

kayak & canoe

KC magazine

VOL: 15 2000 \$5.95

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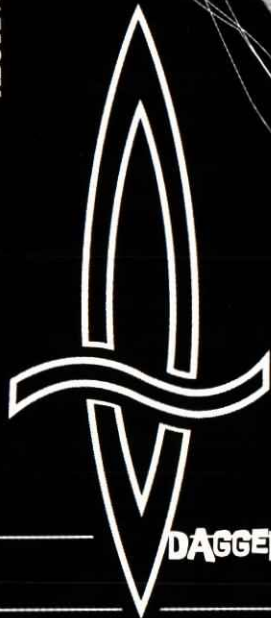
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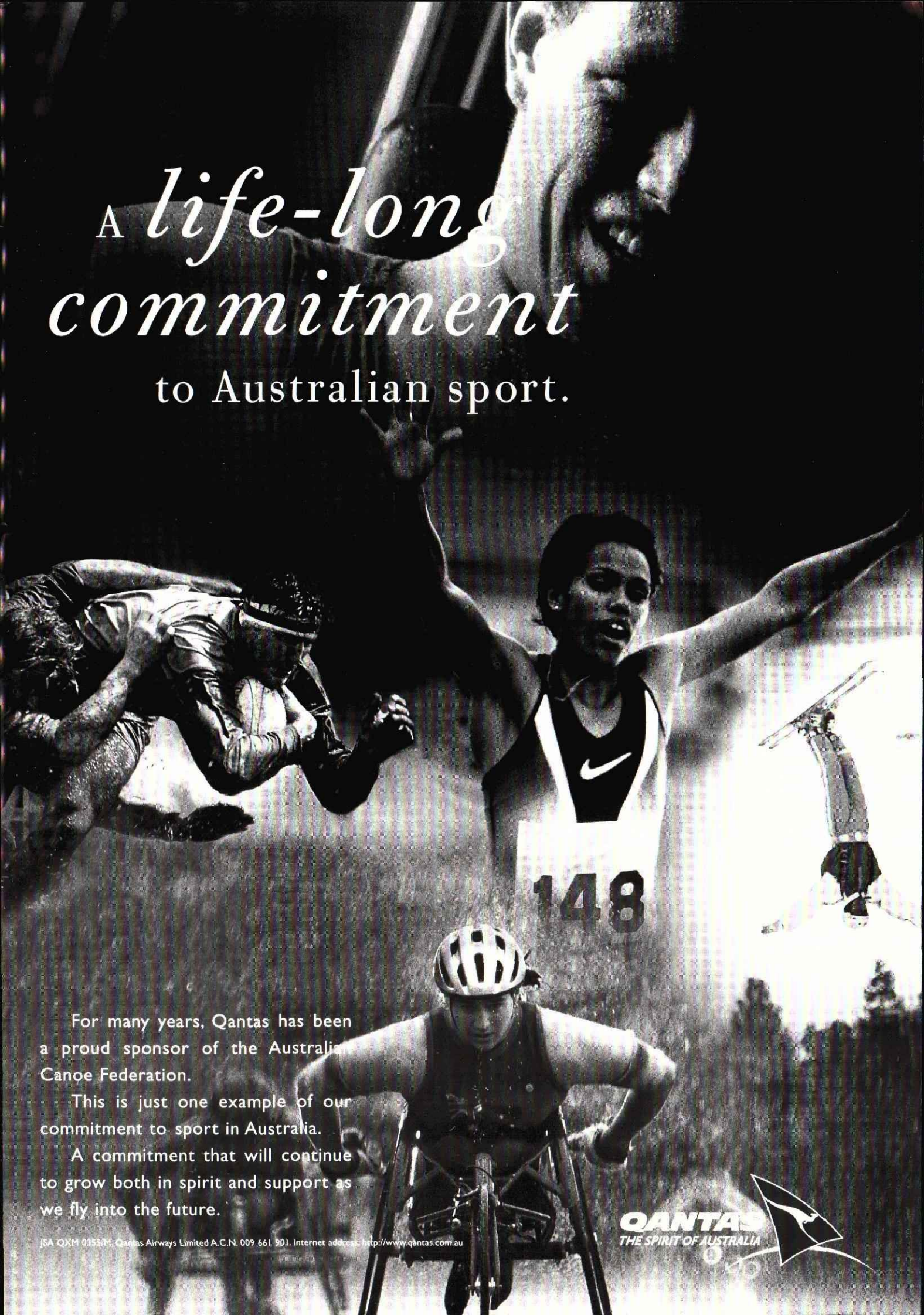
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note from the editor ...

Welcome to Issue 15.

They say all good things come to an end.

Sometimes I wonder who 'they' actually are. I was told the saying originated prior to the Prohibition era in the US when it became illegal to sell alcohol. Apparently, the guy who had just bought and then drunk the last bottle of beer, said the famous words, "Well boys, all good things come to an end."

Either way, it must have sounded so profound that everyone now uses it. Whether or not you fancy questioning my loose hold on historical reality or not, what I have been trying to say for the last few paragraphs is that my position as editor for Australian Canoe and Kayak Magazine is no more. I have accepted the position as editor for the Endurance Sport Channel with rushTV, a multi-media company based in Manly, Sydney. If you get a chance, check out the endurance website on: www.rushtv.com.au

I think you'll like it.

I leave you with a pretty solid issue. A great story on a sea kayaking expedition to the Pearson Islands off the coast of South Australia. We take a look at one of the benefits of Olympic Athlete Funding and Freelance Journalist Stephen Schaefer profiles our Olympic medal hopefuls Anna Wood and Katrin Borchert and the Ladies K4 500m team. Tasmanian Wildwater paddler Adam Dickenson has done stories on the gruelling Cradle to Coast Ultra-marathon and he has also done a range of paddler profiles focussing on the members of the Australian Wildwater Team. For any event organisers, KC also looks at Liability Insurance. Liz Broad and National Coaching Coordinator Lynda Lehmann tell us about supplements to aid our health and performance. Apparently all legal.

I think.

We have the complete results sheet from the Australian Sprint Championship, event calendars and last but not least the great Liam Guilar, 2015 Pulitzer Prize winner, takes us into the realm of freestyle kayaking with, thank the Lord, Piggy's Last Stand.

Thanks to Jon Bisset, Peter Horne, and Katie Culbert at Australian Canoeing for all your assistance and to all the regular contributors for making it a really enjoyable experience. I hope that KC Magazine kicks on to be the premier Canoe and Kayak Magazine in the world.

Or at the very least, the Southern Hemisphere

Scott Wood



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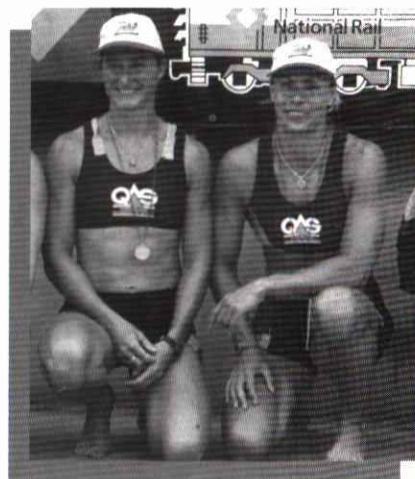
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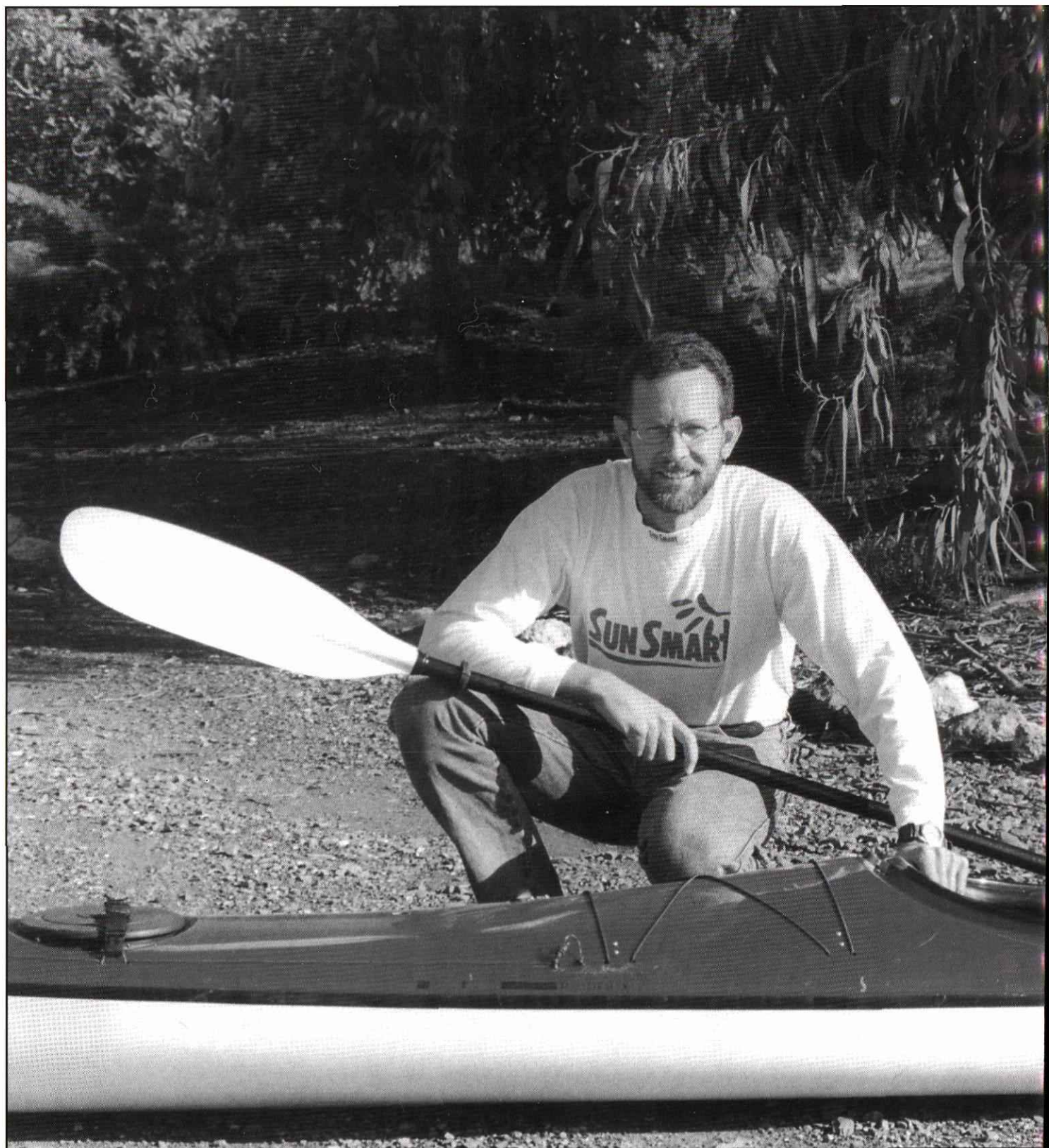


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PEARSON ISLANDS SOLO SEA KAYAK EXPE



DITION



Many people would not associate South Australia with spectacular and isolated off-shore islands, temptingly positioned so as to attract the seasoned sea kayaker. However it does, and it was the Pearson Islands off the South Australian (SA) coast that were calling to me. They are located some 70 km off Elliston, Eyre Peninsula, in the Great Australian Bight and are South Australia's most remote island group. The added temptation for me was that they had never been paddled to before.

So why do a solo paddle?! Well, I was fortunate enough to have been sea kayaking for a number of years as part of small expedition group in SA. I also had the opportunity to organise a number of serious expeditions, including the first all-SA expedition across Bass Strait. So, I was keen to discover if I had the skills and experience to undertake such an adventure on my own.

I had been thinking and planning the trip for about seven months, and planned to undertake the trip in January 2000 - I thought it would be a great way to start the year 2000. So after New Year's Eve I sat at home in the Barossa with all my equipment packed and watched the weather on the net waiting for a four-day weather window. On the 7th of January, the weather looked favourable, so I made contact with Mike, the Australian Volunteer Coast Guard at Port Lincoln, to inform him that the trip was on. I kissed my wife, Vicki and my children, Jami and Daniel, goodbye, jumped in my trusty old ute and was off.

Arriving in Elliston the next morning at about 8.30am, I parked on the beach and quickly packed my kayak. I wanted to park my ute in a safe location so I chose the front of the local police station only to discover upon my return, and much to my amusement, that there hadn't been any

police there for months.

While I was walking back to where I had left my kayak the enormity of my challenge hit me. I started to question myself - had I really considered the risks of this challenge?; was I truly fit enough?; did I really wish to do this paddle on my own? Physically getting into my kayak and starting to paddle was one of the most difficult things I had done as a sea kayaker, something I had not experienced before. [A good reminder to me, as an Outdoor Recreation Lecturer, of the feelings my students must have as they strive to meet the frequent challenges of their courses.]

At 9.40am I slowly paddled out into the mist that surrounded the shore that morning. I was heading for Topgallant Island (named by Matthew Flinders because it gave the appearance of a square rigger under full canvas) 13.8 nautical miles away. For the first hour I had to follow a compass bearing as the mist, combined with 2 to 3 metre sea swell, made the island impossible to see. As the island came into view I felt at home again on the water and enjoyed watching the island grow in the distance, rising to display its magnificent limestone cliffs. Just before I reached the island I was joined by a small pod of dolphins. They played lazily around me, but still moved with striking speed, just letting me know how slow they thought I was. The high cliffs of Topgallant Island where beautiful; however, it was the spectacular rock pinnacles reaching to the sky that drew my attention. A breaking reef to the south-west joined the pinnacles to the main island. A tempting playground, but as a solo paddler I felt I needed to exercise extra caution and venture no closer.

I knew there was much more beauty to come, so as it was now about 1.40pm, I felt it was time to move on. I was heading to Flinders Island, an island large enough for pastoral use being approximately 14 km by 7.5 km. The island was

Adventurer David Williamson prepares for his Pearson Islands expedition

PEARSON ISLANDS

SOLO SEA KAYAK EXPEDITION

not named after Matthew Flinders, but his brother Samuel Ward Flinders, second Lieutenant on board the Investigator. In the early 1800s a hermit sealer lived on the Island; he became very ill, and fearing the end was near, buried his chest full of money away from the camp. So, rumour is there is treasure to be found on Flinders Island.

As I came closer and closer to the island I was impressed by its coastal diversity; from rugged cliffs to tranquil bays and sandy beaches. It was really quite beautiful and I could have spent a number of days just exploring the coastline. My camp planned for the night was 6.5 nautical miles away from Topgallant Island in a small bay on the southeast side of Flinders Island. On my way in, I paddled past one of the local abalone dive boats and had a chat with the owner who also took a photo so he could show his mate at the local pub how crazy these sea kayakers really are! I was happy to reach shore at 3.40pm and have a chance to explore my new surroundings. (No treasure!!!)

The next day's weather was fantastic with glassy rolling ocean swells and great visibility. I was on the water at 9.05am and started heading towards the Pearson Islands, 17.4 nautical miles away. From a distance the Pearson Islands look like two volcanoes sticking out of the water, and, as I paddled on, I watched the islands reveal their huge granite cliffs. From time to time, I was joined by small pods of dolphins and the occasional penguin. As I neared the islands I came across a tuna farm and its three work boats on their way out into the Great Australian Bight. I paddled in closer to have a chat with the Skipper and crew. One of the crew offered me a nice cold beer which I could not refuse. It really hit the spot on this warm day. After thanking them for the beer I paddled on to Pearson and arrived at 1.30pm. This gave me the afternoon to explore those spectacular granite cliffs and surrounding

islands.

The Pearson Islands were named after Matthew Flinders' brother-in-law and consist of a small main island (which, during a storm, would itself be divided up into three islands) and a number of smaller islands dotted to the west and southmost of the main island. I had decided to camp on the eastern side of the island in a small bay which provided a sandy beach to land on. As I paddled into the bay I was joined by about thirty to forty Australian sea lions all curious to check out their strange visitor. We had a bit of a surf session together and, once again, I was easily out-classed, so I headed to shore. Some of the sea lions continued to play in the surf. I felt sure this was just their effort to rub salt into my already damaged pride. There were a number of sea lions on the beach, so we made a verbal agreement 'you stay on the northern end of the beach and I'll stay on the southern end' to which I am sure I had a confirming nod!! (the conversations you have as a solo paddler; perhaps the Abalone Diver was right!!).

Seeking an updated weather forecast, I climbed to the navigation light on the main island. I knew that Mike would be transmitting a forecast at 5.15pm and I hoped I would be high enough to receive it. Much to my surprise, as I made my way to the light, I encountered a large number of endangered Brush Tail Wallabies. The island must not get many visitors as they seemed to have no fear of me. In fact, one of them jumped on top of me while I was trying to sleep that night.

Mike's forecast came through loud and clear, but I was unable to get any message back, which surprised me. With mixed emotions I had learned that the weather was to change over the next few days which meant I needed to leave the next day, taking the direct route (some 37 nautical miles) back to the mainland. I was disappointed to cut short my explorations, but happy I had had the chance to reach these islands



and keen to get safely back home to my family.

Sunrise that morning was another highlight, adding to the beautiful scenery of the last two days. I packed my kayak, said goodbye to my new found friends and was on the water at 8.50am. The length of the paddle this day, and the concentration needed to follow a compass bearing for most of the day (due to lack of visible land marks), was indeed a challenge. I will not forget it. This particular experience really brought home the pleasure of paddling with others who can share the compass work and provide encouragement, or even idle conversation to help pass time.

The wind steadily increased all day, with seas growing to 2-3m. The cliffline around Elliston itself is quite spectacular, and was a welcoming sight after a very long day at sea. This



Tuna farm near Pearson Islands. Photo: David Williamson

was not the end of my journey, though, as I still had to negotiate the entrance to Waterloo Bay concealed among these cliffs. It was with much satisfaction (and a numb backside) that I carefully picked my way through the breaking reefs which guard the bay and paddled into its quite waters. Landing back at Elliston at 6.25pm, I felt a real sense of achievement. In my planning, and even as I headed out, I knew this trip would be challenging both physically and mentally.

It was over. All I had left to do was load up my trusty old ute (which was still at the deserted police station), phone Vicki and Mike to let them know of my safe return, have a quick celebratory tea at the pub and drive home.

So what did I learn? I learnt that I enjoy sharing my experience with other paddlers - when you can say 'look at that!' and get a response. I

learnt that I had it in me to undertake such a trip. And I learnt that following a compass by yourself for hours on end is no fun at all.

Would I do it all again? Probably not an expedition of this size. I much prefer to share the experience with others.

MAJOR SAFETY EQUIPMENT CARRIED:

- Flares
- Personal Flotation Device (PFD) with whistle, worn at all times (no point in being separated from your kayak with your PFD stored safely in your kayak)
- Very High Frequency (VHF) marine radio
- Emergency Position Indicating Radio Beacon (EPIRB) - attached to PFD
- All round night light and strobe (attach to PFD)
- Back Up paddles
- Compass

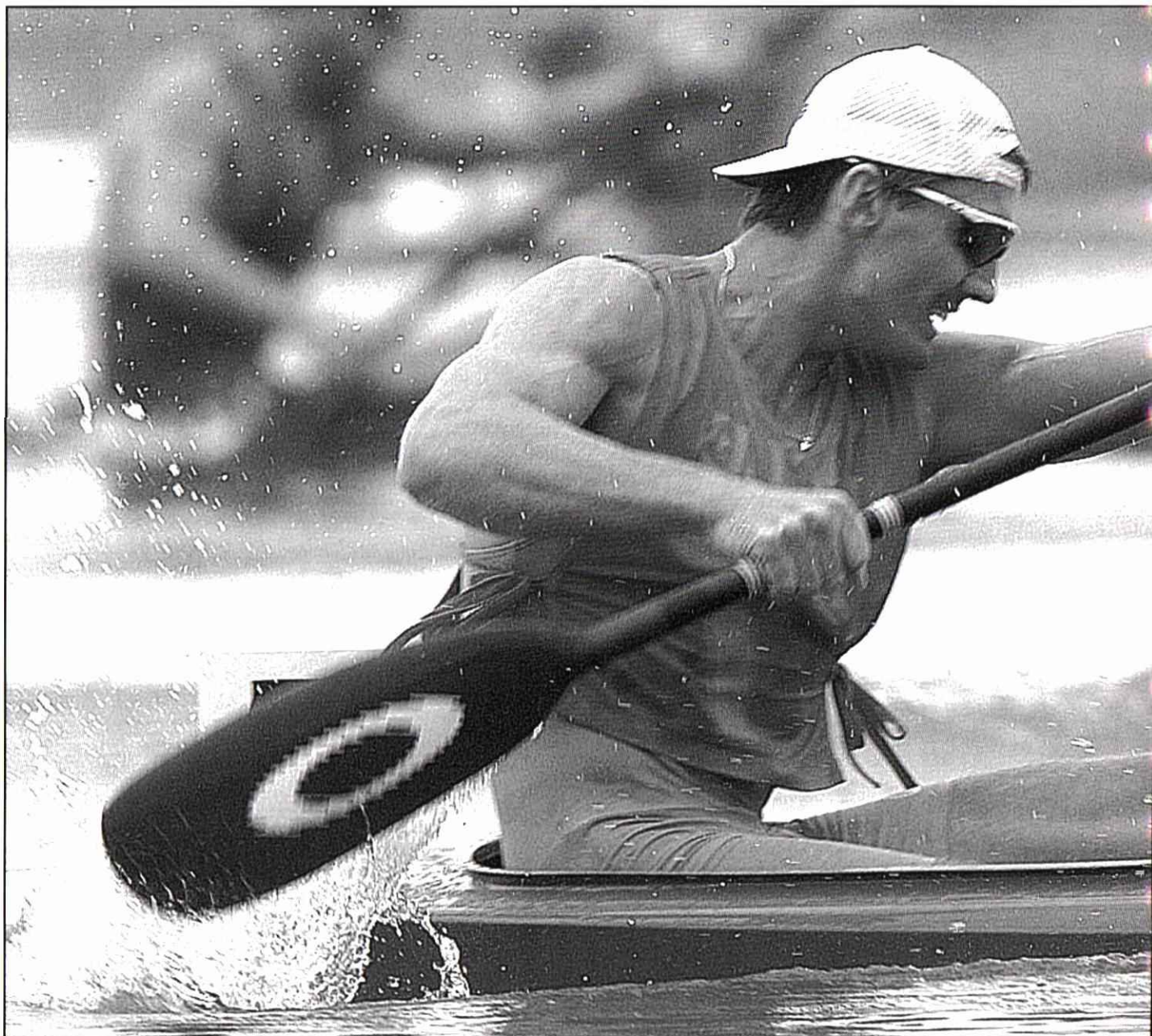
Chart

- Global Positioning System (GPS)
- Six days' food and water

BASIC PLANNING PHILOSOPHY

Plan to be self-reliant, but make it as easy as possible for rescuers to find you because they will look for you if you are overdue - no point endangering their lives by making yourself hard to find. Secondly, be prepared for day and night paddling - it only takes a small breakdown or injury for a day paddle to become a night paddle.

olympic athlete program funding



Clint Robinson Photo: Courtesy Australian Canoeing Inc



the benefits



One of the benefits of having OAP (Olympic Athlete Program) funding for sprint and slalom canoe has been the ability to extend the technical input to training and competition through development of new technology. This article will outline some of the newer areas sports scientists with both teams have been working on in the past year.

Sprint Kayak

As many of you will be aware, sprint kayaking has long had biomechanists working with the team looking at force generation during strokes and consistency of boat speed (amongst other things). This year, this is being extended in two avenues:

1. Automated foot bars have been developed which will measure the force applied to the foot bar whilst paddling. This information can be integrated with data on the force applied to the paddle in order to provide a more complete picture of the whole stroke action. This type of information can be extremely beneficial to a coach as it helps to pinpoint adjustments that may be required to technique. When applied to a K4 boat, inevitably it will help advise on how to make the boat run smoother and faster with more coordinated action.

2. A pair of real-time biofeedback goggles is now available to team members. These goggles can be worn during a training session and have information fed through (such as force curves) whilst still allowing the athlete to see where they're going! The benefits are fairly obvious. In real time, the athlete can make adjustments to technique and actually see what the result is. The range of information you can feed through to the goggles is quite wide, and will extend as time goes on.

Slalom Canoe / Kayak

Not to be outdone, slalom canoe / kayak have also been working on increasing technology usage during training and competition.

1. Force production on the blades, whilst being used in sprint for many years, is new to slalom this year. The force transducers used have been made more water proof and have been trialed on Olympic team members. Two sets of transducers are available - one for kayak paddles and one for C1/C2 paddles. Although the interpretation of results differs a little to sprint, this technology will be used to look more closely at technique both on flatwater and whitewater, and for a variety of strokes.

2. Video analysis has expanded from simple playback of video on different sections of a course. Those who attended the domestic races or the April World Cup may have noticed leads attached to the video cameras, which allowed a live feed to go through to a mixer that recorded onto video tapes the full length of a run (switching between cameras at set times on the course). This proved so successful that it became a service provided to all nations attending the April World Cup. Further to this, NSWIS staff used a computer system called 'Sports Code' to upload this video footage onto computer and store it in such a way that coaches could provide very specific feedback to athletes in a very short time. For example, it can be used to look at technique on one gate, a set series of gates, all upstream gates, or even run two athletes head to head, all at the click of a computer mouse. Thanks to Apple Mac and Sports Code, the slalom team has been fortunate enough to be able to access this technology during their overseas tour where it is also being used to provide feedback on training sessions.

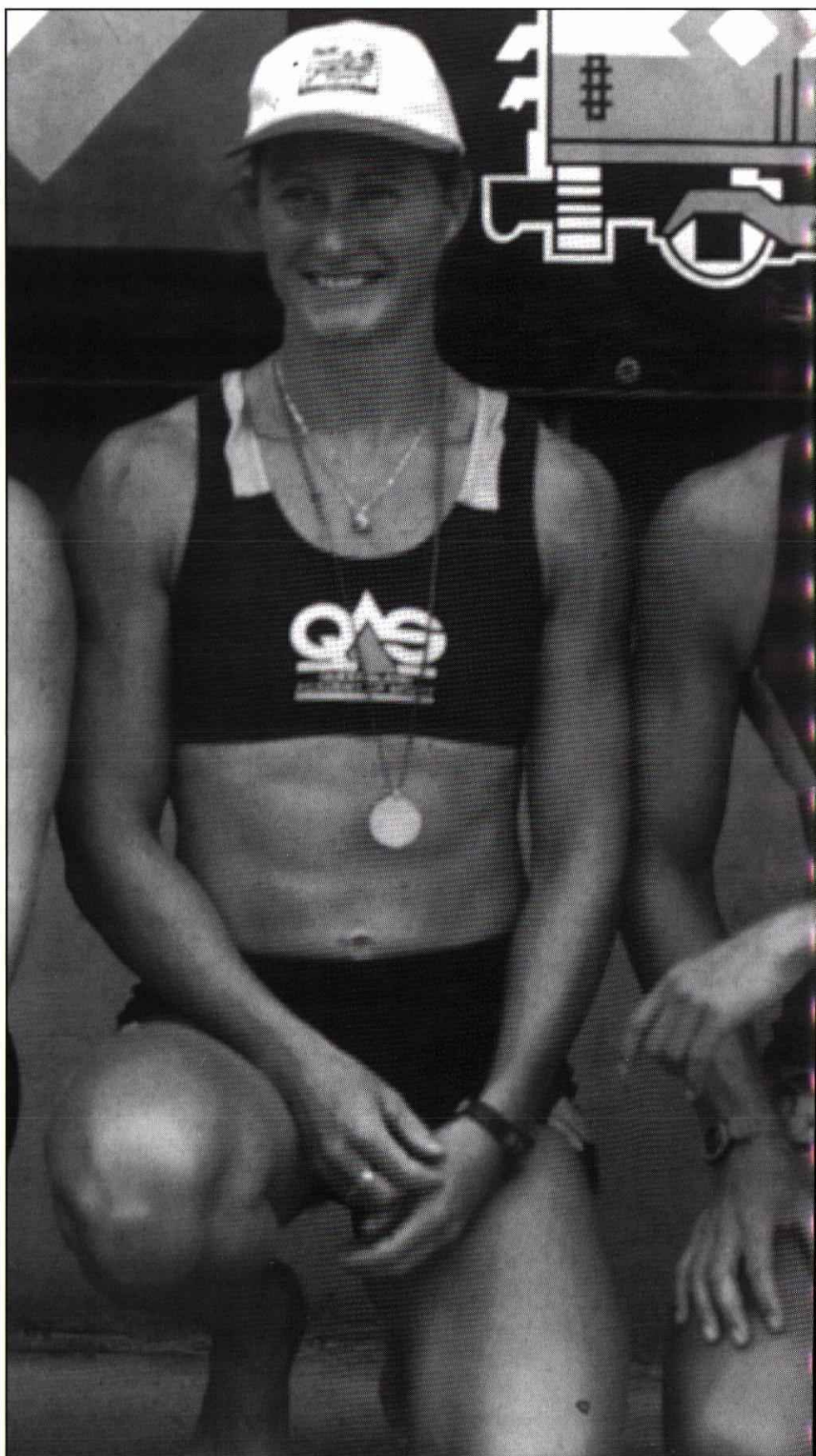
At present, these technical aids remain exclusive to senior National team members. However, their use may extend in years to come as the technology improves and perhaps becomes cheaper. In the mean time, don't hesitate to enquire if you want some more information or have a good look if you happen to see it in action so you can appreciate how the funding has been put to good use.

Liz Broad

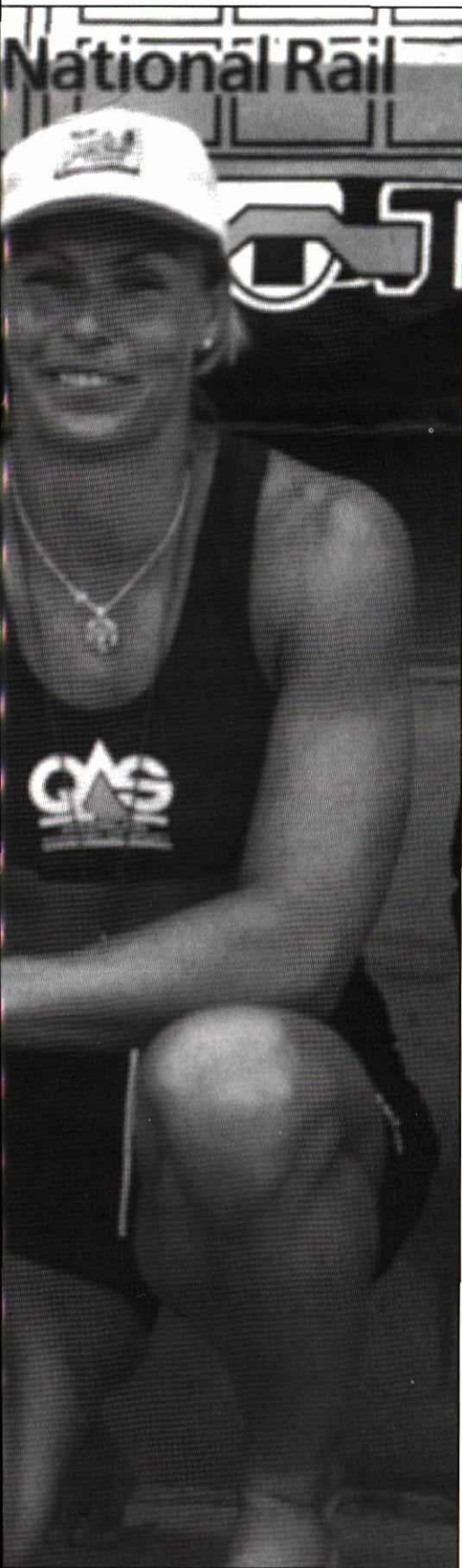
Danny Collins and Andrew Trim defend their Australian Title Photo: Courtesy Australian Canoeing Inc.



On current form it is anticipated that Australian kayakers will be prominent amongst the medals at this year's Olympic Games. For the past five years the K2 pairing of Anna Wood and Katrin Borchert, 1998 World Champions, have been our most consistent International performers and could well be our best bet for Gold.



On Golden Lake



Selection in the Olympic kayak team will give Gold Coast based Anna Wood a chance to finish her representative career in style. Wood, World Champion with Katrin Borchert in the K2 1000m for the past two years and at the Olympic distance of 500m in 1998, hopes to surpass the bronze medal she and Borchert won in Atlanta.

"It would be great to win a gold medal. Absolutely magnificent," Wood says. "I'd probably finish up like that. Especially on home ground it would be absolutely sensational. I'd bawl my eyes out."

Wood's illustrious career began with her selection in the Dutch sprint team between 1983 and 1989, before becoming an essential part of the Australian team from 1990. She has won nearly thirty national titles in the past eleven years in singles, pairs and fours, and at all distances.

"Canoeing has been a very important part of my life for the last twenty years," she says. "But I still consider it my hobby, and my sport, and my enjoyment. I always enjoy the training, I enjoy the sport and I'd keep paddling for enjoyment. Maybe do a little coaching and just see what happens."

The partnership with Borchert began in 1995 when they won the K2 500m national title. "She was European and I was European," Wood says. "That had a lot to do with it. We sort of came from a similar training background so we thought we'd give it a go in the K2 and it's worked."

The success of the partnership is simple, according to Wood. "We've got good communication skills and the same idea about training. Whatever we do we just go hard. Katrin's extremely committed. She will always give the best she has to give and I think I'm the same. There's no bludging.

"There's 100% trust in one another. That's very important as well, and that's probably the main thing."

Borchert agrees. "We're very professional about what we do. Once we're committed to something we just do it. In training and competition we know we're there to have fun, but it's not our priority. Our priority is to go on the water every time and win.

"On top of that we've obviously known each other for a very long

time. We're good friends and we both enjoy our sport, so we go very well together."

Borchert competed for Germany at the 1992 Olympics before becoming part of the Australia team in 1994. A fascination about Australia from an early age was confirmed when she came to Australia for training with the German team in 1990.

"When I arrived in Brisbane I jumped out of the plane and I thought, 'Wow', I didn't know what hit me. It was blue skies, nice and warm, friendly faces everywhere. It was the country I wanted to live in."

Borchert is a veteran of two Olympic campaigns and is looking forward to success in Sydney. "That would probably be the highest achievement you can dream of as an athlete.

"Winning a medal at an Olympic Games is extremely special and extremely rare. You don't meet too many people presenting you with an Olympic medal, and once you get the gold that's obviously the ultimate. That's something you have for the rest of your life."

After Sydney, Borchert plans to continue in the sport. "I can't see myself retiring once I'm going that well. I'd rather stick to something where I'm world class than picking something up I've got no idea about."

Unbeaten in six consecutive Australian championships at 500m, this year Wood and Borchert were pressed closely by another Queensland pair, Kerri Randle and Amanda Rankin. Wood acknowledged the challenge.

"They're definitely pushing us but our main aim is in six months time. We're trying to win here of course, but we're doing what we have to. We're looking forward to the international season, getting some experience there, and really building up towards the Olympics."

For a young girl growing up in Holland who brought her first boat with money earned from picking strawberries, Anna Wood has not let a lifetime commitment to paddling deter her from enjoying sport and life. If anyone deserves a golden moment in Sydney, she does.

Stephen Schaefer



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Brooke Harris and Paula Harvey have a few things in common. Both were born in Melbourne, Victoria and began their kayak careers in that State. They are also crew members of what has been virtually the number two boat at the training camps.

The challenge ahead of them has been to displace members of the number one boat if they want to cement Olympic representation. While the opportunity has been given to them, both Harris and Harvey know that the contest is to get their K1 times close to the unofficial leading crew. In the process though, no one loses sight of the desired outcome of the camps.

"The more times we can get into the team boats, get the atmosphere going, get all the girls working together as one, the better result we get for the country," says Harris.

"Rather than having eight individuals all of a sudden thrown into one camp all at each other's throats, we've sort of been told what's going on all along the way, and we're working together towards the same goal."

For 26 year-old Harris, a pastry cook by trade, her recipe for success has been the longer the better after her background in marathon racing. But if you want to go to the Olympics, and you're a woman, then the 500 metres is all there is.

After being a reserve for the national sprint team in 1995, Harris became a member of the sprint team in 1997 and was in the K4 crew at the world championships that year. Last year, she went on the first tour to Europe, but a 'shocker' in the race that counted left her out of the world championships team.

Harris is committed to the K4 camps. "It's good for the team, and it's good for getting the best boat we can get, as long as they don't lose sight of the fact we're trying to race a K4, not a K1.

"There's a balance there, and we've proven time and again that the fastest four K1s don't make the fastest K4." Having said that, Harris acknowledges the difficulty of judg-



TEAM PLAYERS

ing who works best in K4 without using the singles times.

For Paula Harvey, the sole Victorian in the national sprint team in the past two seasons, her ambition in coming to the camps is to make the national side again this year. "I guess that's every athlete's goal, to make a national team the year of the Olympics."

Harvey, a 25 year-old marketing student, initially found the concept of the camps difficult to accept with the time away from home environment and equipment a distraction from training. That changed.

"I came back from the first one thinking that was fantastic," Harvey says. "I think it's important all the girls get together, and get thrown around in different boats and combinations so you can learn to paddle in different positions and in different situations.

"Technically you learn a lot. You get different perspectives from different coaches which is really important and I always come away thinking I learnt something from that and I'm a better athlete for it. So I look forward

to camps now which is really good."

A former gymnast, Harvey started paddling five years ago. She was fortunate to get involved with the right people initially and went from strength to strength, making the Victorian sprint team within two years.

Harvey believes the competition for team places can only benefit the final team chosen. "We wouldn't be where we are without the pushing and competitiveness of other crews, because obviously in the water you want to beat them irrespective of who they are."

The Australian sprint section of the canoe/kayak team has now been chosen. Apart from Anna Wood and Katrin Borchert, who will compete in the singles and pairs, the team does not include Harris and Harvey.

Their contribution has been significant however, as has that of the other squad members not chosen. The challenge and competitiveness of the K4 training camps will ensure that the chosen K4 crew has a great chance of success on September 30th.

THE CRADLE TO COA

Sean Clauson Photo: Courtesy Adam Dickenson



During this time competitors are faced with rough, rocky tracks that wind their way around, and sometimes over, a collection of Tasmania's most rugged mountains. Paddlers have to contend with wind and waves on the lakes and whitewater on the river, while cyclists must grind away the kilometres up steep climbs and down winding descents. The race concludes in the historic Salamanca Place in Hobart.

After a break in 1999 the race returned in 2000 with a slightly smaller field, this however did not detract from the event. All involved were extremely supportive of each other and race organiser Tim Saul said that it was the most enjoyable race that he had been involved with. The event was blessed with perfect weather; crisp mornings, clear skies and cold nights the norm throughout the long weekend.

This year there was an international feel to the race as one Welsh individual and 'Team Wales' competed for the first time. They were followed by a film crew throughout the race with helicopters, jet boats, zodiacs and four wheel drives buzzing around all over the place, desperate to catch every bit of action.

Congratulations to all competitors, particularly the individuals, and the brothers Kris and Sean Clauson who lead

the field all the way to take out first and second place respectively. As Kris sat on the ground after having completed the race he said with a smile "It makes you wonder if you're all there when you do things like this to yourself". Maybe he's right, you don't have to be mad to do multi-sport races like this but it would certainly help.

Day 1:

Overland Track Run - Cradle Mountain to Narcissus Hut - 62km
Kayak - Lake St.Claire - 15km

Day 2:

Road Cycle - Cynthia Bay to Meadowbank Dam - 117km
Run - Lyell Highway to Derwent River - 4km
Kayak - Derwent River - 42km

Day 3:

Kayak - New Norfolk to Bridgewater - 15km
Cycle - Collinsvale - 59km
Mt.Wellington Traverse Run - Collinsvale to Salamanca - 23km

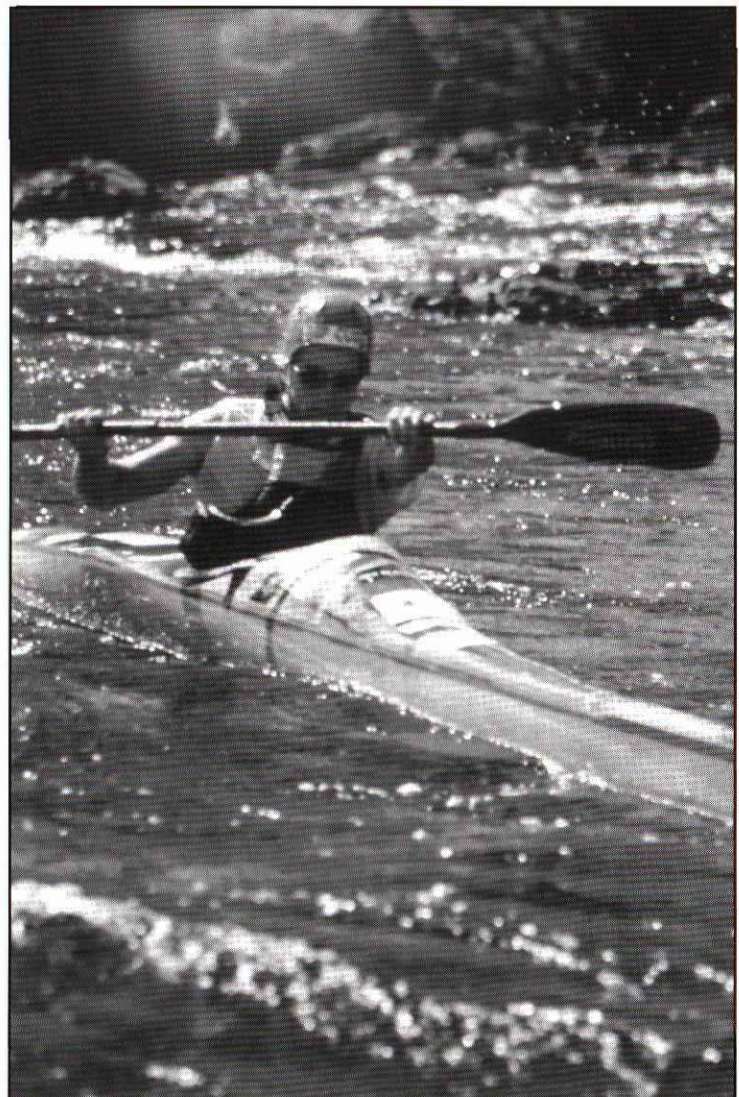
ST ULTRA CHALLENGE



Dubbed as Australia's toughest multi-sport event, the 340km race begins in the north of Tasmania at the foot of majestic Cradle Mountain.

For three days competitors battle their way through some of the world's most stunning wilderness and spectacular scenery.

Adam Dickenson tells the story.



Kris Clauson Photo: Courtesy Adam Dickenson

Individuals

- | | | |
|-----|---------------|--------|
| 1. | Kris Clauson | 21h24m |
| 2. | Sean Clauson | 22h6m |
| 3. | Aled Rees | 22h38m |
| 4. | Dave Ross | 23h7m |
| 5. | Angus Sorott | 24h28m |
| 6. | John Fry | 25h00m |
| 7. | Ben Frasnacht | 25h41m |
| 8. | Tim McNamara | 26h59m |
| 9. | Ivan Davis | 28h24m |
| 10. | Richard Roffe | 29h37m |

Teams

- | | | |
|----|------------------------------------|---------|
| 1. | Team Wales: | 20h22m |
| | S. Jones, M. Foulger, A. Bailey | |
| 2. | Last Minute: | 22h 38m |
| | Paul, B. Maynard, Tim | |
| 3. | Juggling Jalapeno: | 23h 38m |
| | A. Townsend, P. Hoskinson, C. Rink | |



THE TANGLED WEB OF LIABILITY IN

Public Liability Insurance, Professional Indemnity Insurance, Directors and Officers Insurance, Association Liability Insurance - they all relate to the area of negligence, litigation and liability, but what is the difference between each type of insurance and what does my sport actually need?

This is a question IEA Sport is asked regularly. This paper aims to provide some answers in this regard. It must be stressed explanations of cover given here are very broad, and it is only by reading the respective policy document that complete terms and conditions can be gained.

We will look at the areas of cover each policy type provides, but an important point to make is that insurers do not all have the same policy wording for each type of cover, so the protection provided can vary from policy to policy even though they may go by the same policy name.

It is extremely important that the

policy benefits and exclusions are understood and considered carefully in making a decision on the purchase of a specific policy.

It is important that the liability protection purchased covers the risks specific to sport, such as participation, first aid, and member to member liability.

Public Liability

Public Liability insurance covers liability resulting from bodily injury and/or damage to property occurring out of 'negligence'.

These negligence claims may be made against the sporting body or they may be made against individuals within the sport who allegedly contributed

to the negligence. Administrators, sports trainers, coaches, referees, players etc. can incur personal liability. A sporting organisation being incorporated does not mean that members cannot incur personal liability through their activities in a sporting club.

It is important that the liability protection purchased covers the risks specific to sport, such as participation, first aid, and member to member liability. The insurance needs to provide protection to not only the sporting body as an entity, but also personal liability to the members and others involved (e.g. administrators, coaches, referees) in that organisation.

Professional Indemnity

This cover indemnifies the insured against claims for compensation for breach of professional duty by reason of any negligence by way of act, error, omission or misstatement or misleading advice.

Breach of professional duty is excluded under Public Liability insurance.



INSURANCES

For sporting bodies this type of cover is particularly relevant to coaches and referees, but also applies to medical staff and other 'professionals' involved in sport. Incorrect advice given by a sports controlling body to its affiliates for example, or incorrect decisions by the judiciary, could be interpreted as a breach of professional duty. As with Public Liability insurance, it is important that the cover provided applies not only to the organisation, but also to individuals within that organisation.

A policy will usually have a limit of indemnity for any one occurrence and an aggregate limit of indemnity for the policy period.

Professional Indemnity insurance is a 'claims made' policy, which means that the alleged breach must have occurred after the 'retroactive' date specified in the policy and must be notified within the policy period.

Directors And Officers Liability

This insurance indemnifies the Directors, Committee members,

Trustees, Executive Officers and other Officers of the sport against 'wrongful acts' committed in their respective capacities within the sport, but excluding any claim made which in any way involves injury, sickness, disease or death of any person, or damage to property.

'Wrongful Acts' includes breach of trust, breach of duty, neglect, error and omission.

The insurance cover is comprised of two separate insuring clauses:-

Insuring Clause 1 - Office Bearers

Indemnifies the Office Bearers of the Organisation against loss arising from any claim/s by reason of any wrongful act committed in their capacity of Office Bearer.

Insuring Clause 2 - Organisation

Pays on behalf of the Organisation loss for which the Organisation grants indemnification to an insured Office Bearer, as permitted or required by law or the Memorandum or Articles of Association, arising from a claim made against such Office Bearer by reason of any wrongful act committed in their capacity of Office Bearer.

Loss does not include fines or penalties imposed by law etc.

It is important to note that a Directors and Officers policy responds to claims made personally against the Directors and Officers of an organisation for 'wrongful acts', it does not respond to claims made directly against the organisation itself for 'wrongful acts'.

As with Professional Indemnity insurance, Directors and Officers insurance is a 'claims made' policy.

Association Liability

Association Liability insurance is a policy offered by some insurers which is best described as a policy for incorporated associations which combines the protection of Professional Indemnity and Directors and Officers insurance under the one policy document.

To assist in understanding the protection provided by these insurances we will look at an event to which each policy would respond.

A football game commences without the goalpost padding in place. A player runs into the goalpost and is seriously injured. A negligence claim would likely result as a duty of care exists to provide safe facilities to play the game; by not applying padding this duty of care has been breached, and someone has been injured as a result of this breach. A Public Liability policy would respond to this incident.

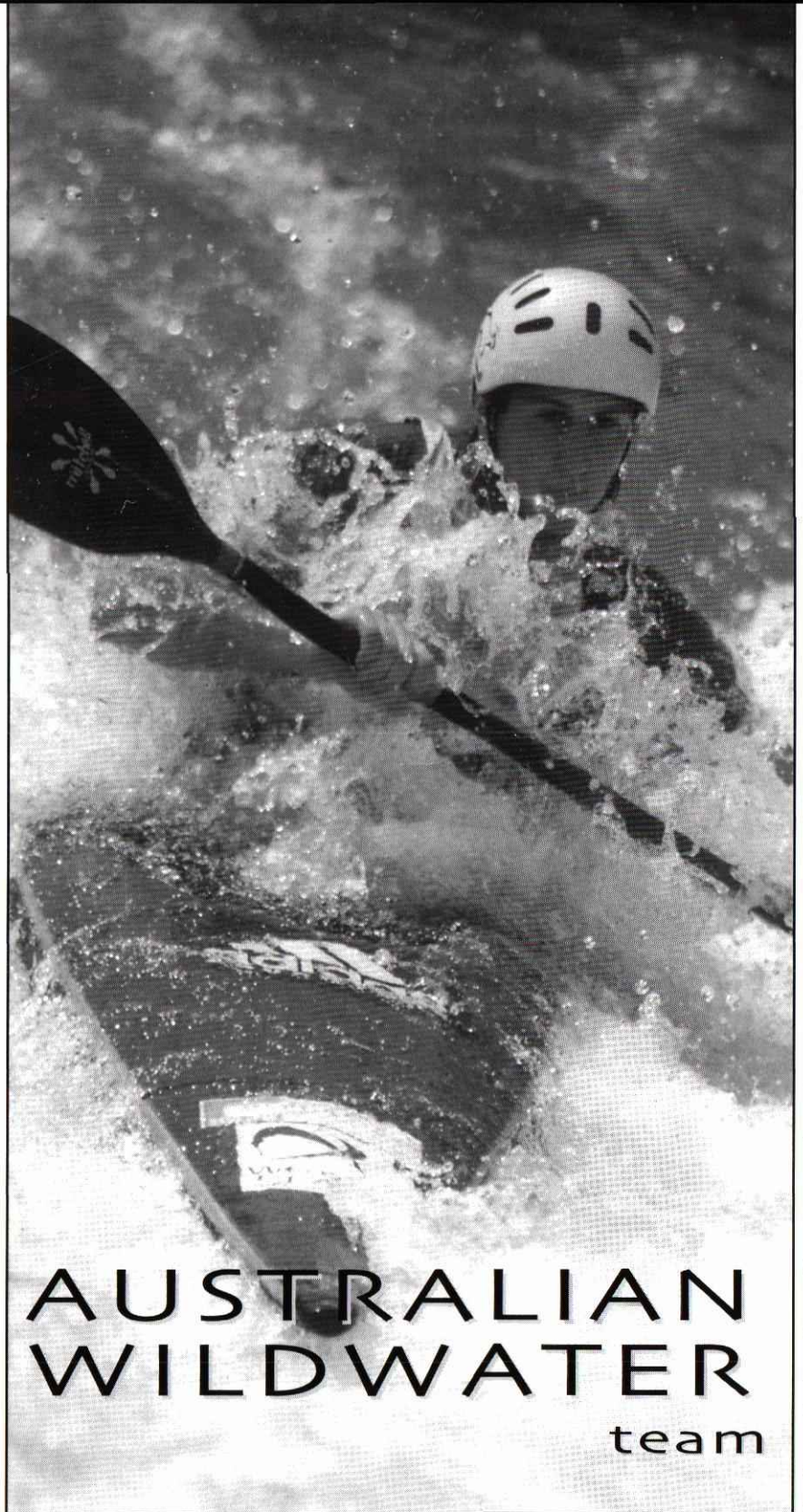
A coach decides that his inexperienced players should undertake some tackling practice. He makes no enquiries as to what tackling expertise they have, nor gives any instruction as to how tackling should be done. He also matches the 100 kg bruiser with the 70 kg speedster. The speedster suffers spinal injuries. Again taking into account the duty of care as outlined above, a negligence claim would likely result. As this is a clear example of error or omission of professional duty as a coach, a Professional Indemnity policy would respond to this incident.

A sport's board of management, desperately keen to grow their sport, decides that they need improved facilities and embark on a \$100,000 facility refurbishment. Inappropriate planning and research was done prior to the refurbishment, and when the creditors are not able to be paid they decide to hold the Directors and Officers personally liable. As this was neglect, error and omission by the board members whilst acting in their board capacity, a Directors and Officers Liability policy would respond to this incident.

As an Association Liability policy is a combination of Professional Indemnity and Directors and Officers insurance both of incidents two and three would be responded to by the policy.

Turning to the question of what covers does my sport need, in the case of Public Liability insurance it is likely that the sport will be required to have this type of cover for it to be incorporated or to use council property. Apart from those reasons, it is generally accepted that the risk to all participants resulting from not having Public Liability cover makes it an insurance a sport cannot afford to be without. Professional Indemnity and Directors and Officers insurances are not taken by the same proportion of sporting organisations, but with the frightening trends in litigation more and more sports are buying these covers.

Can we as sport managers ask our fellow administrators, coaches, referees and the like, many of whom are volunteers, put their personal assets on the line with no protection? I believe this answers the question of what cover does my sport need. We must realise however, that insurance protection is only part of an overall risk management program. Our aim must be to prevent the undesirable events occurring, not just provide the financial safety net once they have occurred.



Ben Parsons, Augsburg, Germany. Photo: Courtesy Adam Dickenson

AUSTRALIAN WILDWATER team

Throughout Winter, the Australian Junior and Senior Wildwater Teams will be in Europe competing in both the World Championships and World Cup Series. Australian Wildwater paddlers have gained ground on the more established Europeans over the last few years and look set to achieve some very good results.

The dates and sites of the races are as follows:

1 - 4 June	Senior World Championship
24 - 25 June	World Cups 1 and 2
1 - 2 July	World Cups 3 and 4
6 - 9 July	Junior World Championship
	World Cup 5 Final

Treignac, France.
Karlovy-Vary, Czech Republic.
Lofer, Austria.
Vipiteno, Italy.
Vipiteno, Italy

Paddler Profile

Australian Senior Wildwater Team

Name: Glenn Singleton

Age: 25

Event: Wildwater K1

Hometown: Alphington

Club: Ivanhoe Northcote

Coach: Dasha Kopecek

Scholarship: Y.A.D.I.S

Occupation: Health Officer

When and how did you start paddling: 1989, through my school (Eltham College) canoe program.

Sporting Influence: Lenny Pascoe (early 80's Australian cricket team - fast bowler, he was the first change for Lillee and Thompson).

Interests: Sleeping.

Achievements: I have swam on every Europe tour I have been on, but not out of my race boat, always in some hole in a play boat, because of bad spraydecks of course.

Thoughts on Wildwater in Australia: It should rain more.

Favourite Wildwater Course: Not Garmisch ('98 World's course).

Favourite River: A small creek just out outside Lofer, Austria, I don't know its name.

Your thoughts on the following:

A cucumber sandwich: The Queen.

The Depot (In Melbourne): An easy place to pick up on a Sunday night after a weekend of racing.

Slalom: Yeah, slalom skiing is OK, but the Super "G" is better.

The Junior Team: Wet behind the ears.

Multi-Sport Racing: Only if I'm in a team, or supporting Matt Dalziel.

Tasmania: Small island at the bottom of the world, where cargo pants are still fashionable!

Amsterdam: An eye opening place.

Would you rather be Mr. Universe or World Wildwater Champion: I think I could do a good job at both!

Flatwater Racing: Watch out!

Will the team have trouble with Customs or the Airlines: No.

Thanks: I would like to thank Matt Dalziel for not going to the Nationals this year so I could finally get the title.

Final Comment: I can't wait until the World's are over, I have been in very hard training for the party for the last two years as the party at Garmisch was one of the best parties I have ever been to and I think the French will put on a good turn, plus I have to also defend the medal that I won at the party in '98.

Don't let the sport get in the way of the games!

Name: Ben Maynard

Age: 19

Event: Wildwater K1

Hometown: Devonport (but based in Launceston to train with the fast guys)

Club: Tasmanian Canoe Club

Coach: Andrea McQuitty and Nigel Wooley, Ted Polgaze (TIS strength & Conditioning coach)

Scholarship: Tasmanian Institute of Sport 'Senior Associate Scholarship'

Occupation: Student at the University of Tasmania Launceston Campus (Performing Arts)

When and how did you start paddling: Bruce Cameron started me off in 1995, I started paddling more seriously in 96/97.

Sporting Influence: Matt Dalziel, Andrea and Nigel, Marcus Gickler, James Thorp, Andrew Martin.

Interests: Training and more training.

Achievements: Being selected in the Australian Wildwater Junior B team in '97, the Junior A team in '98 and the Senior team in '99-2000. Gaining a ranking of 3rd overall at the 2000 Australian Wildwater Championships.

Goals: Top 20 at the Worlds and a ranking in the top 20 overall World Cup Series.

Thoughts on Wildwater in Australia: Very healthy at the moment, healthiest it's ever been.

State of canoe polo in Tasmania - No comment!

What is it about Wildwater Racing that you most enjoy?: It's hard, fitness based and gives you a pretty buffed upper body.

Favourite Course: Goolang Creek closely followed by the Upper Mersey

Favourite River: The North Esk at any level above one meter, as long as there's a twelve year old there to send down the drops first.

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HIRE INSTRUCTION MATERIALS RETAIL WHOLESAL

Paddler Profile

Your thoughts on the following:

A cucumber sandwich: 5 points.

The Saloon Bar: Fabio French, advice from Foo on love and other matters.

Slalom: Slalom paddlers will often tell you that they are more skilled than Wildwater paddlers but I think that is just to cover up the fact that they're not as fit.

Amsterdam: \$200

Would you rather be Mr. Universe or World Wildwater Champion: I think I'd rather be Mrs. Universe.

Flatwater Racing: It gives me stomach cramps.

Thanks: My family, Andrea and Nigel, Adam Dickenson for being such a legend, Foo for his countless advise on love and other matters (if you ever want to know what to do just ask Foo), my excellent flatmates in Launceston for cooking me tea all the time and my sponsor 'Powerbar'.

Final Comment: Get into Wildwater kayaking, you'll get ripped and buffed!

Chris Humphreys is the third member of the Australian team. Unfortunately I didn't get a chance to interview Chris but I think he's been paddling long enough for everyone to know all about him anyway. I haven't been paddling very long so all I know about him is that he's fast, likes animals and enjoys tormenting venomous snakes.

Australian 'World Cup' Senior Team Member

Name: Mathew 'FOO' French

Age: 20

Event: Wildwater

Hometown: Whitemore

Club: Tamar Canoe Club

Coach: Andrea McQuitty

Scholarship: Tasmanian Institute of Sport 'Senior Associate Scholarship'

Occupation: Bachelor of Applied Science (Majoring in Chemistry) student at the University of Tasmania Launceston campus

How did you start paddling? My uncle started me paddling, as he wanted me to do the 'Cradle to Coast' with him.

Unfortunately he got injured and we didn't race. That is now the only race in Tassy that I haven't yet competed in. I then started paddling with Andrea and the boys down the coast and here I am today.

Sporting Influences: Andrea McQuitty, Matt Dalziel, Glen Singleton, Peirs Christianson, and some of the French coaches who helped me last time I was over there: Eve Masson, Bueno Buller, J.C John Pascal, Fajay and Thomas Coleman.

Interests: Usually I just paddle, go to the pub (go home, usually alone), go to Uni. and do my chemistry stuff.

Achievements: 25th at the Junior World Championships in 98, 2nd in the Under 22s at the Nationals in 99, making the top 20 at the French Junior Nationals

Goals: Win the Nationals in the next couple of years, go to the Worlds in 2002 (get a top 15 place), top 15 in the first World Rapid Sprint Championships in 2002.

Thoughts on Wildwater in Australia: It is improving all the time and we are becoming a force to be reckoned with.

People are starting to sit up and take notice of the fact that Wildwater is a sport, it's getting bigger all the time. Over the last few years it has been shown that Australia can be competitive on the world stage by people like Matt, Glen and Peirs,

Favourite Course: Borg, St.Morice, in France.

Favourite River: Any trip on the North Esk on which I don't have near death experiences.

Your thoughts on the following:

A cucumber sandwich: Definitely avoid it if Glen is around.

The Saloon Bar: Very good for trying to pick up chicks.

Slalom: I actually think that slalom paddlers are a bit soft compared to Wildwater paddlers.

Junior Team: I don't think that they will be allowed in the pub to drink with us.

Amsterdam: Avoiding at all costs.

Multi-Sport: You can be pretty hardcore in that, there are some good athletes about and you get to race in places you wouldn't normally.

Victoria: I don't want to go there.

Would you rather be Mr. Universe or World Wildwater Champion: Mr.Universe is on too many steroids and is actually pretty ugly, so I'd definitely have to say the World Wildwater Champ.

Flatwater Racing: It's O.K for training but boring to race on.

Will the team have trouble with Customs or Airlines?: We could be busted for bringing in literature from Amsterdam.

Thanks: Tasmanian Institute of Sport, The University of Tasmania 'Student Association', and my parents.

Final Comment: A warning to all my mates, if they receive mail from overseas it could be from a European girl who thinks that I am you.

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Paddler Profile

Australian Junior Wildwater Team

Name: Stewart Bennet

Age: 15

Home Town: Devonport

Club: Tasmanian Canoe Club

Coach: Andrea McQuitty

Occupation: Year 11 student at Don College

Sporting Influences: Andrea and Nigel

Achievements: **Winning** the New Zealand Junior Wildwater Titles and the three Under 16 Races at the 2000 Australian National Wildwater Championships.

Goals: **To compete well at this year's Junior World Championships** and to return for the next ones in two years time

Thoughts on Wildwater in Australia: Its O.K in Tasmania and Victoria but the other States need more paddlers.

What is it that you like about Wildwater racing? It's just a bit of fun.

Favourite Course: The upper Mersey.

Favourite River: The Lea.

Name: Andrew Maynard

Age: 16

Home Town: Devonport

Club: Tasmanian Canoe Club

Coach: Andrea McQuitty and Nigel Wooley

Scholarship: Tasmanian Institute of Sport 'Junior Associate Scholarship'

Occupation: Year 11 student at Don College

When and how did you start paddling? I followed Ben into it when I was in Grade 7 and Bruce Cameron also encouraged me to keep paddling.

Sporting Influences: **Definitely** my brother Ben, Nigel, Andrea and Bruce, as well as Damon who pushes me along.

Achievements: **Australian Junior Wildwater Champion** in '97 (U14), '98 (U16) and '99 (U16), as part of the **Australian Junior A Team** who raced in the World Cup in New Zealand last year, I placed 2nd, 3rd and 7th in C Class

Goals: **Top 25 at the Junior Worlds**, gain some experience at the World Cup in Loafer, and to keep having fun.

Thoughts on Wildwater in Australia: It needs a higher profile and more paddlers, it's a better scene than Slalom as it isn't so political.

Favourite Course: **The upper Mersey** as I like shallow rivers with waves rather than really deep rivers, I also like the Kawaura in New Zealand.

Favourite River: The Fisher, even though I popped out my shoulder on it.

Name: Damon Bonney

Age: 16

Home Town: Devonport

Club: Tasmanian Canoe Club

Coach: Andrea McQuitty and Nigel Wooley

Scholarship: Tasmanian Institute of Sport 'Junior Associate Scholarship'

Occupation: Year 11 student at Don College

When and how did you start paddling? I started paddling with Bruce Cameron while I was at Devonport High School, just after my older brother Warwick took it up.

Sporting Influences: Matt Dalziel, Andrea, Nigel.

Achievements: **Being selected** in the Junior A Team in 99 and gaining a 3rd in the C glass rapid sprint at the World Cup held on the Kawaura River, New Zealand.

Goals: **At the Junior Worlds I'd like to place in the top 15** but I'm not really sure what the competition will be like.

Over the next few years I wouldn't mind continuing to paddle Wildwater but shifting my focus to C1 Slalom

Thoughts on Wildwater in Australia: It is probably at its best at the moment, especially with Tassie going fairly well, but it would be better if we could get a few more people into it.

What is it that you most like about Wildwater racing: I like the competition and the fact that I find it easier to concentrate and focus when paddling Wildwater rather than Slalom.

Favourite Course: **I really liked** sprinting at Penrith even though it was so short, but for a classic it would have to be the Kawaura in New Zealand.

Favourite River: The Arm River from the falls down, I've only done it once but it was good fun.

Group Purchase of Day Passes

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1. Decide how many Day Passes you require.
2. Pick up the phone and call **1300 364 024**. Have your credit card handy!
3. A confirmation letter will be sent to you and tickets will be delivered in August 2000.
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Who is eligible for concession?

Children aged from six to fifteen inclusive are eligible for concession prices. Children aged five or less will be admitted free. The following entitlements are also eligible for concession Day Passes :

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- * Blinded Soldier Gold Pass
- * Disabled Persons ID Card (Form DP205)
- * Half-fare Entitlement Card
- * Ex-Member of Defence Forces
- * Bus/Ferry Pass Hearing Dog Certificate
- * Pensioner Concession Card (all States) (TC1)
- * Seniors Card
- * Retired Employees SRA/STA Concession Fare
- * School Bus Pass
- * Schoolpupil Railways of Australia ID Card
- * Student ID Card
- * Student Railway of Australia ID Card (Form 201) _
- _ TAFE College Bus Pass
- _ Trainee Aust Traineeship System ID Card
- _ Vision Impaired Person's Permit
- _ War Widow Concession Card

Enquiries

Alison Halpin (*Coordinator Promotions*)

Ph (02) 9297 2582

Fax (02) 9297 2355

alison_halpin@socog.com.au

Paddler Profile

Name: Peter Wilson

(Pete was unavailable so close friend James Thorp answered on his behalf)

Age: 17

Event: Wildwater Racing

Home Town: Melbourne

Club: INCC

Coach: Glen Singleton

Scholarship: NA

Occupation: Student (Uni)

When and how did you start paddling? Before I could walk, about 3 months old.

Sporting Influences: James Thorp, he is a great guy and a really talented kayaker.

Interests: Mongolian highland yak herding and going for walks in the local park with my pet numbat.

Achievements 2000: Third in under 18 at Nationals, third in rapid sprints.

Goals: Beat Thorpie.

Thoughts on Wildwater in Australia: Good group of people, small numbers but a quality field, especially those Tasmanians.

Favourite Course: Warrandyte (Yarra river)

Favourite River: Yarra

Your thoughts on the following:

A cucumber sandwich: I don't like cucumber sandwiches.

The Saloon Bar: Is a place in Tassie, where all the Tassie crew go.

Slalom: Is all right, but nothing compared to Wildwater.

Would you rather be Mr. Universe or World Wildwater Champion: Wildwater Champion.

Flatwater Racing: I want to get into it, rapids scare me, most likely because I am a soft Victorian.

Thanks: To Dicko and my imaginary friend Fluffy.

Final Comment: I only wish I could beat Thorpie, then my life ambition would have come true.

The Australian Junior Wildwater Team would like to thank their sponsors Malaysian Airlines, Tas Alkaloids Pty Ltd, Bejo Seats Pty Ltd, Devonport Hair Centre, Fairbanks Selected Seeds, Devonport North Rotary Club, Rotary Club of Devonport, Sperling Enterprises, Hobart Radio Clinic, South Australia Airlines Pty Ltd, Rest Point Hotel Casino, Bruce-Gowans Toyota, Terminal Traders Hardware and Building Supplies, Oliver's Performance Sport and Cycle, Harvest Moon, Richmond Printers.



Australian Junior Wildwater Team Photo: Courtesy Adam Dickenson

canoeing *education*

COACHING COURSES CALENDAR

Level One Flatwater Coaching Course
Venue: NSWIS, Narabeen, NSW
July 2000

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

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

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

Level Two Flatwater Coaching Course
Venue: Brisbane QLD
14th - 17th October, 2000
Peter Horne (02) 9552 4500

Level One Canoe Polo Coaching Course
Venue: West Lakes Canoe Club and
Development Course
14th - 15th October 2000
Duncan Cochrane (08) 8449 5130

Level Two Wildwater Coaching Course
Venue: Launceston, Tasmania
27th - 29th October 2000
Andrea McQuitty (03) 6429 3350

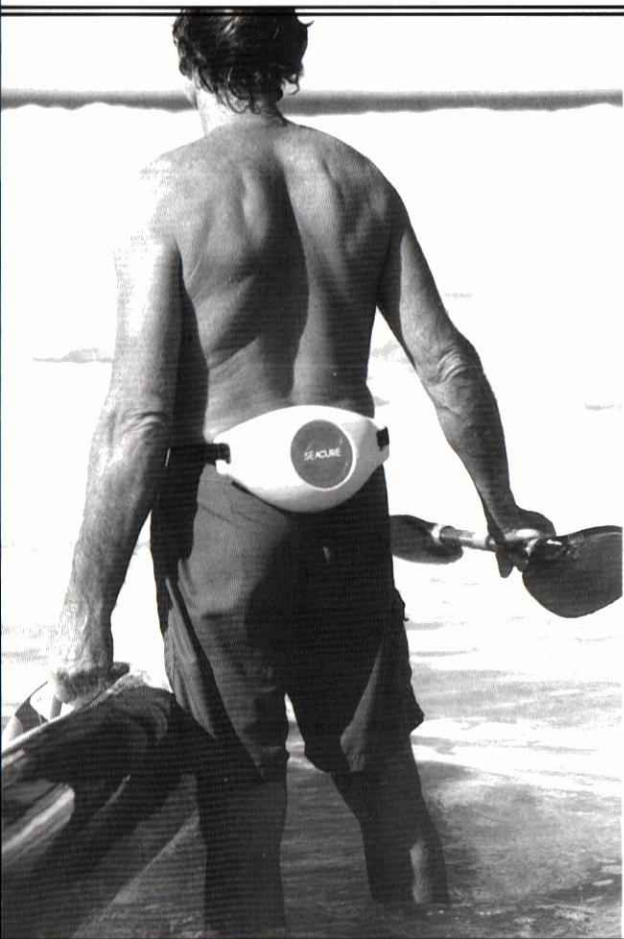
National Canoe/Kayak Assessor Course
Venue: Melbourne, Victoria
25th - 26th November 2000
Peter Horne (02) 9552 4500

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

If you are interested in attending any of
these 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.

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COACHING CENTRE AND ENROLL
TODAY!



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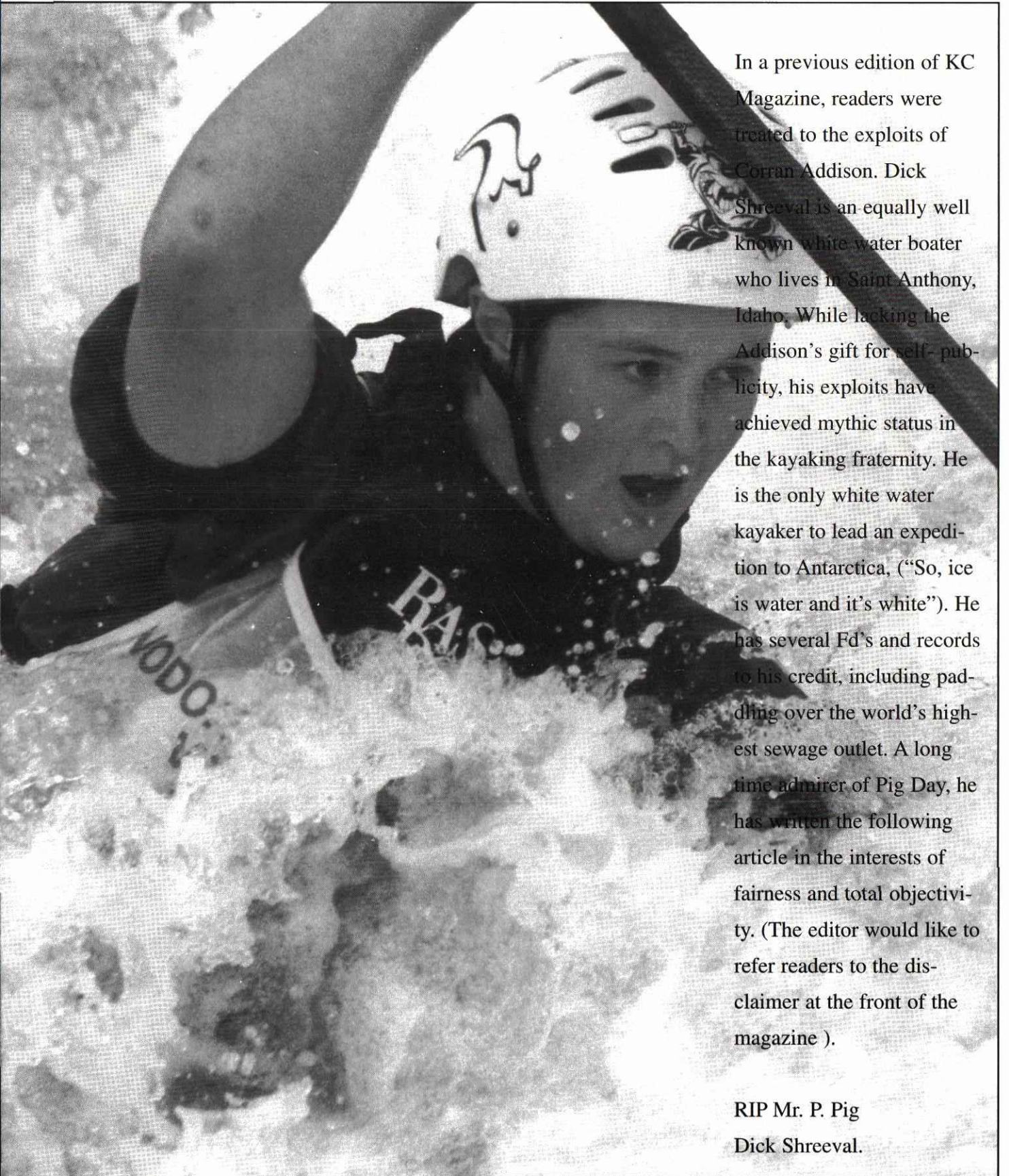
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Piggy's Last Stand



In a previous edition of KC Magazine, readers were treated to the exploits of Corran Addison. Dick Shreeval is an equally well known white water boater who lives in Saint Anthony, Idaho. While lacking the Addison's gift for self-publicity, his exploits have achieved mythic status in the kayaking fraternity. He is the only white water kayaker to lead an expedition to Antarctica. ("So, ice is water and it's white"). He has several Fd's and records to his credit, including paddling over the world's highest sewage outlet. A long time admirer of Pig Day, he has written the following article in the interests of fairness and total objectivity. (The editor would like to refer readers to the disclaimer at the front of the magazine).

RIP Mr. P. Pig
Dick Shreeval.

At a quiet but moving ceremony, Mr. P. Pig, aged four, was cremated at Goolang Creek in Northern New South Wales on the twenty third day of April 2000.

As the trumpeter blew a suitably bizarre selection of tunes that included The Flintstones and The Last Post, a blazing piggy set off for his last drop and was seen to perform the ultimate mystery move in a play hole now rated amongst the top 18 in the world.

Emotions amongst the assembled crowd of well-wishers and pig burners, were mixed.

Mr. A. Dude delivered a brief eulogy in which he claimed that during his four years Mr. Pig had helped create, foster and promote the sport of freestyle kayaking in Australia. However, while it is true that four years ago anyone claiming to be a rodeo or freestyle kayaker in Australia was either living abroad or living in la la land, and while Pig Day might have done a lot for sales of short flat foot squashing boats that seem to resemble pregnant bathmats, the fact is that at the fourth and last Pig Day there were only six intermediate entries. Oddly enough, paddlers who have spent money on boats that are specifically designed for rodeo competitions (and therefore not much good for anything else) were either too cool or too intimidated to enter. The feeling is that the Plastic Pig had had his day.

One distraught mother screamed "You've created a monster and I want to watch you burn Pig baby." When this writer interviewed her later she sobbed that her son, once a vaguely happy tyro kayaker, now spent all his days watching kayaking videos that have migraine inducing soundtracks, and was practicing so hard to sound like a parody of a parody of an American skateboarder that no one could understand a word that he said.

On the other hand Mr. Ivor Riot Kayak (and can't paddle it) said "Look, Dick, this is how it is, man. Before Pig Day, like BPD if you get my drift, there was kayaking on rivers with gear in your boat and old guys surfing waves and sitting round campfires talking about Samarkand or Kathmandu. Bogus. Now it's totally gnarly dude, there's these filthy short boats, and sick gear and rad moves for ripping waves, like shred city man, and I've got a ring in my nose and I'm sav-

ing for one through my foreskin and I've got every one of Corran's last five videos and I wanna do kickflips with an ollie oop thrown in." Witnesses later reported that Mr. Ivar Riotboat was seen swimming on a grade two rapid having failed to make yet another obvious eddy.

Ima Serious-WaveHog said the new generation of 'play boaters' don't seem to understand that people like Corran Addison are entitled to their attitude because they can do things in a kayak that leave the rest of us normal mortals baffled. These guys don't see video of Corran as a youngster staying clear of eddy lines cause he didn't know how to roll. They don't see the hours of hard practice those top paddlers put into being that good. Applying attitudinal marketing to Kayaks may have done wonders for Riot's sales, but "Why some younger paddlers think that attitude, jargon, and gear make up for a total lack of technique, is beyond me. There are a lot of people out there buying formula one cars when they can't drive round the block."

The long time friend of Mr. P. Pig, a Mr. D. Bear, said "Well, when we started no one had a clue. So now there's two ways of looking at it. On the one hand there's a definite feeling that the fun's gone. Any event that has more spectators than participants is not one that Mr. P. Pig wanted to be involved in. He's happy to make bacon. On the other hand: there are guys like the Finlays, Paul Dunn and James Hauptman who are just getting better and better all the time. And the sport, the competitive side of it, has reached a point where it is very very technical, and what needs to happen now is for the people who really know what's happening, not the people who think they know, not the people who can talk the jargon, but the guys who can actually pull the moves, they need to get together and start organising and judging events. It's no secret that I think they should steer clear of any kind of kayaking bureaucrac, like Australian Canoeing Inc. And who knows, if you look at someone like James Hauptman, in five more years we might be competitive at a world level. But I don't see how that's going to happen unless there are many small rodeos and a good strong domestic competition. Paddlers need the opportunity to get used to doing a timed ride with people watching them critically. At the moment that

ain't happening. If it's not a selection event, people aren't prepared to travel.

I tried to interview Dave Finlay, the winner of Pig Day for the second year running, but he was too busy doing awesome things in the hole to comment.

And finally, I interviewed some old non-cartwheeling river running front-surfer who used to hang out at Pig Days: "Well, as usual, I'd like to thank everyone for their support. To Nick and Marty for being part of the original idea. To the Barkhams for being awesome hosts for all the events and putting up with Pig's total aversion to order and structure: To Andy for all the effort he put in to tidying up the pieces, and to Tracey, the hostess with the mostest, for making sure the party never flagged. To the distributors, especially Perception Prijon/Eskimo and Dagger, who made it to every Pig Day, and to Pyranha, Riot, Necky, Kavu, and Patagonia who turned up to some of them. Special thanks to Rodeo Dave (Finlay) for always helping out no matter what needed to be done, to Danny Dislocation Parkin for being brave enough to judge two years in a row and to Mrs. Aestrild (I survived Mark) Killip for being able to translate Danny's grunts into marks two years in a row. And to all the other people who stirred food, judged gates, blew whistles, scribed, wore silly costumes and kept coming back. Thank you all.

All good things
Liam.

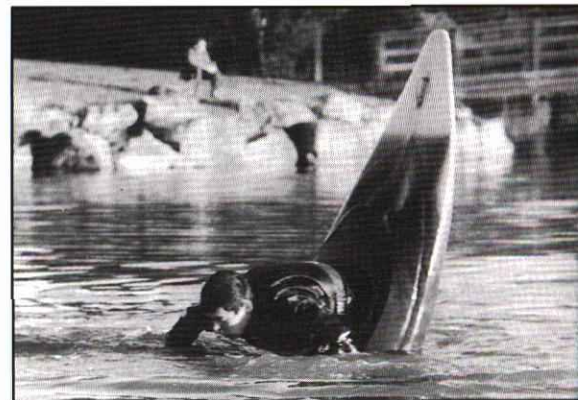
Remember:

Q: Do we got a plan? Is it dark yet?

A: No

Then we don't need one!

RIP Mr. P. PIG. Conceived at Goolang Creek December 1996, Born May 1 1997, Cremated April 23 2000.



australian canoe polo coaching
japanese tour

Australia is a world leader in the sport of Canoe Polo and in a bid to promote global skills levels, a group of Australian coaches travelled to Japan, the site of the 2004 World Championship. Belinda Ness recounts their experiences.



For the second time in as many years a group of Australian coaches journeyed to the township of Miyoshi in Japan to spend two weeks coaching the locals in their beloved sport. Through the agency of our former chairperson and current Australian Canoeing Board Member Gai Ness, strong links have been forged with the canoe polo fraternity in Japan. This has resulted in their generous invitation to us both this year and last year to share our wealth of expertise.

For those of you who are unaware, Miyoshi is in the Aichi Prefecture on the main island, and is the site for the 2004 World Canoe Polo Championships. They have already begun their preparation for the hosting of this prestigious event, and with the backing of the town council and the support offered by many canoe polo players from around the prefecture it is sure to be a well run and entertaining event.

The coaches who participated in the tour were Duncan Cochrane, Kevin Crowe, Antonia Harmer, Phillip Doddridge, Joanne Vartanian and myself. Following a strenuous and prob-

lem filled journey (broken paddles and lost luggage - it wouldn't be a polo trip without them!) we all arrived in Miyoshi brimming with eagerness to get down to some coaching. And we were busy!

The first week of our stay saw the schools enjoying a five day holiday, so we spent from 10am through to 6pm on the water each day. Our pupils came from various age groups, including elementary, junior high school and high school students, as well as university students and some local players. Our coaching sessions encompassed everything from the rudimentary skills of paddling to the more challenging skills of paddle juggling and team tactics, and varied in number of participants from five to forty-one!

During the first week we were also fortunate to be able to observe a National Team selection event, as the National Team members were undergoing this process in Miyoshi. We were also honoured to be asked to spend a day coaching the National Squad Members, who all show amazing ability and boundless enthusiasm, and the potential to be a force to be reckoned with on the polo field.



The second week of our stay proved to be no less exciting than the first, although somewhat less draining on the coaching front, as our charges were now back at school, and we would only see them in the afternoon.

On the second Monday we were fortunate to be given a day off in our rigorous schedule, and with three of our Japanese companions leading the way were shown around the sights of nearby Kyoto City. In one day we were able to visit three different temples, including the famous Golden Pavilion, have lunch at a lovely Japanese restaurant in the shopping district, and of course, indulge in assisting the local economy! Upon our return to Miyoshi we took our friends to dinner at a local pasta place, and then to bed for a well earned rest.

The next day saw us paying a courtesy call on the town mayor and some of his councillors. They were very generous with their time, spending almost an hour with us, with the discussion ranging from opinions on Japanese culture to Japanese canoe polo. At this point my thanks must go to one of our translators, Zen, for his most able translation of my speech. I'm afraid that my rudimentary Japanese would not quite have done the job!

At the mayor's behest we were then treated to a tour of two museums associated with the Toyota Company, and we visited a ceramics museum in the same prefecture. During the week three of our number were fortunate to be invited to visit two Japanese schools, and Duncan and I were also given the opportunity to meet the Australian Consulate at the opening of a new part of a kindergarten, appropriately called "The Kookaburra House".

The rest of the week consisted of some sightseeing tours and general chores in the mornings, and lots of coaching in the afternoons. The enthusiasm with which canoe polo is embraced in Miyoshi cannot be measured. Each day, even though some days we would not finish until 6.30 in the evening, there were always players still to be seen on the water, sometimes even after 7pm!

We became wanted people during our stay in Japan, with most of us coming home with RSI from having signed too many autographs! We were also the subject of a couple of local newspaper articles and television station also spent an afternoon videoing some of our coaching sessions, for televising at a later date.

Our final night in Japan culminated

in a magnificent farewell party. Present were not only the dignitaries we had met throughout our stay, but also representatives of the various groups we had coached. And although it was not strictly karaoke, after each of the schools represented had sung their school song we were asked to give a rendition of a traditional Australian song. And in true Aussie style we complied - "Waltzing Matilda" has never been sung with more trepidation than when we did so.

All in all it was a fantastic and infinitely memorable experience for all of us, myself in particular, as I was fortunate to also participate in the inaugural coaching trip to Japan in 1999.

My thanks must go to the other coaches who participated in the tour, as well as Gai for her preparatory organisation of the coaching tour. Particular thanks must go to our Japanese counterparts, who offered us the opportunity to share our skills and expertise, and to strengthen links with a developing canoe polo nation. We all hope that this is just the beginning of a long and productive friendship.

Belinda Ness
Liaison Officer
Japan Coaching Tour 2000



In her recent article in the KC Magazine, Liz Broad has highlighted a common problem amongst athletes; people taking 'stuff' they know little about, except that which the person who wants to sell it to them tells them. I would like to add to her article, particularly regarding herbal products and other supplements from multi-level-marketers or off the health-food-store-shelf.

Ginseng and Adaptogenic Herbs

The whole question of effectiveness of Ginseng is confused by the many different species available and the many unrelated species that are called 'ginseng'. *Panax ginseng* has a long history in Chinese Medicine and would be considered its most revered 'tonic' herb. Wild ginseng has never been prolific and is now close to extinction so most 'medicinal' ginseng is now commercially grown (mostly in Korea and is listed on the label as Korean Ginseng). Unfortunately current cultivating practices (such as a shorter turnover of crops than traditionally used) have resulted in the levels of active constituents being lower than the *Panax ginseng* that was so revered in Chinese history. As a result it has been known for some manufacturers to lace their products with other stimulant herbs to increase the 'effectiveness' of the product. In some cases these other herbs are capable of producing an effect in athletes that could result in a positive drug test. These other herbs may not be listed on the label, or may not be recognised for their doping effect.

Ginseng is among the most tested herbs, particularly in China and the Soviet Union. Many of the tests were carried out on large population samples, and some were carried out on athletes, particularly during the 1970s and 1980s. Results, then, indicated a broad range of 'adaptogenic' effects of various species of ginseng. However, more recent testing has provided inconsistent results, often showing no benefit (that is measurable), particularly in athletic performance. The key, here, is that ginseng is traditionally used by little old men to improve their vitality, not by vital athletes looking for a performance edge!

The term 'adaptogen' was first coined by Soviet scientists working with *Eelutherococcus senticosus* (Siberian Ginseng) and was stated as a 'substance that can effect a non-specific increase in the resistance of an organism to - stress'

1. Adaptogens should have the following properties:
 - Be non-toxic
 - Be non-specific (i.e. have a wide range of

physical, chemical and biological effects, relevant to the effects of various stresses) Have a normalising action whether the pathological state is 'hyper' or 'hypo'!

Of the many intertwined chemical compounds in herbs, the main active constituents are the saponin glycosides that come in the two main structural sub-divisions of steroidal saponins and triterpenoid saponins (a version of which - dammaranes - is found in all of the adaptogenic herbs). Saponins are of a ring-shaped structure similar to steroidal hormones and it is believed that the actions of the herbs are as a result of the ability of the body to convert the basic structure into hormones available for use in the body.

2. A quick example of this working in modern pharmaceutical terms is the conversion of the saponin glycoside from wild yam, *Dioscorea villosa*, via a simple enzyme reaction, to manufacture the progesterone component in the early contraceptive pill. Cortisol is the most likely hormone-conversion candidate of the adaptogenic herbs due to its role in many processes including anti-inflammation, immune function, carbohydrate metabolism, etc

3. Stress is the response of the body to any demand. Demands may be made on many levels including physical, mental, emotional and environmental. Certainly training presents stresses to the body. Indeed, one of the basic training principles is stress/recover/adapt. Regardless of the exact nature of the stress, the body reacts in a similar way each time - nerve signals are sent from the brain to various parts of the body, particularly to glands that secrete hormones, to initiate a response. Initial stress triggers a 'fight or flight' response. Prolonged stress is called the resistance reaction, or general adaptation syndrome (GAS), where there are a lot of hormones being released by various glands, to try to bring the body back into balance

There are many adaptogenic herbs, most of which have a Chinese or Indian (Ayurvedic) history. Each has its own characteristics and areas of additional specificity. For example, the herb *Schizandra* is quite a good adaptogen but is more traditionally known as a liver herb, *Withania* is also used as a mild sedative, *Licorice* is a strong anti-inflammatory, *Bupleurum* is used in debility, particularly when associated with liver disease, *Zizyphus* is used for nervous exhaustion and anx-

ity, Astragalus is also recognised as an immune stimulant, and Siberian Ginseng (*Eleutherococcus senticosus*) is also a very powerful adaptogen.

Many of these herbs could be beneficial in assisting the athlete cope with a period of increased stress. But which one? This is where the trained Herbalist, who is familiar with elite training methodology, comes in. Herbs are strong 'physical' medicines. Herbal constituents form the basis of a great deal of our modern pharmaceutical drugs. Just because they are 'natural', don't assume they are safe! They should not be taken without proper prescription (by an experienced and qualified Herbalist). Fortunately the TGA (Therapeutic Goods Act) recognises the effectiveness of these medicines and restricts the content of over-the-counter products to a level that can do no harm (but may not be effective either).

The TGA regulations ensure most Australian-made product is of fairly high standard. However, internationally produced products and especially those sourced via the Internet, are not as closely regulated and the accuracy and completeness of labelling cannot be assured. Be warned that some herbal formulas may be laced with stimulant herbs that can have the ability to produce a positive drug test in an athlete. It may not appear on the label and even if it did, would you know the botanical name of the herbs that might have an undesired effect?

Other Supplements

Of particular interest are the products sold by multi-level-marketing (MLM). This method of marketing is based on someone telling their friends how good they feel on product 'such-and-such' and encouraging friends and family to spread the word. Some of these products are actually very good, but the marketing method encourages totally untrained and unqualified people to diagnose and recommend. While the product manufacturers are very careful in their wording, the unqualified distributors will often, usually inadvertently, make claims that are false, dangerous or simply misleading.

Another feature of MLM products is usually an inflated price for the product. A herbalist will sell an individually designed 500ml bottle of herbal extract to you for around \$20, while a MLM 500ml bottle of various strength herb (either single herb or generic formula) might cost as much as \$80! Likewise a 'practitioner only' (TGA regulated to contain a more effective dose, but only with qualified diagnosis and prescrip-

tion - i.e. a licensed practitioner) multivitamin might cost \$40 for a month's supply, while the MLM product might cost as much as \$80. Subscribing to the products recommended by trained practitioners is a much more cost effective, and safer, avenue. You are likely to have to pay the practitioner (a qualified and registered Naturopath or Doctor) a consultation fee as well, but at least you know that you are more likely to be getting something you actually need, rather than something your friend, or even a total stranger, says you need!

There are countless products on the shelves of the Health Food Store that entice the tired, over trained athlete with magical ingredients to help them recover. Shortcuts, no matter how much they cost, are attractive to many athletes. Unfortunately, the reality is that no amount of supplements can make up for the physical, mental and emotional results that a well-designed training programme can achieve. There are always times when the athlete's body/mind may need support (massage, physio, nutrition, health intervention, psychology, etc), but these should be within the confines of the well-planned programme. When these support systems are required, seek out professionals who are familiar with elite sport, before wasting money on magical quick-fix cure-alls!

LYNDA LEHMANN

Lynda is the current National Coaching Coordinator for Sprint Kayak. She is also a final year student/practitioner in Naturopathy (Herbalism).

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So you want to improve your performance and decrease the risk of injury at the same time? Ever wondered why it is that you can't quite achieve the position that your coach wants you to be in? Whether it is sprint, slalom, canoe polo, marathon or wildwater that you are involved in, physiotherapy or massage therapy intervention can have a significant impact.

Physiotherapists and massage therapists have long been recognised for their skills in rehabilitating injuries once they occur. They have a large role to play in keeping our National teams injury free and performing at the top level. But now they are starting to play more of a roll in preventing injury before it occurs and in enhancing performance. It doesn't matter what level you are at, whether it is recreational or elite, the involvement of a physiotherapist or massage therapist can help you achieve your goals.

Muscular tightness, joint restrictions and muscle weaknesses all can have a significant impact on your ability to achieve and maintain optimal positions in the boat. All the way through the body, there are examples of tightness or restrictions causing poor movement patterns.

An increasing number of physiotherapists are now conducting musculoskeletal screenings to help detect these areas of tightness, restriction and weakness that are leading to poor movement patterns. From this the physiotherapist is able to work out if the positive findings of the screening are having an impact on what you are trying to achieve in the boat. Often this screening is done in conjunction with technical feedback from your coach. A program of stretches, exercises or interventions is then developed to address these findings. The program often utilises the skills of massage therapists to assist in gaining flexibility, and strength and conditioning coaches to assist in gaining appropriate strength and control.

Common problems that paddlers have to deal with include excessive tightness of the hamstrings and gluteals which make it very difficult to maintain the correct trunk posture. These tightness can be easily targeted with carefully designed stretches and the involvement of a massage therapist. Another example is identifying those athletes with poor rotator cuff muscle control at the shoulder. Specific exercises can be introduced to improve the function, strength and

endurance of these muscles, thereby helping to prevent injury to the tendons and other structures in the shoulder. Even issues such as leg length differences can also have a big impact on your position in the boat. An uncorrected leg length difference can cause an uneven pelvis position on the seat and thus lead to uneven trunk rotation. It can also lead to significant problems in boat balance. Often it is as simple as adding a heel raise to correct this problem.

Programs or interventions are instituted and then regularly reviewed by the physiotherapists to ensure that progress is being made or to change the program as appropriate. Numerous athletes have seen big improvements in their performance and rapid decreases in their pain, soreness or stiffness after the involvement of these programs.

Massage therapy is not only involved in the intervention programs mentioned above, but also in helping athletes stay flexible, manage their injuries and enhancing their recovery from heavy training or sessions. The type and depth of techniques that massage therapists use totally depends on the goal of the session. If the session is designed for relaxation and recovery then the techniques will generally be light and therefore comfortable. If the session is designed to improve flexibility and gain mobility of the tissues then the techniques will be harder, deeper and generally be more uncomfortable. This discomfort is normal and the massage therapist will consciously be more conservative in the first few sessions. Over these early sessions your body will adjust and adapt to the massage, so that over time the massage becomes more comfortable and the massage therapist can then gradually work more specifically or harder on any particular problem areas. An involvement with a massage therapist is something that should be worked on over period of time to get the best results and can make big changes to the way your body moves and copes with training.

A lot of elite athletes now maintain a regular involvement with a massage therapist and physiotherapist, and it can pay big dividends. If you are having trouble making the jump to the next level, having trouble with injury or pain, or simply want to get more out of your sport, then maybe physiotherapy and massage therapy could give you that little edge you are looking for.

QUEENSLAND

CALENDAR OF EVENTS 2000

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Queensland
Canoeing
Incorporated

AUGUST 2000

Sat 5/Sun 6	Boat Licence Course Graceville BOAT#0002
Sun 6	Fitzroy River Race (Club: Fitzroy) **
Sun 13	Noosa Race (Club: Sunshine Coast)
Sat 19/Sun 20	Basic Skills Canoe/Kayak Award - Fernvale BS#0005
Sun 20	Queensland Schools Marathon Championships (Loc: TBA)
Sat 26/Sun 27	Sea Kayak Proficiency - Sunshine Coast SKP#0004
Sun 27	Bremer to Brisbane River Race (Club: Brisbane Canoeing)

SEPTEMBER 2000

Sat 2/Sun 3	First Aid Course - Brisbane FA#0002
Sat 2/Sun 3	Basic Skills Instructor Training Fernvale BSIT#0005
Sun 3	Brisbane River Fun Paddle - City
Sat 9	Lockyer Series Race # 1
Sun 10	Lockyer Series Race # 2
Fri 15/Sat 30	Olympics 2000
Wed 20	Qld Canoeing Council Meeting
Sat 16/Sun 17	Basic Skills Instructor Assessment Fernvale BSIA#0004
Sun 17	Logan Classic (Club: Greater Logan) **
Sun 24	Lockyer Series Race # 3
Sat 30/Sun 1 Oct	Basic Skills Canoe/Kayak Award - Fernvale BS#0006
Sat 30/Sun 1 Oct	Basic Skills Canoe Kayak Award - Nth Qld BS#0006NQ

OCTOBER 2000

Sun 1	Currumbin Capers (Club: Currumbin Creek) **
Sat 7/Sun 8	Sea Kayak Proficiency - Gold Coast SKP#0005
Sat 7/Sun 8	24th Brisbane Valley 100 Canoe Race
Sat 14	Marathon Officials Course, Sunshine Coast
Sun 15	Maroochy River Race (Club: Sunshine Coast) **
Sat 21/Sun 22	Basic Skills Instructor Training Fernvale BSIT#0006
Sat 21/Sun 22	Basic Skills Instructor Training Nth Qld BSIT#0006NQ
Sun 22	Forest Lake Endurance Challenge
Sat 28/Sun 29	Sea Kayak Instructor Training Sunshine Coast SKIT#0003
Sat 28/Sun 29	2000 ASPAC Masters Games Kayak Marathon Events - Gold Coast

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
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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

K1 1000m Final A

1. Baggaley, Nathan (AIS)	CBCC	3:35.63
2. Robinson, Clint (AIS)	SCCC	3:35.97
3. Trantum, Torsten	DEN	3:37.29

K1 1000m Final B

1. Trim, Andrew (QAS)	WRCC	3:39.41
2. Kongsgaard, Mads	DEN	3:40.39
3. Young, Luke (AIS)	CBCC	3:41.24

C1 1000m Final

1. Egan, Jason	PEN	4:15.89
2. Richards, Nick	FCC	4:22.17
3. Wakim, George	FCC	4:32.84

LK1 1000m Final A

1. Borchert, Katrin (QAS)	GCCC	3:57.87
2. Wood, Anna (QAS)	GCCC	4:02.34
3. Harris, Brooke (QAS)	GCCC	4:03.26

K2 1000m Final

1. Madsen, P./Staal, J.	DEN/DEN	3:14.23
2. Collins, D. (QAS)/Trim, A. (QAS)	WRCC/WRCC	3:14.66
3. Young, L. (AIS)/Morton, B. (AIS)	CBCC/SCCC	3:15.46

LK2 1000m Final

1. Borchert, K. (QAS)/Wood, A. (QAS)	GCCC/GCCC	3:41.91
2. Simper, A. (WAIS)/Oldenhof, L. (WAIS)	CRCC/CRCC	3:48.47
3. Simper, R. (WAIS)/Forgione, K. (WAIS)	CRCC/CRCC	3:54.68

C2 1000m Final

1. Richards, Nick/Wakim, George	FCC/FCC	4:07.21
2. Armour, Daniel/Pathius, Stephen	PEN/PEN	4:26.97
3. Boyle, James/Vowles, Stuart	FCC/FCC	4:31.38

K4 1000m Final

1. Cuatrin, S./Leaversuch, P. (WAIS)/Campos, C. Augusto/Andersson, R. (WAIS) BRA/CRCC/ BRA/ASKC		3:10.21
2. Woodman, B. (QAS)/Cilly, N. (QAS)/Sherry, B./Pickering, G. (QAS) GCCC/GCCC/CURR/GCCC		3:12.93
3. Burns, S. (NSWIS)/Chalmers, J. (NSWIS)/James, T. (NSWIS)/Capel, J. MWCC/MWCC/MWCC/MWCC		3:19.31

LK1 1000m 22 Final

1. Barclay, Kate (SASI)	WLCC	4:11.08
2. Wood, Andrea	INCC	4:12.79
3. Forgione, Kate (WAIS)	CRCC	4:13.87

K2 1000m 22 Final

1. Colomb, K./Carrie, A.	SKCC/MITTA	3:26.14
2. James, T. (NSWIS)/Capel, J.	MWCC/MWCC	3:27.09
3. Rogers, G. (SASI)/Johnson, B.	HBCC/LPKC	3:29.31

LK2 1000m 22 Final

1. Forgione, K. (WAIS)/Simper, R. (WAIS)	CRCC/CRCC	4:01.22
2. Wood, A./Oldenhof, L. (WAIS)	INCC/CRCC	4:02.99
3. Barclay, K. (SASI)/Baccanello, L. (SASI)	WLCC/WLCC	4:04.94

K4 1000m 22 Final

1. Burns, S. (NSWIS)/Chalmers, J. (NSWIS)/James, T. (NSWIS)/Capel, J. MWCC/MWCC/MWCC/MWCC		3:08.62
2. Rogers, G. (SASI)/Johnson, B./Ellis, J. (SASI)/Thompson, D. (SASI) HBCC/LPKC/WLCC/WLCC		3:09.87
3. Colomb, K./Carrie, A./Poole, B./Monti, A. SKCC/MITTA/GEEL/ACH		3:12.43

K1 1000m 18 Final A

1. Wallace, Ken (QAS)	GCCC	3:46.90
2. Clark, Fraser (QAS)	GCCC	3:50.13
3. James, Luke	SBKC	3:50.64

K1 1000m 18 Final B

1. Morrison, Luke (SASI)	ONCC	3:53.16
2. Hipwood, Troy	CURR	3:53.28
3. Gorrie, Christian	SKCC	3:53.35

LK1 1000m 18 Final A

1. Baccanello, Lydia (SASI)	WLCC	4:40.39
2. Gittoes, Kimberly (NSWIS)	SBKC	4:44.04
3. Sumegi, Jacquelyne (QAS)	INDO	4:46.07

LK1 1000m 18 Final B

1. Taylor, Skye	BEND	4:50.51
2. Cox, Elise	SKCC	4:58.36
3. Proietto, Melinda	PEN	5:05.94

C1 1000m 18 Final

1. Marczak, Sebastian (NSWIS)	PEN	4:28.74
2. Pathius, Stephen	PEN	5:03.46
3. Boyle, James	FCC	5:09.12

K2 1000m 18 Final

1. Clark, F. (QAS)/Wallace, K. (QAS)	GCCC/GCCC	3:36.53
2. Ballard, B. (NSWIS)/Leeson, S. (NSWIS)	SBKC/SBKC	3:38.72
3. James, L./James, N.	SBKC/SBKC	3:41.67

LK2 1000m 18 Final

1. Baccanello, L. (SASI)/Hegarty, E. (SASI)	WLCC/WLCC	3:53.00
2. Sumegi, J. (QAS)/Fogarty, L. (QAS)	INDO/INDO	3:56.33
3. Laffey, P./Kemp, L.	TBA/NWCC	4:04.52

K4 1000m 18 Final

1. Ballard, B. (NSWIS)/James, N./James, L./Leeson, S. (NSWIS) SBKC/SBKC/SBKC/SBKC		3:10.28
2. Phillips, K./Wallace, K. (QAS)/Sumegi, N. (QAS)/Kynaston, D. (QAS) GCCC/GCCC/INDO/MACK		3:13.12
3. Murray, T./Kohlar, J./Hawkins, T./Chellew, N. SKCC/PLCC/ILLA/ILLA		3:16.83

K1 1000m 22 Final A

1. Longdill, Peter	NZL	4:03.82
2. James, Toby (NSWIS)	MWCC	4:05.93
3. Chalmers, Jono (NSWIS)	MWCC	4:06.29

K1 1000m 22 Final B

1. Johnson, Brett	LPKC	4:11.39
2. Ellis, James (SASI)	WLCC	4:15.05
3. Monti, Adrian	ECH	4:15.08

results

K1 5000m 18 Final

1. Wallace, Ken (QAS)	GCCC	27:02.38
2. Chellew, Nathaniel	ILLA	27:06.82
3. Hipwood, Troy	CURR	27:12.14

LK1 5000m 18 Final

1. Taylor, Skye	BEND	29:31.81
2. McCorkindale, Cheyne	MWCC	30:55.87
3. Cox, Elise	SKCC	31:04.72

K1 1000m 16 Final

1. James, Luke	SBKC	3:52.44
2. Morrison, Luke (SASI)	ONCC	3:54.46
3. Welsh, Dale (SASI)	WLCC	3:55.33

LK1 1000m 16 Final

1. Fogarty, Lyndsie (QAS)	INDO	4:21.55
2. Garrod, Rebecca	SBKC	4:29.63
3. Peattie, Kristin	SBKC	4:32.88

K2 1000m 16 Final

1. James, L./Leeson, M.	SBKC/SBKC	3:54.00
2. Miles, S./Walsh, C.	SBKC/SBKC	3:57.61
3. Morrison, L. (SASI)/Welsh, D. (SASI)	ONCC/WLCC	3:59.68

LK2 1000m 16 Final

1. Fogarty, L. (QAS)/Liiv, N. (QAS)	INDO/BRIS	3:59.00
2. Garrod, R./Peattie, K.	SBKC/SBKC	4:08.57
3. Peden, S. (QAS)/Odgbourne, J.	INDO/WRCC	4:11.46

K1 500m 14 Final

1. Simpson, Joel	CURR	2:27.78
2. Laybutt, Luke	CURR	2:30.10
3. Currie, Clayton	SBKC	2:30.39

LK1 500m 14 Final

1. Dyett, Helen	BEND	2:28.77
2. Fraser, Tegan	BEND	2:32.79
3. Bascham, Morgan	SBKC	2:40.70

K1 250m 12 Final

1. Laybutt, Luke	CURR	1:14.00
2. Davison, Lewis	ONCC	1:18.00

LK1 250m 12 Final

1. Berkley, Caitlin	LPKC	1:23.00
2. Fleming, Alexandra	LPKC	1:33.00

K1 2500m 12 Final

1. Laybutt, Luke	CURR	16:29.57
2. Thomson, Dale	ONCC	18:37.47
3. Blanche, Dean	LPKC	18:48.20

LK1 2500m 12 Final

1. Berkley, Caitlin	LPKC	19:05.27
2. Fleming, Alexandra	LPKC	25:22.21

K1 1000m 35 Final

1. Scarpa, Daniel	ITA	3:57.73
2. Muir, Steve	BRCC	4:06.82
3. Krasny, Milan	LPKC	4:09.15

LK1 1000m 35 Final

1. Lehmann, Lynda	MWCC	
2. Sutton, Fiona	LPKC	
3. Harper, Lorraine	LPKC	

K2 1000m 35 Final

1. Muir, Steve/Krasny, Milan	BRCC/LPKC	3:45.47
2. Slennett, David/Cummins, David	MWCC/MWCC	3:48.29
3. Tucker, Nick/Townsend, Anthony	ONCC/LMNC	4:03.11

K4 500m 35 Final

1. Thatcher, P./Newton, J./Scarpa, D./Borserini, P. SWAN/CURR/ITA/WRCC		1:46.17
2. Hopley, B./Reilly, J./Cummins, D./Slennett, D. MWCC/MWCC/MWCC/MWCC		1:50.60
3. Lepianka, K./Szubski, Z./Luckman, C./Russell, D. SOCC/TBA/CRCC/SOCC		1:55.33

K1 1000m 40 Final

1. Krasny, Milan	LPKC	4:14.48
2. Lepianka, Krzygtof	SOCC	4:19.86
3. Borserini, Peter	WRCC	4:28.91

K2 1000m 40 Final

1. Stanek, Peter/Borserini, Peter	WECC/WRCC	3:52.29
2. Berkley, John/Krasny, Milan	LPKC/LPKC	3:52.48
3. Luckman, Charles/Thatcher, Peter	CRCC/SWAN	4:26.94

K2 1000m 45 Final

1. Reilly, John/Carlyle, Neil	MWCC/MWCC	4:09.79
2. Russell, David/Newton, John	SOCC/CURR	4:11.48
3. Campbell, Colin/Burns, Robert	SBKC/SBKC	4:16.30

K1 1000m 50 Final

1. Newton, John	CURR	
2. Campbell, Colin	SBKC	
3. Robinson, Alec	MWCC	

K1 1000m 55 Final

1. Newton, John	CURR	4:22.13
2. Reilly, John	MWCC	4:24.75
3. Burns, Robert	SBKC	4:39.88

K1 500m Final A

1. Baggaley, Nathan (AIS)	CBCC	1:40.84
2. Trim, Andrew (QAS)	WRCC	1:40.97
3. McFadzean, Cameron (AIS)	GCCC	1:41.52

K1 500m Final B

1. Norton Smith, Julian (AIS)	BUCC	1:42.88
2. Crilly, Nick (QAS)	GCCC	1:43.32
3. Staal, Jesper	DEN	1:43.37

LK1 500m Final A

1. Borchert, Katrin (QAS)	GCCC	1:52.80
2. Wood, Anna (QAS)	GCCC	1:54.96
3. Oates-Wilding, Shelley (NSWIS)	MWCC	1:56.58

LK1 500m Final B

1. Simper, Amanda (WAIS)	CRCC	1:56.13
2. Harris, Brooke (QAS)	GCCC	1:59.38
3. Train, Rebecca	GBR	1:59.40

C1 500m Final

1. Egan, Jason	PEN	1:58.09
2. Richards, Nick	FCC	1:59.93
3. Wakim, George	FCC	2:04.20

K2 500m Final

1. Collins, D. (QAS)/Trim, A. (QAS)	WRCC/WRCC	1:31.11
2. Scott, P. (NSWIS)/McFadzean, C. (AIS)	MWCC/GCCC	1:31.99
3. Baggaley, N. (AIS)/Suska, S. (NSWIS)	CBCC/LMNC	1:32.61

LK2 500m Final

1. Borchert, K. (QAS)/Wood, A. (QAS)	GCCC/GCCC	1:43.57
2. Rankin, A. (AIS)/Randle, K. (NSWIS)	SPKC/MWCC	1:43.76
3. McFadzean, L. (AIS)/Mengler, J. (AIS)	GCCC/NCC	1:47.42

C2 500m Final

1. Marczak, Sebastian (NSWIS)/Egan, Jason	PEN/PEN	1:48.87
2. Richards, Nick/Wakim, George	FCC/FCC	1:53.44
3. Armour, Daniel/Pathius, Stephen	PEN/PEN	2:06.60

K4 500m Final

1. Woodman, B. (QAS)/Crilly, N. (QAS)/Roser, M. (QAS)/Sherry, B.	GCCC/GCCC/GCCC/C'URR	1:27.16
2. Stallard, B./Robinson, S./Fletcher, G./Hinc, D.	CBC/HBCC/HBCC/WLCC	1:29.45
3. Burns, S. (NSWIS)/Chalmers, J. (NSWIS)/James, T. (NSWIS)/Capel, J.	MWCC/MWCC/MWCC/MWCC	1:30.06

LK4 500m Final

1. Oates-Wilding, S. (NSWIS)/Nossiter, Y. (NSWIS)/Randle, K. (NSWIS)/Rankin, A. (AIS)	MWCC/SBKC/MWCC/SPKC	1:36.53
2. Wood, A. (QAS)/Borchert, K. (QAS)/Simper, A. (WAIS)/Harris, B. (QAS)	GCCC/GCCC/CRCC/GCCC	1:37.06
3. Oldenhof, L. (WAIS)/Barclay, K. (SASI)/Simper, R. (WAIS)/Meek, C. (NSWIS)	CRCC/WLCC/CRCC/SBKC	1:41.62

K1 500m 22 Final A

1. Longdill, Peter	NZL	1:46.04
2. Colomb, Keith	SKCC	1:47.86
3. Carrie, Alistair	MITTA	1:47.95

K1 500m 22 Final B

1. Monti, Adrian	ECH	1:49.56
2. James, Toby (NSWIS)	MWCC	1:50.52
3. Dyer, Darryl	WRCC	1:54.35

LK1 500m 22 Final A

1. Barclay, Kate (SASI)	WLCC	1:59.57
2. Simper, Rachel (WAIS)	CRCC	2:00.49
3. Wood, Andrea	INCC	2:02.14

LK1 500m 22 Final B

1. Seidl, Emily (WAIS)	CRCC	2:04.63
2. Vernon, Kellie	MWCC	2:08.09
3. Mitchell, Allison	YVCC	2:08.20

K2 500m 22 Final

1. Burns, S. (NSWIS)/Chalmers, J. (NSWIS)	MWCC/MWCC	1:36.96
2. James, T. (NSWIS)/Capel, J.	MWCC/MWCC	1:37.94
3. Ellis, J. (SASI)/Thompson, D. (SASI)	WLCC/WLCC	1:38.66

LK2 500m 22 Final

1. Barclay, K. (SASI)/Hegarty, E. (SASI)	WLCC/WLCC	1:49.20
2. Wood, A./Oldenhof, L. (WAIS)	INCC/CRCC	1:52.94
3. Forgione, K. (WAIS)/Simper, R. (WAIS)	CRCC/CRCC	1:54.88

K4 500m 22 Final

1. Burns, S. (NSWIS)/Chalmers, J. (NSWIS)/James, T. (NSWIS)/Capel, J.	MWCC/MWCC/MWCC/MWCC	1:28.38
2. Rogers, G. (SASI)/Johnson, B./Ellis, J. (SASI)/Thompson, D. (SASI)	HBCC/LPKC/WLCC/WLCC	1:29.32
3. Colomb, K./Carrie, A./Poole, B./Monti, A.	SKCC/MITTA/GEEL/ECH	1:31.44

K1 500m 18 Final A

1. Leeson, Scott (NSWIS)	SBKC	1:45.53
2. Wallace, Ken (QAS)	GCCC	1:47.30
3. Ballard, Blake (NSWIS)	SBKC	1:48.80

K1 500m 18 Final B

1. Chellew, Nathaniel	ILLA	1:50.23
2. Kynaston, Douglas (QAS)	MACK	1:51.59
3. James, Nick	SBKC	1:52.16

LK1 500m 18 Final A

1. Hegarty, Elizabeth (SASI)	WLCC	2:00.20
2. Baccanello, Lydia (SASI)	WLCC	2:01.37
3. Fogarty, Lyndsie (QAS)	INDO	2:02.74

LK1 500m 18 Final B

1. Garrod, Rebecca	SBKC	2:07.64
2. Owen, Emily (WAIS)	CRCC	2:09.80
3. Taylor, Skye	BEND	2:10.07

C1 500m 18 Final

1. Marczak, Sebastian (NSWIS)	PEN	2:06.10
2. Pathius, Stephen	PEN	2:26.52
3. Boyle, James	FCC	2:30.76

K2 500m 18 Final

1. Clark, E. (QAS)/Wallace, K. (QAS)	GCCC/GCCC	1:39.23
2. Ballard, B. (NSWIS)/Leeson, S. (NSWIS)	SBKC/SBKC	1:39.65
3. James, L./James, N.	SBKC/SBKC	1:42.35

LK2 500m 18 Final

1. Baccanello, L. (SASI)/Hegarty, E. (SASI)	WLCC/WLCC	1:49.65
2. Sumegi, J. (QAS)/Fogarty, L. (QAS)	INDO/INDO	1:53.91
3. O'Shea, N./Owen, E. (WAIS)	BEND/CRCC	1:55.83

K4 500m 18 Final

1. Ballard, B. (NSWIS)/James, N./James, L./Leeson, S. (NSWIS)	SBKC/SBKC/SBKC/SBKC	1:30.37
2. Phillips, K./Wallace, K. (QAS)/Sumegi, N. (QAS)/Kynaston, D. (QAS)	GCCC/GCCC/INDO/MACK	1:33.06
3. Price, J. (QAS)/Huiskes, C. (QAS)/Kenny, R./Board, B. (QAS)	INDO/INDO/WRCC/BRIS	1:33.19

LK4 500m 18 Final

1. Sumegi, J. (QAS)/Coghill, R. (QAS)/Allen, A. (QAS)/Fogarty, L. (QAS)	INDO/SCCC/SCCC/INDO	1:44.55
2. Baccanello, L. (SASI)/Hegarty, E. (SASI)/Russell, S./Owen, E. (WAIS)	WLCC/WLCC/SOCC/CRCC	1:47.63
3. Johnstone, V./Donaldson, L./Aaffey, P./Kemp, L.	INDO/INDO/TBA/NWCC	1:47.82

K1 500m 16 Final

1. James, Luke	SBKC	1:49.51
2. Morrison, Luke (SASI)	ONCC	1:50.90
3. Maher, Paul (QAS)	INDO	1:51.47

LK1 500m 16 Final

1. Fogarty, Lyndsie (QAS)	INDO	2:04.51
2. Garrod, Rebecca	SBKC	2:09.24
3. Robertson, Patrice	GCCC	2:11.52

K2 500m 16 Final

1. James, L./Leeson, M.	SBKC/SBKC	1:43.34
2. Miles, S./Walsh, C.	SBKC/SBKC	1:45.03
3. Bayer, J. (SASI)/Morrison, L. (SASI)	WLCC/ONCC	1:45.14

LK2 500m 16 Final

1. Fogarty, L. (QAS)/Liiv, N. (QAS)	INDO/BRIS	1:56.27
2. Garrod, R./Peattie, K.	SBKC/SBKC	1:59.77
3. Peden, S. (QAS)/Odghourne, J.	INDO/WRCC	2:01.16

K4 500m 16 Final

1. James, L./Leeson, M./Miles, S./Walsh, C. SBKC/SBKC/SBKC/SBKC	1:33.53
2. Baggaley, C./Sumegi, N. (QAS)/Tibbets, J. (QAS)/Maher, P. (QAS) WRCC/INDO/SCCC/INDO	1:34.60
3. Bayer, J. (SASI)/Morrison, L. (SASI)/McNichol, J. (SASI)/Welsh, D. (SASI) WLCC/ONCC/WLCC/WLCC	1:42.50

LK4 500m 16 Final

1. Foley, L./Peden, S. (QAS)/Corbett, N./Odghourne, J. INDO/INDO/CURR/WRCC	1:54.03
2. Garrod, R./Peattie, K./Perry, K./Targ, A. SBKC/SBKC/SBKC/SBKC	1:54.11
3. Davis, H. (SASI)/Field, C. (SASI)/Thompson, L. (SASI)/Haymes, A. (SASI) WLCC/WLCC/WLCC/WLCC	1:54.72

K2 500m 14 Final

1. Pearson, Christopher/Curie, Clayton	SBKC/SBKC	2:08.57
2. Simpson, Joel/Page, David	CURR/CURR	2:10.15
3. Davey, Matthew/Catto, Michael	PEN/PEN	2:23.17

LK2 500m 14 Final

1. Fraser, Tegan/Dyett, Helen	BEND/BEND	2:13.95
2. Bascham, Morgan/Peck, Bianca	SBKC/WLCC	2:19.37
3. Winnubst, Chantelle/Berkley, Caitlin	MWCC/LPKC	2:29.91

K1 2500m 14 Final

1. Laybutt, Luke	CURR	15:36.40
2. Pearson, Christopher	SBKC	15:36.80
3. Currie, Clayton	SBKC	16:11.00

LK1 2500m 14 Final

1. Fraser, Tegan	BEND	15:08.66
2. Dyett, Helen	BEND	15:09.62
3. Bascham, Morgan	SBKC	17:17.86

K2 250m 12 Final

1. Thomson, Dale/Davison, Lewis	ONCC/ONCC	1:10.96
2. Donkin, Tim/Boustead, Nicholas	INDO/INDO	1:12.59
3. Love, Daniel/Blanche, Dean	LPKC/LPKC	1:16.52

K1 500m 35 Final

1. Scarpa, Daniel	ITA	1:51.24
2. Muir, Steve	BRCC	1:54.38
3. Pepper, Matt	LPKC	1:55.53

LK1 500m 35 Final

1. Lehmann, Lynda	MWCC	2:06.28
2. Sutton, Fiona	LPKC	2:25.27
3. Powell, Therese	MWCC	2:26.81

K2 500m 35 Final

1. Muir, Steve/Krasny, Milan	BRCC/LPKC	1:45.51
2. Slennett, David/Cummins, David	MWCC/MWCC	1:47.13
3. Townsend, Anthony/Tucker, Nick	LMNC/ONCC	1:55.62

K1 500m 40 Final

1. Krasny, Milan	LPKC	1:57.24
2. Lepianka, Krzygtof	SOCC	1:58.90
3. Stanek, Peter	WECC	2:00.67

K2 500m 40 Final

1. Lepianka, Krzygtof/Szubski, Z.	SOCC/TBA	1:49.04
2. Stanek, Peter/Borserini, Peter	WECC/WRCC	1:50.72
3. Thatcher, Peter/Newton, John	SWAN/CURR	1:57.97

K2 500m 45 Final

1. Russell, David/Newton, John	SOCC/CURR	2:02.06
2. Carlyle, Neil/Reilly, John	MWCC/MWCC	2:02.13
3. Campbell, Colin/Burns, Robert	SBKC/SBKC	2:04.63

K1 500m 50 Final

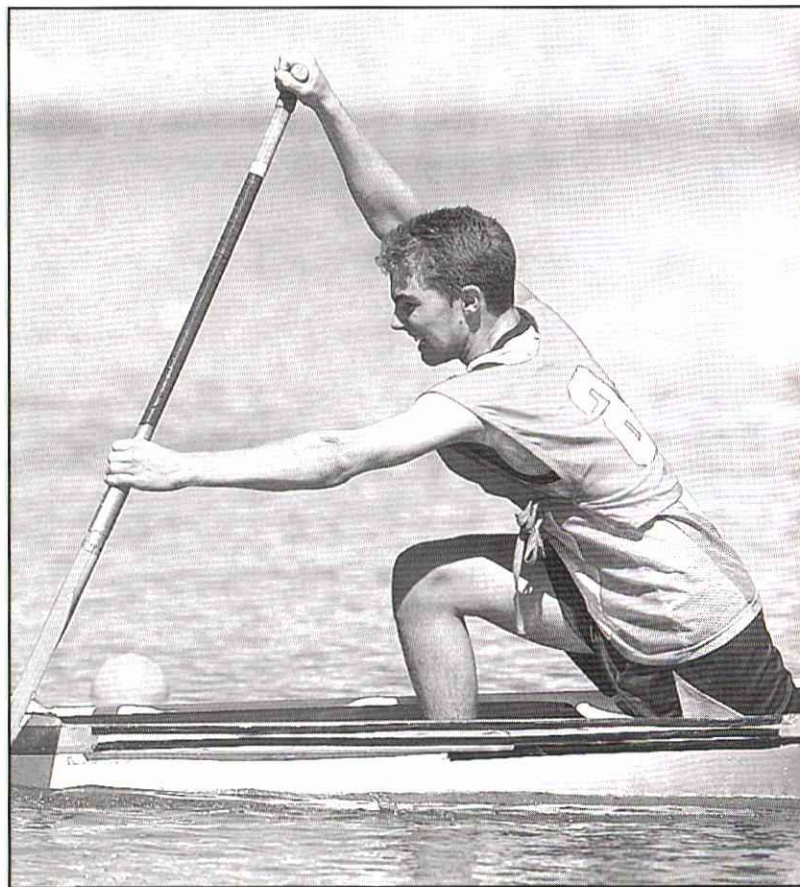
1. Hopley, Brian	MWCC	2:04.07
2. Newton, John	CURR	2:09.85
3. Cooper, Michael	ONCC	2:10.72

K2 500m 50 Final

1. Reilly, John/Carlyle, Neil	MWCC/MWCC	2:02.55
2. Campbell, Colin/Burns, Robert	SBKC/SBKC	2:03.75
3. Trehame, David/Tiller, David	MWCC/MWCC	2:18.60

K1 500m 55 Final

1. Newton, John	CURR	2:05.69
2. Reilly, John	MWCC	2:06.80
3. Burns, Robert	SBKC	2:16.09



The Australian Sprint Kayak Team contested the 3rd World Cup of the season in Szeged, Hungary. In what was touted as the strongest regatta of the season, paddlers from 36 different countries including world and olympic champions from Hungary, Germany, Poland, Czech Republic, Canada and Slovakia battled for honours over

Baca second, and Norwegian's Veras Larsen and Nils Fjeldheim in third.

In the K1 1000m World Champion Lutz Liwowski (Germany) won the final from Olympic champion Knut Holmann (Norway) and Akos Verecki (Hungary) in third. Australia's Nathan Baggaley did not make the final.

Australia's K4 1000m crew of Ross Chaffer, Shane Suska, Peter

phase of their training for the Olympic Games. With the best crews in the world racing in Szeged, Trim & Collins returned to Australia knowing where they are at and what needs to be done between now and the Olympic Games.

In the Ladies K1 500m final Katrin Borchert paddled well to finish in 3rd place. World Champion and Olympic gold medal favourite Caroline Brunet

SPRINT WORLD CUP

round three

26-28 May 2000, Szeged, Hungary

three gruelling days of competition.

The Australians faired well on day one of competition with all boats progressing to the semi-finals. Conditions were described as unfair during the morning session when the wind was very strong. However, the afternoon session, due to drop in the wind, provided fairer conditions.

Australia's World Champion LK2 pair, Anna Wood and Katrin Borchert continued their dominance of the LK2 1000m on the second day of competition. The 1998 and 1999 World Champions conquered not only the nine other crews in the final, but also the strong winds which hammered the course during the entire Regatta.

The Australian women beat the Ukraine pair of Hanna Balobanova and Nataliy Feklisova by four seconds with the Hungarian crew of Agnes Szabo and Eszter Rasztotzky a further second back in third. Though a non-Olympic event, Wood and Borchert have long considered it as good preparation for their LK2 500m Olympic event. Borchert backed up an hour later to claim the silver medal in the LK1 1000m from Italy's Josefa Idem and South Africa's Ruth Nortje three seconds behind Borchert in third place.

Olympic bronze medallists Andrew Trim and Daniel Collins were unlucky to be seeded in Lane Nine for the final of the K2 1000m. The conditions, very similar to those of two years ago when the World Championships were held on the same course, were extremely windy and unfair across the course. The pair finished 9th in the final which was won by the Hungarian pair of Krisztian Bartfai and Krisztian Vereb with Slovakia's Michal Riszdorfer and Juraj

Scott and Cameron McFadzean missed the final of the K4 1000 after

The conditions, very similar to those of two years ago when the World Championships were held on the same course, were extremely windy and unfair across the course.

finishing 5th in their semi-final. Nathan Baggaley paddled well in the K1 500m to finish in 7th place. The event was won by Hungarian Akos Verecki with Germany's Lutz Liwowski in second and Bulgaria's Petar Merkov in third. Baggaley bounced back well after missing the final in the K1 1000m event.

Australia's 1997 K2 500m World Champions, Andrew Trim and Daniel Collins finished their favoured event in 3rd place. The Hungarian crew won the event with Slovakia's 1998 World Champions, Michal Riszdorfer and Juraj Baca in second. Trim and Collins returned to Brisbane straight after the final so they can head into the final

continued her dominance of the Ladies K1 events finishing in first place with Italy's Josefa Idem in second.

Borchert then backed up to partner Anna Wood in the Ladies K2 500m. The pair finished 6th in the final, coach John Sumegi said, "They paddled well, but were hammered by the wind in Lane Seven. The course has been unfair with some lanes being adversely affected by the strong wind, as was the case in 1998 when we were here for the World Championships." The final was won by the German pair of Birgit Fischer and Katrin Kieseler, Poland's World Champions were second Pastuszka and Sokolowska, with the Canadian crew of Caroline Brunet and Karen Furneaux in third place.

In the Ladies K4 500m, the Australia crew of Shelley Oates-Wilding / Amanda Rankin / Kerri Randle / Amanda Simper finished in 5th spot. The final was won by the German crew of Fischer / Schuck / Mucke / Wagner a clear two seconds ahead of the Hungarian crew (Kovacs / Szabo / Viski / Bota) with the Polish crew (Skowron / Sokolowska / Michalak / Pastuszka) in third place. The conditions, very similar to

2001 Sprint Canoe/Kayak World Cup

The International Canoe Federation has announced the dates and locations for the 2001 Sprint Canoe/Kayak World Cup Series. The series will increase from four to five events next year.

13 - 15 April	World Cup 1	Gainesville	USA
11 - 13 May	World Cup 2	Sevilla	Spain
15 - 17 June	World Cup 3	Mantes la Jolie	France
29 - 01 July	World Cup 4	Copenhagen	Denmark
13 - 15 July	World Cup 5	Zagreb	Croatia

The Australian Slalom Team paddled well in the 2nd World Cup event of the year, held in Ocoee, Tennessee, the 1996 Olympic venue. Although not all of the top countries contested this Regatta it was still a strong field with representatives from twelve countries including France, Great Britain, the USA and Canada.

In the Men's C1, 1999 World Championship Silver Medallist Robin Bell was in first place after qualifying runs. However, Bell received a 50-point penalty in the first run of the final and was unable to recover the lost ground. He finished in 11th place.

In the Men's K1, Anton King and Ben Patrick produced personal best performances. Through consistent pad-

dling King finished in 11th place and Patrick in 15th. The Victorian pairing of Andy Farrance and Kai Swoboda paddled well to finish in 5th place overall in the K2.

1996 Olympian Mia Farrance also paddled strongly. The Victorian phys-

iotherapist finished in 13th place after collecting penalties on her second run.

From this Regatta, team members headed either head to Europe for the next World Cup event in St Pe, France or returned to Australia for final Olympic preparation.

2001 Slalom World Cup

The International Canoe Federation has announced the dates and locations for the 2001 Slalom Canoe/Kayak World Cup Series.

26 - 27 May	World Cup 1	Goumois	Switzerland
2 - 3 June	World Cup 2	Merano	Italy
9 - 10 June	World Cup 3	Tacen	Slovenia
4 - 5 August	World Cup 4	Troja	Czech Republic
11 - 12 August	World Cup 5	Augsburg	Germany
8 - 9 September	World Cup 6	Waussau	USA

SLALOM WORLD CUP

round three

17 - 18 June 2000, Ocoee, Tennessee, USA



Copenhagen Olympic Open

Australia's Olympic kayakers battled strong Nordic winds, cold temperatures and some of the world's best paddlers in yet another phase of Olympic preparation.

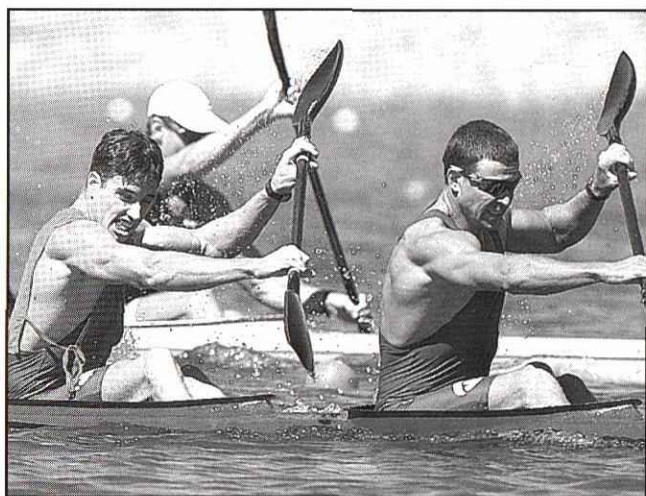
Australia's Sprint Kayak Team contested the Copenhagen Olympic Open in Denmark on the weekend of June 2-4. Denmark's cold weather and strong headwinds played havoc with all the competitors, particularly the Australians - most of whom are used to the warmth and sunshine of Queensland.

The Australian Men's K4 crew of Ross Chaffer, Shane Suska, Peter Scott and Cameron McFadzean contested two finals. They were a close second to the Danish crew (made up of three Danes and Australia's Nathan Baggaley) in the K4 1000m. However, in the non-Olympic K4 200m final the Australians were victorious, beating home the Danish crew.

One of the competitors who really struggled with the cold was Clint Robinson. A delayed race start meant that Robinson was forced to sit in his boat for a long period prior to the final of the K1 1000. Denmark's Torsten Trantum-Jenson - the paddler who was third behind Baggaley and Robinson at the Australian Championships earlier this year, won the final ahead of third place Robinson. Baggaley did not progress through to the final.

In the non-Olympic Ladies K1 200m, Australia finished with the trifecta. Manly's Shelley Oates-Wilding was first, with the Gold Coast's Amanda Rankin second and South Australian youngster Liz Hegarty third.

In the Men's K2 1000m the Denmark won the final ahead of Australia's Brian Morton and Luke Young. In third place was the Australian U23 crew of Craig Rodgers and Darren Webster.



The Australian Sprint Kayak Team finished their European campaign at the Duisburg International Regatta in Germany. This elite three day event is often regarded as the most competitive regatta outside of World and Olympic championships. Forty-one nations attended, and included powerhouses Germany, Poland, Canada, Russia, Romania, Slovakia and the Czech Republic. Of the great canoeing nations, only Hungary was not competing. This year's Regatta was the fourth and final World Cup event of the year and the final opportunity prior to the Olympic Games in September for athletes to race against the very best.

Except for the four Queensland Academy of Sport athletes, the K2 pairs of Andrew Trim and Daniel Collins and Katrin Borchert and Anna Wood, the entire Australian Team was in attendance at Duisburg. These four athletes had already returned to Australia. This was to be the Australian Team's last international hit-out.

In the blue ribbon Men's K1 1000m Clint Robinson won his heat and Nathan Baggaley was 4th in his heat. All the favourites progressed through including World Champion Lutz Liwowski, Germany and Olympic Champion Knut Holmann, Norway. In the Men's K1 500m, Nathan Baggaley was 5th in his heat, with Clint Robinson 2nd in his. In the Men's K2 1000m Brian Morton and Luke Young were 4th in their heat and progressed to the semi-final.

In the Men's K1 1000m Final, Clint Robinson came up against old rivals Knut Holmann and Lutz Liwowski. Holmann easily won the final in 3.33.801. Liwowski, the current World Champion, was 5th and Robinson 7th. Second and third place went to two Spaniards, Emilio Merchan and Jovino Gonzalez respectively. The pair, tussling for the Spanish K1 1000m spot for the Olympic Games, paddled side by side the entire way down the course before Gonzalez grabbed the Bronze right on the line. Nathan Baggaley drew a monstrous semi-final line-up and did not make the final.

Commenting on Robinson's paddle, Australian Canoeing's High Performance Manager Noel Harrod said, "For the stage of training Clint is at right now and with three months to go before the Olympics, I think he is on track and right where he should be."

The other final in which Australia participated in on Day One was the Men's K4 1000m. The Australian crew of Ross Chaffer, Shane Suska, Peter Scott, and Cameron McFadzean finished in 9th place. The crew has had a disrupted preparation with both Scott and McFadzean suffering from the flu during the week. The final was won by Germany with the minor placings going to the Slovak Republic and Sweden.

The Ladies K4 500m Final saw Australia's crew of Shelley Oates-Wilding, Amanda Rankin, Kerri Randle, Amanda Simper up against Olympic favourites Germany. The Germans won the final with Spain and Canada filling the minor places. Australia's crew finished 5th.

In the Men's K1 500m, Australia was represented by Nathan Baggaley and Clint Robinson. Neither Australian made the final finishing 3rd and 4th respectively in their semi-finals. The final was won by Spaniard Emilio Merchan, with Knut Holmann (Norway) in second and Jovino Gonzalez (Spain) in third.

The final day of competition in Duisburg, Germany saw the semi-finals and finals of the 500m events and the finals of the 200m events. The Olympic events contested were the Men's C1 500m, C2 500m, K1 500m, K2 500m and Ladies K1 500m, K2 500m and K4 500m. Of these Olympic events, Australia contested all but the Ladies K1 and K2 500m, and the "C" boat events.

INTERNATIONAL REGATTA WORLD CUP FOUR DUISBURG, GERMANY

K1 1000m Final

1. Knut Holmann	(NOR)	3.33.801
2. Emilio Merchan	(ESP)	3.35.031
3. Jovino Gonzalez	(ESP)	3.35.251
5. Lutz Liwowski	(GER)	3.39.701
7. <i>Clint Robinson</i>	(AUS)	3.40.631

K4 1000m

1. Germany	Schaefer/Zabel/Gach/Ulm	2.59.461
2. Slovak Republic	Kadner/Kuzel/Wiebauer/Chorvath	3.01.361
3. Sweden	Gustafsson/Persson/Lindeberg/Fager	3.02.091
9. <i>Australia</i>	<i>Chaffer/Suska/Scott/McFadzean</i>	3.07.471

K2 1000m

1. E. Veras Larsen/N. Olav Fjeldheim	(NOR)	3.15.461
2. M. Oscarsson/H. Nilsson	(SWE)	3.15.551
3. A. Ihle/O. Winter	(GER)	3.16.111

LK1 1000m

1. Josefa Idem	(ITA)	4.01.291
2. Ruth Nortje	(RSA)	4.01.891
3. Katrin Wagner	(GER)	4.04.051

C1 1000m

1. Martin Doktor	(CZE)	4.01.231
2. Steve Giles	(CAN)	4.02.151
3. Andreas Dittmer	(GER)	4.03.811

LK2 1000m

1. B. Fischer/K. Kieseler	(GER)	3.44.151
2. T. Jenkins/K. Colin	(USA)	3.47.331
3. E. Bets/S. Vakula	(BLR)	3.47.651

C2 1000m

1. M. Pricop/F. Popescu	(ROM)	3.39.971
2. R. Dalton/M. Scarola	(CAN)	3.41.341
3. A. Kostoglod/A. Kovalev	(RUS)	3.42.161

LK4 500m

1. B. Fischer/A. Schuck/M. Mucke/K. Wagner	(GER)	1.35.981
2. B. Sanchez/B. Manchon/A. Penas/A. Iramburu	(ESP)	1.37.721
3. J. Kamini/C. Lightbound/M. Gibeau/J. Rivard	(CAN)	1.39.031
5. <i>S. Oates-Wilding/A. Rankin/K. Randle/A. Simper</i>	(AUS)	1.39.831

K1 500m

1. Emilio Merchan	(ESP)	1.40.771
2. Knut Holmann	(NOR)	1.40.921
3. Jovino Gonzalez	(ESP)	1.41.771

K2 500m

1. R. Rauhe/T. Wieskotter	(GER)	1.35.121
2. A. Rossi/B. Bonomi	(ITA)	1.35.981
3. M. Riszdorfer/J. Baca	(SVK)	1.36.251

K4 500m

1. J. Schaefer/M. Zabel/B. Bach/S. Ulm	(GER)	1.22.471
2. A. Gustafsson/N. Persson/E. Lindeberg/J. Fager	(SWE)	1.23.661
3. J. Kadner/R. Kuzel/A. Wiebauer/M. Chorvath	(SVK)	1.23.661
5. <i>R. Chaffer/S. Suska/P. Scott/C. McFadzean</i>	(AUS)	1.24.911

LK4 200m

1. B. Fischer/A. Schuck/M. Mucke/K. Wagner	(GER)	00.36.241
2. B. Sanchez/B. Manchon/A. Penas/A. Iramburu	(ESP)	00.36.661
3. J. Kamini/C. Lightbound/M. Gibeau/J. Rivard	(CAN)	00.37.141
4. S. Oates-Wilding/A. Rankin/K. Randle/A. Simper	(AUS)	00.37.231

LK1 500m

1. Caroline Brunet	(CAN)	1.51.771
2. Josefa Idem	(ITA)	1.52.791
3. K. Wagner	(GER)	1.54.851

LK2 500m

1. B. Fischer/K. Keiseler	(GER)	1.47.721
2. M. Limbau/R. Ionita	(ROM)	1.49.161
3. C. Brunet/K. Furneaux	(CAN)	1.49.361

C1 500m

1. Martin Doktor	(CZE)	1.52.411
2. Slavomir Knazovicky	(SVK)	1.53.691
3. Peter Pales	(SVK)	1.53.821

C2 500m

1. K. Negodyayev/S. Satubaldin	(KAZ)	1.44.561
2. M. Pricop/F. Popescu	(ROM)	1.44.761
3. T. Zereske/C. Gille	(GER)	1.46.211

e v e n t



c a l e n d a r

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
SEPTEMBER 2000		
2-3 September		Victorian School Championships Warrandyte
17-20 September	Slalom	Olympic Games - Slalom Penrith Whitewater Stadium Penrith NSW
26 September	Sprint	Olympic Games - Sprint International Regatta Centre Penrith NSW
30 September	Slalom / Wildwater	Slalom & Wildwater Country series race 2 Howqua Victoria
OCTOBER 2000		
8 October	Wildwater	Wildwater: Big River (WC4) Victoria
14 October	Wildwater	Wildwater Pre-Championships (K4) Homestead to Wittons Victoria
21 October	Slalom	Sanitarium Yarra Series Slalom race 5 Warburton Victoria
NOVEMBER 2000		
5 November	Slalom	Sanitarium Yarra Series Final race 6 Dights Falls Victoria
12 November	Wildwater	SunSmart Wildwater Championships Homestead to Wittons Victoria
19 November	Slalom	Canoes Plus Slalom Goulburn River Victoria
25-26 November		Northern Zone Championships Nymboida NSW
DECEMBER 2000		
3 December	Wildwater	SunSmart Wildwater Championships Goulburn River Victoria

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



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DOLPHINS AND SUNRISE

I was first introduced to outrigger paddling in January 1996, I had no idea what I was getting into, never having participated in a water sport before, it was really quite daunting.

My friend Liza told me I would be "perfect" for paddling. After six months of her nagging me at netball and the promise of seeing dolphins at sunrise, I decided to humour her and go along.

Liza turned up to my house one morning and hauled me along to sign-on day. When we arrived I was introduced to a crew of five and a coach, given a quick demo of how to hold a paddle, and then thrown into a boat unlike anything I had ever seen - a canoe with "sticky-out" things tied to the side of it. No padding on the seat and nearly too narrow to fit in.

Off we went. Around Minyama Island. It takes us five minutes to paddle it now, but that day it took us twenty minutes plus. Halfway around I thought "Oh my God, how much further till we get back? This hurts, I've got to keep going, I'm going to pass out...", The thoughts that you have in the middle of a marathon just before you get your second wind.

We eventually got back - I was completely exhausted. The day got progressively worse. After the paddle (torture) we went up to meet the other club members. The secretary was busy showing everyone the new club uniform. To my horror, there were two size 8 girls parading around in togs and looking awesome, "There's no way any of us are going to look good in that" were my thoughts. I went home feeling sick at the whole idea of paddling.

At the end of the first week, I was told the first Regatta for the season was four weeks away on the Gold Coast - and wait for it - that I was paddling in it. Stress set in big time, I had no idea what happened at a Regatta, how it was run or why I had to paddle. After the initial shock of 'we're going to compete' we settled into hard training.

Our new uniforms didn't arrive until the day of the Regatta so we had twenty-four girls packed into the toilets at the venue getting geared up. I put mine on and felt like Ten Ton Tessie. There were all these skinny chickies running around in bikinis and looking fabulous and I couldn't figure out how I had actually got to this time and place in my life.

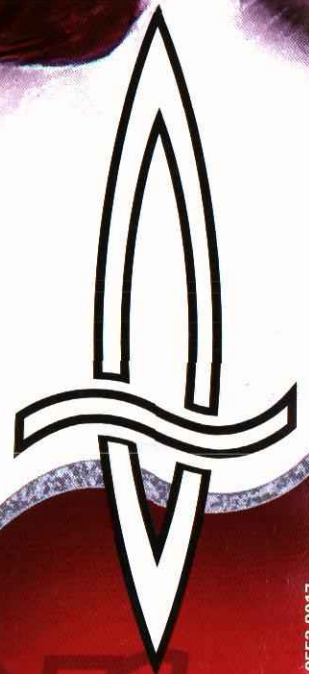
We survived our first regatta and we went home with a feeling of relief and far less nervous about the rest of the season. The Mooloolaba Rookies had arrived.

The next two months were a build up to each competition held every three weeks, I learnt the jargon, constantly referred to 'Kanu Culture' for tips and asked our coach endless questions. She must have thought I was a natural blonde.

Each regatta was exciting and was getting easier. By the end of the season with the Nationals in sight, we had bonded as a crew and become close friends. I didn't feel like Ten Ton Tessie any more and on our last training session we saw the dolphins.

*Kylie Paterson
Mooloolaba Outrigger Canoe Club*

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