

# Newsletter

AUTUMN ISSUE – MARCH 2004

## Congratulations Alex

Bronze Medallist  
Australian Sprint Championships



*Photo courtesy of Australian Images.*

- National and Victorian Sprint Races
- Winter Series Begins
- More Murray Marathon stories
  - K1 Exploits continues

# FAIRFIELD CANOE CLUB COOPERATIVE LTD

## BOARD OF MANAGEMENT



**Annette Kendall**

President

Phone 9646 1506 (H)

Email [akendall@smorgonsteel.com.au](mailto:akendall@smorgonsteel.com.au)



**Liz Wells**

Secretary and Social committee

Phone 0414 560 477

Email [ewells@mshf.com.au](mailto:ewells@mshf.com.au)



**Michael Kane**

Treasurer and Membership

Phone 9499 4782 (H) 0439 301 521

Email [michaelk@windana.com.au](mailto:michaelk@windana.com.au)



**Kevin Hannington**

Club Maintenance

Phone 9819 1753



**Rose Curtis**

Communications Committee

Phone 9484 3929 (H)

Email [rcurtis@alphalink.com.au](mailto:rcurtis@alphalink.com.au)



**Connie Todaro**

Board of Directors Representative

Phone 0418 142 137

Email [bark2@alphalink.com.au](mailto:bark2@alphalink.com.au)



**Peter Thompson**

Boat Maintenance and Rack allocation

Phone 0417 086 851

Email [pwt@kooka.com.au](mailto:pwt@kooka.com.au)

## CONTENTS

From the Editor	3
Upcoming Events	3
President's Report	4
Social Committee	4
Ladybirds Marathon Campaign 2003	5
K1 Exploits	6
Australian Sprint Championships	7
Boat Maintenance and Rack Allocation Committee	7
Sprint Racing at Fairfield	8
Maintenance Committee	9
Communications Committee	10
That's Mega	11
Race Organising and Skills Development Committee	12
Gladiators and Amazons Firing	14
Trinity Kayakers	15
Ever wondered where to sit in the K4?	16

### Website

<http://www.fairfieldcanooclub.org.au/>

### Mail

PO Box 253, Fairfield 3078

### Newsletter Dates 2004

Deadline for Submissions:

21 June 23 August 15 November

### Printing dates

2 July 3 September 26 November

### How to contribute

All contribution to the club newsletter are welcome – photos, articles, letters to the editor, humour, advertisements.

Contributions can be made by email or by post to the editor.

Articles can be supplied on disk (Mac or PC). Disks and photos will be returned.

### Please submit material to the Editor

Anna Millward, Phone 9432 6842

Email [newsletter@fairfieldcanooclub.org.au](mailto:newsletter@fairfieldcanooclub.org.au)

Postal address 44 Porter Road, Heidelberg Heights 3081

Copyright: All material in this publication is copyright. Requests to reproduce any text and/or artwork must be directed to the editor.

All photos by Michael Loftus-Hills unless otherwise stated.



## FROM THE EDITOR

This edition of the newsletter focuses on the 5 committees of the Fairfield Canoe Club. Together with the Board, the committees help to run the club and ensure that things get done. It's very exciting to read about the committees and see how much is being achieved all the time.

The start of the Winter Series of races is almost upon us and Fairfield has a big task ahead to defend its title as winner of the Winter Series. The Winter Series is a great way to get into racing in a friendly environment and a graded environment. Race distances start at around 8kms so if you can make it to Studley Park and back you're ready to front up to Race 1 and try the thrills of racing.

Speaking of racing, Fairfield Canoe Club was honoured when Alex James won State Titles at the Victorian Sprint Championships and then won bronze at the Australian Sprint Championships. Congratulations Alex!

And finally, Fairfield will be represented by Pamela Lilburne in the Australian Marathon Championships in Perth on April 10. Good luck Pamela from all at Fairfield Canoe Club.

*Anna Millward*

## UPCOMING EVENTS

- Canoe Polo Rules Night for 'would-be' Canoe Polo Players – watch for notices
- Australian Marathon Canoe Championships in Perth April 9–11
- Winter Series Race 1 Sunday April 25 in Warrnambool
- Inter-Schools Canoe Marathon Champs Sunday May 2
- Winter Series Race 2 Hosted by Fairfield Canoe Club Sunday May 16 at Wesley
- Winter Series Race 3 Sunday June 6 in Nagambie

### ZOLI'S COACHING SESSIONS

#### Price Increase

From 11th April 2004 the cost of Zoli's group sessions will increase to \$5 per participant.

The sessions are held each Sunday morning from 10am to 12pm. All abilities/types of boats are welcome. Meet at the landing at 10am.

### UNDER THE YARRA

*Congratulations to Kerryn and David on their marriage and the forthcoming arrival of their first child.*

*Engagement congratulations to Jenny Hill and Kevin Liz and Simon*



## PRESIDENT'S REPORT

Welcome to another great edition of the Fairfield newsletter!

I am sure you will agree that it is an information packed edition – so thanks to everyone for the huge effort that has gone into the articles – and putting them all together.

There is a huge amount happening at the club at the moment with regards to many aspects of club life – on and off the water – and details of a lot of these will appear in this, and future newsletters i.e. winter series races, intermediate fleet of club boats, club coaching sessions, junior paddlers development program, annual Big Bash etc.

Probably the most noticeable change in the past few weeks has been the addition of some new notice boards at the club, accompanied by some new storage areas for bags etc. The change has opened up a lot of room at the club – and there are plans afoot to ensure that the new boards are well organised and provide members with all the information they need about club activities, out of club races and events, and our sport in general. We are also planning a specific area where club members can leave messages, advertise boats for sale etc.

Please remember that as winter is approaching quickly – with the darker mornings and evenings please make sure that you have a flashing red light on your boat whilst paddling in the dark – it is far safer for you, and other paddlers!

Enjoy your autumn paddling – and looking forward to seeing you at the club – or perhaps at a winter series race!

Annette

## SOCIAL COMMITTEE



Chair **Liz Wells**

Secretary and Social committee

Phone 0414 560 477

Email ewells@mshf.com.au

### MISSION STATEMENT

- To organise exhilarating social events for all club members
- To increase member participation in social events

### UPCOMING SOCIAL EVENTS

16 May	Winter Series Race #2
June	Film Night or Trivia Night
25 July	Sign up day BBQ
September	Murray Information Night
20 September	AGM catering
2 October	Big Bash
19 December	Christmas BBQ

Committee Members required, please contact Liz Wells if you can assist with any of these events.

### WINTER SERIES RACE #2

The Fairfield Canoe Club (FCC) is hosting the second Winter Series race on the 16 May 2004. As this race will be the first Winter series race in Melbourne we are expecting a large turnout.

Last year the FCC hosted the Victorian Championships and it was seen by Canoe Victoria to be an exceptionally well-hosted event. Also, the Canoe Club raised over \$1,000 which was put towards the cost of the Big Bash.

Fairfield Canoe Club needs your help to make the Winter Series race on 16 May 2004 as successful as the Victorian Championships.

Help is required in the following areas:

- An organiser – we need someone who will be the “chief organiser” for the event.
- Catering staff on the day – we need numerous people throughout the day to help on the stall selling hot and cold food and cooking the food.
- Supply of food or drink – any contacts you have that can supply food or drinks at reduced rates.
- Big muscular fellows (preferably with a car and trailer) to pick up the equipment and food before the event (possibly Saturday or Sunday morning).

If you can help in any of the above ways, please contact Liz Wells on 0414 560 477 or Gary Flanigan (gary@flanigans.com.au).

## LADYBIRDS MURRAY CAMPAIGN 2003



2003 was the third Murray Campaign for the LadyBirds and their most successful so far, coming in with the silver medal behind BHP Bilaton and ahead of the Ivanhoe BlueBells in the Women's Open TK2 Relay. Being 'women of a certain age', competing against much younger competitors gave an extra sweetness to the result.

The diary jottings from this reporter's diary give a glimpse into the race strategies, precision planning and focused motivation of these elite performers.

### DAY 1

- *Oh-my-god* – one of the designated starting pair recovering from virus, arriving later this afternoon, extra member standing in then returning to Melbourne – *phew!*
- *Oh-my-god* – inexperienced land crew – they want to go and do what on the way to Alpha!
- *Oh-my-god* – traffic jams everywhere at Alpha – second leg pair detoured to get lunches and coffee – caught out on the road, not going to make it – quick change of plans, third leg pair in – *phew!*
- *Oh-my-god* – where are that fifth leg pair who are arriving from Melbourne after a daughters 18th birthday party last night – yes here they are – *phew!*
- Good first day, 7 hours 28mins, 2nd place – *yeah!*
- Joe (sometime LadyBird coach) left message that he was ecstatic – *phew!*

### DAY 2

- Repeating day one due to river conditions – our goal – to improve on yesterdays time.
- *Oh-my-god* – caught in traffic jam – cattle, drovers, calves, dogs, motorbikes – boat on water with only 4 minutes before start – *phew!*
- Starting pair – experienced, confident, ready to execute their winning strategy from the recent Canberra Masters Games – looking fabulous over the first 10 strokes (Zoli's sessions paying off) – *oh-my-god* – caught on swell – rudder clipped – no control – veering wildly – in for a swim they go! – only lost 7 minutes – *phew!*
- *Oh-my-god* – surly tourists, boaties, campers being kept off the water for another hot day – 'not happy Jan' vibes everywhere.
- *Oh-my-god* – kids bombing and grabbing the boat, frustrated boaties speeding past setting up wash.
- End of day two, still second even with the fall out – *phew!*

### DAY 3

- Bit tired, sore, strained, hot, hot day – this is the day when our finely tuned mental focus and determination will really be needed – mind over matter – what were those jokes for Helen (K4)? – how did that one go? ... 'where do you find a legless dog?' ... can't remember – what's that – eddies, head wind, snag ... Snag ... SNAG – veer right, Right, RIGHT! – just missed that – *phew!*
- *Oh-my-god* – land crew on a steep learning curve, been watching too many of those bloody school changeovers – now everybody gets tipped out!
- End of day – still holding the silver!

### DAY 4

- *Oh-my-god* – dress up day – did I hear someone say red tops and red tutus and red sparkly hats and red and black spotted bibs and red ladybird wings and a red tutu for the boat?
- *Oh-my-god* – carnage at the start, 2 boats down, starting pair just manage to stay upright after pranging into one of the fallen boats – *phew!*
- *Oh-my-god* – the foot bar is playing up, must have happened in the prang, maybe we'll need to change boats – no, seems ok – *phew!*
- *Oh-my-god*, is that Liz (Jenkins) in the red tutu up on the ridge performing some ballet steps – first position, second position ... let's hope there's no photographic evidence!

### DAY 5

- Last day with 28 minutes up on 3rd place, should be safe but you never know!
- Few aches, pains, blisters, bruises, these 'been round' bodies are showing a little strain – 'Hey ladybirds, you're looking a bit slow today, are you struggling without your wings?' ... weren't these young people taught to show RESPECT for their elders?
- Land crew excellent – changeovers like poetry in motion with precision timing and execution – hold on, Hold On – HOLD ON – nothing to hold on too! Mud, slipping, waist high changeover – mud, slipping, Slipping, SLIPPING – ground crew treading water, no sure footing – hoisting crew into boat, off they go – *phew!*
- Swan Hill finish line – yes 2nd place!
- Celebrations. Champagne. Medals. Brilliant.

Watch for that flash of red wings on the water in 2004.  
Go Lady Birds!

## K1 EXPLOITS



I am exhausted; shattered battered and bruised ... all I did was go for a paddle this morning.

Laugh please and I'll tell you the story. I think I have given many others much amusement today. Steve Gadsen was lamenting the lack of a camera.

My summer project continues – an up close and personal inspection of the Yarra and its banks.

Took Kirby's K1 Max Abbott out (the one that is a well trained swimmer the owner has warned me).

We left before the crowds (Julie was my escort/baby sitter) and whilst things were a little wobbly I got by. Made it to Dights with an excellent recover lean but otherwise just minimal fuss. Achieved the turn very neatly and felt I could now tick off 2 danger points in the paddle (leaving the landing and turning around). Past Studley Park and the traffic was building up, heading downstream though.

The second bend after the bridge and usually I can put in an effort by now but whilst the boat was moving nicely it was still tenuous. Gary and Werner cut the corner on me and passed close by. The cheeky Gary asked in passing if I'd swum yet. No I had not. Give it 100 more metres and I had. Thanks Gary.

So it happened right in the midst of those tangled dead trees. Icky murky muddy base with lots of hidden branches and bits. Just impossible to find a suitable re-entry point so we swim, the lovely Max Abbott and I to the other side and I clamber up the roots of a plain tree and after a slight hiccup relaunch my paddling venture. On the river again and I try to reach out and propel the boat faster but that fine alignment required for speed and stability is not quite there yet. Frustrating. just around the corner from Macaulys and in front of another section of those besky tangled branches the boat achieves a sideways planing action I held it there for what seemed like an eternity and then stepped out. Julie said all I needed to do was paddle. I opted unfortunately for the swim. (I seem naturally skilled at the clean exit – leaving the boat upright and travelling). Here it is a complete mess to try and get in. I banged and stumbled then finally swam the boat around the corner (after being stung by nettles on one attempt of emptying the boat). A bit of side stroke, a little freestyle with a nudge of the boat on every third stroke.

Even some backstroke pulling the boat. Like to get a well rounded swim in. By now I had a larger audience and personally I was actually a little over the concept of falling in. I finally got safely away from the bank upright and in the boat. With Julie and Steve either side of me we trailed Lofty and Anna back to the club. Just 3.5km to go I thought. Please just concentrate and stay in I kept saying. There would be no sprint finish today. That I told the party in no uncertain terms. Lofty gave me a huge lumpy wash to negotiate – thanks, most appreciated. We made to the pipe bridge without incident. A wedding was in process there – fall in for the cameras! Nice idea Lofty but someone else's turn surely.

Coming up the straight and Lofty had dropped back to be level with us. I could see him just. There was that desire for a fast finish – I could feel it. With in 50m of the landing and I was furthest out and complaining. Lofty commented on the muted yelps and other mutterings coming from my boat – like a badly tuned radio he said. I can't laugh and paddle – so I simply I fell in. That was not amusing. I swam to the side and walked the boat back to the club. Discovering 2 further sunken branches along the way – then managed to chest butt the boat getting out.

I had thought Kelly was coming to paddle this morning however she has gone to NZ for 2 weeks so I could have had borrowed her boat and had a less scenic tour of the river after all. Still I wanted to raise the bar ... best to swim now than in June. The problem I fear is that I will still be doing so in June.

It was only my third attempt with the lovely max. However I have yet to achieve an outing in it without turning the event into a multisport one.

Think I'll be discovering bruises for days after this epic. Recover lunch at the boathouse did not quite salve all wounds. A nap on the couch is looking more promising now that all the wet clothes have been attended to.

Dare I go to Zolis tomorrow. Too exhausted to think about it.

*Helen*

*PS. Julie sat in the Max and declared it a much tipper K1 than the Hornet. Isn't she lovely.*



Chair **Peter Thompson**  
 Phone 0417 086 851  
 pwt@kooka.com.au



## AUSTRALIAN SPRINT CHAMPIONSHIPS

The Australian Sprint Championships were held at the Penrith Regatta Centre (NSW) from 10–14th of March.

Victoria was well represented with over a dozen competitors in team uniform.

Fairfield Canoe Club was represented by myself on the water and Jonathon and Jenny Mayne off the water. Jon did a sterling job over the five days calling the races – he is truly Fairfield’s own Norman May.

For a full roundup of results see the ACF website at [www.canoe.org.au/news.asp](http://www.canoe.org.au/news.asp) or for a more parochial results tally see the canoe vic website at [http://flatwater.canoevic.org.au/docs\\_forms/2004nats.pdf](http://flatwater.canoevic.org.au/docs_forms/2004nats.pdf) for the Victorian results. The team performed very well, especially the junior girls.

For myself the opportunity to compete was a real bonus after years of injury that had kept me from the intense training needed for the sprint season. Although my preparation was not ideal I was very happy with my performance. The course at Penrith is fair for every lane and the racing conditions were ideal with moderate temperatures and light breezes across the five days of competition.

I paddled in both the K2 and K1 events over 200, 500 and 1,000 metres. Burke Murray of Sherbrooke Knox partnered me in the doubles events, for which we gained the following placings:

- K2 Open 200m – placed 5th in heat
- K2V35 500m – placed 4th in final
- K2V35 1000m – placed 4th in final

My best result was a third place in the K1V35 1000m.

Other singles results were

- K1 Open 200m 8th in heat
- K1V40 500m 4th in final
- K1V35 500m 7th in final
- K1V40 1000m 6th in final

I would like to thank everyone at Fairfield who gave me encouragement during my preparation for the competition (my first National Sprint Championships), especially Zoli. I would also encourage everyone to take the challenge to step up and look to the possibility of competing next year.

Alex James

Photos courtesy of Australian Images.

## BOAT MAINTENANCE & RACK ALLOCATION COMMITTEE

### Committee Members

Penny Webster, Melanie Mills, Grant Clark (pictured below)



Head of Boat Racking  
 Tony Payne

### MISSION STATEMENT

- To introduce a new fleet of intermediate standard club boats
- To maintain current club boats
- To manage racking allocation for privately owned boats
- Latest developments

In addition to the on-going work of maintaining the club boats and managing racking, the committee’s biggest focus at the moment is the introduction of a new fleet of intermediate standard club boats. This new intermediate fleet is to provide a better standard of boats for those who have gained a certain level of paddling proficiency that they have “graduated” from the beginners boats (current fleet) and want to take the next step up!

The fleet will consist of 15 refurbished boats, comprising of TK1s, TK2s, K1s and K2s. The official launch of the intermediate fleet will be renewal day.

The current work being undertaken for the intermediate club boat fleet includes:

Finalising the acquisition of boats for the fleet; and

Development of the intermediate club boats management system, which includes such things as

- Fees
- Eligibility criteria
- Usage administration system (including log in/out book, damage report)
- Maintenance and repair
- Reservation of boats for races
- Communications strategy (including promotion material, educational documentation etc).



## SPRINT RACING AT FAIRFIELD SEASON ROUNDUP

*Who's been sprinting where and how did they go?*

### **FOOTSCRAY REGATTA DECEMBER 13TH 2003**

For a couple of years now, we've been selecting a city sprint race and promoting it as a fun race day that is good for newer sprinters to come along to, to get a feel for what sprint racing is all about.

The Footscray Race late last year was our selected race and our club made up a third of all entrants on the day! We had our own "exclusive" events in Ladies, Mens and Mixed TK1 and TK2 races over 200m and 500m with often six or seven Fairfield boats entered.

This was also the first time many of our newer paddlers tried "K" sprint races – with Steve Gadsen and Greg Bauld debuting in the Mens K1, Anna Millward in the Ladies K1, Anna and Pamela in the LK2, Dave Millward and Anna in the mixed TK2, and Alex James and Dave Millward in the mens K2 200m, (welcome to K boat racing Dave!) as did Joe Alia and Greg Bauld. We were delighted that Marg Buck ventured back to sprint racing after a break.

In the TK racing we saw a new partnership of Robyn Ward and Mick Kane, Joe Alia and Connie Todaro made a comeback, Steve Gadsen and Kelly O'Shannessy did their first sprint race and Andrew Kegele came along even after a late night and a sleep-in and still put in a good show!

The days racing was capped off by Jon Mayne and Ivan Gaal representing us in the Canadian boats.

Our paddlers came away with a host of wins and places across all events entered – it was a fabulous day. Congratulations to all paddlers and particularly those who were brave enough to try their first races or first races in new boats.

### **FRIDAY NIGHT TIME TRIALS**

Stephen Beitz held his Friday night 5km time trials for five weeks during February/March. These were very popular and saw some stiff competition for best times!

We are sure he will post these results up at the club soon. These time trials are a great goal for anyone looking for training motivation after the Murray River Marathon and binge Christmas season.

### **VICTORIAN CHAMPIONSHIPS**

The Victorian Championships were held over the weekend of 28th and 29th of February 2004 at Nagambie Lakes.

Fairfield was well represented by Open and Vet paddlers across all three distances of 200, 500 and 1000m. The weather on Saturday was good for paddling but Sunday was a shocker with a hideous cross wind on the course that prevented a warm up for races and extended the times for the 500m events by 20 or 30 seconds, that was if your K1 skills were good enough to be able to reverse back into the starting position!

Liz Wells, Peter Ferguson, Liz Jenkins and Rhea Dempsey all did themselves proud, competing in their first CV sprint races.

### **HIGHLIGHTS FROM THE RESULTS**

LK1Open 1000m – Anna Millward 6th in heat, Pam Lilburne 7th in final

LTK2V45 1000m – Liz Jenkins/Rhea Dempsey 1st in final

K1V35 1000m – Alex James 1st in final, Peter Ferguson

(Sydney member of Fairfield) 3rd in final

LK2 Open 1000m – Anna Millward/Pam Lilburne 5th in final

K2V35 1000m – Alex James/B. Murray (SKCC) 1st in final

LK1Open 200m – Anna Millward 5th in heat

LTK2 Open 200m – Liz Jenkins/Rhea Dempsey 2nd in final

K1V35 200m – Alex James 1st in final, Peter Ferguson 3rd in final

MXK2 Open 200m – Anna Millward/Alex James 3rd in final, Rhea Dempsey/Peter Ferguson 6th in final

TC2 Open 200m – Jon Mayne/Ivan Gaal 1st in final

LTC2 1000m – Helen (Canberra) and Pamela Lilburne 1st in final.

K2V35 200m – Alex James/B. Murray (SKCC) 1st in final

LK1 Open 500m – Liz Wells and Pamela Lilburne both 5th in their heats

K1V35 500m – Alex James 1st in final

LTC2 Open 500m – Pam Lilburne/Jane Kopecek (PLCC) 3rd in final

MXK2 Open 500m – Liz Wells/Alex James 3rd in final

TC2 Open 500m – Jon Mayne/P. McDonald (Gipps) 1st in final

MXTC2 Open 500m – Pam Lilburne/Jon Mayne 1st in final

K2V35 500m – Alex James/B. Murray (SKCC) 1st in final

LK2 Open 500m – Liz Wells/Pam Lilburne 6th in final

LTK2 Open 500m – Liz Wells/Pam Lilburne 1st in final, Liz Jenkins/Rhea Dempsey 2nd in final (against a very strong third team!)

LK4 Open 500m – Liz Wells/Pam Lilburne/Liz Jenkins/Rhea Dempsey 2nd in final



Chair **Kevin Hannington**  
Club Maintenance  
Phone 9819 1753



## MAINTENANCE COMMITTEE

Full results of most sprint races can be seen on the Canoeing Victoria Sprints Website <http://flatwater.canoevic.org.au/calendar.htm>

### AUSTRALIAN NATIONAL CHAMPIONSHIPS

Alex James represented us in the National Sprint Championships and did extremely well with medals in several events. See his article on page 7.

### SPRINTS THROUGH WINTER – 2KM TIME TRIALS

There is a programme of 2km time trails being run once a month from May through to September at the Carrum Sprint course, from 8am on a Sunday. This is being run by Craig Pickett from the VIS and will give people a great opportunity to monitor their training progress through winter, if you'd like to take advantage of it.

The first one is the 16th of May. Keep your eye on the club notice boards for more info. We'll probably organise a group who's interested in regularly going down and we could have a late cappuccino breakfast together after the time trials each month.

Remember every marathon race starts with a sprint – so why not get your marathon paddling off to a better start? Don't just practice sprints at Zoli's Sunday morning sessions – come along to a sprint race and see how you go!

Next sprint season commences September this year. See Joe Alia or Pamela Lilburne for more info.

*Alex James and Pamela Lilburne.*

*Photos courtesy of Ivan Gaal.*



*Committee Members desperately required!*

*Gary Flanigan and Werner Bolz (pictured below) are pseudo committee members. However there is a desperate need for more skilled and unskilled labour to assist Kev in the massive project of upkeep of the clubhouse. Please call Kev if you can assist.*

### MISSION STATEMENT

- To maintain the club-house
- To carry out or assist with finding contractors for proposed alterations/maintenance to club-house
- To co-ordinate working bees for all club members

### LATEST DEVELOPMENTS

The working bee on 14 February managed to sweep out the boat racking area, clean out the guttering, mow the lawns and clean the windows. Unfortunately grass grows, gutters get cluttered and leaves accumulate in the boat racking area. Any time you do have 10 or 15 minutes at the club, any of these jobs are waiting!

Kev was also instrumental in erecting the new notice boards along with members from other committees.

### CURRENT "TO-DO" LIST

- Mow lawns as required.
- Re-paint metal steps at back of club.
- Re-paint front door and touch up other paint work inside the club.
- Prevent birds from changing the back wooden decking to being white in colour.
- Clean/re-paint ceilings (and perhaps walls) in bathrooms
- Keep gutters and club boat area free of autumn leaves.

Anyone with a spare 30 minutes any time, please feel free to assist with any general jobs or give Kev a call to offer help with a specific job.

*Kevin Hannington*



Chair **Rose Curtis**  
 rcurtis@alphalink.com.au  
 Phone 9484 3929  
 0425 75 9126

## COMMUNICATIONS COMMITTEE



### COMMITTEE MEMBERS

**Anna Millward**  
 Newsletter editor  
 Phone 9457 1400  
 annamillward@aol.com



**Michael Loftus-Hills**  
 Photographer  
 Michael@loft.com.au

**Liz Eedle** Layout  
 eedle@swin.edu.au

**Sarah Ewing**  
 saewing@bigpond.net.au

### MISSION STATEMENT

- Communicate to members of the Fairfield Canoe Club
- Communicate to potential members of Fairfield Canoe Club
- Communicate to Board of FCC
- Facilitate communication between members

### LATEST DEVELOPMENTS

#### THE NEWSLETTER

The committee aims to produce 5 newsletters per year with Anna Millward collecting articles and editing and Liz Eedle collating the articles into the newsletter format and dealing admirably with last minute requests and Michael Loftus-Hills our chief photographer.

#### THE WEBSITE [www.fairfieldcanoecub.org.au](http://www.fairfieldcanoecub.org.au)

The club website was established in the mid-nineties and FCC was one of the first canoe clubs online! Three years ago we registered our own domain name. The aim of the site is to provide general information about the club to prospective and existing club members. While the site does not provide daily news items you can find photographs of club events including members at the winter series races, and some selected news stories from previous newsletters. Newsletters are available for download as PDF files.

### NEW CLUB NOTICE BOARDS

Anyone visiting the club lately would have noticed the sensational new notice boards which have been put up. They are the pride of the club and many members and sub-committees have contributed to their arrival.

The club notice boards provide a vital link between sub committees and members. The new notice boards are semi-permanent and provide some much needed storage space. There will be a board specifically for Club members. We ask that all notices put on this board by members are dated and signed by the person posting the notice. They will remain on the board for a month, unless they are clearly relevant for a longer period.

### SUGGESTION BOX

The committee is working on the installation of a letter-box for members to write down and post ideas for the club. The intention is for the Board to clear this box before each Board meeting and action the items raised.

### FCC HISTORY PROJECT

Established in 1919, Fairfield Canoe Club is one of the oldest canoe clubs in Australia. The FCC history project aims to find out about FCC past. The first part of the project involves archiving and researching and importantly talking to past and present members about FCC.

If you can help, please contact Michael Loftus-Hills on 9381 0607 or email [history@fairfieldcanoecub.org.au](mailto:history@fairfieldcanoecub.org.au)

Don't be shy – please contact us!

## FAIRFIELD CANOE CLUB CAPS

*Be Sun Smart on the water!*  
*Available from the club for \$10*

## THAT'S MEGA



The classic comment from the mega cappuccino run of 2004 came from Michael Loftus-Hills ("Lofty"). As he was climbing into his K1 from the Fairfield landing, a newish paddler remarked: "That looks like a very unstable boat!" Lofty puffed out his chest and said, "It's OK, I'm an experienced paddler", before rolling straight out of his boat and into the river.

Broad grins spread on everyone's faces as we bravely tried to contain raucous chuckles. The icing on the cake was that Lofty had declined a seat in the K4 because he feared getting his camera wet. The same camera that was now knee deep in water in his K1.

The tone was set for a day of fun as a broad mix of people headed downstream. Some new paddlers were there to try their hands at kayaking, as well as experienced paddlers and those keen to try a new boat or new combination.

So don't stop there – every Saturday around 9.30am there are people headed for Studley Park for a coffee. If you don't see them at Fairfield, don't be deterred. Head on down and you're sure to find someone at Studley Park having a brew.





## RACE ORGANISING AND SKILLS DEVELOPMENT COMMITTEE

### MISSION STATEMENT

- To develop members' skills in the various disciplines
- To introduce members to attend the various organised discipline competition

Wherever possible to ensure that FCC participates in all organised competitions at any level and to achieve the best result for the members and the club.

### LATEST DEVELOPMENTS

After a tough "Zoli Session", The 2004 Winter Series – Marathon was launched at Club on Sunday 4th April. The first Winter Series race will be a single's held at Warnambool Sunday 25th April 2004.

As mentioned in the last newsletter, Fairfield will be hosting Race 2 at Wesley College on Sunday 16th May 2004. We would like as many Fairfield members and their families and friends to help run the canteen and also help in Official positions during the day. If anyone is interested or would like more information contact Liz Wells on 0414 560 477 or Connie Todaro 0418 142 137.

The Committee is looking at the current coaching structure. Dasha Kopecek is currently holding junior development sessions. We are also looking at introducing intermediate training sessions on Saturday mornings, this is the next step after attending Zoli's beginner sessions on Sunday mornings. Also we are looking at expanding our coaching staff who in conjunction with our current coaching panel will be able to provide personalised coaching sessions, as well as group sessions. More information will be available soon.

The Committee has introduced two new awards this year – The Szigeti Medal and the Winter Series Junior Award. The Szigeti medal will be awarded to the club's best-performed member over the racing calendar year. The Winter Series Junior Award will be awarded to the best-performed junior member over the winter series season. All awards and criteria are listed on the following page.

Connie Todaro  
ROSD Chairperson

### FAIFIELD CANOE CLUB ANNUAL CLUB MEMBER'S AWARDS

*Presented at the Annual Awards Night (Big Bash)*

#### THE SZIGETI MEDAL

##### **Purpose of Award**

This is seen as an elite award presented to the best overall performance by a club member over the racing calendar year.

The emphasis is on performance and consistency in all Canoeing Australia and Canoeing Victoria Flatwater events (Sprint and Marathon).

##### **Selection criteria**

- Based on a points system
- All Australian Team selection races
- International events
- Australian Championships
- Victorian Championships

##### **Selection panel**

Race Organising and Skills Development Committee.

##### **Award**

Specially designed medal presented in a display box.

### PRESIDENT'S AWARD

##### **Purpose of Award**

This is seen as recognition for overall effort to the FCC, not necessarily related to paddling. It is seen as a way to reward members who have contributed to the administration or maintenance of the Club over the last 12 months.

##### **Selection criteria**

Contribution of all members to be considered.

##### **Selection panel**

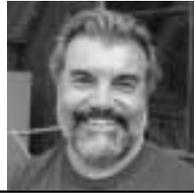
At the discretion of the Chairman of the Board.

##### **Award**

Engraved trophy.



**Pamela Lilburne**  
Representing Sprint



**Joe Alia**  
Representing  
Marathon and Sprint



**Liz Wells**  
Representing Marathon  
**Brendan Kenna** (no pic)  
Representing Canoe Polo

## **COACHES AWARD**

### **Purpose of Award**

This is seen as recognition for commitment, consistency and improvement in paddling over the last 12 months.

### **Selection criteria**

- Open to all members
- Prize can be awarded to an individual or team
- Consideration may be given to best novice/junior

### **Selection panel**

Coach and/or Coaching Panel.

### **Award**

Engraved trophy.

## **UNDER THE YARRA AWARD**

### **Purpose of Award**

This is a social award and is intended to acknowledge and reflect a member who personifies the "Club Spirit" over the last 12 months. This may be related to a member's personality or a particular experience.

### **Selection criteria**

Nominations will be called from all members.

### **Selection panel**

All members to submit one nomination in a sealed envelope. Nominations to be counted on Awards Night – member with the largest number of nominations declared the winner.

### **Award**

Engraved trophy.

## **WINTER SERIES AWARD – MALE, FEMALE AND JUNIOR**

### **Purpose of Award**

This is to acknowledge the best paddlers in the Winter Series – Marathon Season.

### **Selection criteria**

Separate awards will be presented to male, female and junior members.

Members who accumulate the most number of points in the competition will be declared winners. In the event of a tie, the member who has the highest finishing record will be declared the winner.

### **Selection panel**

Race Organising and Skills Development Committee.

### **Award**

Engraved trophy for Male, Female and Junior.



## GLADIATORS AND AMAZONS FIRING

### *Sensational start to new polo season!*

With some great new recruits and a 400% improvement in training attendance both FCC Canoe Polo teams have got off to excellent starts to the season with the Gladiators and Amazons lying in second and third places respectively.

The Amazons started in fine style with a 4–0 drubbing of Essendon's Spitfires, came close (1–2) against last years E grade team Orange Roughies and continued the good form with another 2–0 win last week.

Amazon captain Kate Kenna has got the team fully organised and with recruits the multiskilled Geoff, fast improving Nadine and the calculating Paul Main they are gelling together as a team with last seasons team champion Shawn Ramraj, hotshot Scott Washusen, Simon Terril who is also developing into an attacking player and Anna Clarke (who has the record for the quickest goal from the re-start i.e. 7 seconds) to become a great bunch of people having a bucketload of fun.

The Gladiators had a shocker against nemesis team F-Troop first up but have since put together 3 great wins over Bohica 4–0, Hippos 7–3 and OXO 11–3. The OXO game representing the highest score ever for an FCC team in competition. Solid performances have also come from Paul Kenna in goals, Scott Welch in attack and last seasons player of the season Rohan Mostert as the sweeper and Warren Proctor when we can find him.

In the OXO game new recruit Fred Hughes recruited in the February draft from London was sensational in attack where he scored a club record of 7 goals in one game. Brenton McRae assisted Fred's performance with great passing and a hat trick of his own. Amazon Paul Main was unperturbed by the pushing and shoving for a workmanlike 20 minute performance.

The canoe polo teams train every second Saturday afternoon at Studley Park leaving the club from 2.30pm. The next Saturday being 27th March and fortnightly after.

We will be holding a Canoe Polo Rules Night in the next few weeks – look for notice in the clubhouse or email [Paddy\\_2@yahoo.com](mailto:Paddy_2@yahoo.com) for details.

We welcome anyone who wants to come along to training. All club members can use the polo boats except for Monday and Wednesday nights and Saturday afternoons. Its best to call my number below to see if they are being used.

*Please note* – boats need to be handled with care even if they are plastic. We need to avoid any scratches on them.

We are also hoping to have the annual fun match for non-polo players at the clubhouse in the next few weeks. Look for notice in the clubhouse.

*Cheers*

*Brendan Kenna – Polo Coach*

*(and for the next 6 months Home Duties Officer Grade 1)  
Home 9568 8876*

*Kate Kenna can be contacted on 0413 238 182*

*Shawn Ramraj can be contacted on 0413 222 7590*

**PLEASE KEEP THE SIDE  
GATE LOCKED**

***If you open the side gate please remember  
to lock it for security and safety.***



## TRINITY KAYAKERS

*Throughout the year Trinity Grammar Kayakers train at FCC as part of the schools sports program. Club member David Bevan provides the run down on the schools involvement at the club.*

Trinity Kayakers began their association with Fairfield Canoe Club in 1995. John Mackley, a former member of FCC who was then teaching at the Trinity Grammar School, started a Kayaking Squad as an alternative to the more traditional team sports offered to students. Since then students have regularly trained twice a week, being at different times under the coaching direction of Club members Zoli Szigeti, Margaret Buck, Tony Payne and Dasha Kopecek.

In 1997 two students, Andrew Somers and Ed Hoskin, suggested forming a team to compete in the Murray Marathon Schools relay, and together with four other students they tackled the event at the end of that year, enjoying one another's company as well as surviving the trials and tribulations of the event.

The emphasis has been on enjoying the sport without necessarily being especially competitive, but the Murray has been a focus for training ever since, with the School competing each year, fielding one and sometimes two boats. Parents have been strongly encouraged to participate in the event as ground crew, and for us the event has a very strong family emphasis each year.

Recently the School has acquired four K1s in addition to the TK2s we have had for some time. These are providing a challenge for the better paddlers to further improve their level of skill and have sparked a much stronger interest in training and working towards more competition.



### **KAYAKING SPRINTS – SCHOOLS' CHAMPIONSHIPS Sunday 21st March 2004**

Trinity students were amongst 180 students from fifteen schools competing in the Sprint Kayaking Championships held at the National Watersports venue at Carrum.

Sam Munro, Sam Potter, Kyle Dadleh, Tom Darlington-Bortoli, Jonathan Eager, Jim Buzacott and Raoul Renard raced in a variety of 200 and 500 metre events in TK1, K1, TK2 and K2 classes. With just a small group of competitors, they finished a creditable ninth overall. A number won through their heats to the finals of their events.

#### **Best results were:**

Sam Munro and Kyle Dadleh – 3rd in both the TK2 17/18 500m and 200m.

Sam Potter and Jim Buzacott – 3rd in the 15/16 TK2 500m

Sam Munro and Jonathan Eager – 3rd in the 17/18 K2 200m

Kyle Dadleh – 3rd in the TK1 17/18 200m

Raoul Renard – 4th in the 13/14 TK1 200m



# EVER WONDERED WHERE TO SIT IN THE K4?

There has been a recent revival of the K4 as the boat of choice for marathon paddling on the Murray River. For those of you contemplating a paddle in the K4 there is the obvious dilemma of where to sit in the K4. To assist you in making this decision we asked a number of paddlers to complete a short survey of the seating positions in the K4. Read on for their responses and make your own evaluation as to where you wish to sit.

## **JULIE PERRIAM**

### **Where did you sit in the K4 this Murray?**

The K4 was the boat with constant seat changes. Initially I began the Murray in number four, the back seat; on day three, I had half a day ride in number one, the front seat and finally spent the last two days in second seat.

### **What is your understanding of the role of the person sitting in the front?**

Because we had three different people sitting in the front seat, I think each person took on different roles. Kerryn was the Captain of the boat, well experienced with exceptional navigational skills. The rudder was not damaged (although we did prepare ourselves by carrying a spare, just in case). She manoeuvred the craft skillfully around all snags and corners. Taking control of the boat in the later part of day three, I survived the front seat as I came to terms with the steering and praying it would not be a bumpy ride into Echuca dodging paddle steamers. And finally, Marg was a fine Admiral who stepped into the front position with the determination and courage to paddle us across the finishing line in a fine tempo.

### **What is your understanding of the role of the person sitting in second?**

As second-in-command, the second seat demands great concentration – eyes down all day focusing on the tens of thousands (even millions) of paddle strokes from the front seat. Second seat is able to communicate orders from the front seat to the back paddlers.

### **What is your understanding of the role of the person sitting in third?**

The person in third seat had the role of activity officer. It was her role to provide the entertainment not only on-board but for all other passing craft. Helen was very reluctant to give up this post and her seat was only vacated during the day to perform her daily 'duties'.

### **What is your understanding of the role of the person sitting in the back?**

I saw my role in the backseat as an easy ride down the Murray – I just had to follow the ones in front. Who could see my timing? Who could really tell if I was paddling? Of course, I had to smarten up my act

whenever we passed a checkpoint, but I had the best vantage point to tell if the others were slacking off. Alas, my seat was quickly whipped away from under me on day three when I was delegated to the front so the Captain could keep an eye on all her crew.

### **List 3 benefits of sitting in one**

1. The leader – everyone has to follow.
2. Set the pace – you can paddle fast or slow.
3. Best view.

### **List 3 benefits of sitting in two**

1. You can be more social and hear more of what's being said.
2. Not in the front and not in the back – nearly in the middle.
3. Feels like being in a K2 with only one head to look at.

### **List 3 benefits of sitting in three**

No experience in seat three to make comment.

### **List 3 benefits of sitting in four**

1. No-one knows if you are paddling, except when you are passing other boats and you constantly hear "hey, the person in the back seat is not paddling".
2. Don't have to join in any lengthy and indepth conversations.
3. Can constantly ask the front paddler 'Are we there yet?'

### **List 3 constraints/negatives of sitting in one**

1. No time for slacking off.
2. Can be blamed for almost everything that can go wrong with the boat.
3. Too much responsibility.

### **List 3 constraints/negatives in two**

1. Had to remember to use the pump regularly.
2. Too close to hear all the jokes repeated and repeated and repeated ...
3. Constantly being wet.

### **List 3 constraints/negatives in three**

No experience in seat three to make comment.

### **List 3 constraints/negatives in four**

1. Had to shout to be heard by Kerryn.
2. Had difficulty hearing all the wonderful stories and jokes.
3. Look at three backs all day long.

### **Where do you prefer to sit in a K4?**

I would like to try seat three, Helen!



## **HELEN NEILL**

### ***Where did you sit in the K4 on the Murray?***

In the third seat this year and in one last year.

### ***What is your understanding of the role of the person sitting in the front?***

To steer, to set the rating (and adjust it as requested from behind) and ask questions of all boats as you pass them.

### ***What is your understanding of the role of the person sitting in second?***

To be number one backseat driver and course map reader. To critically and constructively review all driving decisions and encourage the driver in times of stress. To splash the person in one. To follow the person in front. To relay all comments, jokes and stories as they see fit to the one in front and translate back to those in 3 and 4 the drivers comments. Must also operate pump as required.

### ***What is your understanding of the role of the person sitting in third?***

To be number two backseat driver and boat entertainment/communications coordinator. To splash the person in two. To stay in time. To supervise the flow of communication between the front and back of the boat. To tell jokes to solo paddlers. Must also operate pump as required.

### ***What is your understanding of the role of the person sitting in the back?***

To be number three backseat driver and sweep. To splash the person in three. To stay in time. To hear and relay the response of passing boats to number one's questions or to tell the punchline of number three's jokes. To read the paper to the rest of the crew.

### ***List 3 benefits of sitting in one***

1. Clear view of the river and the landcrew.
2. Ultimate power of veto with regard to stopping at checkpoints.
3. You start and finish first (must smile coming through checkpoints and when finishing).

### ***List 3 benefits of sitting in two***

That remains a mystery to me.

### ***List 3 benefits of sitting in three***

1. You can hear and control a lot of the conversation in the boat and from those wash-riding K1 leeches as they tend to sit next to you.
2. You get splashed front and back and thus stay cool all day (except when person in four does not paddle).
3. You are never last.

### ***List 3 benefits of sitting in four***

1. Can do as you wish as no one will ever see and you can see exactly who is doing what when in the boat.
2. You get the biggest cockpit to spread your belongs about in.
3. You get the biggest thrill ride when the boat turns in an eddy.

### ***List 3 constraints/negatives of sitting in one***

1. The others all say they can't hear you and it is difficult to be part of the conversation in the boat (but then again you can pretend you can't hear the 3 backseat drivers).
2. You have to keep a concentrate all day on the river looking out for eddies, the snags, the other boats, campers and the odd paddle steamer.
3. You have to have no girl hips or be prepared to be scarred for life.

### ***List 3 constraints/negatives in two***

1. You have the responsibility of not rushing the driver but calming and reassuring them whilst following implicitly so those behind do not get confused and blame you.
2. You must be on constant vigil for snags, eddies, and other boats so can backseat drive with knowledge – should also know distance and time to all checkpoints to enhance the information given.
3. You feel the boat move a lot I think in this spot and you do not have the immediate access to the device to steer your way out of danger.

### ***List 3 constraints/negatives in three***

1. Develop a sore throat and reputation for poor joke selection.
2. You have to study joke books at night.
3. You potentially sit in a cess pit unless you pump.

### ***List 3 constraints/negatives in four***

1. No one wets your back.
2. You must paddle the widest stroke due to size of the boat at this location.
3. You are always last\and who wants to be known as the arse end of the boat.

### ***Where do you prefer to sit in a K4?***

Well if I wanted control I'd say one, if I wanted a snooze I'd say four, if I felt like a chat I'd take three but two just defeats me.

# EVER WONDERED WHERE TO SIT IN THE K4?

## **KERRY FLATT**

### ***Where did you sit in the K4 this Murray?***

I was lucky enough to get to sit in two seats, No 1 and No 4.

### ***What is your understanding of the role of the person sitting in the front?***

Avoid snags and obstacles including other boats, set an appropriate rating, paddle as hard as you can, watch the clock to check progress.

### ***What is your understanding of the role of the person sitting in second?***

Stay in time, help watch out for snags/obstacles, paddle as hard as you can.

### ***What is your understanding of the role of the person sitting in third?***

Stay in time, tell jokes & stories to entertain the other paddlers, paddle as hard as you can.

### ***What is your understanding of the role of the person sitting in the back?***

Stay in time, laugh at the jokes (because you're often the only one that can hear them), paddle as hard as you can.

### ***List 3 benefits of sitting in one***

Get to make decisions about the best course to take and get to set the pace.

### ***List 3 benefits of sitting in two***

Don't know – haven't sat there.

### ***List 3 benefits of sitting in three***

Don't know – haven't sat there.

### ***List 3 benefits of sitting in four***

Don't have to make decisions about the best course and what pace to set so less tiring. Get to hear all the jokes & stories.

### ***List 3 constraints/negatives of sitting in one***

Have to concentrate on where the boat is going. Often can't hear what the people in No 3 and No 4 are saying and wonder what you are missing out on.

### ***List 3 constraints/negatives in two***

Don't know – haven't sat there.

### ***List 3 constraints/negatives in three***

Don't know – haven't sat there.

### ***List 3 constraints/negatives in four***

Have to listen to the not-so-good jokes as well as the good ones.

### ***Where do you prefer to sit in a K4?***

Enjoy both No 1 and No 4, it was a good experience getting to sit in both.

## **LIZ EEDLE**

### ***Where did you sit in the K4 on the Murray?***

Front seat (Cobram 40 in 2002).

### ***What is your understanding of the role of the person sitting in the front?***

Pacing and steering. Listen to all the advice coming from behind, process and act on some of it and ignore the rest! Listen to the chatter and get frustrated that seats 3 and 4 have little chance of hearing your witty contributions to the conversation! (It was a very sociable crew!)

### ***What is your understanding of the role of the person sitting in second?***

Stay in time! Remind the driver about steady pacing and count out a rhythm when driver is struggling to maintain one (thanks Kelly!) provide advice on good lines through corners, wakes and other hazards, tell jokes, sing ...

### ***What is your understanding of the role of the person sitting in third?***

Stay in time. Pass on comments to seats 1 and 2 from seat 4. Sing, tell jokes, remind 1 and 2 about posture and timing.

### ***What is your understanding of the role of the person sitting in the back?***

Stay in time. Watch the line of paddlers and remind everyone about balance and timing. Smile the first 100 times someone from the bank calls out 'the one in the back isn't paddling.' Sing, joke (loudly so seat 1 and 2 can hear!).

### ***List 3 benefits of sitting in one***

1. Control (ah the power!).
2. Unobstructed view of the river.
3. All the encouragement from 2, 3 and 4.

### ***List 3 benefits of sitting in two, three and four***

Don't know, never sat there.

### ***List 3 constraints/negatives of sitting in one***

1. Responsibility! If you pick a bad line or lose the pacing everyone notices!
2. Narrow seat.
3. Feels less stable than other seats.

### ***List 3 constraints/negatives in two, three and four***

Don't know, never sat there.

### ***Where do you prefer to sit in a K4?***

Front's good but next time I'd like to try another seat for a spot of variety!



## **KELLY O'SHANASSY**

### **Where did you sit in the K4 on the Murray?**

Well on the side lines mainly as I had an injury but really it was a good thing given my replacement was an Olympic veteran and a much better singer than I!

(Sat in 2 for the Cobram 40 in 2002).

### **What is your understanding of the role of the person sitting in the front?**

To steer the bastard, ram small children and smile seductively at the cute campers on the banks.

### **What is your understanding of the role of the person sitting in second?**

To pass on any conversation from No 1 to No 3 and 4 and vice versa. They should also be there to calm down the front paddler should they get a bit excited about the good looking camper and unconsciously steer towards the bank.

### **What is your understanding of the role of the person sitting in third?**

To sing really, tell jokes, and to tell tales of the urine coloured water being pumped via their footpump.

### **What is your understanding of the role of the person sitting in the back?**

Read the paper, laugh for the 1000th time when the paddler you are passing yells 'the back person is paddling'.

### **List 3 benefits of sitting in one**

1. Getting an uninterrupted view of the K1 mens relay as they sprint past.
2. Setting the pace and laughing wickledly at the complaints coming from behind.
3. You are always the first to finish.

### **List 3 benefits of sitting in two**

1, 2 and 3 Well No 2 really has the most power as he or she can change ever so slightly the conversation being passed to and fro, thus causing the boat to erupt in a flurry of laughter or argument, depending on how sneaky you are - either way you have helped your fellow paddlers forget about the pain and anguish for a minute or so.

### **List 3 benefits of sitting in three**

1. Tricking No 2 by changing their conversation to get them in trouble with No 4.
2. Blaming No 2 if the timing is out
3. Being able to spend the hours analysing the pump out water and embarrassing fellow paddlers by asking (in an extremely loud voice) who peed?

### **List 3 benefits of sitting in four?**

1. Weeing with no one else noticing.
2. Having a break with no one else noticing.
3. Falling out the boat and missing out on a paddle leg (with no one else noticing).

### **List 3 constraints/negatives of sitting in one**

Running into small children and getting horrid looks from the parents  
Being actually able to see the ginormous eddies that are about to suck you under and spit you ungracefully out the other end.

### **List 3 constraints/negatives in two**

1. Splashed from both sides on a windy day, so not enjoyable.
2. Getting the blame for being out of time.
3. Always second to finish and no one ever remembers the runner up.

### **List 3 constraints/negatives in three**

1. Ditto No 2 on the splashing.
2. Smelling from all the wee.
3. Having to listen to No 2 and No 4 sing ... badly.

### **List 3 constraints/negatives in four**

1. Always the last to finish.
2. No one noticing!
3. Usually the snake is angry by the time 3 paddles have hit it already!

### **Where do you prefer to sit in a K4?**

On the bank!

## **KIRBY O'BRIEN**

### **Where did you sit in the K4 on the Murray?**

3 in 2002

### **What is your understanding of the role of the person sitting in the front?**

Has to be skinny enough to fit in the front seat.

### **What is your understanding of the role of the person sitting in second?**

Needs to be nice to the person sitting in third to ensure person in third doesn't use the pump into a tail wind.

### **What is your understanding of the role of the person sitting in third?**

An absolute bloody legend.

### **What is your understanding of the role of the person sitting in the back?**

Never gets to hear what the people in first and second are saying about her. Was the person most cruelly denied of food intake, even when she said please.

# EVER WONDERED WHERE TO SIT IN THE K4?

## **ANNA MILLWARD**

### ***Where did you sit in the K4 on the Murray?***

Nowhere – but in the Echuca Mini I sat in the back.

### ***What is your understanding of the role of the person sitting in the front?***

pace maker and steerer. Brains of the boat.

### ***What is your understanding of the role of the person sitting in second?***

Power.

### ***What is your understanding of the role of the person sitting in third?***

Power.

### ***What is your understanding of the role of the person sitting in the back?***

Power, stability, brains, all round awesome person.

### ***List 3 benefits of sitting in one***

Narrow nose to paddle around, set your own rating, clear view of the river.

### ***List 3 benefits of sitting in two***

No need to think too hard – just follow person in front and paddle hard!

### ***List 3 benefits of sitting in three***

As above.

### ***List 3 benefits of sitting in four***

No one notices if you stop paddling, no one behind you to get annoyed if you upset the rhythm, good view of entire boat.

### ***List 3 constraints/negatives of sitting in one***

Have to keep motivated and keep rating even and keep wits about you for steering.

### ***List 3 constraints/negatives in two***

Get very wet, can't alter rating without hitting paddles with person in front or person behind.

### ***List 3 constraints/negatives in three***

As above.

### ***List 3 constraints/negatives in four***

Widest part of boat to paddle around, boat moves around a lot at the back, no one notices how hard you are trying!

### ***Where do you prefer to sit in a K4?***

A bit hard to answer given my limited experience but probably the front.

## **WENNIE VAN LINT**

### ***Where did you sit in the K4 on the Murray?***

Seat 4, Echuca Mini 2003.

### ***What is your understanding of the role of the person sitting in the front?***

To set the pace/timing – and to guide the boat along the best course possible (short, hazard free).

### ***What is your understanding of the role of the person sitting in second?***

Communicate the needs of the rest of the crew to person in seat 1 – encourage 1 as to how well they are doing.

### ***What is your understanding of the role of the person sitting in third?***

Communicator – maintain the moral within the boat.

### ***What is your understanding of the role of the person sitting in the back?***

Inform the rest of boats catching up – their location – and possible response to threats – also paddle as required – but don't over do it.

### ***List 3 benefits of sitting in one***

1. Set pace.
2. In control.
3. Finish first – glory.

### ***List 3 benefits of sitting in two***

Reduced responsibility – but just a follower.

### ***List 3 benefits of sitting in three***

1. Included in all the conversation.
2. Slackness not noted as easily.
3. No responsibility.

### ***List 3 benefits of sitting in four***

1. Can be slack.
2. Limited responsibility.
3. Get to see the boats passing or passed the longest.

### ***List 3 constraints/negatives of sitting in one***

1. Responsibility.
2. More pressure on the feet.
3. Isolated from the team.

### ***List 3 constraints/negatives in two***

Not in control – but need to massage the role of the person in 1.

### ***List 3 constraints/negatives in three***

Image – people think you are the second worst paddler in the boat.

### ***List 3 constraints/negatives in four***

Image – people think you are the weakest paddler in the group.

### ***Where do you prefer to sit in a K4?***

Seat 2 – all care but no responsibility.