



**AVON** EST 1973  
**DESCENT**  
**2014**

**EVENT**  
**GUIDE**

2nd & 3rd August 2014  
[avondescent.com.au](http://avondescent.com.au)





eyewitness

**NEWS**

**NIGHTLY AT FIVE**

## NORTHAM'S AVON DESCENT ASSOCIATION

Chairman	Kevin Harrison
Finance Director	Rex Adams
Race Director	Jim Smith
Power Dinghy Racing Club	Ian Williamson
Canoeing WA	Darryl Long
Local Gov't Representative	Jon Vines
Sport & Recreation	David Hunt
Avon Support Unit	Michael Orr
Community Liason Officer	Ashley Nesbit

## AVON DESCENT FREEMAN

Rex Adams	Jim Paine (Dec.)
Graeme Birkett	Gerry Post
David Bray	Bob Quin
Sheila Bray	Jim Smith
Kevin Harrison	Tully Telenta

A nominee for 'Freeman of NADA' must have 10 years exceptional service to the Association at a suitably high level. The nomination must be made by a current member of the board, accompanied by a written supporting statement. The approval or otherwise of a nomination for Freeman shall be made at a special meeting of the Board called for that purpose.

## COMMUNITY SUPPORTERS

We'd like to extend a massive THANK YOU to the following groups in the local community for their ongoing support of the Avon Descent. The time, knowledge & contribution offered year after year certainly does not go unnoticed, and we thank you for your hard work and dedication!

Ascot Kayak Club  
Boral Quarries  
Bullsbrook Volunteer Bush Fire Brigade  
Canoeing WA  
Fremantle 4WD Club  
Gingin Lions  
Coondlenunile Volunteer Fire Brigade  
Lions Club Northam  
Notham Christian Ministers Association  
Northam SES  
Toodyay Football Club  
Toodyay Lions Club  
West Coast Car Club



## CONTENTS

Welcome Message from	
Minister for Tourism .....	2
Honour Role .....	4
Pre-Race Information .....	6
Your Safety .....	12
Your Health .....	14
Your Support Crew .....	15
Race Map .....	16
The Race .....	18
Cobbler Pool Campsite .....	21
Spectator Information .....	25
Event Sponsors .....	33





## MESSAGE FROM THE MINISTER FOR TOURISM

Welcome to the 2014 Avon Descent.

Celebrating its 42nd year, the event continues to attract national and international competitors who take on the challenging 124km course along the Avon and Swan Rivers in a variety of paddle and power craft.

In addition to being a unique, home-grown event, the Avon Descent course also highlights some of Western Australia's stunning landscapes including the picturesque Avon Valley, the farming regions of Northam and Toodyay, national parks and the Swan Valley vineyard region.

The State Government, through Tourism WA, has supported the Avon Descent since 2000.

Tourism is a vital industry to the economy and the State Government has a strategy in place to increase the value of tourism to \$12 billion by 2020.

Events play an important role in the State Government's strategy to achieve that goal because they attract visitors, help promote WA through media exposure and add vibrancy to the community.

I would also like to acknowledge and thank all the volunteers that contribute their time to make the Avon Descent a success each year.

For those visiting for the race, I hope you have an enjoyable stay and take an opportunity to explore Western Australia and the extraordinary experiences that it offers.

**Liza Harvey MLA  
MINISTER FOR TOURISM**

This year we took a trip down memory lane and found some fabulous images in the archives. We have included them in this race guide as an opportunity for you to see how far the event has come!

Thanks to everyone who has been involved over the 42 years. You are the people that have worked, played and helped to make this event the iconic WA treasure that it is! We hope you enjoy the trip down memory lane as much as we have!



## MESSAGE FROM THE CHAIRMAN

**On behalf of the Board of Directors of Northam's Avon Descent Association I am pleased to extend a warm welcome to all of our competitors and wish them every success in the event.**

The Avon Descent brings tangible economic and social benefits to Western Australia and its challenging course along the Avon and Swan Rivers helps introduce some of the state's most picturesque landscapes to spectators and a national television audience.

This year will be the 42nd Avon Descent. Its longevity is a result of the many years of support and dedication of the competitors, their support crews, the paddle and power sport bodies, the volunteers, community groups, and the event officials, including The Avon Support Unit.

The co-operation of the State Government through Lotterywest and Tourism Western Australia, and from the local governments of Northam, Toodyay, Swan, Belmont and Bayswater provides the event with an opportunity to celebrate our Western Australian lifestyle.

Thank you to the sponsors including the media sponsors and in particular Network Ten who have embraced the opportunity to promote the Descent.

We wish you all well and hope you have a rewarding Event.

**Kevin Harrison  
Chairman, NADA**





# BRUISED, BATTERED RIVER TRIPPERS JUST MAKE IT

Four men who set out on Wednesday to navigate 90 miles down the Avon and Swan rivers from Northam to Perth discovered the Avon to be anything but a gentle flowing stream.

Battered, bruised, but triumphant they reached Perth last night well behind schedule and marvelling that their 10ft aluminium dinghy with its 71 hp motor was still afloat.

The trip was jointly sponsored by the Northam Town and Shire councils and was intended as a survey run for an endurance race it is hoped to organise next year.

However, the pioneer crews agreed the race would have to be earlier in the season, probably June or July when there is more water in the river.

Much of the course of the Avon is through inaccessible country so the support vehicle could not reach the boat crew. For some miles the only access is the standard

gauge railway line, which follows the contour of the Avon Valley.

The scratched and dented dinghy was manned alternatively by two crews—Rob Leslie, manager of Graincol, and Perth journalist, Ron Bairstow, and Northam's deputy - mayor, John Izzard, and Jerry Post, a Northam salesman.

The motor fuel was a mixture of 10 per cent grain alcohol and 90 per cent standard grade petrol.

Mr. Bairstow, who injured his foot on Friday and returned to Perth ahead of the team yesterday, described some of the more hair-raising moments of the adventure.

"I've done some wild things in my life, but this was the most frighten-



John Izzard, left, and Rob Leslie.

ing," he said. "In Walyunga National Park on Friday Rob Leslie and I were so exhausted manhandling the dinghy through rapids with ropes we finally decided to try to ride them out.

"We got into one that must have been a quarter of a mile long and we were doing a terrifying 20 knots, at least. Then she broached, we got broadside to the current

and she swamped and sank."

They managed to haul the outboard motor and most of the equipment ashore with ropes through the 3ft deep, fast flowing Avon.

"Rob's a rather slightly built bloke and was in danger of being washed away," he said.

The current was too strong for the two of them to raise the dinghy,

so they were forced to walk miles along the railway to where their support vehicle was waiting. It took six men to refloat the boat.

Mr. Bairstow said the West Australian Government Railways had been "wonderful" after being told of the marathon trip.

On Thursday, Jerry Post and John Izzard quit, exhausted, about 6 pm after manhandling the boat over silt flats and rocks and through ti-tree thickets for 11 miles. A train came along and they waved it down and were given a lift back to the support vehicle.

Jerry Post and John Izzard got off to a late start yesterday morning after carrying the motor back to the isolated spot where the boat was left on Friday night.

They had one anxious time manhandling down a 6ft natural waterfall then three miles of shallow water before entering the placid waters of the Swan near Herne Hill.

## EVENT HISTORY

The Avon Descent is Western Australia's own unique sporting event that attracts competitors and spectators from around Australia and overseas. Competitors challenge the Avon and Swan rivers in a variety of paddle and power craft in an exciting two-day time trial over 124 gruelling kilometres.

Whether you achieve greatness through a win or simply meet your personal goals, there are many rewards for all who take part. Having fun (either as a competitor, support crew member or spectator) is a key factor of the Avon Descent experience and the setting could not be more spectacular.

The Avon Descent was first held in 1973 with just 49 competitors, no rules, no officials, no checkpoints and very few spectators. In the years since, over 25,000 people have competed in the Avon Descent, from novices and families, to World and Olympic Champions. Below is the first record of the Avon Descent from 1972.

The race is supported by over 2000 Western Australian volunteers. Communities and community groups benefit directly and indirectly from the Avon Descent and it is estimated that more than \$5m was injected into the local economy in 2001 as a result of the event and the additional visitors attracted to the regions (2002 Summit Homes Avon Descent Social and Economic Impact Study).

The Avon Descent has all the ingredients of a highly visual, interactive and spectacular event.

**8HP DINGHY STANDARD**

1991 Northam to Bayswater	K Parnell   G Black	3:01:32
---------------------------	---------------------	---------

**8HP DINGHY SPORTS**

2008 Northam to Bayswater	J Goodbody   K Goodbody	2:39:55
---------------------------	-------------------------	---------

**10HP DINGHY SPORTS**

2012 Northam to Bayswater	I Williamson   T Williamson	2:09:26
---------------------------	-----------------------------	---------

**10HP DINGHY STANDARD**

2008 Northam to Bayswater	C Currey   D Currey	2:39:12
---------------------------	---------------------	---------

**NOVICE/PAST RACER**

2011 Northam to Bayswater	I Williamson   T Williamson	3:49:23
---------------------------	-----------------------------	---------

**10HP DINGHY SUPER**

2007 Northam to Bayswater	J Branson   M Branson	2:28:45
---------------------------	-----------------------	---------

**6HP DINGHY SPORTS**

1983 Northam to Bayswater	W Mould   N Jones	3:52:11
---------------------------	-------------------	---------

**8HP ALLOY**
**SOLO DINGHY**

2005 Northam to Bayswater	G Barndon	4:21:28
---------------------------	-----------	---------

**SINGLE KAYAK - WK1 MK1**

1983 Northam to Bayswater	D Long	7:56:09 WK 1
	C Elliott	8:35:18 MK 1

**SINGLE KAYAK**

1996 Northam to Bayswater	M Rodgers (F)	8:28:46
2008 Northam to Bayswater	B Lewin (M)	7:53:03

**SINGLE KAYAK WILD WATER**

2011 Northam to Bayswater	D Worthy (M)	9:27:33
	H Thorpe (F)	10:28:34

**DOUBLE KAYAK**

1996 Northam to Bayswater	P Genovesi   D Long	7:14:40
---------------------------	---------------------	---------

**DOUBLE KAYAK - WK2 MK2**

1986 Northam to Bayswater	A Duke   P Pawlow	7:48:04
---------------------------	-------------------	---------

**SINGLE KAYAK PLASTIC**

2000 Northam to Bayswater	D Hocking (M)	10:55:35
	S Boladz (F)	12:20:29

**SINGLE PLASTIC SHORT**

2008 Northam to Bayswater	R Goodchild (M)	9:31:09
	A Curtis (F)	10:33:50



SINGLE PLASTIC LONG		
2008 Northam to Bayswater	M Baker (M)	8:07:36
	J Bateman (F)	9:23:48
DOUBLE PLASTIC		
2008 Northam to Bayswater	B Ingram   A Gluyas	9:22:49
SINGLE CANADIAN		
1986 Northam to Bayswater	W Smith	9:46:00
DOUBLE CANADIAN CANOE WC2 MC2		
1986 Northam to Bayswater	R Holt   R Fry	8:34:55
DOUBLE CANADIAN		
1991 Northam to Bayswater	P Kitney   R Holt	9:23:04
SINGLE SURF SKI		
2007 Northam to Bayswater	J Humphrys (F)	10:33:07
2008 Northam to Bayswater	B Sarson (M)	7:34:20
SINGLE SURF SKI RECREATIONAL		
1999 Northam to Bayswater	S Lusk (M)	10:46:29
	L Young (F)	12:04:15
DOUBLE SURF SKI		
1996 Northam to Bayswater	D Pratt   T Bird	7:13:48
DOUBLE SURF SKI MIXED		
1992 Northam to Bayswater	P Moy   C Dyson	11:56:38
POWERED SUNDRIES		
1990 Northam to Bayswater	B Cooper   S Patterson	3:00:57
NON-POWERED SUNDRIES		
1991 Northam to Bayswater	C Boocock   I Wookey	8:52:53
73-76 SUNDRIES 80-83 MIXED DOUBLES		
1982 Northam to Perth	S Snowball   J Snowball	8:21:08
SINGLE TEAMS		
1996 Northam to Bayswater	B Boocock   D Bingham	8:44:19
DOUBLE TEAMS		
1996 Northam to Bayswater	J Muir   R Jenkinson	7:38:50
TEAM PAIRS		
2008 Northam to Bayswater	A Nesbit   C Pretorius	7:30:39
2011 Northam to Bayswater	K Broad   J Martin (F)	10:18:38
TEAM OF FOURS		
2008 Northam to Bayswater	R Baker   K Jarrott   M Rees   J Zerbst	7:34:58
ONE DAY EVENT		
2013 Northam to Toodyay	N Keen (M)	6:05:17
	E Beeley (F)	6:21:19

## SCRUTINEERING INFORMATION

Compulsory scrutineering is required for ALL Avon Descent competitors. Please check the dates and times below for your scrutineering session.

### POWER CRAFT

All power craft entrants must attend scrutineering, a safety briefing and time trials.

#### Scrutineering & Safety Briefing

Location Bells Rapid Park

Date Sunday 20th July

Time 8am - 10am

#### Power Craft Time Trials

Location Bells Rapid to Middle Swan Bridge

Date Sunday 20th July

Time 11am - 3pm

### PADDLE CRAFT

All paddle craft entrants must attend equipment scrutineering.

#### Scrutineering (PFDs & Helmets)

Location Northam Recreation Centre,  
Peel Terrace, Northam

Date Friday 1st August

Time 9am - 8pm

#### Compulsory Novice Safety Briefing

Location RISE Function Centre,  
28 Eighth Ave, Maylands

Date Tuesday 29th July

Time 7pm - 8pm

## PRACTICE WEEKEND INFORMATION

Two days have been set aside for Power Craft to practice on a certain part of the course. **Paddle Craft are NOT to practice in the below areas during these times.** Practice days are an officially sanctioned event and motor, boat and all race gear used must be as per the PDRC Rules and Regulations in order for insurance cover to be effective.

**Please note random checks will be conducted.**

Time: 12pm - 6pm

Northam to Posselts Ford

Top of Bells Rapids to

Middle Swan Bridge

Time: 8am - 12pm

Northam to Posselts Ford

Top of Bells Rapids to

Middle Swan Bridge

**Any paddle craft found practising in the above areas will be subject to penalties and fines may be issued.**

## CRAFT DROP OFF INFORMATION

Once competitors have registered, they must then drop their craft at the Start marshalling Area. For teams this is the starting person's craft ONLY. The Start Marshalling Area will be open between the hours of 9.00am – 8.00pm on Friday 1st August.

## SIGN ON / REGISTRATION INFORMATION

All solo competitors and one member from each team must sign on in Northam on Friday 1st August. Grid positions for day one will be posted at Registration. Competitors will not be registered until their equipment has passed scrutineering.

**Please note:** competitors are not eligible to start the race unless they have signed on, and cannot sign on before the race start on Saturday

Date	Friday 1st August
Time	9am - 8pm
Location	Northam Recreation Centre, Peel Terrace, Northam





Each entry will receive a Race pack containing all essential event materials (1 pack each for solo and double entrants, and 1 pack per team).

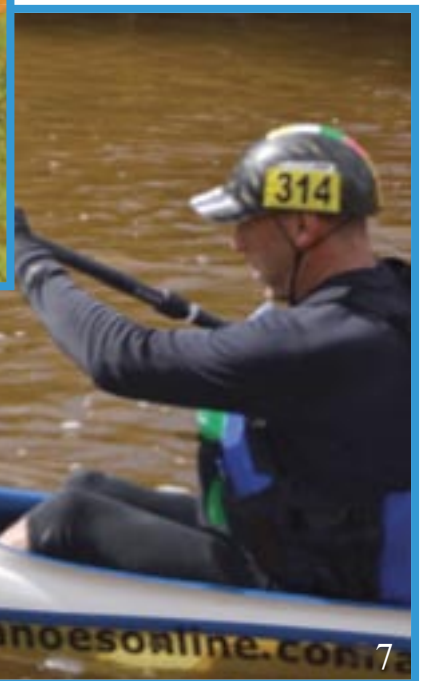
**All competitors:** both power and paddle entrants can collect their race pack on Tuesday 29th July at the RISE Function Centre, Bayswater between 5pm -9pm or at Registration in Northam on Friday 1st August.

**RACE PACKS WILL INCLUDE:**

Large Race ID Stickers	1x to be placed on each side at the front of each craft
Small Race ID Stickers	1x to be placed on each side of each competitor helmet
Support Crew Sticker	Display in the top right corner of the front windscreen
Lanyard with Access Pass	To be worn by 1x Support Crew member per team and will permit TWO people only into the National Parks, Bells Rapid, Cobbler Pool Finish Line and the City of Bayswater Finish Line craft retrieval area.
Valley Sticker (team's only)	<b>Note: some areas will have restricted access and you will only be permitted with this pass.</b> Display sticker adjacent to Support Crew Sticker in the top right corner of the front windscreen Note: no sticker = NO ENTRY to Valley Road on Day2 and changeover 1
The West Australian Sticker	1x placed on bow as close as possible to the front on both sides of each craft
Network TEN Stickers	1x to be placed adjacent to The West Australian Sticker on both sides of the craft
Medical Wristband	To be worn by each competitor for the duration of the race
Camping Wristbands (if purchased)	Wristbands MUST be worn at all times around the campsite
Shower Token (if purchased)	To be surrendered at the shower entry
Meal Tokens (if purchased)	To be surrendered at the catering marquee at Cobbler Pool at the designated meal time
Novice Stripe Stickers (if applicable)	2x to be placed on either side of the bow of the craft under the race ID sticker and 1x on the helmet
River Guide Sticker	For competitor reference throughout the event

**PLEASE NOTE:**

No passes or stickers will be reallocated under any circumstances. Please ensure you do not misplace any of these items.



EXAMPLES OF CRAFT STICKER PLACEMENT



### START LINE INFORMATION

- Day One Start** Northam  
 Power Craft Start 8.00am  
 Paddle Craft Start 30 minutes after the start of the last power craft grid  
 Timing will depend on water levels and weather and is ultimately determined by the Race Director.
- Day Two Start** Boral Cobbler Pool Campsite, Toodyay  
 Paddle Craft Start 7.00am  
 Power Craft may start anytime between 11.00am and 1.00pm subject to water levels

Final start time will be determined by the Race Director at the Registration Desk at the campsite at the conclusion of racing on Day 1.

There is an interval of 30 seconds between each start grid for Paddle Craft and 60 seconds for Power Craft.

### CUT OFF TIMES

#### POWER CRAFT CUT OFF TIMES

<b>Day One:</b>	
Northam Weir	Start + 1hr 45min
Katrine Bridge checkpoint	Start + 3hr 45min
Toodyay Checkpoint	Start + 5hr 40min
Wetherall Reserve Checkpoint	When first paddle craft reaches checkpoint
<b>Day Two:</b>	
Emu Falls Checkpoint	Start + 1hr 45min
Strong Hills Farm Checkpoint	Start + 2hr 30min
Bells Rapid Checkpoint	Start + 3hr 30min
Upper Swan Checkpoint	Start + 4hr 30min
Middle Swan Checkpoint	5.00pm

#### PADDLE CRAFT CUT OFF TIMES

<b>Day One:</b>	
Northam Weir	Start + 1hr 45min
Katrine Bridge Checkpoint	Start + 3hr 45min
Toodyay Checkpoint	Start + 5hr 40min
Wetherall Reserve Checkpoint	Start + 6hr 30min
Ti Trees Checkpoint	4.00pm
<b>Day Two:</b>	
Emu Falls Checkpoint	11.00am
Strong Hills Farm Checkpoint	12 noon
Bells Rapid Checkpoint	1.30pm
Upper Swan Checkpoint	2.30pm
Middle Swan Checkpoint	Between 3.30pm - 4.00pm (subject to DOT Marine Safety instructions & current weather conditions)

*These times may be moved forward at the discretion of the Race Director due to safety considerations such as lack of light.*





## WILD WATER - GRADES OF DIFFICULTY

GRADE  
1

Not difficult, regular stream, regular waves, small rapids and simple obstructions

GRADE  
2

Moderately difficult, passage free, irregular stream, irregular waves, medium rapids, small stoppers eddies/whirlpools & pressure areas. \*Simple obstructions in stream and small drops

GRADE  
3

Difficult, route recognisable, high irregular waves, larger rapids, stoppers, eddies & whirlpools and pressure areas. \*Isolated boulders, drops and numerous obstructions in stream

GRADE  
4

Very difficult, route not always recognisable, inspection mostly necessary, heavy continuous rapids, heavy stoppers, whirlpools and pressure areas. \*Boulders obstructing stream, big with undertow

GRADE  
5

Extremely difficult, inspection essential, extreme rapids, stoppers, whirlpools and pressure areas. \*Narrow passages, steep gradients and drops with difficult access and landing

GRADE  
6

Limit of practicability, generally speaking impossible. Possibly navigable at particular water levels, high risk, even experts risk life

\* **Notes:** “pressure areas” refer to water piling up against a rock or other obstacle. Weirs are not classified as wild water and as such are not evaluated. They are either easily navigable or (very) dangerous.

**WARNING** – although the more hazardous/danger spots are marked, the river can change at any time and must be approached on the basis that it is dangerous at all times and at all points along the length.



### AVON SUPPORT UNIT - SAFETY FIRST!

The Avon Support Unit, or ASU, is a group of hardworking, dedicated volunteers specifically focused on assisting competitors in the Avon Descent.

Keeping in line with current trends, all training is either nationally or internationally recognised. The Avon Descent is a very busy, but enjoyable, weekend for all involved and relies on the continued support and commitment of the volunteers in the Recovery, Rescue and Sweep Boat operation teams to perform at their very best.

Training for volunteers is undertaken in the months leading up to the Avon Descent and brings all ASU team members up to speed with the knowledge, skills and procedures required for safety and rescue operations on Race Weekend.

The ASU work diligently on the lead up, with training weekends held in Collie and Mundijong, as well as several land and water based sessions in between. The ASU get to put their skills to the test assisting with the Power Craft practice days held the weekend prior to the Avon Descent.

We'd like to send a huge shout out to all past and present ASU members – your contribution, dedication and hard work year in year out is integral to the safe running of the Avon Descent! Thank you!  
**Keep up the great work.**

## ASU MEMBER PROFILE

**Name:** Mike McGill

**Nickname:** McGilla

**ASU Role:** Boat Coordinator

### How did you get involved with the ASU?

I was involved with the ASU as a Boat L... I mean recovery! Had an absolute blast and when there following year came around was definitely going to be in it again! Hey, I still had the whirly lights on the car, however with the changing of guard there was a shortage in coordinators.

The conversation went like this:  
[for reference, Mushy = ASU Coordinator]

**Mushy:** “you doin’ the ASU this year?”

**McGilla:** “of course...”

**Mushy:** “you like boats don’t ya?”

**McGilla:** “luv ‘em!”

**Mushy:** “would you like a helicopter ride?”

**McGilla:** “Absolutely...”

**Mushy:** “you should do Boat Coordinator”

**McGilla:** “cool, can’t be that much involved in it... sure!”

...and he’s never looked back!



DAY ONE

The tough 52km stretch will come to an end at Boral Cobbler Pool Campsite., West Toodyay. Competitors will battle the Ti Trees and reach the finish line, greeted by sponsors, VIPs, spectators, support crew and fellow competitors.

Once crossing the finish line, competitors will exit through the finish chute and put their craft into the Pit Area ready for Day 2. In 2014, Ski Racks will be available for competitor use.

Day 1 finishers will be welcomed by a Recovery Area with food, drinks and First Aid available.

DAY TWO

Day 2 will see competitors tackle 72kms of challenging river, with the final 30kms a flat water sprint to the finish line at Riverside Gardens in the City of Bayswater. Spectators access parking from Slade and King William Streets, with Support Crew to gain access from Milne Street only. Please follow directional signage and obey the directions from parking marshals. Only vehicles with the 'Support Crew' stickers displayed on their windscreen will be permitted access from Milne Street.

Paddle Craft Pick Up Information

Retrieval of boats will occur from the boat/craft holding area, which will be fenced off from the public. To reduce congestion, 2x Support crew (upon showing the access lanyard) will be permitted to assist with retrieval of their competitor's craft from the holding area and take it to their vehicle.

Power Craft Pick Up Information

Power Craft will exit the river at the ANA Rowing Club approx. 400m past the finish line on the right hand side of the river. Power Boat Support Crew should load the boat on their trailer and clear the exit point so other teams can utilise the space. **Strictly no power craft is to be extracted at the finish line point.**







**AVON** EST 1973  
**DESCENT**  
**2014**

FINISH LINE  
**FAMILY**  
**FUN DAY**  
SUNDAY 3 AUGUST 2014



Riverside Gardens, Bayswater 11am - 5pm

Spectator Parking: Via Slade and King William Streets Only  
Support Crew Parking: Via Milne Street Only

FREE EVENT



Enjoy Perth's Eastern Region

Experience the action LIVE on the BIG SCREEN!  
Bring the family and enjoy bouncy castles, face painting and roving entertainment!  
Enquiries: Events Team 9272 0622 [www.bayswater.wa.gov.au/events](http://www.bayswater.wa.gov.au/events)

# CITY OF SWAN POWER ON

Cheer on the Avon Descent competitors from a picturesque vantage point.

Enjoy free kids' activities and entertainment, as well as race commentary and giveaways. Wear bright colours to help power on the competitors! There are prizes to be won for the loudest cheering!

When: Sunday, August 3, 2014

Time: 11am - 3pm

Where: Fishmarket Reserve, Guildford

For more information call (08) 9379 9400 or visit [www.swan.wa.gov.au/events](http://www.swan.wa.gov.au/events)



THE PERFECT VIEW OF THE  
2014 AVON DESCENT

## TOODYAY INTERNATIONAL FOOD FESTIVAL

SAT 2  
AUG  
2014  
10AM  
TIL 3PM



STIRLING PARK & DUIDGEE PARK  
TOODYAY

LIKE TOODYAY INTERNATIONAL FOOD FESTIVAL ON FACEBOOK

*Free Family Fun Day!*

PROUDLY BROUGHT TO YOU BY





## SAFETY & GENERAL EVENT RULES

The Avon Support Unit or ASU are your water safety team. They patrol a number of hazard areas on the river and are easily identifiable to competitors. Because they do not cover off the entire 124km course ALL competitors must be competent in self-rescue.

Race Rules require all competitors to assist any fellow competitor who is in difficulty where it is safe to do so.

You must be competent at rolling your craft and if necessary evacuating quickly and efficiently. When all else fails, swim!

### SWEEP HELICOPTER

If you require the services of the helicopter, you should attract attention by waving or placing one hand on your head/helmet. Once the crew have ascertained that the competitor requires assistance, they will signal to you and task a rescue team to your location.

Please wait patiently!

### SAFETY EQUIPMENT

All competitors must carry a whistle on their life jacket- as specified at scrutineering. We also encourage all competitors to carry a basic first aid kit in their craft.

All novice racers MUST display the novice stickers on their craft and helmet which must be easily visible.



Tim Wilson

- A **surf ski**, broadside to the current and pinned against an obstruction can easily have the force of over half a tonne against it.
- A **kayak** pinned by the current can exert a force in excess of a tonne.
- A **power boat** on its side, more than 2 tonnes.

**ALWAYS stay on the upstream side of your craft!**

## WARNING

FLAGS WILL BE ISSUED ALONG THE LENGTH OF THE RIVER. DUE TO THE CHANGE OF WATER LEVEL, THE LOCATIONS OF VARIOUS FLAGS WILL CHANGE ON THE DAY. IT IS IN THE COMPETITOR'S INTEREST TO BE FULLY AWARE OF FLAG COLOURS AND MEANINGS.

### STOP

Do not proceed beyond this point

RED

### CAUTION

Obstruction ahead.  
Caution to be used in area.



### DISQUALIFICATION

Leave the water immediately.

BLACK

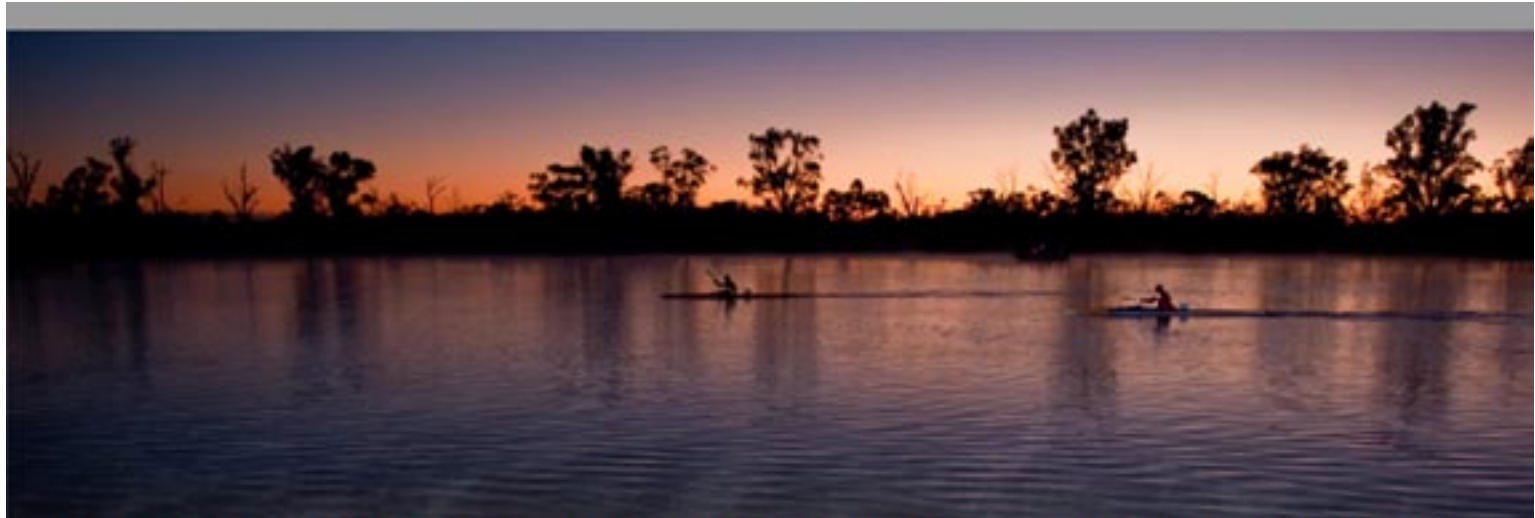


## SAFETY MATTERS

In 2013, Tim Wilson showed true companionship and courage as he assisted a fellow competitor who was injured. It's not always about being first across the finish line, it's about the journey, the experience and knowing others will help in times of need.

**Tim, you're a true champion- well done!**





# RIVERLAND PADDLING MARATHON

June Long Weekend in SA

Entries open 1st March till 30th May

Berri — Moorook — Waikerie — Morgan

200—200 Relay—100—50—Mini Marathon—Single Day

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

[www.riverlandpaddlingmarathon.com](http://www.riverlandpaddlingmarathon.com)



Presented by



The Marathon Canoe Club of South Australia

# Avon River Festival

FRIDAY 1<sup>ST</sup> AUGUST // 4PM - 9PM

- Street Parade from 6pm with prizes
- Live Entertainment & Fireworks
- Roving Entertainment throughout the night
- Sideshow Alley, Rides & Show Bags
- Food Stalls
- Arcade Game Zone
- Market Stalls with gifts, crafts & homewares



For more info contact Northam Visitor Centre 9622 2100



## HYPOTHERMIA WHAT YOU NEED TO KNOW

### What it is:

When the body temperature falls below 35.0°C and the body is unable to maintain a normal metabolism and body functions.

### Signs & Symptoms:

- Feeling cold
- Shivering
- Clumsiness and slurred speech
- Apathy and irrational behaviour
- Slowed heart rate

### What to do if you or someone else has Hypothermia:

- Follow DRABCD
- Call for medical assistance
- Remove casualty to a dry warm place
- Protect casualty- protect casualty and yourself from wind, rain, cold and wet ground
- Avoid Excessive activity or movement
- Maintain casualty in a horizontal position
- Remove wet clothing
- Warm casualty- place between blankets, sleeping bag and wrap in space blanket or similar
- Cover the head to maintain body heat
- Give warm drinks if conscious- do NOT give alcohol

Call 000 for an ambulance if level of consciousness declines, shivering stops or pulse is hard to find. Use any other available forms of warming except direct radiant heat.



## NUTRITION & HYDRATION BE PREPARED!

### Hydration

Hydr□

exercising, genetics and fitness level.

Where possi□

to tolerate large volumes in one hit. Most athletes can tolerate 200-300ml every 15-20 minutes but tolerance will vary according to the exercise intensity.

Typicall□

such as swimming and water polo conducted in wet environments, and sports conducted in air conditioned stadiums.

Research shows that fluid intake is enhanced when beverages are cool (~15°C), flavoured and contain sodium (salt). This makes sports drinks an ideal choice during exercise.

### Nutrition

The p□

fill you up□

importantly, you should be familiar and comfortable with the meal.

If your race is very early, you may opt to have a lighter snack on the morning of competition, 1-2 hours prior to the event, and a larger supper the night before.

Pre event meals include:

- Breakfast cereal & skim milk & fresh/canned fruit
- Muffins or crumpets & jam/honey
- Pancakes & syrup
- Toast & backed beans and flavoured low fat milk
- Baked potatoes with lo-fat filling
- Creamed rice made with skim milk, or tinned low-fat rice-cream
- Spaghetti with tomato or low fat sauce
- Rolls or sandwiches with banana filling and fruit juice
- Fruit salad plus low fat yoghurt

Du□

recov□

fatigue. This is equivalent to 500-1000ml of sports drink or 10-20 jelly beans.

After competing, a recovery snack is very important. Try to eat approximately 1g of carbohydrate per kg body weight in the two hours after exercise. Including some protein, vitamins and minerals will complete your recovery. This will be around 50-100g for most people.



## HEAT EXHAUSTION WHAT YOU NEED TO KNOW

### What it is:

Heat exhaustion is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke.

### Signs and symptoms:

- Feeling hot, exhausted and weak
- Persistent headache
- Thirst and nausea
- Giddiness and faintness
- Fatigue
- Rapid breathing and shortness of breath
- Pale, cool, clammy skin
- Rapid, weak pulse
- High body temperature
- Flushed skin
- Irritability and mental confusion may progress to seizures and unconsciousness

### What to do if you or someone else has Heat Exhaustion:

- Lie casualty down- move casualty to lie down in a cool place with circulating air
- Loosen tight clothing and remove unnecessary garments
- Sponge with cold water
- Give fluids to drink
- Seek medical aid:
  - o If casualty vomits
  - o If casualty does not recover promptly

### Heat stroke may develop

### What to do if you or someone else has Heat Stroke:

- Follow DRABCD
- Call for medical assistance
- Apply cold packs or ice to neck, groin and armpits
- Cover with a wet sheet
- Call 000 for an ambulance
- If casualty is fully conscious and is able to swallow, give fluids





2014 CHECKPOINTS, TEAMS CHANGEOVER POINTS & INFORMATION BOARDS

All teams must have a Support Crew of at least 1 adult.

Please read the important information which follows regarding the checkpoints and information board locations.

- Ti Trees and Walyunga are now safety checkpoints and there is information available at Ti Trees only
- Upper Swan Checkpoint has been reinstated and Support Crew information is available
- Cut-Off time at Middle Swan Bridge is 4.00pm for Paddle Craft and 5.00pm for Power Craft

Checkpoint	Location	Teams Changeover	Information Board
<b>Day 1</b>			
Pt 1	Katrine Bridge	Changeover #1	Near Bridge
Pt 2	Newcastle Bridge (Duidgee Park)	Changeover #2	Under Bridge
Safety	West Toodyay Bridge		Under Bridge
Pt 3	Wetherall Reserve Checkpoint	Changeover #3	On River Bank
Safety	Ti Trees		Available
Pt 4	Cobber Pool		Finish Line Information Tent
<b>Day 2</b>			
Pt 5	Emu Falls		Airstrip Parking Area
Pt 6	Stronghills Farm	Changeover #1	Not Available
Pt 7	Bells Rapid	Changeover #2	River Bank
Safety	Walyunga National Park		Not Available
Pt 8	Upper Swan		On River Bank
Pt 9	Middle Swan Bridge	Changeover #3	On River Bank

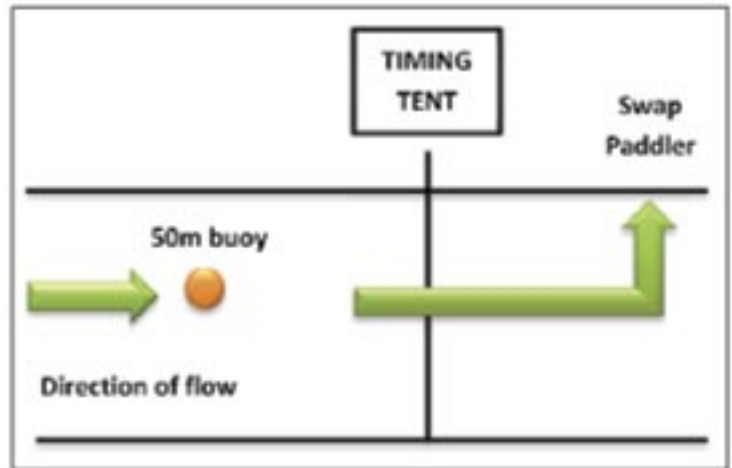
\* Please note: if support crews decide to enter Walyunga National Park, parking and bus fee of \$10 is payable to attendants (proceeds aid the Bullsbrook Volunteer Fire Brigade)

TEAMS CHANGEOVER

An inflatable buoy will indicate that a changeover will occur in 50m. Competitors must pass through the timing device which will be directly in front of the timing equipment. After this point competitors can swap over.

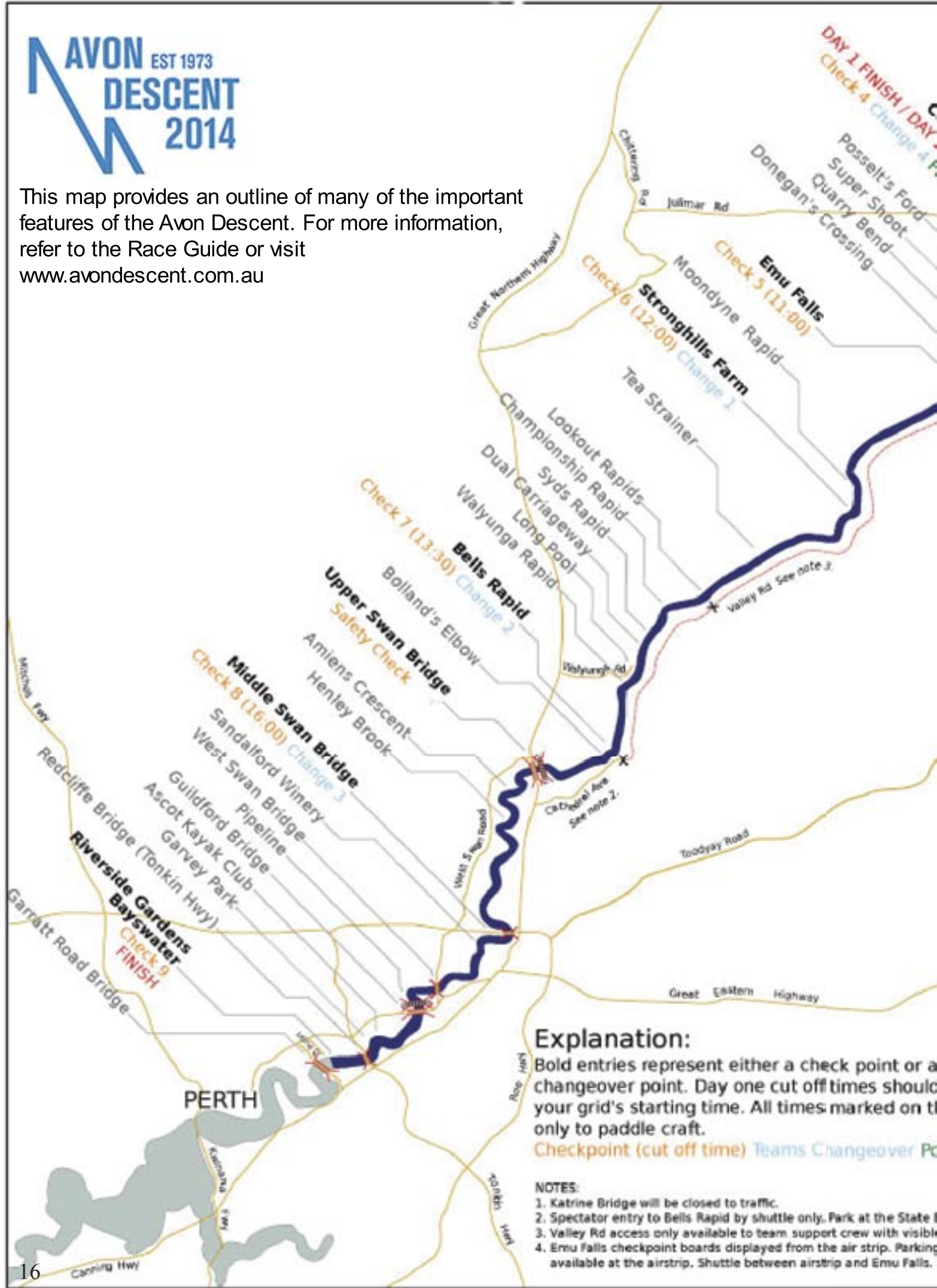
Pairs can paddle 2 sections each per day. Pairs can paddle consecutive sections, however MUST portage at the intersecting changeover point.

Teams of 4 must change at each changeover point and each paddler must paddle one section per day.



<b>Day 1</b>		
Stage 1	Northam Start Line to Katrine Bridge	17km
Stage 2	Katrine Bridge to Newcastle Bridge	15km
Stage 3	Newcastle Bridge to Wetherall Reserve	9km
Stage 4	Wetherall Reserve to Cobler Pool	11km
<b>Day 2</b>		
Stage 5/6	Cobler Pool to Stronghills Farm	18km
Stage 7	Stronghills Farm to Bells Rapid	21km
Stage 8	Bells Rapid to Middle Swan Bridge	18km
Stage 9	Middle Swan Bridge to Bayswater Finish Line	15km

This map provides an outline of many of the important features of the Avon Descent. For more information, refer to the Race Guide or visit [www.avondescent.com.au](http://www.avondescent.com.au)



**Explanation:**

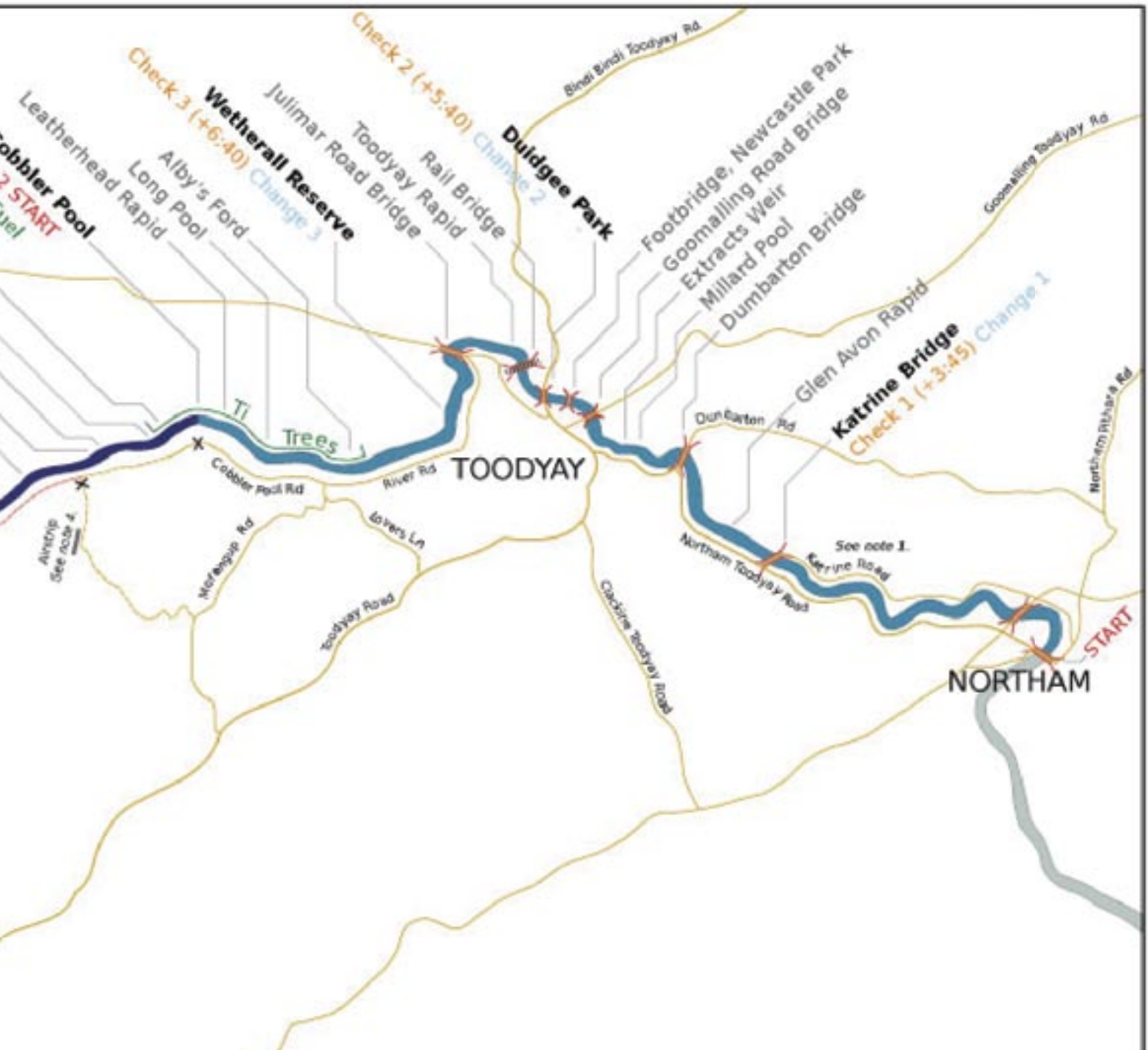
Bold entries represent either a check point or a changeover point. Day one cut off times should be your grid's starting time. All times marked on the map are only to paddle craft.

Checkpoint (cut off time) Teams Changeover Point

**NOTES:**

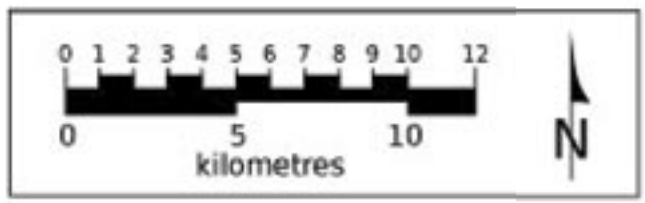
- 1. Katrine Bridge will be closed to traffic.
- 2. Spectator entry to Bells Rapid by shuttle only. Park at the State Park.
- 3. Valley Rd access only available to team support crew with visible team gear.
- 4. Emu Falls checkpoint boards displayed from the air strip. Parking is available at the airstrip. Shuttle between airstrip and Emu Falls.





**Padding Distances (km)**  
*Cumulative daily totals in red*

	Wetherall	Cobbler Pool	Emu Falls	Stronghills	Walyunga	Bells Rapid	Upper Swan	Middle Swan	Hinds Res.	Newcastle	Extracts	Dumbarton	Katrine	Northam
Wetherall	8													
Cobbler Pool	18	8												
Emu Falls	29	18	8											
Stronghills	35	29	18	8										
Walyunga	46	35	29	18	8									
Bells Rapid	55	46	35	29	18	8								
Upper Swan	59	55	46	35	29	18	8							
Middle Swan	63	59	55	46	35	29	18	8						
Hinds Res.	67	63	59	55	46	35	29	18	8					
Newcastle	74	67	63	59	55	46	35	29	18	8				
Extracts	77	74	67	63	59	55	46	35	29	18	8			
Dumbarton	81	77	74	67	63	59	55	46	35	29	18	8		
Katrine	85	81	77	74	67	63	59	55	46	35	29	18	8	
Northam	92	85	81	77	74	67	63	59	55	46	35	29	18	8



**Legend**

- river (day one)
- river (day two)
- river (not in race)
- bridge
- level crossing, rail bridge
- road, track (public access)
- road, track (teams access only)

teams  
 be added to  
 this map apply

powercraft Fuel

Equestrian Centre,  
 valley sticker.

For any suggestions, or to report an error or omission, please email [agilben@gmail.com](mailto:agilben@gmail.com).

## SELECTING YOUR SUPPORT STOPS

Your stops depend on your goals! Liaise with other paddlers to combine all the support resources. If you're a more experienced competitor

refill of water and food ready to eat i.e. bananas already peel!

I

have spent hours fighting with the traffic and the mud to be in the right spot!). On the other hand, when a novice does stop they may need psychological support as much as food and drink!

Make sure your Support Crew are familiar with a map of the area and the actual roads themselves. Remember to allow plenty of time for your Support Crew to get to their stops during the race as traffic can be tedious. Finally, make sure you plan ahead and carry any necessary equipment to the water's edge... a spare paddle is useless back in the car park!



**Please Note:** all support crew must wear a life jacket when entering the water; otherwise their team / entrant risks disqualification



### NEED TO KNOW

#### ALL ENTRANTS:

Support Crew vehicle(s) must display the Support Crew 2014 sticker on the top right corner of the front windscreen.

#### TEAM ENTRIES ONLY:

Each team entry is issued with one (1) Valley 2014 sticker (teams of 4 will receive two). You will only get one so don't lose it! This allows access to the Valley Road on Day 2.

Turn right when leaving the campsite (stage 5 & 6).

The Valley sticker must be placed adjacent to the Support Crew sticker on the top right corner of your windscreen.

**No Valley sticker = NO ENTRY to Valley Road and changeover 1 on Day 2.**

**Please note:** you only have one sticker so only 1 of your Support Crew vehicles is allowed down Valley Road (except teams of 4 who will have 2 stickers and therefore 2 cars). REMEMBER to display your sticker on the top right corner of your front windscreen otherwise you may be refused entry.

The Valley Road is a private road – you wouldn't like people trampling in your backyard so please be aware that to ensure the Avon Descent is able to continue using this road you and Support Crew must respect its use.

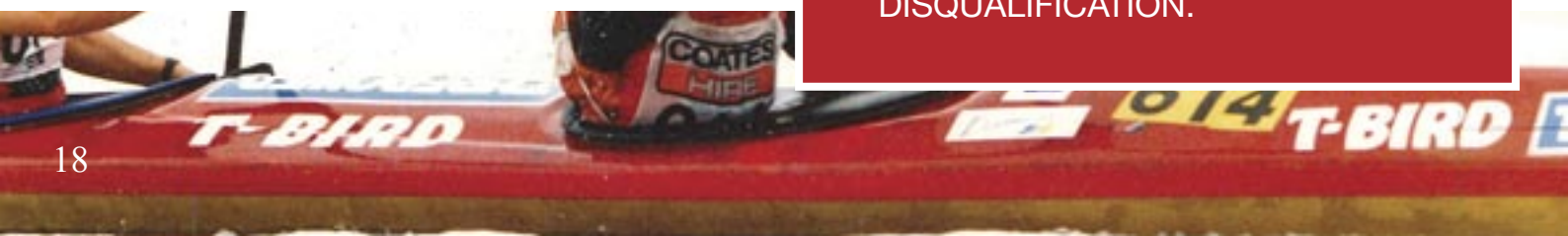
## EMERGENCY VEHICLES

**ALL vehicles must always give way to emergency and official event vehicles, and obey all directions of Race Officials.**

**No stopping is permitted on the Valley Road except at designated changeover points.**

## PENALTIES

**UNAUTHORISED STOPPING ON THE VALLEY ROAD WILL INCUR A 10 MINUTE TIME PENALTY TO YOUR TEAM. SUPPORT CREWS MUST WEAR A LIFE JACKET WHEN ENTERING THE WATER; OTHERWISE THEIR TEAM/COMPETITOR RISKS DISQUALIFICATION.**







**Lanyard & Access Card:** competitors will be issued with 1x lanyard and access pass for their Support Crew (teams of 4 will receive 2 passes, permitting 4x Support Crew in total). Each pass permits 2x Support Crew members to Extracts Weir, Avon Valley National Park, Bells Rapids, Cobbler Pool craft pick up and Bayswater Finish Line craft retrieval. **DO NOT LOSE THIS PASS!**

**All Competitors:** Support Crew 2014 sticker to be placed in the top right corner of the front windscreen

**Teams Only:** Valley 2014 sticker to be placed adjacent to Support Crew 2014 sticker on top right corner of front windscreen

**Remember – no Valley 2014 sticker = NO ENTRY to Valley Road on Day 2 and changeover #1 at Stronghills.**

National Park gates close at 5.00pm and no dogs are permitted.



### EVENT CANCELLATION

An event of this nature is dependent upon weather conditions. The Race Director has the right to cancel the event if adverse weather conditions prevail or are likely to occur. No competitor is to disregard this decision. As per the Terms and Conditions, no refunds will be issued if the event is cancelled.

### PENALTIES FOR NOT ADHERING TO EVENT RULES

Participants in breach of the Race Rules and Regulations will result in a penalty as listed under rule 640- found on the Event Website.

### GENERAL

If roads are muddy, ensure you clean your brake lights, indicator lights and rear window regularly. Keep to a low speed- especially on the gravel. These roads are not designed for the volumes of traffic encountered during the Avon Descent, care must be taken.

### WITHDRAWN CRAFT DAY 1

Between the Northam Start Line and Cobbler Pool Finish Line-competitors are taken to the roadside and Support Crew contact is attempted. Should contact not be made with Support Crew, competitors and their craft will be taken to the overnight campsite at Cobbler Pool.

### WITHDRAWN CRAFT DAY 2

**Between the campsite and Emu Falls-** Support Crew should make their way to the Emu Falls Airstrip on Quarry Road to collect craft and competitors.

**Between Bells Rapid and City Bayswater Finish Line-** Support Crew should make their way to the Middle Swan Bridge or to the City of Bayswater Finish Line.

**ANY COMPETITORS WHO WITHDRAW THEMSELVES FROM THE RACE MUST TEXT THEIR NUMBER AND WITHDRAWAL POINT TO 0457 134 680.**

### LOST PROPERTY

A lost property box will be at the Finish line at the Timing and Information Tent on both Day 1 and Day 2. If you are unable to check on race weekend, call the office on 08 9284 3522 in the week following the event, or check the event website or Facebook for Lost Property information.

Any unclaimed lost property will be donated to charity if not collected within 2 weeks of the event.





With over 500 competitors and in excess of 2000 Support Crew involved in the Avon Descent, courtesy and respect will go a long way to ensuring the 42nd annual descent is a safe, fun and satisfying event for all.

Adhering to the Race Rules and adopting good craft protocol on Day 1 is essential to set the tone for the race weekend. When putting your craft into pits, ensure it is parallel to other craft and don't leave personal belongings around your craft.

On the morning of Day 1, give yourself plenty of time to get to your craft, make final minute adjustments and prepare yourself for the journey ahead. Leaving everything to the last minute will not only stress you out, but also those around you!

**Here is some crucial information for competitors and Support Crew:**

- When preparing for the start, do not enter the water until you've been called
- Follow the instructions of all Event Officials and only warm up in the designated area
- Power Boaters must be vigilant- take a slow and cautious approach to the river and be aware of others- ensure your propeller is protected at all times
- Adrenaline can run high during the exhausting 2 day race. Stay calm and collected as frustration and irritation can often lead to bad decision making
- **BE PREPARED.** All competitors and Support Crews must familiarise themselves with the course, the changeover points and access points

**CITY OF BELMONT  
AVON DESCENT  
FAMILY FUN DAY**

SUNDAY, 3 AUGUST 2014 11:30am to 3:30pm  
GARVEY PARK, FAUNTLEROY AVE, ASCOT



Get up close to all the action at the City of Belmont's FREE Family Fun Day and celebrate the Avon Descent.

Live race commentary | Free children's activities | Free Mix 94.5 Gourmet Grill | Junior Sports Expo  
City of Belmont residents - bring your Opportunity Card for free offers (limits apply).

Visit [www.belmont.wa.gov.au](http://www.belmont.wa.gov.au) or phone the City of Belmont on 9477 7248 for further information.



Finally, remember that Event Officials, Volunteers and Event Staff are there for the smooth running and safety of the event. Please listen to them, and respect any decisions, or directions, made by these officials.

# Be safe around the railway this Avon Descent



With our freight rail network running through the Avon Valley, Brookfield Rail has been a proud partner and supporter of the Avon Descent for over 30 years.

Trains continue to operate as normal over the Avon Descent weekend; please be extra vigilant around the railway. Whether in a vehicle or on foot, only cross the railway line at designated crossings.

- Obey stop signs at level crossings
- Follow instructions from Brookfield Rail employees
- Between Lookout Rapids and Bells Rapids section of the course, competitors must ONLY exit from the Walyunga National Park (right-hand) side of the river
- Speed limit on Rail Access Road is 20km/h
- Rail Access Road is one way ONLY (except emergency vehicles)
- Overtaking on Rail Access Road is NOT permitted
- Vehicles are NOT to be stationary in middle of Rail Access Road
- Display Valley Event Sticker clearly on windscreen.

[www.brookfieldrail.com](http://www.brookfieldrail.com)

**Brookfield  
Rail**





### BORAL COBBLER POOL CAMPSITE

The campsite for competitors and their Support Crews is at the traditional Boral Cobbler Pool Campsite, West Toodyay. The campsite is available for camping both Friday and Saturday nights, however main facilities will only be available Saturday night.

The Toodyay Lions Club will manage the site and campsite allocations will be on a first come-first served basis. Don't worry, there's plenty of room for everyone!

Please be familiar with the campsite rules and environment policy on the following page.

### CAMPING FEES

Camping tickets purchased at the gate will be \$20 incl. GST per person. There is a \$10 parking fee, with proceeds going to the Toodyay Lions Club. Marquees and tent structures may be purchased through the Registration System or at [www.avondescent.com.au](http://www.avondescent.com.au) and will be set up prior to your arrival.

### CAMPSITE PARKING

There is a \$10 parking fee, with proceeds going to the Toodyay Lions Club. All Support Crew vehicles will gain free access with their Support Crew Vehicle Sticker in the top right corner of the windscreen.

### FIREWOOD

Campers are prohibited from collection of firewood from natural vegetation. Firewood will be provided for sale at the campsite by organisers. Spectators and competitors will be encouraged to use alternate fuels such as diesel fuel heaters.

## PLAN YOUR ACCOMMODATION

If you're planning on booking accommodation, get in early as it is in high demand. Try the Tourist Centres in the surrounding towns for more details.

[www.visitnortham.com.au](http://www.visitnortham.com.au)

[www.toodyay.com](http://www.toodyay.com)

### FOOD VENDORS

A variety of food and coffee vendors will be on site to ensure everyone is refuelled at the end of day 1 and ready to tackle day 2.

### CAMPSITE CATERING

Ultimo Catering will also be on site offering delicious homemade meals for dinner on Saturday night and breakfast on Sunday morning. All meals can be purchased through the registration system or at [www.avondescent.com.au](http://www.avondescent.com.au)

Meals will be served in the VIP Marquee on the water's edge. Ensure you bring the token provided in your Race Pack for redemption.

### CAMPSITE RESTRICTIONS

The organisers reserve the right to immediately remove any person(s) behaving in a disorderly or intoxicated manner from the Boral Cobbler Pool Campsite.

*The campsite is smoke free!*

*The use of glass is limited to designated areas only.*

## Flashback!

### We are updating an old idea!

In 2014 we are going ahead with hot showers. Tokens can be purchased through the registration system and at the Boral Cobbler Pool Campsite.

### COBBLER FM

New in 2014. Make sure Support Crew and Spectators tune in to 89.3FM to hear all the action from the day 1 finish line and start of day 2 at Cobbler Pool.





## BORAL COBBLER CAMPSITE POLICY

- 1 Careful and considerate choice of campsites shall apply with minimum disturbance of vegetation/soil and natural surrounds.
- 2 Campers are requested to utilise existing roads and tracks and not to drive or walk through natural bushland.
- 3 No campsites are to be set up on the river side of the railway line.
- 4 All rubbish/litter shall be carried and taken away with individuals or disposed of in an environmentally responsible manner.
- 5 Please use toilets provided.
- 6 Wastewater shall not be disposed of near the Avon River.
- 7 No known contaminants shall be used in or near the river.
- 8 No camping will occur near any identified wildlife nesting, breeding or gathering site.
- 9 No disturbance of wildlife will be permitted. Member's will at all times respect and protect all wildlife. Campfires shall only be allowed in designated secure areas, and in a minimum hazard location.
- 10 No vehicles or campsites are to encroach on roads or pathways.
- 11 Camp fires where practical shall be kept to a minimum and shared by other campers.
- 12 Fires are to be 'warmth and cooking' only. Fires deemed to be excessive by event officials or Fire Fighter will have 1 warning before being extinguished.
- 13 Where practical firewood is to be collected away from campsites. Firewood is a finite resource not to be wasted. No trees and or brush to be cut down or damaged.
- 14 All campfires are to be thoroughly extinguished and covered with soil prior to leaving campsite, no burning embers to be left exposed.
- 15 Please do not cross the restraining bunting used at start/finish line (and other spectator viewing points) preventing the public from getting too close to the embankments and causing erosion.
- 16 Only competitors and ASU personnel are to be on the portage ramp to minimise any erosion to that area.
- 17 No waste oils/fuels/resins are to be disposed of in the bush. All waste oil to be carried to an appropriate disposal site e.g. drums at pits.
- 18 Water contaminated fuel must be emptied from the fuel tank of power craft. Fuel tank is removed from craft intact and carried to waste drum at which point the fuel cap is removed and fuel poured (via a funnel), directly into the waste fuel drum. All power craft competitors are to respect this process and the need for extreme caution when transporting and disposing of fuel.
- 19 Under no circumstances are dogs or any other pets allowed on campsite premises.
- 20 Under no circumstances are motorbikes or motorized scooters (other than official event staff) or any other pets allowed on campsite premises.
- 21 No contractor may work without approval from event organisers.
- 22 Access to the campsite is a privilege and anti-social behaviour will not be tolerated. Those sighted or suspected of anti-social behaviour will be removed from the campsite at Event Manager and Security discretion.

**Note: entry to the campsite is at your own risk. No liability for damage or loss of personal items or equipment will be accepted by the event organisers or their agents.**





***The West Australian* proudly sponsors the 2014 Avon Descent**



The West Australian  
[thewest.com.au](http://thewest.com.au)

Start talking



# AVON EST 1973 DESCENT 2014

## FAMILY FUN DAY FRIDAY, 1 AUGUST TO SUNDAY, 3 AUGUST



### NOT ALL THE ACTION IS ON THE WATER!

Experience the excitement of the world's greatest white water event from Northam to Bayswater with live race commentary and free entertainment and activities.

#### SHIRE OF NORTHAM - AVON RIVER FESTIVAL

**Date:** Friday, 1 August 2014.

**Time:** 4.00pm – 9.00pm.

**Where:** Bernard Park, Minson Avenue, Northam.

#### TOODYAY INTERNATIONAL FOOD FESTIVAL & FAMILY FUN DAY

**Date:** Saturday, 2 August 2014.

**Time:** 10.00am – 4.00pm.

**Where:** Stirling Park, Stirling Terrace and Duidgee Park, Harper Road, Toodyay.

#### CITY OF SWAN POWER ON

**Date:** Sunday 3 August 2014.

**Time:** 11.00am – 3.00pm.

**Where:** Fishmarket Reserve, Swan Street, Guildford (western end of Swan Street).

#### CITY OF BELMONT'S AVON DESCENT FAMILY FUN DAY

**Date:** Sunday, 3 August 2014.

**Time:** 11.30am – 3.30pm.

**Where:** Garvey Park, Fauntleroy Avenue, Ascot.

#### TOWN OF BASSENDEAN VANTAGE VIEWING LOCATIONS

**Date:** Sunday, 3 August 2014.

**Time:** All Day.

**Where:** Success Hill Reserve, Seventh Rd, Bassendean  
Point Reserve, North Rd, Bassendean  
Pickering Park, Bassendean Parade, Bassendean  
Sand Beach Reserve, end of West Rd, Bassendean  
Ashfield Parade Reserve, Ashfield Parade, Ashfield.

#### CITY OF BAYSWATER FINISH LINE FAMILY FUN DAY

**Date:** Sunday, 3 August 2014.

**Time:** 11.00am – 5.00pm.

**Where:** Riverside Gardens

*Spectator Parking:* Via Slade and King William Streets Only.

*Support Crew Parking:* Via Milne Street Only.

Visit [perthtourism.com.au](http://perthtourism.com.au)

for details and the chance to win prizes.







## SPECTATOR INFORMATION

2014 Avon Descent Family Fun Days are a great way to check out all the action of the 42nd Avon Descent from Northam to Bayswater while keeping the whole family entertained!

Experience all the excitement of the five free Avon Descent Family Fun Days along the Avon and Swan Rivers in Northam, Toodyay, Guildford, Belmont and Bayswater. There are also some great vantage viewing locations along the river in the Town of Bassendean. Held over the weekend of the race from Friday 1st to Sunday 3rd August 2014, the Avon Descent Family Fun Days are a great way to follow the thrills and spills along with plenty of entertainment, live race commentary, and activities for all ages.

The Avon Descent Family Fun Days are proudly brought to you by Lotterywest and the local governments of Bayswater, Belmont, Northam, Swan and Toodyay.



## SPECTATOR VIEWING LOCATIONS

### Day 1: Saturday 2nd August

#### Start Line and Northam Weir

Watch all the start line action of Day 1 in the heart of Northam. With the pits open for viewing prior to the race and with plenty of riverside viewing spots, get in early to watch the field tackle the Northam Weir to begin their 124km journey!

Power Craft start from 8.00am

Paddle Craft start 1/2 hour after the last Power Craft grid

**Parking:** there is plenty of parking around Northam, please do not park in the gravel area near the Weir.

#### Extracts Weir – East of Toodyay

Extracts Weir is considered to be one of the most dangerous obstacles of Day 1. Watch the competitors tackle this rocky obstacle, with plenty of thrills and spills guaranteed!

Power Craft expected from 8.30am

Paddle Craft expected from 10.30am

**Parking:** designated parking area. Do not park on the road verges in the area.

**Cost:** A spectator fee applies at this vantage point as it is private property.

### Day 2: Sunday 3rd August

#### Avon Valley National Park – Emu Falls

The entry to Avon Valley National park is 50 kilometres past Midland on the Toodyay Road. It has a series of viewing locations including Emu Falls that are certain to be the scene of thrilling manoeuvres.

Paddle Craft expected from 7.30am

Power Craft expected from 2.15pm

**Parking:** available at the Airstrip on Quarry Road

**Transport:** shuttle buses will run throughout the day between the car park at the Airstrip to Emu Falls.

**Cost:** free. A Sausage Sizzle will be held for a small cost.

**Entry Hours:** 7.30am – 5.00pm

#### Bells Rapid – Upper Swan

Bells Rapid is the last greatest obstacle of the Avon Descent. Although picturesque this trying rapid allows spectators to closely watch the battles that participants will tackle at Bells Rapids.

Paddle Craft expected from 10.30am

Power Craft expected from 2.00pm

**Parking:** State Equestrian Centre.

**Transport:** shuttle buses will run from the Equestrian Centre to Bells Bridge.

**Cost:** free

**Entry Hours:** from 6.30am

#### Walyunga National Park

Driving up Great Northern Highway, Walyunga is within the 80km/h section on the right hand side heading north. Keep an eye out for the fire trucks for access to the National Park. It has two excellent vantage points - the Walyunga Pool Chute and Syd's Rapids.

Paddler Craft expected from 10.00am

Power Craft expected from 2.50pm

**Parking:** off Great Northern Highway at Walyunga Road.

**Transport:** shuttle buses will run throughout the day

**Cost:** \$10

**Entry Hours:** 7.30am – 5.00pm



# AVON DESCENT FAMILY FUN DAYS



## Toodyay International Food Festival

Date: Saturday 2nd August

Time: 10am - 3pm

Where: Stirling Park & Duidgee Park, Toodyay

Combine the thrill of the Avon Descent with delicious cuisine. Tempt your tastebuds with dozens of mouth-watering international cuisine stalls as the main stage comes to life with a diverse range of performances inspired from around the globe. Kids of all ages have been catered for too, with free activities running throughout the day.



## City of Belmont's Avon Descent Family Fun Day

Date: Sunday 3rd August

Time: 11:30am - 3:30pm

Where: Garvey Park, Fauntleroy Ave, Ascot

Enjoy live race commentary on the banks of the beautiful Swan River in a large marquee with seating. There will be free children's activities, a free Mix 94.5 Grill, an all new Junior Sports Expo and much more.



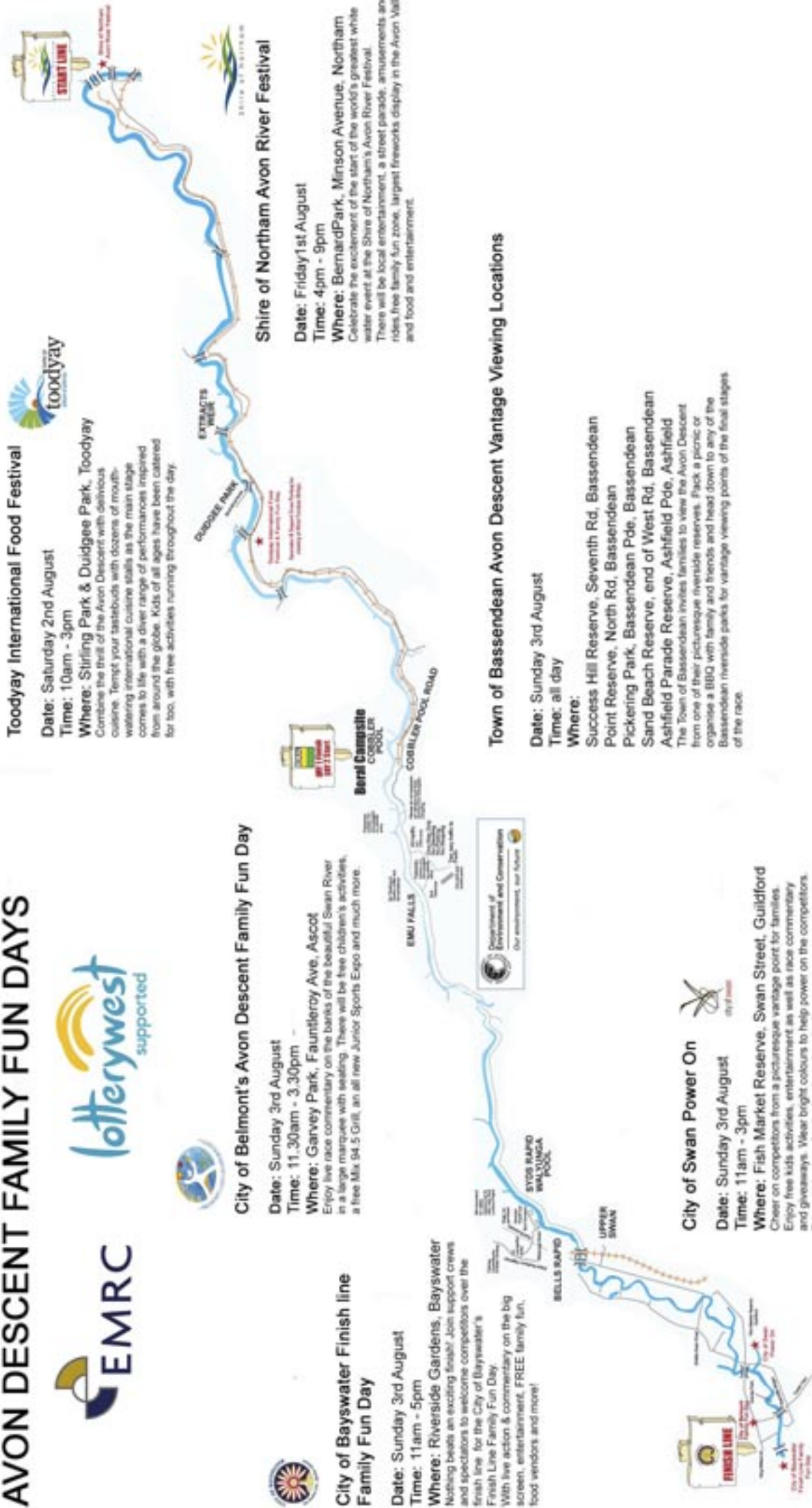
## City of Bayswater Finish line Family Fun Day

Date: Sunday 3rd August

Time: 11am - 5pm

Where: Riverside Gardens, Bayswater

Nothing beats an exciting finish! Join support crews and spectators to welcome competitors over the finish line for the City of Bayswater's Finish Line Family Fun Day. With live action & commentary on the big screen, entertainment, FREE family fun, food vendors and more!



## Shire of Northam Avon River Festival

Date: Friday 1st August

Time: 4pm - 9pm

Where: Bernard Park, Minson Avenue, Northam

Celebrate the excitement of the start of the world's greatest white water event at the Shire of Northam's Avon River Festival. There will be local entertainment, a street parade, amusements and rides, free family fun zone, largest fireworks display in the Avon Valley and food and entertainment.



## Town of Bassendean Avon Descent Vantage Viewing Locations

Date: Sunday 3rd August

Time: all day

Where:

- Success Hill Reserve, Seventh Rd, Bassendean
  - Point Reserve, North Rd, Bassendean
  - Pickering Park, Bassendean Pde, Bassendean
  - Sand Beach Reserve, end of West Rd, Bassendean
  - Ashfield Parade Reserve, Ashfield Pde, Ashfield
- The Town of Bassendean invites families to view the Avon Descent from one of their picturesque riverside reserves. Pack a picnic or organise a BBQ with family and friends and head down to any of the Bassendean riverside parks for vantage viewing points of the final stages of the race.



## City of Swan Power On

Date: Sunday 3rd August

Time: 11am - 3pm

Where: Fish Market Reserve, Swan Street, Guildford

Cheer on competitors from a picturesque vantage point for families. Enjoy free kids activities, entertainment as well as race commentary and giveaways. Wear bright colours to help power on the competitors. Prizes to be won for the loudest cheering!





**AVON** EST 1973  
**DESCENT**  
2014



Enjoy Perth's Eastern Region

# FINISH LINE SITE MAP

Sunday 3 August 2014

Riverside Gardens, Bayswater



**BLACKERS**  
**CARMEN & FITZI**  
**FOR BREAKFAST**  
WEEKDAYS FROM 5.30PM





## AVON DESCENT EVENT STAGES - day one

### Stage 1 – Northam to Katrine

17km | Grade 1 | from 8.00am

**Start Marshalling Area:** streets adjacent to and including Broome Terrace will be closed on Saturday morning. Follow signage to designated parking areas. There is ample parking on the town side of the Avon River. Support

#### Crew & Spectators

**Northam:** follow directional signage to designated parking areas. Please do not park in the gravel area near Northam Weir. When leaving the Town of Northam, follow signage to Toodyay. Follow Newcastle Rd – Toodyay Rd and turn right to access Katrine Bridge. Please slow down when approaching Katrine Bridge as there are many pedestrians in this area.

**Katrine:** the scenic drive on the north of the river is closed. Access is not permitted to Glen Avon Rapid. **Glen Avon Rapid will be patrolled and there is strictly no access.**

**Teams Changeover #1** | Katrine Bridge is the first change over point for teams. The changeover area is on the right hand bank.

### Stage 2 – Katrine to Newcastle Bridge

15km | Grade 1 | from 8.10am

The hazard of Glen Avon Rapid is 2km downstream from Katrine Bridge, followed by 7km of coffee rock with negotiable channels. Sinclair's Crossing, beneath Dumbarton Bridge, creates a hazard in low to medium water. The next challenge is Extracts Weir. This 3m high rock weir provides one of the most spectacular sights on the river. Many competitors will portage here – dependant on the river levels.

#### Support Crew & Spectators

**From Katrine:** leave Katrine heading north along the Northam Toodyay Road and follow to Extracts Weir.

**Extracts Weir:** please do not park on the road verges. A sanctioned parking area is provided. Parking fee is payable by spectators. ONE Support Crew vehicle per team will be provided free access with the Support Crew sticker on the vehicle.

**Toodyay:** ample parking is available surrounding Dudgee Park and checkpoint 2 is located at Dudgee Park beneath Newcastle Bridge. A checkpoint information board with race updates is also available here.

**Teams Changeover #2** | Dudgee Park is the second changeover point for teams. The changeover area is on the left hand bank





### Stage 3 – Newcastle Bridge to Wetherall Reserve

9km | Grade 1 | from 8.30am

The area near the Toodyay Checkpoint can be difficult for craft and Power Craft should keep to the right in all but the highest water when passing through. Coffee rock prevails for the next 2.4km where you will reach the Railway Bridge. Just 500m past this bridge is Toodyay Rapid, a small drop with many granite boulders. The course is then a mainly shallow and wide river to West Toodyay Bridge. The riverbed from West Toodyay to the Ti Trees is mostly sand with some gravel offering accessible channels.

#### Support Crew & Spectators

**From Toodyay:** Support Crews should leave via the railway subway and turn right at the T-Junction at Harper Road. Harper Rd becomes Julimar Road and the Railway Line will be on your right.

**West Toodyay:** Limited parking is available adjacent to the bridge, or on West Toodyay Oval, 50m up Julimar Rd towards Toodyay. To increase safety, please do not park on the Julimar Road Bridge.

**Wetherall Reserve:** continue along Julimar Road and a short distance after you cross over the railway line, turn left into River Road (just before the West Toodyay Bridge). Proceed along River Road approx. 1.5km and Wetherall Reserve is on the right.

**Teams Changeover #3 | Wetherall Reserve** at the start of the Ti Trees is the third changeover point for teams. The changeover area is on the left hand bank.

### Stage 4 – Wetherall Reserve to Cobler Pool & Finish of Day 1

11km | Grade 1 | from 8.40am (Cobler Pool from 9.00am)

Channels exist in the Ti Trees but the frustration comes in trying to find them. Albys Ford is reached just after entry to the Ti Trees. Waterlevels play a great part in the ease or difficulty with which the Ti Trees may be negotiated. Should competitors be caught in the Ti Trees at nightfall they must head for the left bank only and report to a race official. Approx. 200m after Leatherhead Rapid, look out for the finish line indicating the end of Day 1 and a well-deserved rest!

#### Support Crews & Spectators

**River Road:** Please take caution on River Road as it is a gravel road. Turn right out of Wetherall Reserve parking area and if you park along this gravel road, ensure your vehicle doesn't block other traffic. Turn right at Jimpering Brook Bridge onto Cobblers Pool Road and head toward the overnight campsite.

**Remember, NO dogs or other pets allowed.**

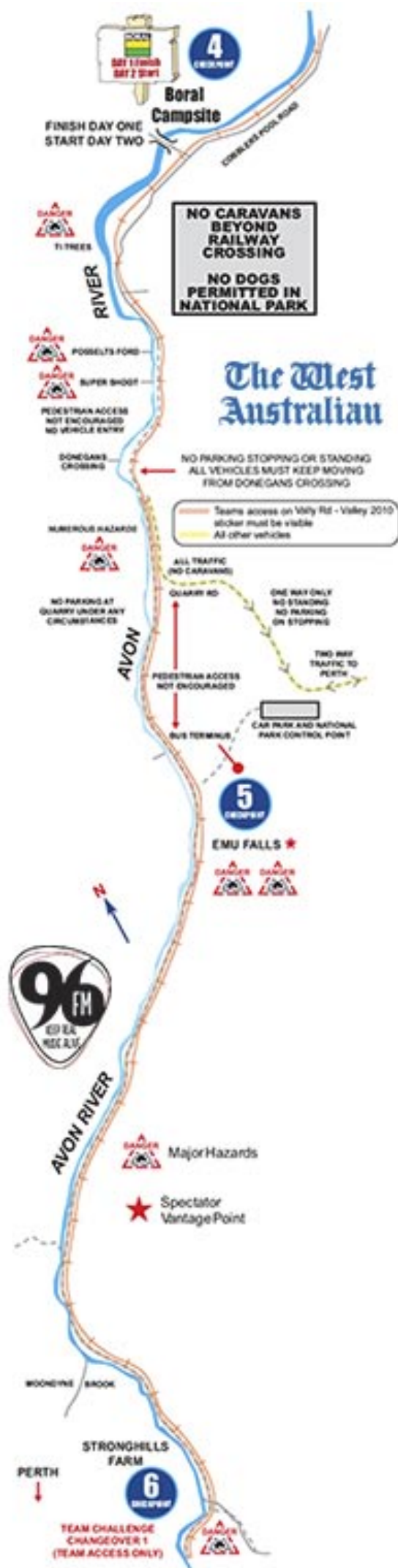
Alternate access to River Road is via Lovers Lane. If coming from Perth turn left off Toodyay Road into Lovers Lane and after 7.3km turn left into River Road. Care should be taken 5.9km along Lovers Lane where it crosses Jimpering Brook. It may be hazardous in very wet weather, when water levels are high.

**Boral Cobler Pool Start/Finish:** due to the number of people and vehicles it would be appreciated if movement of vehicles within the area is kept to a minimum. Major roads within the campsite are one way only so please obey directions. Police and security personnel will be patrolling the area.

#### Withdrawn Craft Day 1

Should you be withdrawn from the race, competitors will be taken to the roadside and Support Crew contact is attempted. Should you not get in contact with your Support Crew, craft and competitors will be taken to Cobler Pool. Withdrawn competitors should SMS their race ID & withdrawal location to 0457 134 680.





**Stage 5 – Cobble Pool to Emu Falls**

8km | Grade 2/3 | Paddlers from 7.00am, Power Craft from 12.00pm

The worst of the Ti Trees beckons competitors at the start of Day 2. Rocks and misleading channels are found right through to Posselts Ford. Depending on the water level, large boulders immediately above the Ford can be a bone jarring slide or virtually non-existent. Shortly after Posselts Ford is the Super Shoot. This small rapid is more dangerous than it looks and should be approached with care. The river is then open water with a few trees before narrowing dramatically to Donegan’s Crossing.

From Donegan’s crossing there is a series of small metres of rapids culminating in the main fall of about 2m. Water funnels into one gap at the base of the Falls causing congestion in all but very high water. This is known as the ‘Washing Machine’ and should be taken with great caution.

**Power Craft:** please note there is no refuelling on course.

**Support Crews & Spectators**

Leaving camp, there are two available options.

Exit left via Cobble Pool Road and Lovers Lane to Toodyay Road. All vehicles towing caravans must exit this way. Exit right for Support Crews and spectators wishing to see the action at Emu Falls to Quarry Road. Quarry Road is one way only and no caravans are permitted. Then turn right out of the campsite and follow Cobble Pool Road- NO STOPPING. Turn left at Quarry Road (take extreme caution when crossing the railway line) and continue for approx. 3-4km to the Emu Falls Airstrip. There is no vehicle access to Emu Falls. Support Crew and spectators must leave their vehicle at the Emu Falls Airstrip Parking area and use the shuttle bus provided. Support Crews should show their Access Lanyard Card to parking attendants for hole punching. Please allow 30 minutes for the shuttle bus.

**Emu Falls Via Toodyay Rd:** if heading south along Toodyay Road turn right at Morangup Rd and follow signs to Emu Falls Airstrip (see parking info above). Checkpoint Information Boards will be displayed at the Airstrip to aid competitor tracking.

**Support Crew for Teams ONLY:** upon leaving Cobble Pool, turn right out of the campsite and follow Cobble Pool Road to the Valley Rd/Quarry Rd junction. Cobble Pool Rd turns into the Valley Rd at this junction. Continue straight onto Valley Rd where you will be stopped by a Race Official and checked for your Valley 2014 Sticker and Support Crew Lanyard Card.

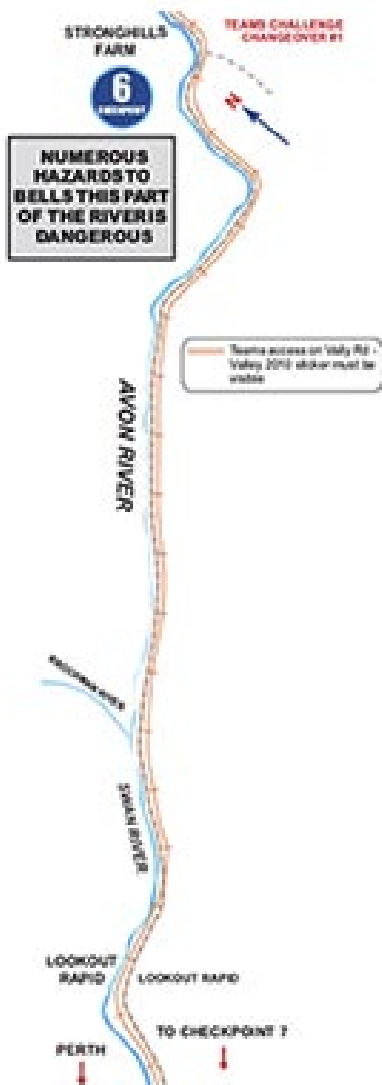
**NO STICKER = NO ENTRY.**

**Remember, this sticker must be in the top right corner of the front windscreen.**

Paddlers 2 and 3 should be in this vehicle and taken to Stronghills Farm and Bells Rapid.

**Withdrawn Craft:** Support Crews should report to the Emu Falls Airstrip on Quarry Rd for competitors and craft that have withdrawn between the Campsite and Emu Falls. Withdrawn competitors must SMS their race ID & withdrawal location to 0457 134 680.





### Stage 6 – Emu Falls to Stronghills Farm

10km | Grade 3 | From 7.30am

There are several rapids and small drops in this stage. Many Power and Paddle Craft has become victim to the river in this section over the years. Support Crews and Spectators (except teams) will not have access to their competitors at Stronghills. The next checkpoint is at Bells Rapid. To exit Emu Falls keep heading south along Quarry Road and turn right at Morangup Road. This will take you to Toodyay Road and turn right towards Perth and the next checkpoint at Bells Rapids.

**Please note:** only 1 Valley 2014 sticker is issued to Teams Support Crew and only one car per team is allowed access to the Valley Road as this is a private road. The speed limit is 40km/h and there is NO stopping on the Valley Road and headlights must be on. Give way to safety and emergency vehicles and stop ONLY at the designated Teams Changeover Point.

**Unauthorised stoppage will result in a 10 minute time penalty.**

The Valley Road is a private road and to ensure our continued use, respect must be paramount. These roads are not designed for the volumes of traffic encountered during the Avon Descent so care must be taken. Support Crews Park on the roadside at Stronghills, but be sure not to block traffic. Exit along the Valley Road towards Bells Rapid.



### Stage 7 – Stronghills Farm to Bells Bridge

21km | Grade 3/4 | From 8.30am

This part of the river is home to a number of hazards including a 140m drop through Walyunga National Park. There is a series of small rapids below the lookout. The first of the major obstacles is Championship Rapid which low, flat and wide. In very high water it becomes a series of standing waves. A sequence of small drops takes the competitors to the big challenge of the river, Syd's Rapid.

This 100 metre rapid is a mass of rock and once competitors are launched into this long gradient they are committed to its awesome power. The river is then wide open water and a few trees to Long Pool. From Walyunga Pool the river becomes very narrow and winding. The last great obstacle of the Descent is Bells Rapid. Once this white water stage is complete, the river opens out through the beautiful scenery of the Upper Swan.

**Support Crew and Spectators (except teams):** continue on Toodyay Road towards Perth and at great Northern Highway turn right. Turn right into Cathedral Ave and following parking and shuttle bus directions. Bells Rapid can only be accessed via the shuttle bus.

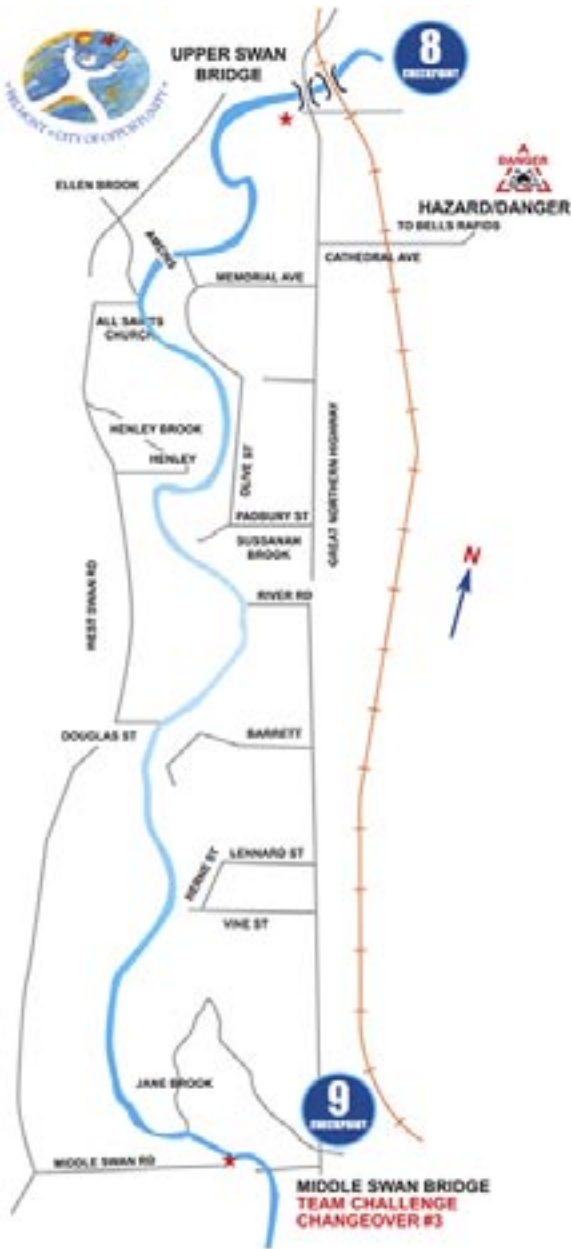
Support Crew and Spectators must leave their vehicle at the State Equestrian Centre Parking area and use the shuttle bus provided.

Support Crews must show their Access Lanyard card. Parking is free for all spectators. Allow a 25 minutes turnaround for the shuttle bus.

**Teams Support Crews:** enter via the Valley Road and follow directions of officials and park in the lower car park at Bells-extra Support Crew vehicles will not be permitted entry down to Bells via Cathedral Ave. If extra Support Crew vehicles wish to meet their competitor at Bells they must park at the State Equestrian Centre and take the Access Lanyard Card to show the attendant before taking the shuttle bus to Bells.

**Teams Changeover #2** | Bells Rapid is the second changeover for teams on Day 2. The changeover area is located on the left hand bank below the rapids.





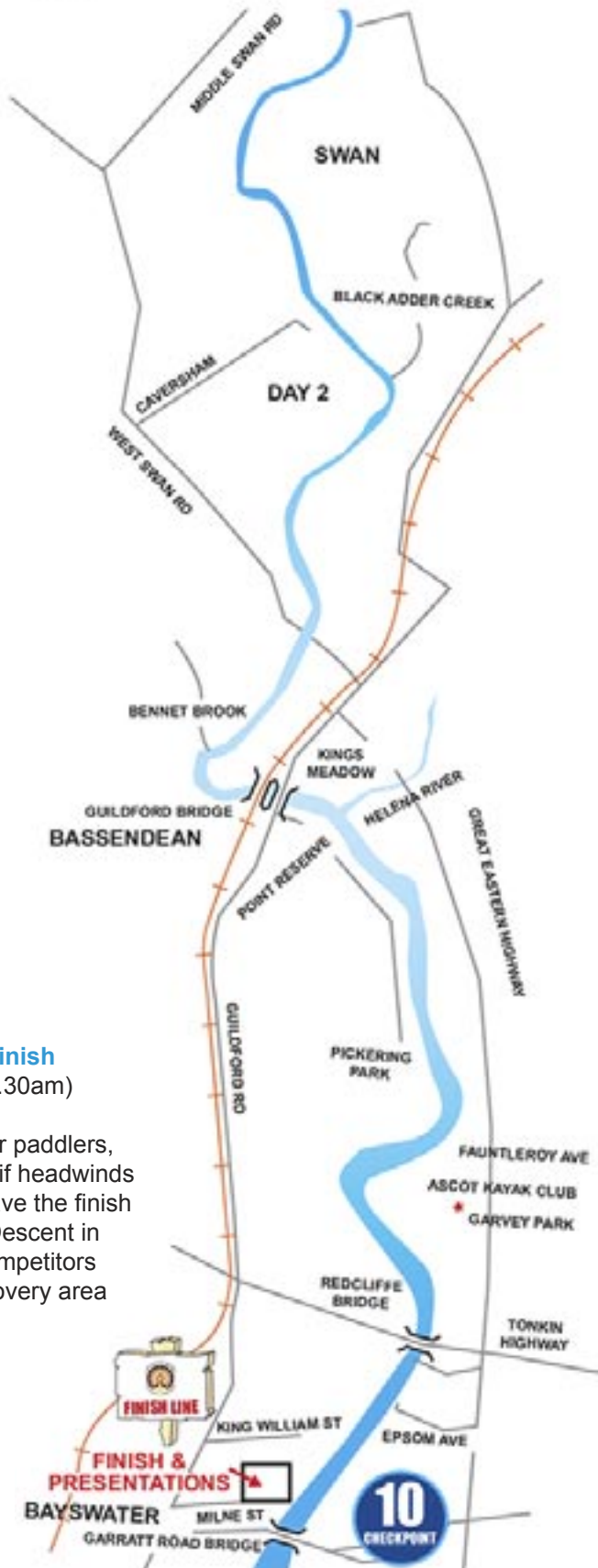
### Stage 8 – Bells Rapid to Middle Swan Bridge

18km | Grade 1 | From 9.15am

Downstream from the Upper Swan Bridge the river gradient is slight and the channel shallow. Competitors face 4km of Ti Trees and scrub before the river opens out into tidal waters. Ellenbrook enters from the right just before the end of the trees.

#### Support Crews & Spectators

Upper Swan Bridge is located on Great Northern Highway. Take care when parking and if you stop here, please ensure your vehicle is not blocking traffic. Middle Swan Bridge can be accessed via Great Northern Highway. Turn right into Middle Swan Road and after a short distance turn left (follow the signs). Head under the new bridge and park in the designated area.



### Stage 9 – Middle Swan Bridge to City of Bayswater Finish

Line 15km | Grade 1 | From 11.00am (Bayswater from 11.30am)

The Power Craft enjoy the long winding open river but for paddlers, this section is often difficult or at least testing, especially if headwinds are present. In the final stage of the race, competitors have the finish line in sight and feel the elation of completing the Avon Descent in front of the large crowd gathered on the riverbank. All competitors finish at Riverside Gardens, Bayswater to an athlete recovery area and the City of Bayswater Family Fun Day.



PRINCIPAL SPONSOR



THANK YOU TO OUR SPONSORS

MAJOR PARTNERS



OFFICIAL MEDIA PARTNERS



COMMUNITY PARTNERS



OFFICIAL SUPPLIERS



TRAVEL & ACCOMODATION PARTNERS



Resort & Country Club

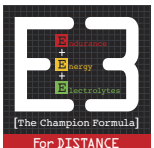
OFFICIAL SUPPORT PARTNER



PADDLE SPONSORS



SUPPORTING SPONSORS



SUSTAINABILITY



**THE CASTROL EDGE RUGBY CHAMPIONSHIP**  
**QANTAS WALLABIES v SOUTH AFRICAN SPRINGBOKS**  
Perth / 6 Sep



**AUSTRALASIAN SAFARI**  
Perth - Onslow / 19-27 Sep



**ACT-BELONG-COMMIT**  
**AUGUSTA ADVENTURE FEST**  
Augusta / 1-2 Nov



Photo: SuperSport Images

**PERTH INTERNATIONAL GOLF**  
Perth / 23-26 Oct



**SUNSMART IRONMAN**  
**WESTERN AUSTRALIA TRIATHLON**  
Busselton / 5-7 Dec



Photo: Dely Carr

**CAPE TO CAPE MTB**  
Augusta - Dunsborough  
/ 23-26 Oct

# *Ignite your senses this year in* **WESTERN AUSTRALIA**

To discover hundreds more events

visit [WESTERNAUSTRALIA.COM/EVENTS](http://WESTERNAUSTRALIA.COM/EVENTS)

EXPERIENCE  
**EXTRAORDINARY**  
WESTERN AUSTRALIA