

# 2005 ICF Canoe Marathon

January Newsletter

WORLD CHAMPIONSHIPS

October 15 - 16, 2005

[www.marathon.canoe.org.au](http://www.marathon.canoe.org.au)



**Welcome to the first Official Newsletter for the ICF Canoe Marathon World Championships.**

Planning for the 2005 ICF Canoe Marathon World Championships is well underway and a full program of lead up events is being put in place.



The event website has recently been updated and you are invited to visit the site [www.marathon.canoe.org.au](http://www.marathon.canoe.org.au) to find out all the details of the event program.

Wayne Astill  
Australian Canoeing  
National Event Coordinator

## Event Partners



## Event Program – 3<sup>rd</sup> to 16<sup>th</sup> October 2005

A comprehensive program of events is being compiled to complement the Canoe Marathon World Championships. The **Festival of Paddle** is designed to showcase to sport of canoeing and give paddlers the opportunity of a final warm up event, listed below is a tentative program of planned events. Full event entry details can be found on the Event website.



3 - 7 October International Coaching Program

8 – 9 October **Festival of Paddle Public Events**

Schools Relay Challenge

Corporate Relay Challenge

World Championships Warm up event 7.2km or 10.5km

Come and Try day

8 - 16 October Canoe Trade Show and Sponsors Exhibition

10 – 11 October International Coaching Symposium

12 – 13 October

ICF Canoe Marathon Masters World Cup

Australian Schools Marathon Championships

Festival of Paddle “Open Age” Marathon Challenge

Multi-Disability Canoe Marathon Event

14 October Opening Ceremony – Forrest Place Perth

**World Championships**

15 – 16 October ICF Canoe Marathon World Championships



## Event Sponsors



## International Coaching Program Partner



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## Course

There have been some slight alterations made to the course. The course will now feature a down river start and finish and all events will now be staged over an exciting and challenging multi-lap 7.2km course.

Each category in the World Championships will complete laps as the course as follows:

|               |        |        |
|---------------|--------|--------|
| Men           | 5 laps | 36km   |
| Women/C Boats | 4 laps | 28.8km |
| Junior        | 3 laps | 21.6km |

For a full course description and distances of the other events, please visit the event website [www.marathon.canoe.org.au](http://www.marathon.canoe.org.au)

## Accommodation

Accommodation for the event has been finalised, hotel details and a booking forms are available from the website. All hotels are within a short 5 minute drive from the venue.

Those choosing to stay at the Event Hotel - Ascot Quays can enjoy the excitement of the World Championships from the front lawn of the hotel that overlooks the course.

## Accreditation Fees

The accreditation fees for the following events:

- ICF Canoe Marathon World Championships
- ICF Canoe Marathon Masters World Cup
- ICF Canoe Marathon Junior World Championships

Have been set at \$220AU for competitors and Team Officials. The accreditation fee will Cover:

- Entry into the events
- Airport Transfers,
- Transport between the venue and hotels on from Tuesday 11<sup>th</sup> to Sunday 16<sup>th</sup> October
- Transport between to Opening Ceremony and hotels
- Entry into the "Festival of Paddle" warm up event to be held on Saturday 8<sup>th</sup> October.

For entry fee information for the other events please visit the event website.

## Important Dates - ICF Canoe Marathon World Championships

Numerical and Nominal Entry forms are now available on the Event website, National federations please note the Important dates for returning these forms.

**Numerical Registration**

**Nominal Registration**

**Accommodation Booking Form**

**Thursday 1<sup>st</sup> September 2005**

**Sunday 2<sup>nd</sup> October 2005**

**Sunday 14<sup>th</sup> August**



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## Multi – disability Canoe Marathon Event

Australian Canoeing will be staging an exciting multi-disability event as a part of the Festival of Paddle. This event will feature three classes in each of the following categories:

Lower limb disability      Upper limb disability      Vision Impaired (K2/C2 only)

For full details, please visit the event website.

## Athlete Biographies

In partnership with Infostradasports, Australian Canoeing will be developing Athlete Profiles that can be viewed on the event website during the World Championships. To ensure that your biography is available please download the Biography form that is available on the website, complete the form and return it via email to Australian Canoeing at [marathon@canoe.org.au](mailto:marathon@canoe.org.au)

## International Coaching Program

The International Coaching Program is a 5 day intensive coaching program being conducted by Canoeing WA in conjunction with Australian Canoeing. The program will be conducted by Australian (AIS) and West Australian Institute of Sport (WAIS) Coaches using the WAIS facilities.

The program is open to National Federations as a tool to provide Sprint and Marathon paddlers with additional High Performance coaching opportunities.

## Program Information

Dates: Monday 3rd to Friday 7th October 2005 (inclusive)

Topics to be Covered: 9.00am to 1.00pm

Sports Science and Testing

Athlete Development

Strength and Conditioning

Sports Psychology

Nutrition

Goal Setting

Coach Development

On water Coaching Times: Morning 6.00am to 7.30am and Afternoon 4.00pm to 5.30pm

The cost for the course is \$1,000AU per person. The cost includes all on-water and off-water coaching and testing. Course participants will also be responsible for the following costs:

Airfares

Evening Meals

Accommodation

Boat Transport

For further details please contact Canoeing WA on [canoe@canoewa.asn.au](mailto:canoe@canoewa.asn.au) or visit the event website [www.marathon.canoe.org.au](http://www.marathon.canoe.org.au)

## Contact Us

Got comments, questions or suggestions?

Please contact us using the details below.

Telephone: +61 (0)8 9245 3103

Facsimile: +61 (0)8 9245 1496

Email: [marathon@canoe.org.au](mailto:marathon@canoe.org.au)

Website: [www.marathon.canoe.org.au](http://www.marathon.canoe.org.au)

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AUSTRALIA

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## WORLD CHAMPIONSHIPS

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### Welcome to Western Australia

Sun, adventure, an awesome natural environment and friendly People – it's what you'll find on a holiday to Western Australia whatever time of year you visit.

Nowhere else in the world can you experience and interact with such unique natural attractions. Dive with the world's largest fish - the whale shark, snorkel with manta rays, swim with wild dolphins, walk amongst the tree tops of ancient trees, sleep under a canopy of stars in the desert, or explore the beehive-like formations of the Bungle Bungles with the help of an Aboriginal guide.

The big variety of landscapes and climates in Western Australia means there is always plenty of sunshine, making it a perfect year-round destination.

For more information about Western Australia, visit [westernaustralia.com](http://westernaustralia.com)

### Experience Perth

This region is all within an easy day trip from Perth, the vibrant capital city which sits on the Swan River. The river and the Indian Ocean support all manner of water sports, and the beaches are some of the best in the state. Historic port town Fremantle buzzes with coffee shops, the markets and the brand new Maritime Museum. Just out to sea are Rottnest's idyllic bays and unspoiled beaches. Southwards, Mandurah has a relaxed pace and plenty of marine life including its friendly community of dolphins. To the east, the Perth Hills and the Swan and Avon Valleys are home to absorbing history and superb wines. In the north, Lancelin promises pristine coastline, plus fishing and active pursuits like windsurfing.



### Australia's South West

The freshest food, award winning wines, tall timbers, pounding surf and stunning national parks – you'll find it all in the south west pocket of Western Australia. This leafy region incorporates the South West and the Great Southern. It takes in some of the world's finest wine and food destinations, from Margaret River to Pemberton, Denmark and Albany.

The endless action available includes surfing, kayaking, diving, white water rafting, ocean and river fishing, whale watching, caving, bushwalking and abseiling. Travel through rolling pastures and charming inland towns to the magnificent forest country, where you can walk a trail, climb a tree, or stroll 40 metres up on the Tree Top Walk. Beyond the forests, you can enjoy some truly glorious beaches.



**Boranup Forest**



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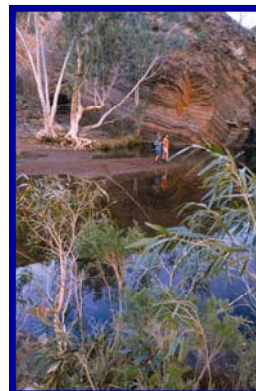
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## Australia's North West

This is one of the world's last true wilderness areas. Combining the Kimberley and Pilbara areas, Australia's North West is home to some of the most ruggedly beautiful country on the planet. Spectacular gorges like Geikie Gorge, or those of the stunning Karijini National Park; pristine beaches; extraordinary rock formations; magnificent waterfalls and whirlpools of the Buccaneer and Dampier Archipelagos; ancient waterways like the Fortescue River; the vast expanse of Lake Argyle; and, of course, the fascinating indigenous culture that has existed here since the dawn of time - Australia's North West is the place to go for an authentic Aussie outback adventure .



Hammrsely George

## Australia's Golden Outback

This is the largest of Western Australia's regions, incorporating much of the vast interior of the state, as well as the dazzling southern coastline along the Great Australian Bight. It gets its name not just from the fascinating Goldfields of the Kalgoorlie area, but also from the golden beaches and amazing coastline of Esperance, and the internationally renowned carpets of wildflowers that spring to life across the region each Spring. Wave Rock is in this region, as are many outback adventure drives, such as the Outback Highway. Like the Nullabor Plain, which also sweeps across this region, the Golden Outback offers a true Australian experience.



Nullabor Cliffs

## Australia's Coral Coast

This region is a treasure trove of beaches, exotic marine life, national reserves and the bluest ocean you'll see anywhere in the world. Stretching from Cervantes up to Exmouth, Australia's Coral Coast offers some amazing adventure experiences. Here you can swim with the world's largest fish - the whale shark, snorkel from the beach to the stunning Ningaloo Reef, meet the dolphins of Monkey Mia and take in the Pinnacles - a West Australian icon. The Abrolhos Islands offer snorkellers and divers pristine coral and magnificent marine life. There are also the sea lions of Leeman, gorges of Kalbarri, blow holes of Carnarvon, and the colourful wildflowers that annually carpet much of the region. In addition, the off-road adventures and the beach and offshore fishing in places like Coral Bay, Denham and Exmouth are second-to-none.



Whale Sharks Ningaloo Reef

