE	247.55
4	A Wilson/R McGuinness	NSWIS	254.64
5	P Horschomer/P Horschomer	SVK	255.81
6	T Herreros/M Vincente	ESP	261.35
7	A Farrance/K Swoboda	VIS	262.24
8	A Ehrenberg/M Senft	GER	297.56
9	M Jiras/T Mader	CZE	301.03
10	G Nelson/K Songberg	ICC	346.07

Ladies K1

1	Evi Huss	GER	237.57
2	Margaret Langford	CAN	242.11
3	Stepanka Hilgertova	CZE	242.36
4	Mandy Planert	GER	244.93
5	Violetta Peters	AUT	252.26
6	Marcela Sadilova	CZE	252.37
7	Nadine Kurt	SUI	255.80
8	Irena Pavelkova	CZE	256.97
9	Heather Corrie	GBR	257.54
10	Hella Pannewig	GER	257.61

Men's K1

1	Paul Ratcliffe	GBR	212.02
2	Helmut Oblinger	AUT	213.72
3	Ales Kuder	SLO	213.75
4	Andy Raspin	GBR	217.59
5	John Wilkie	THCC	218.19
6	Warwick Draper	CPRT/VIS	220.53
7	Manuel Koehler	AUT	220.70
8	Anthony Brown	GBR	220.96
9	David Ford	CAN	221.77
10	Thomas Becker	GER	223.72

Sunday dawned with Justin Boocock, Robin Bell and Danielle Woodward all having awesome second runs down the Olympic course. The fight between Boocock and Bell for the

sole C1 position on Australia's Olympic Team will be an absolute beauty. To relegate the current Olympic Champion Micheal Martikan from Slovakia into third was a fantastic result and as each meet passes our team looks very solid. A fourth place on the Saturday and victory on Sunday was good enough for Justin Boocock to be named Overall Men's C1 Champion.

In the Ladies K1, Olympic silver medallist Danielle Woodward produced the fastest run among the women on her first run to set up a four point victory. Woodward claimed victory with Czech Republic's Irena Pavelkova in second and yesterday's winner and overall champion Evi Huss from Germany in third. In the Men's C2, Australia's two crews - Andy Wilson and Rob McGuinness and Andy Farrance and Kai Swoboda finished eighth and ninth respectively. In first place was the Czech Republic's Jiras / Mader, second was Germany's Ehrenberg / Senft and third place went to Slovakia's Kuban / Olejnik.

In the Men's K1, only those who produced two clean runs and a fast time were close to the top three places. In fact, the top six places all had two clean runs. World Cup Champion Paul Ratcliffe of Great Britain took first place, Austria's Helmut Oblinger was second and Germany's Thomas Becker was third. The best placed Australian was Lachie Milne from Victoria who finished in fifteenth, followed closely by housemate Warwick Draper, John Wilkie and Matt Pallister.

Racing among the Australians is becoming extremely tight with only one race left before the first Olympic Nomination Trials in April. Australia only has one entry per class, so the Olympic Nomination Trials should produce some outstanding high pressure racing between the Australians.

Men's C1

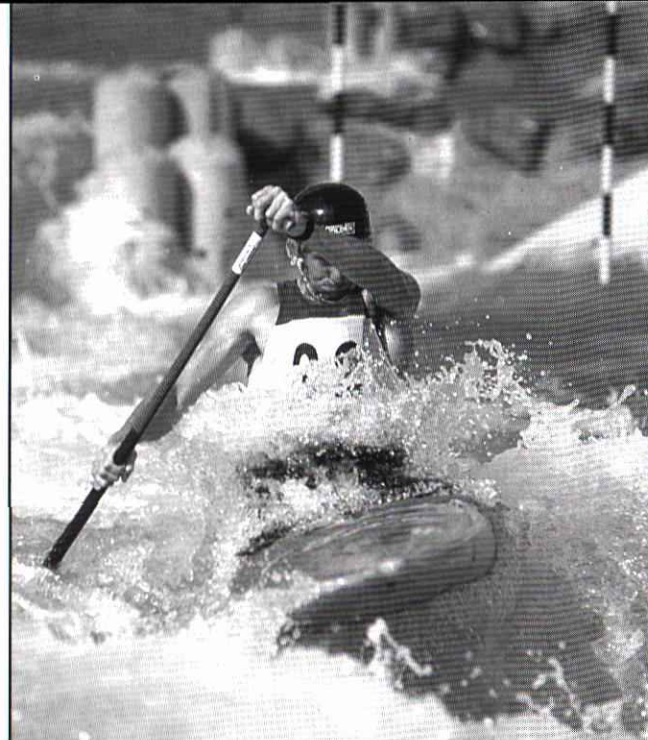
1	Justin Boocock	NCC/TIS	216.92
2	Robin Bell	SCC/WAIS	220.90
3	Micheal Martikan	SVK	222.02
4	Juraj Mincik	SVK	222.44
5	Stuart McIntosh	GBR	222.69
6	Martin Lang	GER	223.51
7	Nico Bettge	GER	223.94
8	Danko Herceg	CRO	223.95
9	Soren Kaufmann	GER	227.26
10	Simon Hocevar	SLO	228.19

Ladies K1

1	Danielle Woodward	CPRT/VIS	233.74
2	Irena Pavelkova	CZE	237.14
3	Evi Huss	GER	237.46
4	Mandy Planert	GER	238.94
5	Stepanka Hilgertova	CZE	239.42
6	Rachel Crosbee	GBR	239.60
7	Nagua El Desouki	SUI	242.42
8	Margaret Langford	CAN	244.18
9	Marcela Sadilova	CZE	246.48
10	Sandra Freidli	SUI	246.86

Men's C2

1	M Jiras/T Mader	CZE	231.95
2	A Ehrenberg/M Senft	GER	232.13
3	M Kuban/M Olejnik	SVK	233.80
4	T Herreros/M Vincente	ESP	237.23
5	P Horschomer/P Horschomer	SVK	237.39
6	J Voll/O Stepánek	CZE	240.30



7	J Popsil/J Pollert	CZE	241.65
8	A Wilson/R McGuinness	NSWIS	243.11
9	A Farrance/K Swoboda	VIS	253.75
10	G Nelson/K Songberg	ICC	282.96

Men's K1

1	Paul Ratcliffe	GBR	203.69
2	Helmut Oblinger	AUT	205.30
3	Thomas Becker	GER	207.73
4	Campbell Walsh	GBR	207.75
5	Manuel Koehler	AUT	210.16
6	Brett Heyl	USA	210.52
7	Jiri Prskavec	CZE	212.13
8	David Ford	CAN	212.26
9	Anthony Brown	GBR	212.42
10	Esteban Arakama	ESP	213.13

Using the World Cup points system, where 1st place = 30 point, 2nd place = 25 points, 3rd place = 20 points, 4th place 17 points, 5th place 16 points and so on to 0 points. Overall Championships were awarded for the Penrith Whitewater International.

Men's C1

1	Justin Boocock (1st on countback)	NCC/TIS	47
2	Juraj Mincik	SVK	47
3	Micheal Martikan	SVK	45

Ladies K1

1	Evi Huss	GER	50
2	Margaret Langford (2nd on countback)	CAN	38
3	Irena Pavelkova	CZE	38

Men's C2

1	Milan Kuban/Marian Olejnik	SVK	50
2	Marek Jiras/Tomas Mader	CZE	42
3	Jaroslav Voll/Ondrej Stepánek	CZE	40

Men's K1

1	Paul Ratcliffe	GBR	60
2	Helmut Oblinger	AUT	50
3	Thomas Becker	GER	31

THE SUMMER SERIES

\$1,000 Club Reward

Any Club affiliated with Australian Canoeing has a chance to WIN! Not only take home the Perpetual Plaque at the completion of the Series but take home \$1,000 cash for your club. Read on to find out how!

Imagine having \$1,000 in your club's budget! There is a lot a club can do with this amount of money. So it's time to get organised and plan your strategies to see how you can attain the maximum amount of points from your efforts. There are three main ways to collect points.

How can you earn points?

Bonus points for travelling
Best performing club craft in a class
Mystery draw at presentations

Bonus points for travelling (BPT).

Canoe clubs will be zoned according to the distance they are from the Host Club. Every club member who travels and paddles will be eligible for these points. The Frank Harrison and Burley Griffin Bash races will attract 'Bonus Travelling Points plus half' again when both days are paddled.

Zone A	0-200km radius	0 BPT
Zone B	200-350km radius	1 BPT
Zone C	350-600km radius	5 BPT
Zone Z	600km plus	10 BPT

Best Performing Craft (BPC)

The Best Performing Craft of each club in both constituted and non-constituted classes will receive club points as follows:-

Constituted Classes:

1st club to cross line = 10pts
2nd club = 8pts
3rd club = 6pts
4th = 5pts; 5th = 4pts; 6th = 3pts; 7th = 2pts; 8th etc = 1pt

Non-Constituted Classes:

1st club to cross line = 6pts
2nd club = 4pts

Mystery Bonus Points (MBP)

The names of ALL participants will be placed in a draw. Five names will be drawn while at the same time a number 1 to 10 will be randomly selected. That number will then be awarded to the clubs of the five winning paddlers.

Our New Sponsor

A Two Year \$5,000 Deal: A Statement of Appreciation

Thank you to all our volunteers of past for all your efforts. This two-year sponsorship deal is a statement of appreciation to all those hard-working individuals in clubs out there. It is motivated by the simple desire to nurture the discipline of Marathon Canoeing in our region while money is being diverted to the Olympics. Hiatt Dental Ceramics is a privately run dental laboratory in a southern suburb of Canberra. The owners and operators have been paddling marathon for 21 years. It is their specific wish to assist in creating plenty of opportunities in their favoured discipline by maintaining the Summer Series during the Olympic period not only for their young children but for everyone.

HAVE YOU RECEIVED A SUMMER SERIES BOOKLET?

Contact your Club President. A twenty page Summer Series Booklet is now in circulation. The booklet contains valuable information about each of the races, as well as recommendations on accommodation, restaurants and petrol stops. You can ask your club's committee for a copy or download from Wagga Bidgee Canoe Club's web site on: www.wagga.net.au

It would be ideal for a club's committee to request more copies through the Series Co-ordinator rather than individuals, however, if you do not belong to a club then please contact Jane on 02-6291 9925.

WINNERS FROM THE LAST SUMMER SERIES 1998/99

Flora Summer Series Marathon Award Winners

Trevor Cliff & Tony Zerbst (Mitta Mitta Canoe Club)
Yvonne Regnaud, Bill Heaney & Mick O'Rourke
(Wagga Bidgee Canoe Club)

Flora Summer Series Marathon Club Award

Congratulations goes to: Mitta Mitta Canoe Club (VCA)

MMCC and WBCC were drawn on the first count of points, however, MMCC had won two of the FIVE races, whereas WBCC won one. Under 14 & Veteran 55+ will automatically have all their bonus points doubled.

Each participant who completes a Series race will receive the official five dollar Canoe/Kayak Olympic coin and a Series Certificate. Place-getters will receive gold, silver or bronze coloured certificates depending on their place, while all other participants will receive a white leather-grained one in recognition of their achievement.

Saturday Night Gatherings

We encourage all paddlers to take the opportunity to get together with other paddlers on a social basis to either reminisce or to broaden our knowledge of each other.

Race Organisers are endeavouring to provide that environment for one and all, but for it to be successful we need your participation and enthusiasm. Come on give it a try this season and see what you think. We would love to hear your feedback on the idea. For now, of course, Bon Appetite!



SUMMER
CANOE
MARATHON
SERIES
1999-2000

A WORD FROM OUR SERIES CO-ORDINATOR

The 1999-2000 Season is just TOO good to miss!

I have great pleasure in welcoming you to the fourth Summer Canoe Marathon Series. You must check out our two BIG incentives to entice you and any more to join in this season. No-one will walk away empty handed and YOUR club could be a great winner too! We have zoned clubs giving bonus points to paddlers travelling great distances plus more. All the absolutely essential details are in the Series Booklet.

The Summer Series could not have happened without the help of some very special individuals. Our club race organisers past and present:

Wagga Bidgee Canoe Club (WBCC)
Pete Murphy, Dave Glastonbury, Mick Bailey,
Tim Doyle & Nigel Phillips

Cobram-Barooga Canoe Club (CBCC)
Rob Schram, Zane & Kerrie Douglas

Deniliquin Canoe Club (DCC)
Geoff & Joy Allen, Trevor Butcher

Yarrowonga-Mulwala Canoe Club (YMCC)
Kev & Wendy Phillips

Mitta Mitta Canoe Club (MMCC)
Graeme Beale, Jan Buckmaster, Col Peters, David & Kerrie
Carrie & John Ferguson (formerly of DCC)

The Cox Family (Cowra)
Josephine and Mary Cox

Burley Griffin Canoe Club (BGCC)
Helen Tongway, John Harmer & Swampy Marsh

And our local assistants of BGCC past and present:
Again, Helen Tongway and John Harmer, Ursula and Rainer Swoboda, Anne Schubert, Jill Roberts, Margi Bohm, Janet Smith, Andrea Leuning, Swampy and Erica Marsh, Keith Acton, Tony & Simone Hope and, of course, my hubbie Dave Hiatt. (Sorry if I missed anyone.)

And lastly, to our interstate officials past and present:
Tom Hirschhoff VCA, Margaret Buck VCA, Colin Dobson VCA, Alison and Peter Bailey NSWCA, Joan Morrison NSWCA and Richard Barnes NSWCA.

I certainly cannot explain the happenings of the past three years in one go but I must say a very big thank you to all of you for accepting, without criticism, what I have had to offer with respect to the organisation of the Summer Series. I have had great pleasure and satisfaction co-ordinating our clubs and races under the one umbrella, however, I am very guilty of creating a mountain of paperwork. Many portions on the administration side could have been done better especially in the final phases of each Series. This year I have stream-lined many of the processes and feel confident it will assist in making this Series the most successful.

Our Series family has grown also with the inclusion of the Yarrowonga Marathon on Sunday, 23 January, 2000, making that weekend a nice double-headed with Deniliquin's Sun Festival Marathon the day before. So welcome to Kev Phillips, Kent Jaques and the rest of the gang at Yarrowonga-Mulwala Canoe Club. I know they are looking forward to your patronage as are all our race organisers.

The Upper Murray Marathon may be back some time in the future for all those asking but not this season.

My personal hope is that every participant who paddles a Series race will come away with a keen sense of recognition and achievement. There is a tremendous amount of potential for so much more growth in our Series but we can only take one step at a time.

Check out the local advertisements in this season's issue recommending accommodation, food and petrol stops in the host towns. It is also important that you enter your chosen class initially without pre-empting amalgamation so there can be no mis-representation and you can score the maximum amount of points for your club.

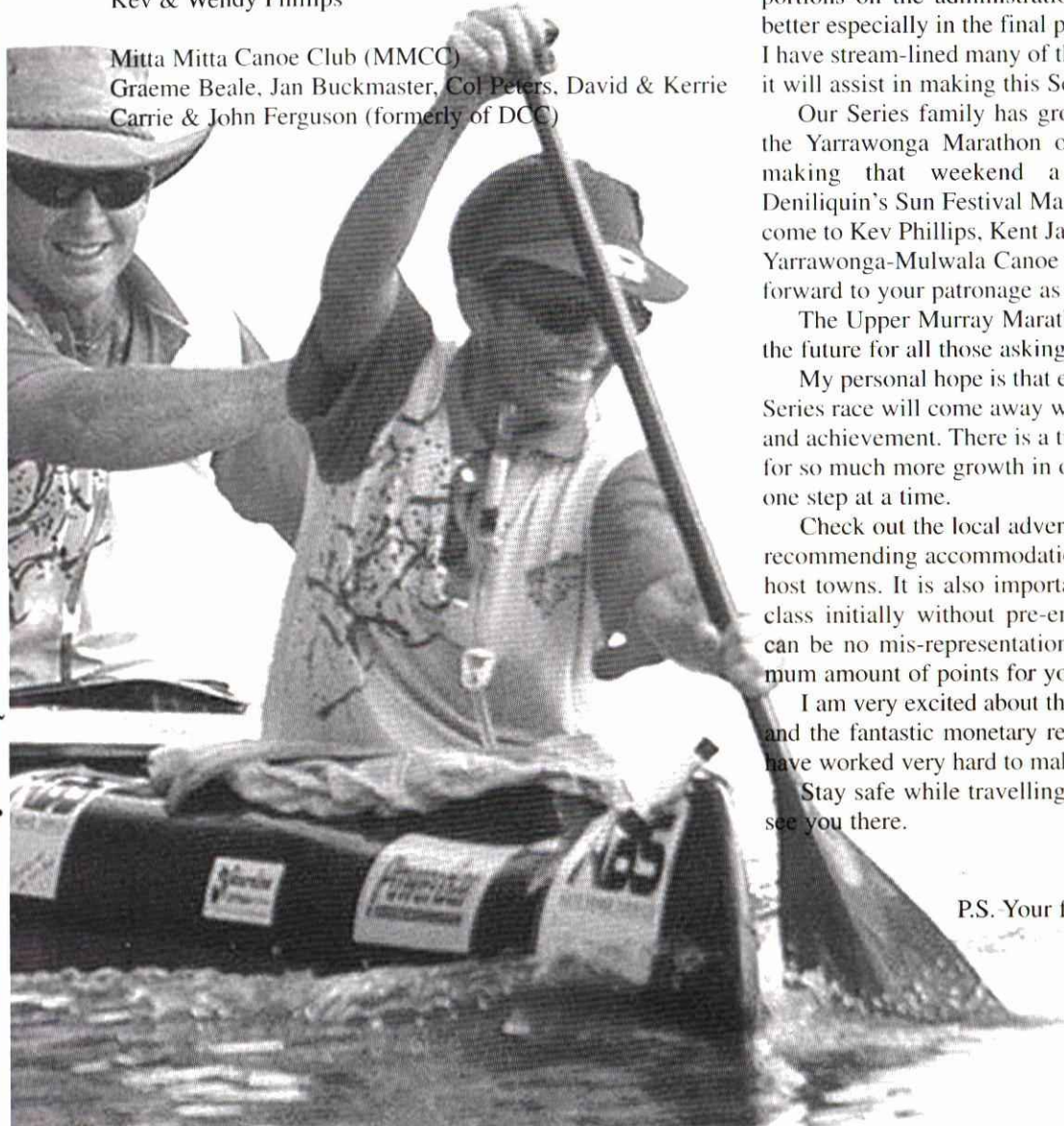
I am very excited about the new Club Point Score System and the fantastic monetary reward for the winning club. We have worked very hard to make it a fair system for all.

Stay safe while travelling and enjoy our races. I hope to see you there.

Your friend in Canoeing

Jane Hiatt

P.S. Your feedback is always appreciated.



Medicine Update

ARE YOU MAKING THE MOST OF YOUR TRAINING?

Liz Broad, Sports Science Coordinator

Doing some hard work leading up to National championships? Feeling spritely and positive towards it, or are you sometimes finding it hard to drag the body into your boat? Does that 'off' day come along a little to often? At any stage of training, the aim should be to make maximal use of every training session you do. 'Dead' sessions not only leave the athlete feeling even more drained, it can lower their self confidence and make them question what they're really doing. It's easy to forget the simple things in life - like putting together a good recovery package after each training session so you can hit the next one with vigour.

Hard and fast sessions on the water can be even more draining as longer, slower work. Recovery takes in a number of activities, including rest, a massage or hydrotherapy, treating injuries and rehydrating. While most athletes know that managing their food and fluid intake can result in a more effective recovery between training sessions, few do so effectively. Basically, a banana on it's own simply isn't enough!

The Golden Rules of Optimising Nutritional Recovery Between Training Sessions

Eat and drink early. Muscles are most receptive to replenishing stores within the first hour after exercise, and 1g carbohydrate / kg body mass in the first hour is your goal. If you have more than 24-36 hours to replace stores, then it probably doesn't matter too much when you eat, provided you have enough carbs. If you have to train within 24 hours, a faster recovery initially will help you along the way more effectively.

Maintain a high carbohydrate intake throughout the whole day. Meeting your carbohydrate needs isn't as easy as it sounds - it requires a conscious effort, especially when several hours (or more) of the day are spent riding! Add a little protein to your recovery snack, especially if you have an injury of any sorts.

Don't forget the fluids - you can double up by using carbohydrate-containing fluids, and kill two birds with one stone!

Avoid foods / fluids high in fat because they slow down the absorption rate. Recovery straight after training requires rapid absorption - keep the chips, croissants, rich muffins and chocolate

bars till a little later!

The following snacks / meals contain 50g carbohydrate, which is enough for a 50kg athlete in the first hour after training. If you weigh more, you'll need to increase the quantity or combine two items together. Those with a * beside them also contain protein to help recovery if you have an injury.

- 800 - 1000 ml sports drink
- 500ml fruit juice, cordial or soft drink
- 250-350 ml fruit smoothie or liquid meal supplement (like sustagen sport)*
- 1 round of a well loaded honey or jam sandwich (thick bread slices)
- 3 muesli bars or 2 cereal bars *
- 3 medium - large pieces of fruit
- 2 cups breakfast cereal and low fat milk *



SPORTS SCIENCE

Medicine Update



1 bowl fruit salad with 1 tub low fat fruit yogurt *
1 banana roll

Early and Enough Recovery =
MORE EFFECTIVE TRAINING!

If you're still feeling a little over-tired, make sure you get your iron levels checked. Ask your doctor to test for ferritin and haemoglobin as a minimum. If your ferritin levels are low, you will need to work a little more on your intake of iron. The following points will assist in this area. If your haemoglobin is low, then you'll probably need a dose of iron supplements (taken in conjunction with vitamin C so you get maximum absorption) for 1-2 months as well. If in doubt, see a sports dietitian.

Hints for Upping Your Iron Intake

Make sure you eat some form of red meat or dark chicken At least every second day (preferably every day), even if it's just a slice of ham or chicken on your sandwich.

Seafood that is richest in iron includes oysters, mussels, tuna and salmon (even tinned!) and flounder.

On days when you don't have meat, chicken or seafood for the main meal, replace it with a fair serving (at least 2/3 cup) of lentils, kidney beans, baked beans or other legumes, tofu or eggs. Make sure you include with this meal a source of vitamin C, such as tomatoes, capsicum, tropical fruit, orange or juice.

Include dried fruit and nuts as part of your snacks as often as you can (sultanas, dried apricots and nuts can provide extra iron).

Try to include breakfast cereal in your diet regularly. Check for those that are iron-fortified (check the side panel, it should be fairly clear. Most of the Kelloggs and Uncle Toby's cereals are). Add a glass of juice or an orange, pineapple or tropical fruit to the meal when you have this to help absorb the iron more effectively.

Try to include green leafy vegetables in your diet (like spinach, broccoli, cauliflower etc) as often as possible.



Olympic Champion Michael Marriskin photo: Rapidesposure - Mathew Newton



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

Here's a new way to support canoeing and save yourself money at the same time. It's the Australian Canoeing Credit Card, brought to you by Australian Canoeing and American Express.[®] You can use it like any normal credit card but, unlike the others, the Australian Canoeing Credit Card contributes important funds to Australian Canoeing every time you use it.

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In choosing a credit card for our members, our first priority was value. So there is no annual Cardmembership fee in your first year – a \$25 saving. You'll save even more with our 6-month introductory interest rate of 8.95% p.a. And even when the standard rate resumes, it is still only 16.10% p.a.

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- Free Supplementary Cards for family and friends

QUEENSLAND

CALENDAR OF EVENTS 2000

Proudly Sponsored by:
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Queensland
Canoeing
Incorporated

APRIL 2000

- Sat 1/Sun 2 River Rescue - South East Qld RR#0001
- Sun 2 Oxley Ascent
(Club: Brisbane Canoeing) **
- Sat 8/Sun 9 Basic Skills Instructor Assessment Fernvale BSIA#0002
- Sat 8/Sun 9 Basic Skills Instructor Assessment Nth Qld BSIA#0002NQ
- Sun 9 Sunshine Challenge
(Club: Sunshine Coast)
- Sat 15/Sun 16 Whitewater Skills/Instructor Training Nymboida WW#0001
- Sat 15/Sun 16 Sea Kayak Instructor Training Gold Coast SKIT#0002
- Sun 16 Ipswich Classic
(Club: Ipswich District) **
- Fri 21/Sun 23 2000 Australian Canoe Marathon Championships Perth WA
- Fri 21/Tue 25 2000 Australian Canoe Polo Interstates - Adelaide
- Sun 30 25th Gregory River Race
(Club: North West) **
- Sun 30 Mary River Race
(Club: Maryborough) **

MAY 2000

- Sat 6/Sun 7 Basic Skills Canoe/Kayak Award Fernvale BS#0003
- Sun 7 2000 Queensland Schools Sprint Championships - Hinze Dam
- Wed 17 Qld Canoeing Council Meeting
- Sat 20/Sun 21 Basic Skills Instructor Training Fernvale BSIT#0003
- Sun 21 Indooroopilly Biathlon
(Club: Indooroopilly)
- Sat 27/Sun 28 Pioneer River Race
(Club: Mackay) **
- Sat 27/Sun 28 Boat Licence Course Graceville BOAT#0001
- Sat 27/Sun 28 Sea Kayak Instructor Assessment Sunshine Coast SKIA#0001
- Sun 28 Karana Challenge
(Club: Karana Downs) **

JUNE 2000

- Sun 4 Petrie Pursuit
(Club: Newport Waters) **
- Sat 10/Sun 11 Basic Skills Canoe/Kayak Award Fernvale BS#0004
- Sun 11 Saltwater Splash (Club: Nerang)
- Sat 17/Sun 18 Basic Skills Instructor Training

- Sun 18 Fernvale BSIT#0004
Green Island Bay Race
(Club: Wynnum)
- Sat 24/Sun 25 Basic Skills Instructor Training Fernvale BSIA#0003

QUEENSLAND CANOEING STANDING COMMITTEES CONTACTS

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

QUEENSLAND ACADEMY OF SPORT ITC CANOEING PROGRAM

- Head Coach: John Sumegi 0417 980 238
Assistant Coach: Denise Cooper 0411 423 498
PO Box 8103
Woolloongabba, QLD, 4102
Ph: (07) 3278 1033
Fax: (07) 3278 2202
E-mail: qldcanoe@canoeqld.org.au

QUEENSLAND CANOEING AFFILIATED CLUB

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

sprint canoe/kayak grand prix

K2 1000m Final

1. Young, Luke (AIS)/Morton, Brian (AIS)	CBC/SCCC	3.20.16
2. Austin, Scott (NSWIS)/Scott, Peter (NSWIS)	MWCC/MWCC	3.21.26
3. Trim, Andrew (QAS)/Collins, Daniel (QAS)	WRCC/WRCC	3.22.63
4. Baggaley, Nathan (AIS)/Suska, Shane (NSWIS)	CBCC/LMNC	3.23.34
5. Russell, Karl (AIS)/Rodgers, Craig (AIS)	BUCC/CBCC	3.25.66
6. Christianson, Piers/Singleton, Glen	BRCC/INCC	3.26.95
7. Erikson, Johan/Alagich, Chris (SASI)	SWE/WLCC	3.27.09
8. Rhodes, David/Fielder, Brett (SASI)	CBCC/FLIN	3.27.12
9. Lindeberg, Erik/Gustafsson, Anders	SWE/SWE	3.29.83
10. Meek, Chad/Wilson, Leigh (NSWIS)	MITTA/MWCC	3.30.88
11. Norton-Smith, J (AIS)/McFadzean, C (AIS)	BUCC/GCCC	3.32.58

LK2 1000m Final

1. Wood, Anna (QAS)/Borchert, Katrin (QAS)	GCCC/GCCC	3.44.84
2. Simper, Amanda (WAIS)/Oldenhof, Lisa (WAIS)	CRCC/CRCC	3.46.96
3. Meek, Chantal/Barclay, Kate (SASI)	SBKC/WLCC	3.49.42
4. Simper, Rachel (WAIS)/Forgione, Kate (WAIS)	CRCC/CRCC	3.49.99
5. Harvey, Paula (AIS)/Rayner, Natalie	INCC/CCCC	3.51.18
6. Train, Rebecca/Pocock, Katie	GBR/NZL	3.56.84
7. Seidl, Emily (WAIS)/Wood, Andrea	CRCC/INCC	3.57.32
8. Colomb, Kristie/Tegg, Susan	SKCC/INCC	4.00.21
9. Wirth, Sarah (AIS)/Targ, Cara (NSWIS)	GCCC/SBKC	4.09.04

K2 500m - Final

1. Trim, Andrew (QAS)/Collins, Daniel (QAS)	WRCC/WRCC	1.31.45
2. Lindeberg, Erik/Gustafsson, Anders	SWE/SWE	1.31.94
3. Young, Luke (AIS)/Morton, Brian (AIS)	CBCC/SCCC	1.32.24
4. Baggaley, Nathan (AIS)/Norton-Smith, J(AIS)	CBCC/BUCC	1.33.10
5. Russell, Karl (AIS)/Rodgers, Craig (AIS)	BUCC/CBCC	1.33.78
6. Hoschke, Nigel (NSWIS)/Webster, D (NSWIS)	MWCC/MWCC	1.34.18
7. Christianson, Piers/Singleton, Glen	BRCC/INCC	1.37.32
8. Crilly, Nick (QAS)/Woodman, Brendan (QAS)	GCCC/GCCC	1.37.51

9. Quill, Justin (AIS)/Robinson, Clint (AIS)	WARR/SCCC	2.26.92
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LK2 500m - Final

1. Wood, Anna (QAS)/Borchert, Katrin (QAS)	GCCC/GCCC	1.45.07
2. Randle, Kerri/Rankin, Amanda (NSWIS)	MWCC/LPKC	1.45.22
3. McFadzean, Leda (AIS)/Mengler, Jacqui (AIS)	GCCC/NCC	1.50.71
4. Meek, Chantal/Barclay, Kate (SASI)	SKCC/WLCC	1.51.37

5. Harvey, Paula (AIS)/Rayner, Natalie	INCC/NCC	1.53.21
6. Simper, Rachel (WAIS)/Forgione, Kate (WAIS)	CRCC/CRCC	1.53.96
7. Seidl, Emily (WAIS)/Wood, Andrea	CRCC/INCC	1.58.04
8. Tegg, Susan/Colomb, Kristie	INCC/SKCC	1.59.76
9. Pickering, Josie/Mitchell, Allison	GCCC/YVCC	2.04.42

C2 500m - Final

1. Le Leuch, Eric/Richards, Nick	FRA/FCC	1.51.03
2. Sylvoz, Pascal/Lenoir, Jose	FRA/FRA	1.51.99
3. Egan, Jason (NSWIS)/Marczak, Sebastian	PEN/PEN	1.54.25
4. Pathius, Stephen/Armour, Daniel	PEN/PEN	2.20.28

K1 500m - Final A

1. Scott, Peter (NSWIS)	MWCC	1.39.92
2. Suska, Shane (NSWIS)	LMNC	1.40.30
3. Robinson, Clint (AIS)	SCCC	1.40.73
4. Gustafsson, Anders	SWE	1.40.86
5. Baggaley, Nathan (AIS)	CBCC	1.41.06
6. Hughes, Owen	MWCC	1.41.11
7. Collins, Daniel (QAS)	WRCC	1.41.26
8. McFadzean, Cameron (AIS)	GCCC	1.41.69
9. Wilson, Leigh (NSWIS)	MWCC	1.42.17
10. Trim, Andrew (QAS)	WRCC	1.42.77
11. Chaffer, Ross (NSWIS)	LPKC	1.46.69

K1 500m - Final B

1. Crilly, Nick (QAS)	GCCC	1:41.75
2. Morton, Brian (AIS)	SCCC	1:42.32
3. Watkins, Tim (NSWIS)	MWCC	1:43.90
4. Beavis, Jamie (SASI)	ONCC	1:44.23
5. Roser, Matt (QAS)	GCCC	1:44.46
6. Quill, Justin (AIS)	WARR	1:46.14
7. Sherry, Ben (QAS)	CURR	1:46.80
8. Hoschke, Nigel (NSWIS)	MWCC	1:47.48
9. Alagich, Chris (SASI)	WLCC	1:49.99

LK1 500m - Final A

1. Oates-Wilding, Shelley (NSWIS)	MWCC	1.52.79
2. Borchert, Katrin (QAS)	GCCC	1.53.22
3. Randle, Kerri	MWCC	1.54.36
4. Wood, Anna (QAS)	GCCC	1.54.56
5. Nossiter, Yanda (NSWIS)	SBKC	1.55.17
6. Rankin, Amanda (NSWIS)	LPKC	1.55.44
7. Mengler, Jacqui (AIS)	NCC	1.58.02
8. Harvey, Paula (AIS)	INCC	1.59.31
9. Harris, Brooke (QAS)	GCCC	1.59.78

LK1 500m - Final B

1. Simper, Amanda (WAIS)	CRCC	1.58.95
2. McFadzean, Leda (AIS)	GCCC	1.59.19
3. Train, Rebecca	GBR	2.00.25
4. Meek, Chantal	SKCC	2.00.32
5. Barclay, Kate (SASI)	WLCC	2.02.63
6. Rayner, Natalie	GCCC	2.04.22
7. Simper, Rachel (WAIS)	CRCC	2.04.23
8. Forgione, Kate (WAIS)	CRCC	2.05.35
9. Tegg, Susan	INCC	2.05.56
10. Wood, Andrea	INCC	2.05.71

K1 1000m Finals

Final A

1. Hughes, Owen	MWCC	3.39.85
2. Scott, Peter (NSWIS)	MWCC	3.40.95
3. Suska, Shane (NSWIS)	LMNC	3.42.34
4. Austin, Scott (NSWIS)	MWCC	3.43.70
5. Wilson, Leigh (NSWIS)	MWCC	3.44.56
6. Collins, Daniel (QAS)	WRCC	3.45.24
7. Erikson, Johan	SWE	3.45.69
8. Crilly, Nick (QAS)	GCCC	3.46.39
9. Young, Luke (AIS)	CBCC	3.46.52
10. Morton, Brian (AIS)	SCCC	3.47.47
11. Baggaley, Nathan (AIS)	CBCC	3.59.43

results

Final B

1. Trim, Andrew (QAS)	WRCC	3.45.46
2. Beavis, Jamie (SASI)	ONCC	3.45.52
3. Watkin, Tim (NSWIS)	MWCC	3.46.23
4. McFadzean, Cameron (AIS)	GCCC	3.46.59
5. Dean, Justin (NSWIS)	LMNC	3.47.10
6. Gauthier, Frederic	FRA	3.47.98
7. Gustafsson, Anders	SWE	3.49.09
8. Pickerng, Glen	(QAS)	3.49.69
9. Aulert, Daniel	GCCC	3.50.39
10. Chaffer, Ross (NSWIS)	LPKC	3.51.20
11. Norton-Smith, Julian (AIS)	BUCC	3.55.16

LK1 1000m Finals**Final A**

1. Borchert, Katrin (QAS)	GCCC	4.03.14
2. Meek, Chantal	SKCC	4.07.76
3. Harris, Brooke (QAS)	GCCC	4.08.65
4. Harvey, Paula (QAS)	INCC	4.10.94
5. Barclay, Kate (SASI)	WLCC	4.10.95
6. Rankin, Amanda (AIS)	LPKC	4.12.70
7. McFadzean, Leda (AIS)	GCCC	4.14.89
8. Forgione, Kate (WAIS)	CRCC	4.18.81
9. Randle, Kerri	MWCC	4.36.67

Final B

1. Train, Rebecca	GBR	4.14.69
2. Simper, Rachel (WAIS)	CRCC	4.18.23
3. Rayner, Natalie	GCCC	4.20.03
4. Wood, Andrea	INCC	4.21.56
5. Tegg, Susan	INCC	4.25.63
6. Pickering, Josie	GCCC	4.26.32
7. Wirth, Sarah (AIS)	GCCC	4.26.92
8. Oldenhof, Lisa (WAIS)	CRCC	4.29.45
9. Seidl, Emily (WAIS)	CRCC	4.29.58
10. Mitchell, Allison	YVCC	4.40.90

LK4 500m Finals**Final**

1. Oates-Wilding, Shelley (NSWIS)/Nossiter, Yanda (NSWIS)/ Simper, Amanda (WAIS)/Randle, Kerri MWCC/SBKC/CRCC/MWCC		1.35.33
2. Simper, Rachel (WAIS)/Oldenhof, Lisa (WAIS)/ Meek, Chantal (SASI)/Barclay, Kate CRCC/CRCC/SKCC/WLCC		1.38.71
3. McFadzean, Leda (AIS)/Harvey, Paula (AIS)/ Rankin, Amanda (NSWIS)/Harris, Brooke (QAS) GCCC/INCC/LPKC/GCCC		1.40.03
4. Sumegi, Jacquelyne/Fogarty, Lyndsie (QAS)/ Pickering, Josie/Allen, Amanda INDO/BRIS/SCCC/SCCC		1.43.34
5. Wood, Andrea/Seidl, Emily (WAIS)/ Forgione, Kate (WAIS)/Pocock, Katie INCC/CRCC/CRCC/NZL		1.45.48
6. Denver, Clare/Liiv, Nicola/ Gittoes, Kim/Ireland, Jillian INDO/GLCCSBKC/SBKC		1.47.11
7. Targ, Cara (NSWIS)/Brown, Lucy (NSWIS)/ Vernon, Kellie/Wirth, Sarah (AIS) SBKC/SBKC/MWCC/GCCC		1.48.59
8. Colomb, Kristie/Hunter, Robyn/ Tegg, Susan/Mitchell, Alison SKCC/ESS/INCC/YVCC		1.49.34

australian schools slalom championships**14 Years Men's C1**

1. Matthew Armstrong	BCS	138.03
2. Will Forsythe	TAS	157.84
3. Mark Nichols	IGS	162.11
4. Liam Garvey	IGS	169.54
5. Nick Caudry	EC	184.17

15 Years Men's C1

1. Andre Hemmerle	GIHS	253.32
2. Lachlan Vallance	EC	282.93
3. Cameron Gee	IGS	288.67
4. Ben Coy	DHS	320.33
5. Christian Fabris	EC	322.74

16 Years Men's C1

1. Mark Bellofiore	EC	247.23
2. Drew Roberts	FHS	250.33
3. Damon Bonney	DeHS	280.43
4. Matthew Gabb	LAS	287.28
5. Tristan Lawrey	IGS	312.53

17 Years Men's C1

1. Ben Hankinson	DHS	232.31
2. Steven Cole	LAS	243.39
3. Tristan Koochew	EC	253.21
4. Philip Quayle	EC	270.99
5. Greg Bryant	IGS	370.21

16 Years Mixed C2

1. K Lawrence/TBA	MBCS	367.95
2. D Roberts/A Flowers	FHS	374.90
3. K Roche/N Bryant	FHS	380.44
4. L Wood/B Coy	DHS	498.45
5. T Lawrey/M Osborne	IGS	650.13

18 Years Men's C1

1. Ben Parsons	EC	273.01
2. Andrew Hewitt	EC	309.36
3. Clint Oxenbridge	BCS	312.07
4. Matthew Kerr	IGS	334.20
5. Chris Kamen	IGS	360.02

13 Years Ladies K1

1. Ashleigh Flowers	FHS	140.61
2. Karen McKenzie	KHS	162.20
3. Krystle Oxenbridge	BCS	172.48

14 Years Ladies K1

1. Amanda Pain	FHS	128.86
2. Vanessa Beach	EC	130.92
3. Leanne Guinea	EC	139.16
4. Kylie Hewitt	DHS	142.80
5. Rachel Scully	SGHS	150.49

15 Years Ladies K1

1. Kirsten Maley	IPC	290.39
2. Fiona Bowie	EC	322.07
3. Anna Forsythe	PLCA	340.67
4. Susan Wilson	SMG	393.70
5. Hayley Shaw-McGuinness	JPC	403.20

16 Years Ladies K1

1. Clare Beach	EC	240.48
2. Kate Lawrence	BCS	258.35
3. Nicole Bryant	FHS	262.38
4. Frances Buchanan	NZ	294.12
5. Leila Ross	BCS	294.30

17-18 Years Ladies K1

1. Susie Wharton	MLC	239.43
2. Jacqui Lawrence	BCS	244.91
3. Dianna Dickenson	LCGS	254.30
4. Emma Lefroy	PMSHS	258.65
5. Heather Jull	NZ	258.86

15 Years Mixed C2

1. K McKenzie/G McKenzie	KHS	397.19
2. L Guinea/C Fabris	EC	402.65
3. A Forsythe/W Forsythe	PLCA/TAS	429.03
4. A Pain/D Riordan	FHS	470.99
5. P McNamara/F Bowie	EC	599.53

17-18 Years Mixed C2

1. K Hewitt/B Hankinson	DHS	317.15
2. J Treloar/C Beach	EC	324.83
3. J Lawrence/C Oxenbridge	BC	353.74
4. T Koochew/V Beach	EC	385.31

14 Years Ladies C1

1. Ashleigh Flowers	FHS	158.90
2. Vanessa Beach	EC	179.04
3. Amanda Pain	FHS	188.97
4. Kylie Hewitt	DHS	249.34

15 Years Ladies C1

1. Kirsten Maley	IPC	377.76
2. Fiona Bowie	EC	455.32

16 Years Ladies C1

1. Kate Lawrence	BCS	327.31
2. Clare Beach	EC	342.37
3. Nicole Bryant	FHS	433.39
4. Mcleesa Oxenbridge	BCS	585.16
5. Michelle Osborne	IGS	701.24

17-18 Years Ladies C1

1. Jacqui Lawrence	BCS	290.00
2. Susie Wharton	MLC	308.71
3. Emma Lefory	PMSHS	336.96

14 Years Men's C2

1. M Nicholds/T Godfrey	IGS	173.84
2. J Humble/N Caudry	EC	187.92
3. K Reeve/A Yeats		193.35
4. L Garvey/A Brett	IGS	196.81

13 Years Men's C2

1. W Forsythe/I Hall	TAS	188.09
2. B Cirulis/A Jurkiw	IGS	244.00
3. C Guinea/M Barrett	EC	288.81

15 Years Men's C2

1. A Hemmerle/M Dean	GIHS	340.39
2. C Gee/S Jacobs	IGS	589.01

16 Years Men's C2

1. D Bonney/St Bennett	DeHS	340.05
2. J Castles/M Kerr	IGS	351.03
3. G Bryant/M Crawford	IGS	359.98
4. D Roberts/K Roche	FHS	365.17

17 Years Men's C2

1. M Gabb/S Cole	LAS	268.30
2. B Hankinson/B Coy	DHS	295.07
3. T Koochew/M Bellofiore	EC	320.87
4. C Kamen/T Lawrey	IGS	381.68

18 Years Men's C2

1. A Hewitt/J Treloar	EC	300.12
2. B Parsons/P McNamara	EC	306.19
3. M Armstrong/	CBCS	341.00

12 Years Men's K1

1. Christopher Cole	CPS	124.20
2. Robbie Jeffrey	RS	132.46
3. Iain Hall	TAS	145.95

australian schools slalom teams championship**Open Ladies K1**

1. A Flowers/A Pain/N Bryant	FHS	157.08
2. C Beach/V Beach/L Guinea	EC	162.07
3. J Lawrence/K Lawrence/L Ross	BC	168.81
4. A Quinn/M Simpson/H Jull	NZ	193.86
5. N Bryant/N Hewitt/G Hewitt	IGG	218.99

Open C1

1. P Quayle/M Bellofiore/T Koochew	EC	152.50
2. A Hewitt/B Parsons/J Treloar	EC	155.94
3. C Oxenbridge/J Lawrence/M Armstrong	BCS	164.73
4. T Lawrey/C Gee/M Kerr	IGS	189.06
5. G Bryant/C Kamen/M Nicholds	IGS	193.57

Open C2

1. A Hewitt/J Treloar/M Bellofiore/ T Kooche/P Quayle/B Parsons	EC	196.83
2. M Barrett/C Guinea/J Humble/ N Caudry/F Bowie/L Guinea	EC	263.41
3. T Lawrey/C Kamen/M Kerr/ J Castles/G Bryant/M Crawford	IGS	299.61

Junior K1

1. L Vallance/C Fabris/N Caudry	EC	147.69
2. D Thomson/M Hodges/B Lauder	NZ	150.71
3. M Nicholds/A Yeats/A Brett	IGS	163.70
4. R Scully/R Longstaff/T Kowal	SGHS	182.37
5. L Garvey/K Reeve/T Godfrey	IGS	184.43

16 Years K1

1. D Bonney/S Bennett/A Maynard	DeHS	135.19
2. T Lawrey/G Bryant/TBA	GeelIGS	137.45
3. M Hawker/J Simpson/J Dawson	NZ	149.68
4. D Lawrey/M Yungnickel/G Yungnickel	NZ	156.82
5. K Roche/D Roberts/D Riordan	FHS	166.71

17 Years K1

1. P Quayle/M Bellofiore/T Koochew	EC	114.10
2. J Meehan/C Scott/J Roozenburg	NZ	122.83
3. T Walkley/A Cumings/Woodside	NZ	140.10
4. M Crawford/C Kamen/M Kerr	IGS	147.82
5. B Hankinson/K Hewitt/B Coy	DHS	148.23

18 Years K1

1. B Parsons/A Hewitt/P Quayle	EC	128.14
2. C Drury/G Arnold/F Buchanan	NZ	161.26
3. C Oxenbridge/M Oxenbridge/ M Armstrong	BCS	232.00
4. D Cirulis/J Castles/S Jacobs	IGS	241.25

Open Mixed C2

1. V Beach/T Koochew/M Bellofiore/ L Guinea/C Beach/J Treloar	EC	206.33
2. J Lawrence/K Lawrence/C Oxenbridge/L Ross/ M Armstrong/M Oxenbridge	BCS	289.21
3. N Bryant/D Riordan/A Flowers/ D Roberts/A Pain/K Roche	FHS	313.31

**sydney water australian slalom championships
penrith whitewater stadium, nsw****18 Years Men's C2**

1. B Hankinson/S Cole	BRCC	339.76
2. B Coy/A Hemmerle	BRCC/HVCC	464.11

22 Years Men's C2

1. B Flowers/L Milne	SUCC	333.78
2. H Roberts/K Maley	SCC	370.27

Open Men's C2

1. N Smith/S Bowman	GBR	251.44
2. A Wilson/R McGuinness	ICC/BCKC/NSWIS	257.40
3. J Boocock/A Marmion	NCC/DCC	269.71
4. A Farrance/K Swoboda	VIC/CPRT	272.99
5. S McIntosh/M Delaney	GBR	276.48
6. G Nelson/K Songberg	ICC/CPRT	300.88

14 Years Men's K1

1. Toby Kowal	BRCC	213.99
2. Will Forsythe	BRCC	230.35
3. Liam Garvey	KKK	309.58

4. Robbie Jeffrey	AKC	351.91
5. Chris Cole	THCC	406.19

18 Years Mixed C2

1. K Hewitt/B Hankinson	BRCC	446.39
2. H Shaw-McGuinness/S Cole	JPC/LAS	533.54

Veterans Men's K1

1. Chip Kauffman	CPRT	359.38
2. Michael Wilson	INCC	420.78
3. John Wilde	CCC	426.98
4. Chris Wharton	CPRT	486.30

Open Mixed C2

1. K Maley/K Maley	SCC	345.93
2. V Milne/L Milne	SUCC	375.63

Open Men's C1

1. Lukas Pollert	CZE	228.74
2. Stuart McIntosh	GBR	236.73
3. Robin Bell	SCC/WAIS	241.21
4. Mark Delaney	GBR	242.72
5. Justin Boocock	NCC	244.21
6. Robert Turner	GBR	250.73
7. Joe Jaoby	USA	251.68
8. Jamie Cartwright	CAN	255.92
9. Jack Hodge	NCC/NSWIS	256.13
10. Stuart Bowman	GBR	263.25
11. Warwick Draper	CPRT/VIS	271.38
12. Andrew Farrance	CPRT/VIS	286.65
13. Kai Swoboda	CPRT	346.00
14. Nick Smith	GBR	367.11
15. David Heard	CPRT	438.95
16. Robert Sims	SUCC	479.41

Open Ladies K1

1. Danielle Woodward	CPRT/VIS	259.37
2. Hella Pannewig	GER	261.72
3. Margaret Langford	CAN	262.95
4. Amy Carson	GBR	271.47
5. Laura Blakeman	GBR	272.92
6. Mia Farance	CPRT/VIS	275.08
7. Cathy Hearn	USA	275.18
8. Eadaoin Ni Challarin	IRL	300.26
9. Violetta Peters	AUT	317.01
10. Mary Marshall-Seaver	USA	334.59
11. Anita Jayes	WAL	349.62
12. Kim Watson	THCC	509.38
13. Birgitta Pahl	CPRT	544.61
14. Tanya Faux	CPRT	748.28

16 Years Men's C1

1. Andre Hemmerle	HVCC	383.21
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18 Years Men's C1

1. Ben Hankinson	BRCC	282.18
2. Steven Cole	THCC	359.56
3. Drew Roberts	GLCC	426.23
4. Matthew Gab	THCC	447.92

22 Years Men's C1

1. Kynan Maley	SCC	245.24
2. Brock Flowers	SUCC/NSWIS	259.65
3. Hew Roberts	SCC	272.02
4. Sam Snowball	SCC	312.73
5. Adam Marmion	DCC	338.89

Masters Men's C1

1. Kevin Songberg	CPRT	282.97
2. Michael Smith	RAP	560.81

16 Years Ladies K1

1. Vanessa Beach	CPRT	400.35
2. Kirsten Maley	SCC	531.41
3. Ashleigh Flowers	GLCC	563.21
4. Amanda Pain	GLCC	630.55

5. Fiona Bowle	CPRT	702.80
6. Rachel Scully	BRCC	712.66
7. Susan Wilson	INCC	764.65

18 Years Ladies K1

1. Jacqui Lawrence	BRCC	323.13
2. Clare Beach	CPRT	329.91
3. Nicole Bryant	GLCC	356.11
4. Heather Jull	NZ	420.93
5. Kate Lawrence	BRCC	446.19
6. Madeline Simpson	NZ	486.75
7. Emma Lefroy	SCC	503.16
8. Leila Ross	BRCC	617.79
9. Frances Buchanan	NZ	638.50
10. Nicky Bryant	CPRT	901.40

22 Years Ladies K1

1. Louise Natoli	SUCC/NSWIS	291.49
2. Victoria Milne	SUCC/NSWIS	293.03
3. Susie Wharton	CPRT	294.32
4. Sophie Nisser		364.07
5. Alison White	THCC	410.88
6. Amy Hankinson	SUCC	476.34
7. Diana Dickenson	TCC	560.02

Open Men's K1

1. Paul Ratcliffe	GBR	218.32
2. Scott Shipley	USA	220.40
3. Ian Wiley	IRL	221.85
4. Anthony Brown	GBR	222.47
5. Campbell Walsh	GBR	222.51
6. John Wilkie	THCC/NSWIS	226.93
7. Jason Beakes	USA	233.94
8. Tim Morrison	GBR	234.14
9. Brett Kyle	USA	235.05
10. Warwick Draper	CPRT/VIS	235.14
11. David Ford	CAN	235.48
12. Andrew Stamp	CPRT	237.19
13. Anton King	CPRT/VIS	237.23
14. Ben Patrick	VIS	237.75
15. Stu McIntosh	GBR	248.50
16. Wayne Thomas	CPRT	249.01
17. Robin Bell	SCC/WAIS	250.04
18. Justin Boocock	NCC	251.91
19. Mark Delaney	GBR	257.57
20. Matt Pallister	ICC/NSWIS	259.30
21. Stuart Bowman	GBR	262.44
22. Kaine Pinder	CPRT	282.32
23. Stuart Anderson	GBR	285.93
24. Nobuhisa Takagi	JPN	287.75
25. Gary Finlay	HVCC	293.09
26. Rod Hammel	BRCC	301.97
27. Scott Crabtree	CPRT	321.07
28. Neil Buckley	GBR	330.22
29. Kirk Stone	KKK	339.90
30. Ando Taro	JPN	343.80
31. Adrian Cooper	TCC	386.47
32. Nick Smith	GBR	441.03

16 Years Men's K1

1. Matthew Dean	HVCC	306.69
2. Andre Hemmerle	HVCC	306.75
3. Bradley Lauder	NZ	307.68
4. Dylan Thomson	NZ	310.11
5. Ryan Longstaff	BRCC	319.67
6. Mark Nichols	KKK	368.67
7. Lachlan Vallance	CPRT	381.30
8. Cameron Gee	KKK	384.62
9. Alex Bonney	TCC	390.46
10. James Dawson	NZ	415.70
11. Michael Hawker	NZ	447.02
12. Matthew Armstrong	BRCC	450.62
13. James Simpson	NZ	459.51
14. Glenn Yungnicke	NZ	471.17
15. Christian Fabris	CPRT	482.10
16. Jake Humble	INCC	507.66

17. Manaaki Hodges	NZ	525.78
18. Ben Coy	BRCC	543.15
19. Andrew Brett	CPRT	552.45
20. Stewart Bennett	TCC	613.84
21. Caleb Johnson	NZ	942.06

18 Years Men's K1

1. Tristan Koochew	CPRT	285.37
2. Jonathon Treloar	CPRT	287.16
3. Phillip Quayle	CPRT	302.84
4. Damon Bonney	TCC	303.43
5. Timon Walkley	NZ	312.32
6. Jared Meehan	NZ	324.96
7. Mark Bellofiore	CPRT	327.52
8. Steven Cole	THCC	343.78
9. Johann Roozenburg	NZ	348.87
10. Andrew Maynard		357.56
11. Mark Yungnickel	NZ	364.15
12. Greg Bryant	CPRT	371.13
13. Peter Wilson	NCC	375.89
14. Tristan Lawrey	KKK	376.45
15. Matthew		386.72
16. Wayne Pretty	NZ	393.66
17. Josh Woodside	NZ	398.82
18. Aaron Cummings	NZ	407.24
19. Daniel Scully	BRCC	410.39
20. Carl Scott	NZ	448.31
21. Daniel Lawrey	NZ	450.08
22. Jim Castles	KKK	502.44
23. Michael Crawford	CPRT	519.02
24. Kelvin Roche	GLCC	519.11
25. Brendan Albury	HVCC	545.51
26. Guy Arnold	NZ	583.97

22 Years Men's K1

1. Lachlan Milne	CPRT/VIS	232.18
2. Sam Norton	BRCC	255.40
3. Adam Marmion	DCC	264.02
4. Peter Skardon	HVCC	284.08
5. Hew Roberts	SCC	285.65
6. Ben Parsons	CPRT	286.19
7. Duncan Proust	CPRT	286.80
8. Sam Snowball	SCC	301.87
9. Kynan Maley	SCC	305.47
10. Andrew Hewitt	CPRT	311.77
11. Aaron Hemmerle	SUCC	327.43
12. Ben Arielli	DRCC	328.72
13. David Treloar	CPRT	330.88
14. Scott Maidment	DRCC	332.85
15. Craig Elliott	HVCC	337.31
16. Aaron Flowers	UNSW	350.24
17. Tim McDonald	CPRT	353.93
18. Cameron Drury	NZ	368.38
19. Tim Watson	DCC	369.63
20. Kim Garrioch	CPRT	372.94
21. Robert Parker	RAP	373.63
22. James Thorp		387.66
23. Aiden Brindle	DRCC	687.58

Masters Men's K1

1. Robert Delderfield	BRCC	270.72
2. Kevin Songberg	CPRT	275.72
3. Gary Nelson	ICC	341.57
4. Andrew Barkham	BRCC	346.62
5. Michael Smith	RAP	422.80

slalom teams championships

Open Ladies K1

1. D Woodward/M Farrance/L Natoli	CPRT/VIS/NSWIS/SUCC	150.39
2. S Wharton/V Milne/A Hankinson	CPRT/SUCC	205.05
3. B Pahl/T Faux/H Pannewig	CPRT/GER	401.87

18 Years Ladies K1

1. H Jull/M Simpson/F Buchanan		251.20
2. K Lawrence/J Lawrence/L Ross	BRCC	254.85
3. A Pain/A Flowers/N Bryant		302.88
4. V Beach/C Beach/K Maley		407.24

Open Men's C1

1. J Cartwright/J Jacoby/S Shipley	USA	139.07
2. H Roberts/K Maley/R Bell	SCC	143.08
3. A Marmion/J Boocock/J Hodge	DCC/NCC	143.86
4. A Farrance/K Swoboda/W Draper	VIS/CPRT	158.83
5. M Armstrong/D Roberts/A Hemmerle	BRCC/HVCC/GLCC	223.63
6. M Gabb/S Cole/B Hankinson	THCC/BRCC	410.09

Open C2

1. M Farrance/M Pallister/K Swoboda/ B Flowers/L Milne/A Farrance	CPRT/ICC/SUCC	179.52
2. R Parker/M Smith/B Hankinson/ S Cole/G Nelson/R McGuinness	RAP/BRCC/THCC/ICC/BCKC	196.28
3. M Armstrong/A Pain/D Roberts/ A Flowers/K Lawrence/J Lawrence	BRCC/GLCC	547.78

16 Years Men's K1

1. J Simpson/B Lauder/D Thomson	NZ	301.03
2. C Gee/L Vallance/C Fabris	KKK	343.57
3. C Cole/M Armstrong/W Forsythe	THCC/BRCC	365.46
4. G Bryant/M Kerr/M Crawford	CPRT	389.35
5. J Dawson/M Hodges/M Hawker	NZ	506.67

18 Years Men's K1

1. M Bellofiore/T Koochew/J Treloar	CPRT	169.23
2. M Dean/A Hemmerle/B Albury	HVCC	195.68
3. J Meehan/C Scott/T Walkley	NZ	220.97
4. D Bonney/S Bennett/A Maynard	TCC	263.72
5. S Cole/S Wischer/M Gabb	THCC	268.83
6. K Roche/D Roberts/R Longstaff	GLCC/BRCC	358.17
7. G Arnold/G Yungnickel/C Johnson	NZ	448.08
8. D Lawrey/M Yungnickel/W Pretty	NZ	580.27

Open Men's K1 Teams

1. A Stamp/B Patrick/A King	CPRT	141.54
2. J Wilkie/M Pallister/W Thomas	THCC/ICC/CPRT	141.91
3. S Crabtree/A Farrance/R Bell	CPRT/SCC	143.07
4. A Barkham/R Delderfield/R Fox	BRCC/NCC	151.48
5. D Proust/A Hewitt/B Parsons	CPRT	163.01
6. D Milne/W Draper/D Ford	CPRT/CAN	176.75
7. Anderson/Stone/Finlay		194.15
8. C Drury/J Roozenburg/J Woodside	NZ	197.82
9. C Leechlmay/N Takaji/A Taro	AUT/JPN	203.69
10. P Skardon/S Norton/Aa Hemmerle	HVCC/BRCC/SUCC	209.16
11. H Roberts/S Snowball/K Maley	SCC	240.09
12. T McDonald/P Wilson/A Flowers	CPRT/UNSWCC	259.50
13. M Wilson/G Nelson/C Wharton	CPRT/ICC	319.45

perpetual & individual trophies

the illawarra trophy

Best Performance: Men's K1 Slalom

John Wilkie 226.93

Best Performance: Ladies K1 Slalom

Danielle Woodward 259.37

the canoe & paddle centre trophy

Best Performance: Men's K1 Wildwater

Glenn Singleton 22:16.81

peter grey trophy

Best Performance: Men's C1 Slalom

Robin Bell 241.21

junior national overall whitewater
canoeing champion

Male: Damon Bonney
Female: Clare Beach

amateur canoe association of
western australia trophy

The club winning the largest number of gold medals:
Canoes Plus Racing Team

canoes plus state slalom trophy

The State winning on a 3-2-1 point system for all state members:

NSW
Victoria
Western Australia

whitebrook trophy

The State winning on a 5-3-2-1 basis for nominated team members:

Wildwater: Victoria
Tasmania
Western Australia
Slalom: Victoria
NSW
Western Australia

galloway, linden, woodward trophy

Junior nominated State Team trophy:

Wildwater: Tasmania
Victoria
NSW
Slalom: NSW
Victoria
Tasmania

1999 australian schools individual championship

Overall Champion School: Eltham College
Overall Champion Junior School: Eltham College
Overall Champion Senior School: Eltham College
Champion Girls Pointscore: Forster High School
Champion Boys Pointscore: Eltham College
Senior Champion Boy: Tristan Koochew
Senior Champion Girl: Clare Beach
Susan Wharton
Junior Champion Boy: Lachlan Vallance
Junior Champion Girl: Amanda Pain

queensland marathon championships

Open Men K1 36km

1. Maxwell, Bennett (INDO) 02:34:21.62
2. Provan, David (INDO) 02:36:56.83
3. Gardner, Paul (INDO) 02:44:55.34

Open Women K1 36km

1. Sefton, Jenni (INDO) 03:05:18.94
2. Greig, Jane (INDO) 03:17:40.44
3. Greig, Sarah (INDO) 03:27:36.14

Vet 35 Men K1 36km

1. Muir, Ian (INDO) 02:52:33.50
2. Davis, Bryn (SUNS) 02:52:38.50
3. Borserini, Peter (WYNN) 02:56:24.56

Under 18 Men K2 24km

1. Jackson, Robert/Mabb, Clayton (FROG)/(NORT) 01:58:49.93
2. Miller, Greg/Gardiner, Louise (BRIS)/(TOWN) 02:05:44.93
3. Field, Glenn/Roche, Leslie (WYNN) DNF

Under 18 Women K2 24km

1. Paolucci, Amy/Schlecht, Kellie (LOUR) 02:27:29.44

Open Men TK1 24km

1. Genn, Royce (WEST) 02:04:09.52
2. Doyle, Brett (NORT) 02:08:40.82
3. Griffin, Jason (MARY) 02:08:41.65

Open Women TK1 24km

1. Worthington, Jenny (SUNS) 02:17:51.34
2. Yager, Petra (SURF) 02:24:45.54
3. Grant, Lucy (SURF) 02:45:49.47

Vet 35 Men TK1 24km

1. Hudson, Graeme (SUNS) 02:08:03.95
2. Woods, Chris (FITZ) 02:12:16.81
3. Shrimpton, David (BRIS) 02:12:26.18

Vet 45 Men K1 24km

1. O'Loughlin, Anthony (NORT) 01:51:11.39
2. Atkins, Scott (SUNS) 01:51:38.68
3. Wilkinson, Jeff (NORT) 01:58:41.74

Vet 45 Men TK1 24km

1. Batchelor, Graham (SUNS) 02:05:44.23
2. Simmons, Hugh (SUNS) 02:05:50.36
3. Yager, Peter (SURF) 02:08:04.09

Vet 45 Women TK1 24km

1. Drynan, Marilyn (NORT) 02:16:46.34
2. Williams, Barbara (UNIV) 02:22:18.80
3. Gardner, Sallyanne (INDO) 02:26:49.25

Vet 55 Men TK1 24km

1. Huffam, Digby (WYNN) 02:16:20.30
2. Petie, Gary (NEWP) 02:16:46.87
3. Deane, John (NERA) 02:18:27.85

Under 16 Boys K2 15km

1. Bowers, Tim (SUNS)
Moore, Thomas (SUNS) 01:15:44.50
2. Bridge, Thomas (GREA)
Mc Keague, Chris (FITZ) 01:16:53.06
3. Jelf, Max (SUNS)
Fields, Kim (SUNS) 01:24:06.35

Under 14 Girls K2 10km

1. Gillard, Alexis (SUNS)
Leifels, Courtney (SUNS) 00:55:20.68
2. George, Sarah (SUNS)
Kregas, Victoria (SUNS) 00:58:28.12
3. Schaffer, Amy (BEAU)
Trace, Jessica (BEAU) 01:03:05.35

Under 14 Boys K2 10km

1. Fearn, Sebastian (FROG)
Walker-Munro, Brenton (FROG) 01:13:54.78

Under 12 Girls TK2 3km

1. Moore, Jasmine (SUNS)
Taylor, Bonnie (SUNS) 00:24:51.86
2. Deans, Haley (SUNS)
George, Jessica (SUNS) 00:36:23.89

Open Men K2 36km

1. Maxwell, Bennett (INDO)
Fairlie, Bruce (INDO) 02:30:13.07
2. Gardner, Paul (INDO)
Provan, David (INDO) 02:30:28.98
3. Bierge, Mitch (FITZ)
Peacock, Mark (FITZ) 02:39:29.18

Under 18 Men K1 24km

1. Gordon, Aaron (FITZ) 01:53:33.64
2. Miller, Greg (BRIS) 01:56:22.25
3. Roche, Leslie (WYNN) 01:59:12.09

Under 18 Women K1 24km

1. O'Keefe, Erin (LOUR) 02:07:06.07
2. Gardiner, Louise (TOWN) 02:24:52.65
3. Shepherd, Kate (BRIS) DNF

Under 18 Women TK1 24km

1. Thomas, Kerri	(BEAU)	03:05:37.08
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Vet 45 K2 24km

1. O'Loughlin, Anthony/Wilkinson, Jeff	(NORT)	01:44:13.33
2. Atkins, Scott/Clark, Mal	(SUNS)	01:44:18.67
3. Stewart, David/Stewart, Mary	(NEWP)	01:56:12.16

Open Men TK2 24km

1. Doyle, Brett/Jenje, Steven	(NORT)	01:52:57.47
2. Batchelor, Graham/McDonald, Don	(SUNS)	01:52:59.99
3. Gardner, John/Genn, Royce	(WEST)	01:56:24.88

Open Mixed TK2 24km

1. Davis, Bryn/Kelly, Sarah	(SUNS)/(INDO)	01:53:29.34
2. Worthington, Graham/Worthington, Jenny	(SUNS)	01:59:29.31
3. Hudson, Graeme/Williams, Barbara	(SUNS)/(UNIV)	02:04:20.65

Vet 45 Men TK2 24km

1. Yager, Paul/Yager, Peter	(SURF)	01:57:56.65
2. Kendell, Denis/McIntosh, Ross	(SURF)/(SUNS)	01:58:58.19
3. Duyvestyn, Marinus/Link, Walter	(NEWP)	02:03:07.23

Vet 45 Mixed TK2 24km

1. McLay, Steve/Drynan, Marilyn	(NORT)	01:57:49.85
2. Jackson, Norm/Jackson, Maureen	(SUNS)	02:05:54.13
3. Bromham, Keith/Gardner, Sallyanne	(MARY)/(INDO)	02:21:43.00

Under 16 Boys K1 15km

1. Bridge, Thomas	(GREA)	01:15:41.72
2. Munro, Jeff	(WYNN)	01:20:06.92
3. Wilson, Joel	(SUNS)	01:20:11.70

Under 16 Girls K1 15km

1. Robertson, Patrice	(SURF)	01:21:56.66
2. Davis, Zoe	(SUNS)	01:28:42.22
3. Proctor, Shannon	(LOUR)	01:30:17.20

Under 16 Boys TK1 15km

1. King, Nathan	(FAR NSW)	01:38:05.36
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Under 16 Girls TK1 15km

1. Yager, Tiffany	(SURF)	01:36:09.41
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Under 14 Boys K1 10km

1. Fields, Kim	(SUNS)	01:04:00.58
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Under 14 Boys TK1 10km

1. Fearn, Sebastian	(FROG)	01:05:37.92
2. Walker-Munro, Brenton	(FROG)	01:07:29.12

Under 14 Girls K1 10km

1. Leifels, Courtney	(SUNS)	00:56:28.14
2. Gillard, Alexis	(SUNS)	00:59:07.74
3. George, Sarah	(SUNS)	01:05:30.14

Under 14 Girls TK1 10km

1. Trace, Jessica	(BEAU)	01:11:54.56
2. Pilbeam, Ashleigh	(SUNS)	01:19:24.91

Under 12 Boys K1 3km

1. O'Keeffe, Joshua	(LOUR)	00:22:20.49
2. Arundel, Luke	(SUNS)	00:22:28.80

Under 12 Girls K1 3km

1. Gardiner, Jamie	(TOWN)	00:23:58.05
2. Taylor, Bonnie	(SUNS)	00:26:25.82
3. Moore, Jasmine	(SUNS)	00:28:01.65

Under 12 Boys TK1 3km

1. Pilbeam, Lachlan	(SUNS)	00:31:52.74
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Under 12 Girls TK1 3km

1. George, Jessica	(SUNS)	00:27:44.69
2. Deans, Haley	(SUNS)	00:32:41.55

2000 queensland canoe marathon team**Team Manager:**

Mark Priestley (Indo)

Assistant Team Manager:

Jan Shepherd (Bris)

Competitor**Event**

Nicola Liiv	K1 and K2
Mitchell Bierge	K1 and K2
Kate Shepherd	K1 and K2
Aaron Gordon	K1 and K2
Geoff Urquhart	TK1 and TK2
Luke Offord	K1 and K2
Chris Woods	TK1 and TK2
Robert Jackson	K1 and K2
Fraser Clark	K1 and K2
Brenton Walker-Munro	TK1 and TK2
Sebastian Fearn	TK1 and TK2
Thomas Bridge	K1 and K2
Paul Gardner	K1 and K2
Bennett Maxwell	K1 and K2
David Provan	K1 and K2
Jenni Sefton	K1 and K2
Clayton Mabb	K1 and K2
Scott Atkins	TK1 and TK2
Graham Batchelor	K1 and TK2
Tim Bowers	K1 and K2
Rowena Coghill	K1 and K2
Denis Kendell	TK1 and TK2
Alexis Gillard	K1 and K2
Patrice Robertson	K1
Graeme Hudson	TK1 and TK2
Maureen Jackson	TK1 and TK2
Norm Jackson	TK2
Courtney Leifels	K1 and K2
Barbara Williams	K1 and TK2
Thomas Moore	K1 and K2
Ross McIntosh	TK1 and TK2
Graham Worthington	K1 and TK2
Jenny Worthington	TK1 and TK2
Glenn Field	K1 and K2
Leslie Roche	K1 and K2

**sprint grand prix #1
nagambie victoria****K1 500 Final**

1. Robinson, Clint	(AIS)SCCC	1:39.50
2. Hughes, Owen	MWCC	1:39.72
3. Scott, Peter	(NSWIS)MWCC	1:39.91
4. Suska, Shane	(NSWIS)LMNC	1:41.59
5. Young, Luke	(AIS)CBCC	1:41.86
6. Austin, Scott	(NSWIS)MWCC	1:42.47
7. Rodgers, Craig	(AIS)CBCC	1:42.98
8. Chaffer, Ross	(NSWIS)LPKC	1:43.84
9. Woodman, Brendan	(QAS)GCCC	1:44.79

LK1 500 18 Final

1. Fogarty, Lyndsie	(QAS)BRIS	2:00.90
2. Hegarty, Elizabeth	(SASI)WLCC	2:02.17
3. Coghill, Rowena	(QAS)SCCC	2:02.44
4. Gittoes, Kim	SBKC	2:03.79
5. Baccanello, Lydia	(SASI)WLCC	2:04.01
6. Allen, Amanda	SCCC	2:05.46
7. Sumegi, Jacquelyne	INDO	2:06.41
8. Owen, Emily	(WAIS)CRCC	2:08.12
9. O'Shea, Nicole	BEND	2:11.00

K1 500 18 Final

1. Clark, Fraser	(QAS)GCCC	1:46.86
2. Ballard, Blake	(NSWIS)SBKC	1:48.00
3. James, Luke	SBKC	1:49.00
4. James, Nick	SBKC	1:52.23
5. Leeson, Scott	(NSWIS)SBKC	1:52.66
6. Phillips, Kaine	CURR	1:52.94
7. Chellew, Nathanie	IILLA	1:53.53

8. Murray, Trevor	YVCC	1:55.13
9. Sumegi, Nicholas	INDO	1:56.52

LK1 500 Final

1. Oates-Wilding, Shelley	(NSWIS)MWCC	1:51.05
2. Randle, Kerri	MWCC	1:52.11
3. Nossiter, Yanda	(NSWIS)SBKC	1:55.27
4. Rankin, Amanda	(NSWIS)LPKC	1:55.59
5. McFadzean, Leda	(AIS)GCCC	1:55.91
6. Simper, Amanda	(WAIS)CRCC	1:57.05
7. Harvey, Paula	(AIS)INCC	1:57.22
8. Meek, Chantal	SKCC	1:58.00
9. Mengler, Jacquie	(AIS)NCC	1:59.28

C1 500 Final

1. Wakim, George	FCC	2:03.67
2. Marczak, Sebastian	PEN	2:04.22
3. Armour, Chris	PEN	2:18.93
4. Vowles, Stuart	FCC	2:23.95
5. Vince, Julian	INCC	2:25.65
6. Pathius, Stephen	PEN	2:31.60
7. Armour, Daniel	PEN	2:32.35
8. Boyle, James	FCC	2:35.08

K1 500 16 Final

1. James, Luke	SBKC	1:50.39
2. Bayer, James	(SASI)WLCC	1:54.73
3. Sumegi, Nicholas	INDO	1:54.99
4. Leeson, Mark	SBKC	1:56.30
5. Berkley, Michael	LPKC	1:58.59
6. Tibbets, Jeremy	(QAS)SCCC	1:59.75
7. Rowe, Adam	LPKC	2:01.98
8. Miles, Scott	SBKC	2:03.38
9. McNicol, Jack	WLCC	2:05.24

LK1 500 16 Final

1. Fogarty, Lyndsie	(QAS)BRIS	2:06.28
2. Garrod, Rebecca	SBKC	2:11.02
3. Field, Chantel	WLCC	2:14.31
4. Liiv, Nicola	GLCC	2:14.88
5. Perry, Kimberly	SBKC	2:16.97
6. Nottage, Eryn	(SASI)WLCC	2:19.86
7. Mission, Kirstie	BEND	2:20.45
8. Fraser, Tegan	BEND	2:21.43
9. Peattie, Kristin	SBKC	2:26.08

LK1 500 22 Final

1. Barclay, Kate	(SASI)WLCC	1:58.93
2. Targ, Cara	(NSWIS)SBKC	2:03.47
3. Wood, Andrea	INCC	2:04.60
4. Wirth, Sarah	(AIS)GCCC	2:05.56
5. Vernon, Kellie	MWCC	2:05.79
6. Colomb, Kristie	SKCC	2:06.20
7. Brown, Lucy	(NSWIS)SBKC	2:10.47
8. Mitchell, Alison	YVCC	2:11.55
9. Seidl, Emily	(WAIS)CRCC	2:13.27

K2 500 16 Final

1. McNicol, Jack/Bayer, James	(SASI)WLCC/WLCC	1:47.77
2. Rowe, Adam/Berkley, Michael	LPKC/LPKC	1:49.17
3. Miles, Scott/Leeson, Mark	SBKC/SBKC	1:50.14

LK2 500 16 Final

1. Fogarty, Lyndsie/Liiv, Nicola	BRIS/GLCC	1:55.52
2. Garrod, Rebecca/Peattie, Kristin	SBKC/SBKC	2:02.95
3. Field, Chantel/Nottage, Eryn	(SASI)WLCC/WLCC	2:06.45
4. Fraser, Tegan/Dyett, Helen	BEND/BEND	2:08.74
5. Perry, Kimberly/Carlyle, Heidi	SBKC/SBKC	2:13.99
6. Targ, Alana/Robinson, Meggie	SBKC/SBKC	2:21.07

LK2 500 Final

1. Randle, Kerri/Rankin, Amanda	(NSWIS)MWCC/LPKC	1:44.58
2. Oates-Wilding, Shelley/Nossiter, Yanda	(NSWIS)SBKC/MWCC	1:46.59
3. Simper, Rachel/Forigione, Kate	(WAIS)CRCC/CRCC	1:49.29
4. Oldenhof, Lisa/Meredith, Sharlene	(QAS)CRCC/SCCC	1:52.75
5. Wirth, Sarah/Barclay, Kate	(SASI)GCCC/WLCC	1:57.01
6. Harvey, Paula/Mengler, Jacquie	(AIS)INCC/NCC	1:58.00

7. Leverett, Breila/Rayner, Natalie	SKCC/GCCC	1:58.32
8. Tegg, Susan/Colomb, Kristie	INCC/SKCC	1:58.55
9. Wood, Andrea/Mitchell, Alison	INCC/YVCC	1:59.01

K2 500 18 Final

1. Leeson, Scott/Ballard, Blake	(NSWIS)SBKC/SBKC	1:41.44
2. James, Nick/James, Luke	SBKC/SBKC	1:41.88
3. Kynaston, Doug/Sumegi, Nicholas	MACK/INDO	1:42.33
4. Hawkins, Ty/Chellew, Nathaniel	ILLA/ILLA	1:43.45
5. Smith, Richard/Kohlar, Jarad	ESS/PLCC	1:47.82
6. Robinson, Tim/Leeson, Mark	SBKC/SBKC	1:48.13
7. Smith, Paul/Murray, Trevor	BRCC/YVCC	1:50.05
8. Phillips, Kaine/Clark, Fraser	(QAS)CURR/GCCC	1:51.13
9. Botha, Alex/Bayer, James	(SASI)ONCC/WLCC	1:52.14

LK2 500 18 Final

1. Baccanello, Lydia/Hegarty, Elizabeth	(SASI)WLCC/WLCC	1:54.32
2. Coghill, Rowena (QAS)/Sumegi, Jacquelyne	SCCC/INDO	1:56.56
3. Owen, Emily (WAIS)/O'Shea, Nicole	CRCC/BEND	1:59.05
4. Gittos, Kim/Ireland, Jillian	SBKC/SBKC	2:02.28
5. Taylor, Skye/Cox, Elise	BEND/SKCC	2:04.41
6. Garrod, Rebecca/Peattie, Kristin	SBKC/SBKC	2:10.04
7. Carrie, Ella/Murray, Rachel	MITTA/YVCC	2:16.24
8. Perry, Kimberly/Carlyle, Heidi	SBKC/SBKC	2:17.29
9. Farmer, Lori/Cronin, Nicola	WLCC/MITTA	2:18.12

K2 500 Final

1. Young, Luke (AIS)/Morton, Brian	(AIS)CBCC/SCCC	1:32.05
2. Austin, Scott (NSWIS)/Scott, Peter	(NSWIS)MWCC/MWCC	1:33.08
3. Russell, Karl (AIS)/Rodgers, Craig	(AIS)BUCC/CBCC	1:33.98
4. Christianson, Piers/Singleton, Glen	BRCC/INCC	1:34.85
5. Pickering, Glen (QAS)/Sherry, Ben	(QAS)BRIS/CURR	1:36.31
6. Crilly, Nick (QAS)/Woodman, Brendan	(QAS)GCCC/GCCC	1:37.11
7. Lewis, Beau (WAIS)/James, Toby	(NSWIS)ASKC/SBKC	1:37.48
8. Watkins, Tim (NSWIS)/Suska, Shane	(NSWIS)MWCC/LMNC	1:41.46

LK4 500 Final

1. Oates-Wilding, Shelley/Nossiter, Yanda/Simper, Amanda/Harvey, Paula	MWCC/SBKC/CRCC/INCC	1:35.99
2. McFadzean, Leda/Simper, Rachel/Rankin, Amanda/Harris, Brooke	GCCC/CRCC/LPKC/GCCC	1:37.96
3. Meredith, Sharlene (QAS)/Oldenhof, Lisa /Meek, Chantal/Barclay, Kate	SCCC/CRCC/SKCC/WLCC	1:38.26
4. Sumegi, Jacquelyne/Fogarty, Lyndsie/Coghill, Rowena/Allen, Amanda	INDO/BRIS/SCCC/SCCC	1:44.41
5. Colomb, Kristie/Wood, Andrea/Quick, Letitia/Mitchell, Alison	SKCC/INCC/MITTA/YVCC	1:45.19
6. Targ, Cara/Brown, Lucy/Vernon, Kellie/Wirth, Sarah	SBKC/SBKC/MWCC/GCCC	1:46.25
7. Russell, Taryn/Seidl, Emily/Forigione, Kate/Owen, Emily	SOCC/CRCC/CRCC/CRCC	1:46.58

K4 1000 18 Final

1. Leeson, Scott/Ballard, Blake/James, Nick/James, Luke	SBKC/SBKC/ SBKC/SBKC	3:12.29
2. Sumegi, Nicholas/Clark, Fraser/Kynaston, Doug/Phillips, Kaine	INDO/GCCC/MACK/CURR	3:15.24
3. Smith, Richard/Murray, Trevor/Grant, Chris/Kohlar, Jarad	ESS/YVCC/SKCC/PLCC	3:24.42
4. Leeson, Mark/Mills, Stuart (SASI)/Robinson, Tim/Peattie, Alex	SBKC/FLIN/SBKC/SBKC	3:29.45
5. Hawkins, Ty/Chellew, Nathaniel/Murray, Andrew/Berkley, Michael	ILLA/ILLA/YVCC/LPKC	3:31.00
6. McNicol, Jack/Botha, Alex/Bayer, James/Puyenbrock, Damien	WLCC/ONCC/WLCC/WLCC	3:46.66
7. Vowles, Kevin/Mepstead, Travis/Willocks, Rob/Dyett, Peter	SKCC/SKCC/PLCC/FCC	3:47.55

K1 1000 16 Final

1. James, Luke	SBKC	3:57.12
2. Bayer, James	(SASI)WLCC	4:03.56
3. Sumegi, Nicholas	INDO	4:08.91
4. Leeson, Mark	SBKC	4:10.28
5. Berkley, Michael	LPKC	4:11.37
6. Tibbets, Jeremy	(QAS)SCCC	4:12.09

7. Rowe, Adam	LPKC	4:18.91
8. Miles, Scott	SBKC	4:28.23
9. McNicol, Jack	WLCC	4:31.25

LK1 1000 16 Final

1. Fogarty, Lyndsie	(QAS)BRIS	4:25.75
2. Field, Chantel	WLCC	4:32.27
3. Liiv, Nicola	GLCC	4:33.61
4. Garrod, Rebecca	SBKC	4:39.20
5. Perry, Kimberly	SBKC	4:44.81
6. Misson, Kirstie	BEND	4:48.68
7. Fraser, Tegan	BEND	4:53.33
8. Peattie, Kristin	SBKC	4:54.42
9. Nottage, Eryn	(SASI)WLCC	4:58.00

C1 1000 Final

1. Wakim, George	FCC	4:24.52
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K1 1000 Final A

1. Robinson, Clint	(AIS)SCCC	3:36.73
2. Scott, Peter	(NSWIS)MWCC	3:38.53
3. Hughes, Owen	MWCC	3:38.76
4. Crilly, Nick	(QAS)GCCC	3:41.13
5. Young, Luke	(AIS)CBCC	3:41.37
6. Austin, Scott	(NSWIS)MWCC	3:42.02
7. Beavis, Jamie	(SASI)ONCC	3:43.43
8. Woodman, Brendan	(QAS)GCCC	3:46.78
9. Morton, Brian	(AIS)SCCC	3:51.77

LK1 1000 Final A

1. Nossiter, Yanda	(NSWIS)SBKC	4:05.84
2. Harvey, Paula	(AIS)INCC	4:06.83
3. Harris, Brooke	(QAS)GCCC	4:07.33
4. Simper, Amanda	(WAIS)CRCC	4:08.20
5. Rankin, Amanda	(NSWIS)LPKC	4:09.23
6. Barclay, Kate	(SASI)WLCC	4:09.71
7. Simper, Rachel	(WAIS)CRCC	4:11.67
8. McFadzean, Leda	(AIS)GCCC	4:19.83

K1 1000 22 Final

1. Johnson, Brett	LPKC	3:50.36
2. Lewis, Beau	(WAIS)ASKC	3:50.69
3. Chalmers, Jono	(NSWIS)SBKC	3:51.32
4. Rogers, George	(SASI)FLIN	3:52.59
5. Colomb, Keith	SKCC	3:53.10
6. Poole, Ben	GEEL	3:56.19
7. James, Toby	(NSWIS)SBKC	3:57.41
8. Burns, Steve	(NSWIS)MWCC	3:58.01
9. Burton, Tom	BUCC	4:03.23

K4 1000 Invitational Race

1. Chaffer, Ross/Morton, Brian/Robinson, Clint/Young, Luke	2:56.83
2. Suska, Shane/Austin, Scott/Scott, Peter/Watkin, Tim	3:00.38
3. Norton Smith, Julian/Beavis, Jamie/Roser, Matt/Pickering, Glen	3:04.83
4. Fielder, Brett/Woodman, Brendan/Crilly, Nick/Rodgers, Craig	3:05.84

K2 1000 16 Final

1. Miles, Scott/Leeson, Mark	SBKC/SBKC	3:50.61
2. McNicol, Jack/Bayer, James	(SASI)WLCC/WLCC	3:55.90
3. Rowe, Adam/Berkley, Michael	LPKC/LPKC	3:56.90
4. Murray, Andrew/Davis-Ross, Eli	YVCC/ONCC	4:34.54

K1 1000 18 Final A

1. Ballard, Blake	(NSWIS)SBKC	3:57.57
2. James, Luke	SBKC	3:59.66
3. Leeson, Scott	(NSWIS)SBKC	4:02.68
4. Botha, Alex	ONCC	4:04.33
5. James, Nick	SBKC	4:05.11
6. Murray, Trevor	YVCC	4:05.56
7. Phillips, Kaine	CURR	4:06.45
8. Chellew, Nathaniel	ILLA	4:10.96
9. Kohlar, Jarad	PLCC	4:11.63

K1 1000 18 Final B

1. Hawkins, Ty	ILLA	4:01.05
2. Kynaston, Doug	MACK	4:04.80
3. Smith, Richard	ESS	4:05.70
4. Sumegi, Nicholas	INDO	4:09.54
5. Bayer, James	(SASI)WLCC	4:09.97
6. Huskies, Corey	BRIS	4:10.61
7. Smith, Paul	BRCC	4:12.26
8. Leeson, Mark	SBKC	4:13.82
9. Peattie, Alex	SBKC	4:20.38

LK1 1000 18 Final

1. Coghill, Rowena	(QAS)SCCC	4:27.66
2. Baccanello, Lydia	(SASI)WLCC	4:30.17
3. Gittoes, Kim	SBKC	4:31.03
4. Taylor, Skye	BEND	4:38.73
5. Allen, Amanda	SCCC	4:39.01
6. Sumegi, Jacquelyne	INDO	4:39.24
7. Owen, Emily	(WAIS)CRCC	4:45.68
8. O'Shea, Nicole	BEND	4:47.16
9. Fogarty, Lyndsie	(QAS)BRIS	5:00.84

LK1 1000 18 Final

1. Liiv, Nicola	GLCC	4:41.69
2. Ireland, Jillian	SBKC	4:41.89
3. Garrod, Rebecca	SBKC	4:44.44
4. Perry, Kimberly	SBKC	4:46.72
5. Peattie, Kristin	SBKC	4:47.95
6. Field, Chantel	WLCC	4:48.11
7. Cox, Elise	SKCC	4:50.68
8. Carrie, Ella	MITTA	5:08.87
9. Cooper, Emma	ONCC	5:21.01

LK2 1000 18 Final

1. Baccanello, Lydia (SASI)/Hegarty, Elizabeth (SASI)	WLCC/WLCC	4:11.44
2. Coghill, Rowena (QAS)/Sumegi, Jacquelyne	SCCC/INDO	4:16.66
3. Owen, Emily (WAIS)/O'Shea, Nicole	CRCC/BEND	4:19.16
4. Gittoes, Kim/Ireland, Jillian	SBKC/SBKC	4:22.81
5. Taylor, Skye/Cox, Elise	BEND/SKCC	4:23.48
6. Garrod, Rebecca/Peattie, Kristin	SBKC/SBKC	4:29.91
7. Carrie, Ella/Murray, Rachel	MITTA/YVCC	4:44.18
8. Farmer, Lori/Cronin, Nicola	WLCC/MITTA	4:49.80

LK2 1000 Final

1. Simper, Rachel (WAIS)/Forgione, Kate	(WAIS)CRCC/CRCC	3:55.53
2. Oldenhof, Lisa (WAIS)/Meredith, Sharlene	(QAS)CRCC/SCCC	4:02.34
3. Wirth, Sarah (AIS)/Barclay, Kate	(SASI)GCCC/WLCC	4:05.76
4. Wood, Andrea/Mitchell, Alison	INCC/YVCC	4:08.23
5. Tegg, Susan/Colomb, Kristie	INCC/SKCC	4:09.95
6. Meek, Chantal/Vernon, Kellie	SKCC/MWCC	4:11.06
7. Hunter, Robyn/Quick, Leticia	ESS/MITTA	4:14.80
8. Seidl, Emily (WAIS)/Russell, Taryn	(WAIS)CRCC/SOCC	4:17.47
9. Targ, Cara (NSWIS)/Brown, Lucy	(NSWIS)SBKC/SBKC	4:27.87

LK4 500 18 Invitational

1. Hegarty/Coghill/Gittoes/Baccanello	1:47.57
2. Allen/Sumegi/Owen/O'Shea	1:50.54
3. Liiv/Taylor/Garrod/Field	1:56.49

LK4 500 Invitational

1. Oates-Wilding/McFadzean/Rankin/Nossiter	1:38.50
2. Harvey/Meek/Simper/Harris	1:40.59
3. Oldenhof/Meredith/Forgione/Simper	1:42.03
4. Wirth/Hegarty/Targ/Barclay	1:44.28
5. Vernon/Colomb/Seidl/Russell	1:51.76

K2 1000 Final

1. Young, Luke (AIS)/Morton, Brian (AIS)	CBCC/SCCC	3:17.43
2. Quill, Justin (AIS)/Robinson, Clint (AIS)	WARR/SCCC	3:21.71
3. Austin, Scott (NSWIS)/Scott, Peter (NSWIS)	MWCC/MWCC	3:22.17
4. Norton Smith, Julian (AIS)/Rodgers, Craig (AIS)	BUCC/CBCC	3:23.97
5. Christianson, Piers/Singleton, Glen	BRCC/INCC	3:25.52

6.	Crilly, Nick (QAS)/Woodman, Brendan(QAS)	GCCC/GCCC	3:25.99
7.	Beavis, Jamie (SASI)/Alagich, Chris(SASI)	ONCC/WLCC	3:28.61
8.	Pickering, Glen (QAS)/Sherry, Ben(QAS)	BRIS/CURR	3:32.16
9.	Watkins, Tim (NSWIS)/Suska, Shane(NSWIS)	MWCC/LMNC	3:35.29

C2 1000 Final

1.	Vince, Julian/[TBA]	INCC
2.	Vowles, Stuart/Boyle, James	FCC/FCC
3.	Wakim, George/Marczak, Sebastian	FCC/PEN
4.	Armour, Chris/Armour, Daniel	PEN/PEN

LK2 1000 16 Final

1.	Liiv, Nicola/Fogarty, Lyndsie	(QAS)GLCC/BRIS	4:13.26
2.	Garrod, Rebecca/Peattie, Kristin	SBKC/SBKC	4:29.70
3.	Field, Chantel/Nottage, Eryn	(SASI)WLCC/WLCC	4:32.21
4.	Fraser, Tegan/Dyett, Helen	BEND/BEND	4:39.94
5.	Perry, Kimberly/Carlyle, Heidi	SBKC/SBKC	4:42.57
6.	Targ, Alana (NSWIS)/Robinson, Meggie	SBKC/SBKC	4:57.18

K4 500 18 Invitational

1.	Clark/Ballard/James, L/Botha	3:18.51
2.	Kyneston/Hawkins/James, N/Smith, R	3:20.26
3.	Leeson, S/Chellew/Phillips/Huskies	3:25.98
4.	Peattie/Bayer/Murray/Robinson	3:39.92

K4 1000 Final

1.	Austin, Scott (NSWIS)/Suska, Shane (NSWIS)/ Scott, Peter (NSWIS)/Watkins, Tim (NSWIS)	3:12.99
2.	MEEK, Chad/Leverett, Michael/ McMullan, Cameron/ Singleton, Glen MITTA/SKCC/ ECH/INCC	3:14.09
3.	Webster, Darren (NSWIS)/Hoschke, Nigel (NSWIS)/ McGregor, Ben (NSWIS)/Chaffer, Ross (NSWIS)MWCC/MWCC/SBKC/LPKC	3:20.86
4.	Poole, Ben/Colomb, Keith/Carrie, Alistair/ Monti, AdrianGIEL/SKCC/MITTA/ECH	
5.	Chalmers, Jono (NSWIS)/Dean, Justin (NSWIS)/ James, Toby (NSWIS)/Burns, Steve (NSWIS) SBKC/LMNC/SBKC/MWCC	3:30.93
6.	Manser, Andrew/Woodward, Nick/Williams, Steven/ Knight, Edward YARR/YARR/YVCC/SKCC	3:43.25

pre australian championship australian team selection event penrith whitewater stadium, nsw

Held this year as a prelude to the National Titles, the race also doubled as a selection event for the 2000 Australian Canoe Slalom Team and again allowed Australia's Olympic hopefuls more exposure to the world's best canoeists on the Olympic course.

Lukas Pollert, the 1992 Olympic Champion and 1996 Olympic Silver Medallist from the Czech Republic best dominated the whitewater to claim first place from Western Australia's Robin Bell and Tasmania's Justin Boocock in the opening event of the new millennium.

Open C1 Men's

1.	Lukas Pollert	CZE	238.77
2.	Robin Bell (WA)	SCC	240.33
3.	Justin Boocock (TAS)	NCC	242.68
4.	Kynan Maley (WA)	SCC	250.49

Open K1 Women's

1.	Margaret Langford	CAN	261.66
2.	Violetta Peters	AUT	261.81
3.	Hella Pannewig	GER	264.05
4.	Mia Farrance	CPRT/VIS	272.09
5.	Danielle Woodward	CPRT/VIS	273.83

Open K1 Men's

1.	Scott Shipley	USA	219.95
2.	Ian Wiley	IRL	228.09

3.	John Wilkie	THCC (NSW)	229.33
4.	Anton King	CPRT/VIS	237.21
5.	Warwick Draper	CPRT/VIS	238.32
6.	Lachlan Milne	CPRT/VIS	240.46

Open C2 Men's

1.	Andy Wilson/Rob McGuinness	NSW	264.66
2.	Smith/Bowman	GBR	310.47
3.	Andy Farrance/Kai Swoboda	CPRT/VIS	335.24

14 Years Men's K1

1.	Will Forsythe	189.50
2.	Liam Garvey	261.28
3.	Robbie Jeffrey	369.40
4.	Toby Kowal	373.68
5.	Christopher Cole	455.80

16 Years Men's K1

1.	James Dawson	335.30
2.	Dylan Thomson	349.78
3.	Matthew Dean	355.55
4.	Bradley Lauder	366.12
5.	Cameron Gee	387.07

18 Years Men's K1

1.	Timon Walkley	NZ	286.45
2.	Wayne Pretty	NZ	292.75
3.	Johann Roozenburg	NZ	296.60
4.	Daniel Lawrey	NZ	297.21
5.	Jonathon Treloar	CPRT	298.02

22 Years Men's K1

1.	Peter Skardon	HVCC	272.37
2.	Tim Watson	DCC	285.16
3.	Scott Maidment	DRCC	300.88
4.	Kim Garrioch	CPRT	305.03
5.	David Treloar	CPRT	345.48

Masters Men's K1

1.	Kevin Songberg	CPRT	272.98
2.	Robert Delderfield	BRCC	284.54
3.	Gary NelsonI	CC	342.09
4.	Andrew Barkham	BRCC	404.19

Open Men's K1

1.	Scott Crabtree	CPRT	272.78
2.	Kaine Pinder	CPRT	346.47
3.	Adrian Cooper	TCC	369.99
4.	Kirk Stone	KKK	371.27
5.	Rod Hammel	BRCC	373.48

Veterans Men's K1

1.	John Wilde	CCC	382.56
2.	Chris Wharton	CPRT	393.72
3.	Chip Kaufman	CPRT	453.65
4.	Michael Wilson	INCC	457.28
5.	Brian Cooper	CPRT	578.29

Open Mixed C2

1.	K Hewitt/B Hankinson	BRCC	512.54
2.	H Shaw-McGuinness/S Cole	BCKK/THCC	525.57
3.	J Wilde/J Farrance	CCC/CPRT	803.86





APRIL 2000		
2 April	Slalom	Series Race 1 Sanitarium Yarra Warrandyte Victoria
2-3 April	Sprint	OAP Training Camp Penrith NSW
8-9 April		Weekend Canoe Camp Kingston Caravan Park SA
6-15 April	Sprint	Port Pirie Regional Masters Games - Marathon & Sprint SA
15-16 April	Slalom	Selection Trials Penrith Whitewater Stadium , NSW
17-20 April	Sprint	Regatta (Invite Only) International Regatta Centre NSW
21-23 April	Sprint	OAP Training Camp Penrith NSW
21-24 April	Canoe Polo	Australian Championships Penrith NSW
21-25 April		Long Weekend trip Murrumbidgee River SA
22-23 April	Marathon	National Marathon Championships Swan River WA
23 April	Wildwater	Griffiths to Westerfolds Victoria
24-27 April	Slalom	Australian Team World Cup Training Penrith Whitewater Stadium NSW
27-30 April	Sprint	Final Selection Trials/Regatta (Invite Only) International Regatta Centre NSW
28-30 April	Slalom	ICF Slalom World Cup 1 Penrith Whitewater Stadium NSW
MAY 2000		
6 May		Morning Paddle West Beach boat ramp SA
7-9 May	Sea Kayak	VBCE Ultimate Sea Kayak weekend, Victoria
13-14 May	Rodeo	Australian Rodeo Championships Penrith Whitewater Stadium NSW
13-14 May	Whitewater	Northern Zone Championships Nymboida, NSW
13-15 May		Long weekend trip The Coorong, SA
14 May	Slalom	Sanitarium Yarra series race 2 Finns Reserve Victoria
25 May	Sea Kayak	Torrens Island circumnavigation from Garden Island boat ramp, SA
30 May	Rodeo	Plastic Pig Day Goolong Creek Victoria
JUNE 2000		
7 June	Marathon	Race 2 Warrnambool CC (singles)
10-12 June		Weekend base camp Lindsay River SA
11 June	Slalom	Sanitarium Yarra series race 3 Griffiths Park Victoria
21 June	Marathon	Race 3 Essendon CC (doubles)
26 June		Day paddle Swan Reach/Punyelroo SA
JULY 2000		
8-9 July		Weekend car camp River Murray Lagoon SA
9 July	Wildwater	Kirinari Race 2 Victoria
15-16 July	Slalom / Wildwater	Country Series Race 1 King River Victoria
18 July	Marathon	Race 4 Paterson Lakes CC
AUGUST 2000		
9 August	Marathon	Race 5 Geelong CC (singles) Victoria
13 August	Wildwater	Kirinari Race 2 Jumping Creek to Warrandyte
20 August	Slalom	Sanitarium Yarra series race 4 Fitzsimmons Lane Victoria
19-20 August	Whitewater	Northern Zone Championships - Nymboida Cup Nymboida NSW
26-27 August	Whitewater	Southern Zone Championships Cotter

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

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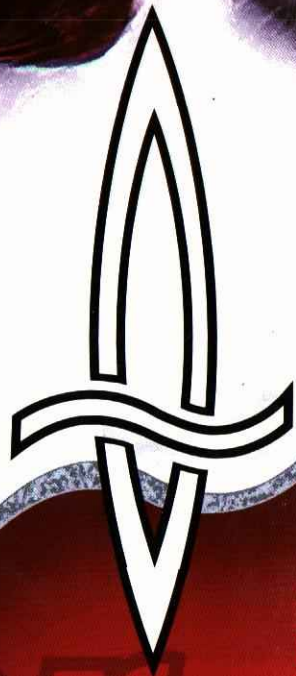
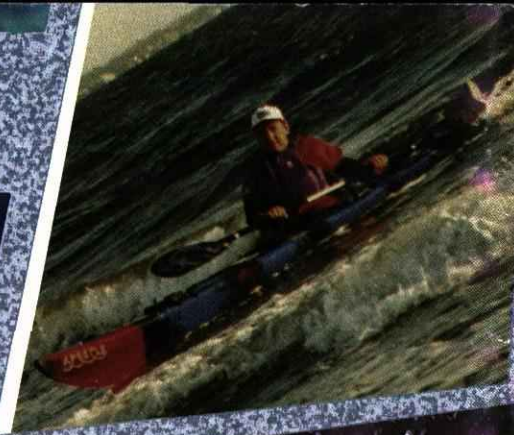
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