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## WELCOME TO THE WORLD'S GREATEST WHITE WATER EVENT

The 2015 Avon Descent – an exciting two-day time trial over 124 gruelling kilometres offering competitors conditions ranging from long stretches of flat water that can test the endurance of the fittest athlete through to rapids, sure to test the skills of all who attempt to navigate their unknown contours.

The Avon Descent travels through some of Western Australia's most picturesque country, and as you descend, you'll pass through the farming regions of historic Northam and Toodyay, forested national parks, steep gorges, the Swan Valley vineyard region and eventually, into the tidal waters of the upper Swan River.

Competitors challenge the Avon and Swan Rivers in a variety of power dinghy craft (up to 15HP) and paddle craft including single, double and triple kayaks and single or double surf skis. Relay teams of two and four can also compete. Competitors are supported by family and friends as support crews and thousands of spectators line the banks to cheer them on.

The Sunday Times and PerthNow are proud to support The Avon Descent

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#### NORTHAM'S AVON DESCENT ASSOCIATION

Chairman Kevin Harrison Finance/Treasurer Rex Adams Chief Clerk of Course Jim Smith Power Boat Delegate lan Williamson Paddle Craft Delegate Rosalie Evans Jon Vines Local Government Community Liaison Tully Telenta Aquatic Sport and Management David Hunt Avon Support Unit (ASU) Michael Orr

**EVENT MANAGER** 

Canoeing Western Australia (INC)

#### HOW TO CONTACT US

PO Box 28 FLOREAT FORUM 6014 Phone (08) 9285 8501 Email: info@avondescent.com.au Web: www.avondescent.com.au

#### **EVENT EMERGENCY CONTACT:** 0457 134 680

#### AVON DESCENT LEGENDS

In 2012, the 40th Anniversary of the Avon Descent, the NADA Board sanctioned the creation of a special recognition for individuals to be known as the Avon Descent Legends. For this inaugural occasion, these outstanding individual contributors are the Foundation Members of the Avon Descent Legends.

- Ian Williamson
- Darryl Long
- John King
- Neil Long
- Rex Adams
- Jim Smith
- Greg Kaeding (2013)
- Kim Epton (2013)

#### AVON DESCENT FREEMAN

A nominee for 'Freeman of NADA' must have 10 years exceptional service to the Association at a suitably high level.

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

#### **OUR 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 and contribution offered year after year certainly does not go unnoticed, and we thank you for your hard work and dedication!

Ascot Kayak Club Bullsbrook Volunteer Bush Fire Brigade Grass Valley Volunteer Bush Fire Brigade Lions Club Gin Gin/Chittering Lions Club Northam

Lions Club Toodyay Northam Christian Ministers Association Northam SES Toodyay Football Club West Coast Car Club





Avon Descent 2015



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## **MESSAGE FROM THE NADA CHAIRMAN**

n behalf of the Board of Directors of Northam's Avon Descent Association I welcome all of the competitors and their support crews to the 2015 Avon Descent. Take the time to experience the many delights of the Avon and Swan Valleys.

In addition to the 2015 Avon Descent being broadcast all around Australia on The Ten Network it will be shown in over 40 countries around the world with a potential viewing audience of hundreds of millions.

With the co-operation and assistance of The State Government through Tourism WA and Royalties For Regions, and the staging of the "family fun days" by the five Local Governments bordering the river, and their support from the East Metropolitan Regional Council and our Community Support partner Lotterywest the event has become a celebration of the Western Australian lifestyle.

Thank you to all of our sponsors for their support including our media partners Network Ten, RJ Media, The Sunday Times, and Radiowest. In addition to all of the sporting and community groups who receive financial or social benefits from the event, thank you to The Avon Support Group for their safety, rescue, first aid and medical assistance.

Canoeing WA have been appointed the Event Managers this year and we thank their team of dedicated workers for their operational support.

Your Horreson

My best wishes to you all. Kevin Harrison Chairman Northam's Avon Descent Association

# WELCOME TO THE 2015 AVON DESCENT

# MESSAGE FROM DR KIM HAMES MLA, MINISTER FOR TOURISM AND HON TERRY REDMAN MLA, MINISTER FOR REGIONAL DEVELOPMENT



Dr Kim Hames MLA



Hon Terry Redman MLA MINISTER FOR REGIONAL DEVELOPMENT The 124km course runs from<br/>Northam to Perth along the Avon<br/>and Swan Rivers, capturing some<br/>of the most picturesque scenery<br/>along the way.Tourism is a vital industry for<br/>achieving economic viability in<br/>regional WA. In 2013-14, total<br/>visitor spend in the State was<br/>\$8.3 billion, \$3.5 billion of which

As a Western Australian home grown event, the Avon Descent has been entertaining crowds and providing a challenging course for hundreds of competitors for more than 40 years.

The Avon Descent is proudly supported by the State Government through Tourism WA's Regional Events Program, which is funded by Royalties for Regions.

Royalties for Regions invests in a variety of initiatives to help grow Western Australia's regional areas into thriving and sustainable communities. Tourism is a vital industry for achieving economic viability in regional WA. In 2013-14, total visitor spend in the State was \$8.3 billion, \$3.5 billion of which was spent in regional WA. The State Government's goal is to see the contribution of regional tourism increase to \$4.75 billion by 2020.

Supporting events such as the Avon Descent will help us achieve that goal.

Regional events generate valuable national and international promotion for regional Western Australia. They also add vibrancy to towns, boost their local economies and make them exciting places to visit, as well as great places to live.



Frank Filosi GENERAL MANAGER NETWORK TEN PERTH

Network Ten Perth is proud to be the Official Media Sponsor of the 2015 Avon Descent. This iconic Western Australian sporting event is actively embraced by Network Ten with a television special broadcast nationally a few weeks after the race weekend, enabling all Australians to enjoy the spectacle.

MESSAGE FROM NETWORK TEN - GENERAL MANAGER

Network Ten Perth proudly supports local community activities and assists in ensuring they are a success by providing a variety of highly specialised skills and resources. Our association with the Avon Descent has a long and proud history and we have seen it grow to reach the international status that it enjoys today. TEN Eyewitness News First At Five and our experienced production team get right behind this event and enjoy it immensely.

TEN congratulates the Northam Avon Descent Association, all the volunteers and the competitors for their commitment, dedication and hard work in making the Avon Descent a worldwide recognisable success.

Good luck to everyone involved and have a great 2015 Avon Descent.

# MESSAGE FROM CANOEING WESTERN AUSTRALIA



Rosalie Evans EXECUTIVE OFFICER CANOEING WA

Canoeing Western Australia was approached by NADA to be the Event Managers for the 2015 Avon Descent last year and jumped at the chance, as CWA is the Association that represents the whole of the paddle sports community in WA, we felt that this was a perfect fit for us.

Although CWA has been involved in the Avon Descent in a much lesser role in previous years, we are very excited to be involved in a greater role this year. We are a small but passionate team who conjunction with the NADA Board have worked hard to bring this amazing event together this year. Having listened to the suggestions of competitors, sponsors and all involved in past Avon Descents, CWA have made several changes that we are hoping will be acceptable to this year's 'avondescenters'. See you on the water.







#### POWER DINGHY RACING CLUB (PDRC)

The PDRC (Power Dinghy Racing Club) was formed in 1976 by Avon Descent competitors who wanted more racing than one weekend a year. The club's race calendar has twelve races each year. River racing is confined to winter months from June to October where four races are held on the Blackwood River in the South West.

The Avon Descent is our main event for the year making a total of five river races. Summer months are taken up with six circuit races in front of our clubrooms on the Swan River.

With competing members aged between 10 and 70, including a ladies' class, the whole family can be involved.

WEST COAST DINGHY RACING CLUB (WCDRC)

The West Coast Dinghy Racing Club Inc. ("WCDRC") was formed in September 2012 by a passionate group of men and women who wanted a family friendly club with its goals to help new members get involved with the sport and to increase the number of power boats entering the Avon Descent.

Now in our third season of racing, the club boasts members from all walks of life and abilities – from Racing Veterans to Novices, Avon Descent Champions to those looking forward to competing for the first time this year.

Our clubs emphasis and attention is on the South West of Western Australia from Mandurah in the north to Augusta in the south and Boyup Brook to the east, with the intent on bringing the sport to the south west region throughout the year.

Safety is paramount in this sport and is strictly controlled. PDRC membership covers Public Liability as well as Personal Accident Cover.

New members are assisted in sourcing boats, motors, race gear to get them on the water. Advice on setting up race craft and tactics are gladly given. Expeditions on rivers in Eastern States and the north of WA take place each year. River Racing is the mainstay of the PDRC which takes us to areas of Australia few are able to see and eniov.

They have an active social calendar with excellent club facilities at Burswood Clubrooms - 1 Camfield Drive, Burswood. (In front of the Burswood Casino). To get started contact Commodore Todd Croswell on 0411221500 or www.dinghyracing.com.au

The WCDRC races are conducted in varied water bodies including rivers, estuaries, the ocean and closed circuits within the South West each year in the lead up to the Avon Descent.

One of our proud veteran members is Kevin Williams. In 2011 he and his son. Joshua came 1st in the Avon Descent "Past Racer and Novice Class" in record time. Kevin is now in his 35th year of racing power dinghies and has no plans on giving up soon!

Since our inception, the club has been instrumental in enticing 14 new boats into the sport.

Membership numbers have increased month by month this year and we look forward to playing a pivotal role in growing the numbers in our sport - not just our club – for countless years to come.

Kim Bolvary, Commodore

#### **CALENDAR OF EVENTS**

FRIDAY 17 JULY	Race Pack Collection, Burswood Sports Centre,
FRIDAT I/ JULT	8am to 6pm
SUNDAY 19 JULY	Scrutineering, Hinds Reserve Bayswater Paddle Craft: 8:00am Power Craft: 8:30am
	Safety Briefing: 10:35am
SUNDAY 19 JULY	Power Craft Time Trials: 12:00noon - 4:00pm Proposed course: Bells Rapids to Middle Swan Bridge (No further South)
SATURDAY 25 JULY	Practice Day One Paddle Craft Practice: 8:00am - 12:00noon Power Craft Practice: 12:00noon - 5:00pm
SUNDAY 26 JULY	Practice Day Two Power Craft Practice: 08:00am - 12:00noon Paddle Craft Practice: 12:00noon – 4:00pm
FRIDAY 31 JULY	Competitor Registrations: Northam Swimming Pool 10:30am – 9:30pm Craft Drop Off: Start Marshalling Area 10:00am – 9:30pm
	Shire of Northam Avon River Festival
SATURDAY 1 AUGUST	Day 1 Event Start: Northam Shire of Toodyay International Food Festival
SUNDAY 2 AUG	Day 2 Event Start: Cobbler Pool Campsite Avon Junior Challenge City of Swan Family Fun Day City of Belmont Family Fun Day City of Bayswater Family Fun Day

#### **BE ACTIVE AVON CHALLENGE**



The Avon Challenge presented by Be Active is conducted by Canoeing WA, in association with the Northam Avon Descent Association. The race is open to junior paddlers from schools, clubs, and other organizations, and individuals.

Many juniors who have started with the Junior Avon have gone on to represent Australia at the highest level of paddling in their respective disciplines.

This year the race will also be open to Dragon boats, Outriggers and Stand up Paddle Boards.

The Avon Challenge will be held on the Swan River on the 2nd August over the last 16 kilometres of the Avon Descent course. Finishing at Riverside Gardens Bayswater.



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Avon Descent 2015 11



#### **RACE PACK COLLECTION**

#### FRIDAY 17 JULY (BURSWOOD WATER SPORTS CENTRE) 8:00AM TO 6:00PM

Each entry will receive a Race Pack consisting of all essential event materials (1 pack each for solo and double entrants, and 1 pack per team). All entrants MUST collect their Race Packs.

Please Note: Entry Packs will NOT be posted out to you as per previous years. Your race pack will include the following Items:

- Official Avon Descent Back Pack, Water Bottle, Microfiber Sports Towel
- Dri Dock 100% waterproof pouch
- Support Crew Stickers and Passes
- Sponsors Stickers
- Official Avon Descent Bumper Sticker
- Event Guide

#### STICKERS AND IDENTIFICATION

The following sponsors stickers will be supplied with your competitor pack and must be placed on the craft in accordance with the Rules. Sponsors stickers from previous Avon Descents must be removed prior to the commencement of the 2015 event.

#### NETWORK TEN STICKERS: 2 x stickers on craft SUNDAY TIMES STICKERS: 2 x stickers on craft

#### **RACE ID NUMBERS**

**PADDLE CRAFT:** Your official CRAFT Race ID Number sticker will be given to you with your race pack. Your HELMET Race Id Number Sticker will be given to you at registration along with your blueChip UHF Timing tag.

**POWER CRAFT:** Your official HELMET Race ID Number sticker and blueChip UHF timing tag will be given to you with your race pack on collection day. These are to be applied prior to scrutineering and used for time trials. These will also be used for the event weekend, so please take care of these once applied in the lead up to the event.

#### RACE ID STICKERS AND BLUECHIP TIMING DEVICES

**HELMET STICKERS:** Competitors must have their helmets clear for both the timing chips and race ID number- please ensure any old numbers are removed. Any competitors with a carbon helmet must apply a foam spacer between the helmet and the timing chip. Please see the bluechip timing team at registration if you need the spacer.

**TIMING CHIP STICKERS:** The timing device is a sticker which is Ultra High Frequency. There are two stickers for individual competitors, teams of two and teams of four. Double or triple paddle teams and power craft teams will receive 1X set of timing device stickers which must be worn by the front paddler or power craft driver. Stickers must be placed on each side of the helmet.

The Race ID number sticker is to be applied over the top of the timing chip. The timing chip must be applied straight and without folding, crinkling or bending. It must also not be stuck over any screws or metal plates on the outside of the helmet.

#### Timing stickers must remain on the helmet for the duration of the event.

#### SUPPORT CREW STICKERS AND PASSES

Support Crew Sticker: Display on front windscreen clearly visible to officials National Parks and Bells Rapid Passes: To be handed to gate attendants for entry, shuttle buses will be provided. Parking, bus and entry will be at a cost of \$10.00 per vehicle. Valley Sticker (for team's only): Display adjacent to Support Crew sticker on front windscreen Note: No sticker = NO ENTRY to Valley Rd or Changeover 1 on Day 2 Campsite Wristbands: Wristbands MUST be worn at all times around the campsite \*\* Standard campsite entry can be purchased at the gate for \$20 pp Please note: no passes will be reallocated under any circumstances - please ensure you do not misplace any of these items.

#### MERCHANDISE AND CAMPSITE TICKET PURCHASES

All merchandise items, and campsite tickets purchased will be ready for collection with your race packs on collection day.

#### SCRUTINEERING

Sunday 19 July - Hinds Reserve Bayswater - Paddle Craft 8:00am/Power Craft 8:30am Pre-Race scrutineering is compulsory for all entries with at least one entrant living within 200 kilometres of the Perth GPO. The Scrutineer is a 'judge of fact" and a protest may not be made against their decision. All craft, Personal Floatation Devices (PFD's) and helmets will be checked for compliance with the specifications.

Late scrutineering subject to approval of NADA – arrangements must be made with the Event Managers, Canoeing WA on 9285 8501. Interstate/overseas and entrants living outside of 200 kilometres of the Perth GPO are not exempt from the above requirements – late scrutineering arrangements must be made.

#### COMPULSORY COMPETITOR SAFETY BRIEFING

A representative from each entry must attend the compulsory safety briefing at scrutineering, at 10:35am. Failure to attend this Safety Briefing may result in ineligibility to start the race.

#### **POWER CRAFT**

Department of Transport officials will check every Power Craft. They have informed us that this year they will be VERY strict on craft registrations. Be very sure you have the CORRECT rego sticker on the port, rear side of your craft. DO NOT have a sticker that relates to another boat you may have.

Your craft should have a HIN number, be sure it is shown correctly. In previous years, DOT have been lenient and allowed some craft to do the time trial even though some rego details have not been correct.

# IF YOU ARE NOT ABLE TO COMPLY WITH ALL REGULATIONS AT SCRUTINEERING, YOU WILL NOT BE ALLOWED TO ENTER THE TIME TRIAL.

#### **TIME TRIALS**

SUNDAY 19 JULY - 12:00NOON TO 4:00PM- NO CRAFT AWAY ANY LATER THAN 3:00PM Bottom of Bells Rapids to Middle Swan Bridge (No further south).

#### **PRACTICE WEEKEND**

#### PRACTICE DAY ONE - SATURDAY 25 JULY

Paddle Craft Practice: 8:00am - 12:00noon all sections of the river Power Craft Practice: 12:00noon - 5:00pm Northam Weir and Posselt's Ford and downstream of Bell's Bridge to Middle Swan Bridge - No further south

#### PRACTICE DAY TWO - SUNDAY 26 JULY

Power Craft Practice: 8:00am - 12:00noon Northam Weir and Posselt's Ford and downstream of Bell's Bridge to Middle Swan Bridge - No further south Paddle Craft Practice: 12:00noon - 4:00pm all sections of the river.

Two days have been set aside for Power Craft to practice on certain parts of the course. Paddle craft are NOT to practice in the below areas during these times. This is 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. Random checks will be conducted.

We recommend checking out as much of the course as possible prior to practice weekend, accessing as many points as legally possible. Specific points to check out are: Northam Weir exit, Dumbarton Bridge, Extracts Weir, Duidgee Park, Toodyay (Rubbish Tip) Rapid, Leatherhead Rapid, Syds Rapid, and Bells Rapid.

Participation in the Practice Days is the responsibility of the entrant and is undertaken at their own risk. Participants must avoid travel in the upstream direction during practice. Upstream travel under Katrine Bridge is NOT permitted.

Plan Ahead - Remember it gets dark quickly in the valley so leave yourself plenty of time.

#### **EVENT REGISTRATION**

#### Friday 31 July - Northam Swimming Pool - 10:00am to 9:30pm

A representative from each entry will need to attend event registration on Friday 31 July at Northam Swimming Pool, for helmet sticker/timing chip collection.

Grid positions for Day 1 will be posted at registration. Competitors will not be registered until their equipment has passed scrutineering.

Competitors are not eligible to start the race unless they have registered, and cannot be registered on Saturday 1 August.

## **CRAFT DROP-OFF**

Once competitors have registered, they must then drop their craft off 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 10:00am – 9:30pm on Friday 31 July 2015.

The Start Marshalling Area is near the main traffic bridge, follow the instructions of the Start Marshall. Craft not in the Start Marshalling Area by 9:30pm on Friday 31 July will not be permitted to start.



## **START LINE INFO**

The Day 1 start is at Northam and the start order is as follows:

- Power craft start at 8:00am
- Sunday power craft start 10 minutes after the start of the last 10hp power craft grid
- Paddle craft start 30 minutes after the start of the last Sundry Power craft grid depending on water levels, and determined by the Clerk of Course

The Day 2 start is at Boral Cobbler Pool Campsite, Toodyay;

- Paddle craft start at 7:00am
- Power craft may start anytime between 11:00am and 1:00pm subject to water levels.
- Final start time will be provided by the Clerk of Course at the campsite, 4pm on Day 1

#### Start Procedures

Start procedures for paddle and power are outlined in the event rules - see page 21



#### **COURSE INFO**

#### STAGES

#### The course is divided into 9 stages

Day 1 Start	Town of Northam to Boral Campsite	52 kilometres
Stage 1	Town of Northam to Katrine Bridge	17 kilometres
Stage 2	Katrine Bridge to Toodyay	15 kilometres
Stage 3	Toodyay to Wetherall Reserve	9 kilometres
Stage 4	Wetherall Reserve to Boral Campsite	11 kilometres
Overnight Stop		
Day 2 Start	Boral Campsite to City of Bayswater	72 kilometres
Stage 5	Boral Campsite to Emu Falls	8 kilometres
Stage 6	Emu Falls to Stronghill's Farm	10 kilometres
Stage 7	Stronghill's Farm to Bells Rapid	21 kilometres
Stage 8	Bells Rapid to Middle Swan	18 kilometres
Stage 9	Middle Swan to Bayswater Finish	15 kilometres

#### WILD WATER – GRADES OF DIFFICULTY

Grade 1	Not difficult, regular stream, regular waves, small rapids and simple obstructions
Grade 2	<i>Moderately difficult, passage free, irregular stream, irregular waves, medium rapids, small stoppers, eddies/whirlpools and pressure areas.</i> * Simple obstructions in stream and small drops
Grade 3	<i>Difficult, route recognisable , high irregular waves, larger rapids, stoppers, eddies and whirlpools and pressure areas.</i> *Isolated boulders, drops and numerous obstructions in stream.
Grade 4	<i>Very difficult, route not always recognisable , inspection mostly necessary, heavy continuous rapids, heavy stoppers, whirlpools and pressure areas.</i> *Boulders obstructing stream, big with undertow
Grade 5	<i>Extremely difficult, inspection essential, extreme rapids, stoppers, whirlpools and pressure areas.</i> *Narrow passages, steep gradients and drop with difficult access and landing
Grade 6	<i>Limit of practicability, generally speaking impossible</i> .*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 dangerous 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.

#### CUT OFF TIMES

Any craft that does not complete Day 1 cut off time will not be permitted to start on Day 2. The following cut-off times shall apply (subject to change by the Chief Clerk of Course).

## **POWER CRAFT**

DAY 1:	POWER CRAFT CUT OFF TIMES
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
DAY 2:	POWER CRAFT CUT OFF TIMES
DATE	
Emu Falls Checkpoint	Start + 1hr 45min
Emu Falls Checkpoint	Start + 1hr 45min
Emu Falls Checkpoint Strong Hills Farm Checkpoint	Start + 1hr 45min Start + 3hr 45min

### **PADDLE CRAFT**

DAY 1:	PADDLE CRAFT CUT OFF TIMES
Northam Weir	Start + 1hr 45min
Katrine Bridge Checkpoint	Start + 3hr 45min
Toodyay Checkpoint	When first paddle craft reaches checkpoint
Wetherall Reserve Checkpoint	Start + 6hr 30min
Ti Trees Checkpoint	4:00pm
DAY 2:	PADDLE CRAFT CUT OFF TIMES
DAT 2.	PADDLE CRAFT COT OFF TIMES
Emu Falls Checkpoint	11:00am
Emu Falls Checkpoint	11:00am
Emu Falls Checkpoint Strong Hills Farm Checkpoint	11:00am 12:00noon





### TEAMS

#### ENTRY

Each team entry is issued with one (1) Valley 2015 sticker. 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).

Sticker must be placed adjacent to your Support Crew 2015 Sticker. NO VALLEY PASS = NO ENTRY TO VALLEY ROAD AND CHANGEOVER 1 ON DAY 2.

The Valley Road is a private road. 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.

UNAUTHORISED STOPPING ON THE VALLEY ROAD MAY INCUR A 10 MINUTE TIME PENALTY TO YOUR TEAM.

#### **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 tent. After this point competitors can swap over.



TIMING

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

Fours must changeover at each changeover point and each paddler must paddle one section per day.



#### **SUPPORT CREW**

#### CHECKPOINTS (TEAMS CHANGEOVER POINTS) INFO

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

- Ti Trees and Walyunga are now safety checkpoints although 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 5:00pm for Power Craft

Checkpoint	Location	Teams Changeover	Information Board		
Day 1	Day 1				
1	Katrine Bridge	Yes #1	Near Bridge		
2	Newcastle Bridge (Duidgee Park)	Yes #2	Under Bridge		
Safety	West Toodyay Bridge	No	Under Bridge		
3	Wetherall Reserve Checkpoint	Yes #3	On River Bank		
Safety	Ti Trees	No	Available		
4	Cobblers Pool	Yes	Finish Line Information Tent		
Day 2					
5	Emu Falls	No	Airstrip Parking Area		
6	Stronghills Farm	Yes #1	Not Available		
7	Bells Rapids	Yes #2	<b>River bank</b>		
Safety	Walyunga National Park	No	Not Available		
8	Upper Swan	No	On River Bank		
9	Middle Swan Bridge	Yes #3	On River Bank		
10	Bayswater Riverside Gardens	Yes	Finish Line		

**NB.** 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).



#### CHECKPOINTS

Checkpoints will be identified by a large sign with the letter 'C' displayed in black. Competitors passing Checkpoints should call out their Race Identification Number to ensure they are accurately recorded. Responsibility rests with competitors.

Competitors must follow the directions of Checkpoint Officials.

Penalties as described in Rule 640 apply to those who disobey or ignore directions of Checkpoint Officials.

#### SELECTING YOUR STOPS

Your stops depend on your goals! Liaise with other paddlers to combine all the support resources. If you're a more experienced competitor you will probably choose fewer stops than a novice. However when anyone stops, it will be brief and you will want a quick refill of water and food ready to eat i.e. Bananas already peeled!

If you're a novice, you might opt for more support stops, and you might sail by with a cheery wave to the support crew (who will 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! We strongly recommend two cars leap-frogging positions as the best way to cover all eventualities.

Plan equipment to be carried to the water's edge... a spare paddle is useless back in the car park!

#### SUPPORT CREWS MUST WEAR A LIFE JACKET WHEN ENTERING THE WATER; OTHERWISE THEIR TEAM/COMPETITOR RISKS DISQUALIFICATION ENSURE ALL YOU'RE SUPPORT STICKERS AND NATIONAL PARK PASSES ARE IN ORDER

#### ENSURE ALL YOU RE SUPPORT STICKERS AND NATIONAL PARK PASSES ARE IN ORDER

- All Competitors Support Crew 2015 Sticker on front windscreen of support vehicle
- Teams Competitors Only Valley 2015 Sticker placed adjacent to your Support Crew 2015 sticker. One Pass per Team.
- Remember: No Valley 2015 Sticker = No Entry, to Valley Road Day 2 and Changeover # 1 at Stronghills.
- Ensure your support crew have their Extracts Weir, Avon Valley National Park and Bells Rapid Passes to gain free access to the parks on race day, otherwise they will need to pay the \$10 entry fee (proceeds aid the Toodyay Football Club, Gingin Lions respectively).
- National Park Gates close at 5:00pm and No Dogs Permitted.

#### **TOTAL TRAVEL BELLS**

Grab your bells from Avon Descent sponsors Total Travel at Extracts Weir on Day 1, and Bells Rapids on Day 2, and ring your bells to cheer competitors as they pass.

#### **HEALTH , SAFETY AND NUTRITION**

#### **AVOIDING HEAT EXHAUSTION:**

Water, water and more water! During, after, in the lead up, whenever you can get that precious water into your system. It's important you and your support crew are aware of the symptoms of heat exhaustion. Symptoms include:

- Faintnes
- Nausea
- Profuse sweating
- Headaches that may progress to dizziness and blurring of vision
- Laboured breathing and
- Pale skin colour

#### **AVOIDING HYPOTHERMIA:**

Hypothermia is sneaky and can hit without you even being aware of it. Watch out for yourself and your mates. Symptoms include:

- Slower pace
- Dizziness
- Light-headed
- Numbness in your hands or feet
   or cramps

Make sure you alert your support crew or the ASU.

YOUR DAY:

- Ensure your clothes are as
   waterproof as possible
- Be honest with yourself about your abilities
- Secure your gear
- When the canoe is side on to the current, always lean downstream
- Do not hold on to stationary objects such as overhanging tree
- Take your own drinking water, do not drink river water!

#### YOUR GEAR:

Tops: It's COLD! Thermal clothing (tops and bottoms) and a CAG (windproof/waterproof top) are highly recommended.

Footwear: Wet boots with hard soles or sandshoes, sneakers, 'reef' style boots or gym boots are perfect.

Sun Protection: Protect yourself against sunburn and windburn!

- Sunglasses with maximum coverage
   and high SPF rating
- Sunscreen: SPF 30+, long lasting and zinc on vulnerable areas (e.g. nose)
   Blister protection: Fingerless gloves (sailing or cycling) or strapping tape.

#### FOOD AND DRINK REQUIREMENTS

A selection of nutritious energy food and drink should be prepared prior to the race. Mix energy drinks the night before and test out the best drinking container for you in your practice runs before the weekend of the event. Decide before the weekend what your preferred food is for the duration of the event. Avoid alcohol, sugary sweets and soft drink.

Heat exhaustion will feel much worse after you stop. Remember symptoms often start

gradually so keep an eye out – if not treated quickly, you may lose consciousness.



Tetal

Travel

9329 2200





#### **BORAL COBBLER POOL CAMPSITE**

The campsite for competitors and their support crews is located at the traditional Boral Cobbler Pool campsite at the end of Day 1/start of Day 2, however only a basic infrastructure will be in place.

The campsite is available for camping both Friday and Saturday nights, however main facilities will only be available Saturday night.

The Toodvay Lions Club will manage the site and allocations will be on a first in/first. served basis. Please be familiar with the campsite rules and the environmental policy on the website avondescent.com.au under the Cobbler Pool Campsite area.

Under no circumstances are dogs or any other pets allowed at the campsite.

#### **CAMPING FEES**

Campsite tickets can be purchased at the gate for \$20 pp Campsite Wristbands MUST be worn at all times around the campsite Overnight Wristbands: ORANGE Support Crew Wristbands: BLUE

#### CATERING

The following vendors will be on site to ensure you're refuelled at the end of Day 1 and ready to tackle Day 2. See avondescent.com.au for menus. Food of Africa

THE Coffee Ladv That Food Truck Mr Whippy

#### **FIREWOOD**

Campers are prohibited from collecting firewood from natural vegetation. Firewood will be provided for sale at the campsite for \$20.00. Spectators and competitors will be encouraged to use alternative fuels, eg. gas, diesel fuel heaters.

#### **CAMPSITE RESTRICTIONS**

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The organisers reserve the right to immediately remove any person behaving in a disorderly or intoxicated manner from the Boral Campsite. The use of glass is limited to designated areas.

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.

#### **SAFETY BRIEFING**

All Important safety information will be briefed to competitors at the compulsory safety briefing at scrutineering (see scrutineering info).



ORANGE

# Do not proceed beyond

## DISQUALIFICATION

Leave the water immediately.

## CAUTION

Obstruction ahead. Caution to be used in area.

#### 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.

# 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 (righthand) 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

**Brookfield** Rail





#### **FINISH LINE INFO**

#### 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.

#### **DAY TWO**

Day 2 will see competitors tackle 72kms of challenging river, with the final 30km a flat water sprint to the Finish Line at City of Bayswater's, Riverside Gardens. Spectator's access parking will be via King William and Slade Streets, whilst support crew access is Riverside Gardens via Milne Street. Please follow directional signage and following parking marshal's directions. Only vehicles with 'Support Vehicle' stickers attached to the top front driver's side of the windscreen will be permitted to park here.

#### 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 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 approximately 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.





#### SUPPORT CREW AND SPECTATORS

Riverside Gardens – access via Milne Street Bayswater, follow directional signage, and obey directions of officials – the competitor/support crew parking area will be Riverside Gardens West, Bayswater. Please follow the signs and directions of staff to the allocated parking area. Strictly ONE vehicle per entry is permitted, with the Support Crew sticker clearly visible.

#### POST-RACE SCRUTINEERING

All prize winning craft may be scrutineered following the event and prior to presentations. This will be conducted at race end – Sunday 2nd August. The top three place getters of the 10hp Classes (9 motors) will be scrutineered in the Scout Boat Shed.

The only people to be present at scrutineering are an Independent motor measurer, PDRC (NADA) scrutineer and one member of the boat crew.







It's almost time for Northam's big night in the park! Bring the family and

head on down to Bernard Park	from 4pm. Activities include:
<ul> <li>Street Parade</li> <li>Markets</li> </ul>	<ul> <li>Sideshow Alley</li> <li>Rides for all the family</li> </ul>
Food Stalls	Game-Zone
Children's Entertainment	Fantastic Displays     Deving Compiled Encodering
<ul> <li>Stage Show</li> </ul>	<ul> <li>Roving Carnival Entertainmen</li> <li>Fireworks Grand Finale</li> </ul>

#### Getting Here

Parking will be available throughout Northam for the evening of the Avon River Festival. If you are looking to attend and don't want to drive, the AvonLink train will be running a special event train for the occasion. Please see below for timetable details.

1	Inward Journey		Outward Journey	
Midland	2.00pm	5.50pm	Northam	10.00pm
Toodyay	2.55pm	6.45pm	Toodyay	10.20pm
Northam	3.20pm	7.10pm	Midland	11.18pm

Please note that Fitzgerald Street (between Gairdner and Grey streets) will be closed for

the Street Parade. Minson Avenue will be closed for the duration of the event. Enquiries to the Northam Visitor Centre P: 9622 2100 E: events@northam.wa.gov.au







Catherine Levett at environment@emrc.org.au or (08) 9424 2244.

emrc.org.au/bushskillsforyouth.html

Avon Descent Festival Cheer on the #AVONDESCENTERS from a picturesque vantage point.



Come along and enjoy the suitcase rummage markets, pooch parade, face painting and much more.

Date:Sunday, August 2, 2015Time:10.00am - 3.00pmLocation:Fishmarket Reserve, Guildford

www.swan.wa.gov.au



FAUNTLEROY AVENUE, ASCO • Free kids activities • Live race commentary • Free Mix 94.5 Gourmet Grill • Junior Sports Expo • Helicopter rides

> **City of Belmont residents** bring your Opportunity Card for free offers (limits apply).







#### SPECTATOR LOCATIONS

#### AVON DESCENT FAMILY FUN DAYS



#### **CITY OF BAYSWATER FINISH LINE FAMILY FUN DAY** Date: Sunday 2nd 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 at the City of Bayswater Avon Descent Finish Line Family Fun Day. Enjoy a sensational FREE





#### SHIRE OF NORTHAM AVON RIVER FESTIVAL

Date: Friday 31st August **Time:** 4pm - 9pm

Where: Bernard Park, Minson Avenue, Northam

Start Line

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.

city of swan

**Time:** 10am – 3pm

Guildford

Date: Sunday 2nd August

**CITY OF SWAN AVON DESCENT FESTIVAL** 

Where: Fish Market Reserve - Swan Street

The Avon Descent Festival is back and

bigger than ever! On Sunday, come down

to Fishmarket Reserve on Swan Street,

Guildford to enjoy a free family fun day

out and catch all the action of the Avon

Descent. This year the Festival features a

'pooch parade', art exhibition and a Suitcase

Rummage Market, as well as heaps of kids'

activities and tasty treats throughout.



#### **TOODYAY INTERNATIONAL FOOD FESTIVAL**

**Date:** Saturday 1st August Time: 10am - 3pm Where: Stirling Park and 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 BELMONTS** AVON DESCENT FAMILY FUN DAY

Date: Sunday 2nd August **Time:** 11:30am – 3:30pm Where: Garvey Park, Fauntleroy Ave, Ascot Get up close to all of the action at the City of Belmont FREE family fun day. Enjoy live race commentary on the banks of the Swan River, FREE children's activities, a FREE Mix 94.5 Gourmet Grill, Junior Sports Expo, helicopter rides and much more. If you are a City of Belmont resident with an Opportunity Card, take advantage of your free and discounted offers during the day (limits apply).

**Finish Line** 



BELLS RAPI

UPPER







#### **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 and 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 Road – Toodyay Road 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 and 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 Duidgee Park and checkpoint 2 is located at Duidgee Park beneath Newcastle Bridge. A checkpoint information board with race updates is also available here.

Teams Changeover #2 | Duidgee 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 24km 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 and Spectators

From Toodyay. Support Crews should leave via the railway subway and turn right at the T-Junction at Harper Road. Harper Road 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 Road 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 approximately 15km 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 Cobbler Pool and Finish of Day 1

11km | Grade 1 | from 8.40am (Cobbler 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. Water levels 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. Approximately 200m after Leatherhead Rapid, look out for the finish line indicating the end of Day 1 and a well-deserved rest!

#### Support Crews and 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 Cobbler 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, care should be taken 5.9km along where Jimpering Brook crosses Lovers Lane as it may be hazardous in very wet weather, when water levels are high. Travel for a further 1.4km turning left into River Road. Boral Cobbler 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 Cobbler Pool. Withdrawn competitors should SMS their race ID and withdrawal location to 0457 134 680.

Avon Descent 2015





#### Stage 5: Cobbler 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 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 Emu 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 and Spectators

Leaving camp, there are two available options. 1. Exit left via Cobbler Pool Road and Lovers Lane to Toodyay Road. All vehicles towing caravans must exit this wav.

2. 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 Cobbler Pool Road - NO STOPPING. Turn left at Quarry Road (take extreme caution when crossing the railway line) and continue for approximately 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. Please allow 30 minutes for the shuttle bus.

Emu Falls Via Toodyay Rd: if heading south along Toodyay Road turn right at Morangup Road 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 Cobbler Pool, turn right out of the campsite and follow Cobbler Pool Road to the Valley Road/Quarry Road junction. Cobbler Pool Road turns into the Valley Road at this junction. Continue straight onto Valley Road where you will be stopped by a Race Official and checked for your Valley 2015 Sticker. 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 Road for competitors and craft that have withdrawn between the Campsite and Emu Falls. Withdrawn competitors must SMS their race ID and 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 Rapids. 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 2015 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 20km/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.



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#### 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 is 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. Parking and bus is \$10 per vehicle for all spectators. Allow a 25 minute 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 Avenue. If extra support crew vehicles wish to meet their competitor at Bells they must park at the State Equestrian Centre 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.







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# SERIES BROADCAST SATAUG22 2:30<sup>PM</sup> ON REPLAY 12PM SUNDAY 23

# WE are #AVON DESCENTERS

A State

FOLLOW YOUR FAVOURITE COMPETITORS DOWN THE RIVER! USE OUR *LIVE TRACKER APP* - SUPPORTED BY LOTTERYWEST GO TO WWW.AVONDESCENT.COM.AU FOR DETAILS

#### ASU

The Avon Support Unit (ASU) is a group of volunteers specifically focused on assisting competitors in the Avon Descent. The ASU is funded by the event and provides access to training opportunities to prepare members for a safe and fun event.

Keeping in line with current trends all our training is either nationally or internationally recognised. If there is not a standard for the discipline we are teaching we adopt the closest one then change it to suit our needs. We then have a foundation from which to work from until we find a recognised standard.

The Avon Descent weekend is very busy but very enjoyable and relies on the continued commitment from the volunteers in the Recovery and Rescue teams to perform at their very best.

Be committed to your training and have a safe and enjoyable race!

#### **VOLUNTEERS WANTED**

Are you into the great outdoors, 4-wheel driving, camping or visiting National Parks? For more information about becoming a supporter of the Avon Descent have a look at the website www.avonsupportunit.com or email any queries to michael.orr@avonsupportunit. com.

#### **GRAHAM SHARPE – AVON SUPPORT UNIT**



How did you get involved with the ASU?

The Descent always interested me and two days before the 2006 Descent I sent an email to the ASU asking if I could be involved and I've been hooked ever since.

# What role/ roles have you done for the ASU over the years?

I started off as a Rescue Swimmer, the next year I was looking after Sweep/ Rescue Boats then spent four years as Rescue Coordinator. I'm currently the Deputy Manager for the ASU and Chief Instructor. I have to admit though that I am happiest when I'm in the water.

#### What's the best part of being in the ASU?

I have met some amazing friends over the last 10 years, it's a great opportunity to head away camping, four wheel driving, play in swift-water and be a part of an iconic event for Western Australia.

#### Most challenging experience?

Each Descent is hard work, we are often the first people by the side of the river and the last to head back to campsite. Thankfully while we usually don't have to deal with major incidents there have been some interesting rescue and recovery moments we have been tasked to. When that happens we have to rely on our team, our training and quite often other competitors on the river to give us a hand. Leading a team through some of these experiences has been a very challenging experience and I'm always happy when we all return safe to the campsite at the end of the day. Personally speaking the most challenging experience is pulling on a wet-wetsuit on Day 2 of the event.

#### Who works hardest – rescue teams, recovery teams or the sweep boat crew?

There is no winning with this question! I'll say the people doing it toughest are the first-year competitors giving it a go... its always motivating to see a novice stripe on a helmet paddling down the river.

#### **RACE RECORD HOLDERS**

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	l 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	l 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	1994 Northam to Bayswater	S Brown   S Shinnick	4:02:22
SOLO DINGHY	2005 Northam to Bayswater	G Barndon	4:21:28
SINGLE KAYAK - WK1 MK1	1983 Northam to Bayswater	D Long (WK 1)	7:56:09
		C Elliott (MK 1)	8:35:18
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 - WK2 MK2	1986 Northam to Bayswater	A Duke   P Pawlow	7:48:04
DOUBLE KAYAK	1996 Northam to Bayswater	P Genovesi   D Long	7:14:40
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





### **RACE RECORD HOLDERS**

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	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
NON-POWERED SUNDRIES	1991 Northam to Bayswater	C Boocock   I Wookey	8:52:53
POWERED SUNDRIES	1990 Northam to Bayswater	B Cooper   S Patterson	3:00:57
73-76 SUNDRIES 80-83 MIXED	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)   E Beeley (F)	6:05:17   6:21:19



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# We support many events in regional Western Australia!

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