

AVON DESCENT

take the
plunge!
in 2019

avondescent.com.au



Department of
Local Government, Sport
and Cultural Industries



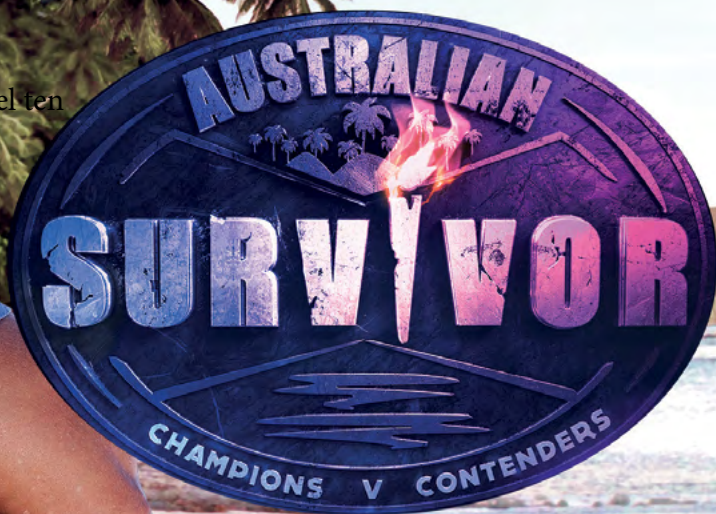
**WESTERN
AUSTRALIA**





Survive the plunge
at the Avon Descent.
10 cheers for you!

channel ten



WELCOME

The Avon Descent race will take you on an exciting two day trial, over 124 gruelling kilometres. The race offers competitors conditions ranging from long stretches of flat water that can test the endurance of the fittest athletes, rapids, thick ti trees, rocky drops to all the other challenges of a changing, wild river environment.

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 dinghies and paddle craft including single and double kayaks and surf skis and other sundry craft. 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.

OUR TEAM

BOARD OF DIRECTORS

Chairman
Vice Chairman/Director, Finance
Director, Sport
Director, Logistics
Power Boat Delegate
Director, Initiatives
Skis Delegate
Local Government Authority Delegate
ADSU President

Greg Kaeding
John King
Jay Branson
Michael Orr
Kris Parnell
Phil Kitney
Stuart King
Ross Rayson
Graham Sharpe

OFFICERS

Chief Marshal

Tad Sieczka

RACE CONTROL TEAM

Race Director
Deputy Race Director (Kayaks)
Deputy Race Director (Skis)
Deputy Race Director (Power Boats)
Deputy Race Director
(Rescue & Recovery)

John King
Phil Kitney
Jim Smith
Kim Epton
Graham Sharpe

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.

- Rex Adams
- John King
- Jim Smith
- Kevin Harrison
- Kim Epton
- Darryl Long
- Ian Williamson
- Terry Bolland
- Greg Kaeding
- Neil Long
- Jay Branson

FREEMEN OF THE AVON DESCENT

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

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

www.avondescent.com.au/contact/

EVENT WITHDRAWAL NUMBER

0456 436 500

OUR TEAM AND SUPPORTERS

EVENT MANAGEMENT

Event Coordinator
Sports Manager
Marketing Coordinator

Alexandra Holcbarova
Sean Dunstan
Breanna Holmes

VOLUNTEER SUPPORT

Risk Management
Sport Support
Marketing Assistant
Race Packs

Dave Hunt
Michael Hodder
Sarah Little
Katrina Long

OUR COMMUNITY SUPPORTERS

Ascot Kayak Club
Champion Lakes Boating Club
Boral Quarries
Arc Infrastructure
Bullsbrook Volunteer Bush Fire Brigade
West Gidgegannup Fire Brigade
East Swan Volunteer Fire Brigade
Gingin/Chittering Lions Club
Northam Lions Club
Northam SES
Power Dinghy Racing Club
Toodyay Football Club
1st Herne Hill Scouts

Checkpoints and Scrutineering
Scrutineering & Schools Race
Provision of Campsite Surrounds
Rail Safety
Parking/Buses into Walyunga National Park
Fire Security, Cobbler Pool Campsite
Parking and buses into Bells Rapid
Start Marshalling Area/Traffic Management
Traffic Management, Bridges
Power Boat Scrutineering
Parking at Williamson Weir

Avon Surf Challenge!

4th August 2019

A fantastic new paddle race launched in 2018, the Avon Surf Challenge sees surf clubs competing in 5 person surf boats as well as single and double skis in a 15 km flatwater course traveling upriver from the Bayswater Family Fun Day to a turnaround buoy and returning to the Avon Descent finish line.

Join in the fun and excitement of the Avon Descent weekend while being cheered on by thousands of spectators along the course.

\$50.00 per single or double
\$100.00 per surf boat crew

Find out more at:

www.avondescent.com.au/avon-surf-challenge

Build something great™



Boral Australia

Suppliers of concrete, asphalt
and quarry products

**Boral is the proud sponsor of the Cobbler
Pool Campsite**

See page 26 for more information

SPONSORS & PARTNERS

MAJOR SPONSORS AND COMMUNITY PARTNERS



Department of
Local Government, Sport
and Cultural Industries



**WESTERN
AUSTRALIA**



MEDIA SPONSORS



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OFFICIAL PARTNERS



OFFICIAL SUPPORTING SPONSORS



SUSTAINABILITY



GREG KAEDING, Chairman,
Northam's Avon Descent Association

On behalf of the volunteer Board of Northam's Avon Descent Association, may I extend a warm welcome to all our competitors, support crews, community groups, officials, volunteers and local government authorities and supporters who give so much of their time to participate in and / or experience what is an extraordinary and unique event that has captured the imagination of over 30,000 competitors from around the world since its inception back in 1973.



The 47th annual Avon Descent remains WA's longest running multisport community adventure event for a reason, because the Avon Descent is not a sport, it is a community event.

It continues to focus on engaging the community and recruiting, training and developing an ongoing pool of community volunteers who are inspired and motivated by those individuals, groups and families that seek that unique challenge of mind, body and spirit that is the Avon Descent.

'The Avon' as it is affectionately known, remains the only adventure event in the world that sees both power and paddle in both wild-water and flat water, side by side, in a competition, not against each other, but against the tyranny of distance, the clock, and the river.

Whilst today's Avon Descent affords the opportunity of a number of one day 'CHALLENGE' events for young and old, for schools, for community groups and individuals, the integrity and intent of those intrepid early adventurers in the late 1960's is enshrined in the ultimate challenge of completing the two days and 124 kilometres of the Avon and Swan Rivers from Northam to Perth.

An event where the success of a competitor is as much a success for the families and individuals that support them, and where to succeed is a team effort, to be celebrated and appreciated by all involved from the time of early craft preparation, through the many training sessions, days and weekends over the year and the ultimate excitement of the adventure weekend.

We sincerely thank our supporters, sponsors, event partners, the WA Government and its agencies, the local governments through which the event is held and of course YOU the participants.

Without your continued interest, support and cooperation, delivering an event of this magnitude through the towns, cities, farmlands, forests, national parks and reserves would not be possible and would deny the over 200,000 spectators each and every year who grace the banks and the shores of the Avon and Swan Rivers from the start at the Town of Northam to the finish at Riverside Gardens, a unique spectacle of river racing which has become the mainstay of adventure event racing in Western Australia for nearly 50 years.

And regardless of water level, as always, we welcome our returning local and National champions and novice participants alike, to again TAKE THE PLUNGE!

WELCOME MESSAGE FROM

**HON PAUL PAPALIA CSC MLA, MINISTER FOR TOURISM
AND
HON ALANNAH MACTIERMAN MLC, MINISTER FOR REGIONAL
DEVELOPMENT**



**Avon Descent
3-4 August 2019**



The McGowan Government is a proud sponsor of the Avon Descent through its Regional Events Scheme.

The scheme was devised as a way for the Government to support smaller and emerging events in regional Western Australia to boost tourism, increase community vibrancy and participation, and develop regional areas.

The Regional Events Scheme plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique and diverse attractions.

Sixty-eight regional events across the State have been funded through the 2019-20 Regional Events Scheme. This year's round includes the Regional Aboriginal Events Scheme with a funding pool of \$150,000 exclusively allocated to events delivering Aboriginal activities and experiences.

Tourism is a key part of the Government's plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia.

Events play an important role in this plan, with the Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism WA, to attract more visitors, encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys the event and takes the time to explore the Wheatbelt region.



**HON PAUL PAPALIA CSC MLA
MINISTER FOR TOURISM**



**HON ALANNAH MACTIERMAN MLC
MINISTER FOR REGIONAL DEVELOPMENT**

ROSALIE EVANS, Executive Officer, Paddle WA

On behalf of the Paddle WA Board and members, I would like to wish all Avon Descenders the best of luck for the 2019 Avon Descent.

How lucky have we been with the rains this year, plenty of time to get your skills up and have fun in the white-water with your friends and team mates, so whether it is your umpteenth Avon or your first, or you are just ticking off a bucket list item – enjoy every moment of this amazing Event.

The comradery that you find on the River over the two days is incredible everyone understands what the other person is going through, whether you are an Olympian or weekend warrior. So remember to encourage and respect all other competitors paddle and power alike.

Also remember the Avon Descent is not the only paddle event on the calendar, there are paddle events almost every weekend through-out the year, either through our eleven clubs or our own Paddle WA events, so wherever you are in your paddling, and you want to improve and do better in next year's Avon, go to www.paddlwa.asn.au for more information about who we are and what we do.

Remember to have fun and see you on the finish line at Bayswater!

SUNSMART AVON CHALLENGE

Sunday 4th August

Dragon Boats, Outriggers, SUPs, Team of 3 Legs, Team of 2 legs, Canadian Canoe Team 3 leg and U18 Iron-Person 15km

The Avon Challenge presented by SunSmart is conducted by Paddle WA, in association with the Northam's Avon Descent Association. The race is open to all junior paddlers from schools, clubs, other organisations, and individuals.

Held on the Swan River, over the last 15 kilometers of the Avon Descent course, participation is in two, three and six-person Canadian canoe teams.

In the team relays each team member paddles one of the stages, the team swaps the paddler, number bib, boat and any other equipment (as required).

www.paddlwa.asn.au/sunsmart-avon-challenge



Northam's Avon Descent Association is proud to be a partner of and to support and promote the zero2hero mental health and suicide prevention initiative.



zero2hero is a mental health and suicide prevention charity. Through a range of innovative school based programs, camps and events, zero2hero educates, engages and empowers young mental health heroes.



OUR PROGRAMS INCLUDE:

Hero High - Schools Program

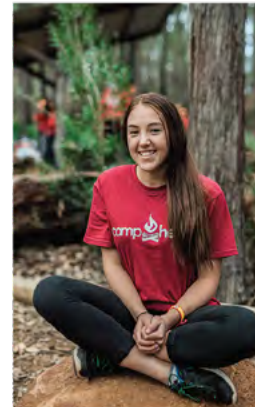
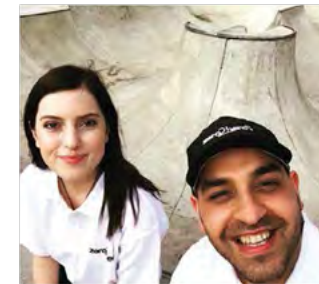
Camp Hero - A selection of camp programs for young people

In Your Head - Youth Mental Health Forum

cape2cape - 5-day Trek for corporate and individual supporters

Tough Stuff - 8 week resiliency building program

Hero Events - Fundraising events that promote positive mental health and aim to prevent suicide



VISIT ZERO2HERO.COM.AU FOR INFO

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. 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 enjoy. We have an active social calendar with excellent club facilities at the Burswood Clubrooms - 1 Camfield Drive, Burswood. (In front of the Burswood Casino).

To get started visit www.dinghyracing.com.au

The Avon Power Challenge

3rd August 2019

Don't want to compete in the full race but still want some powerboat action?

Jump into the **Avon Power Challenge**, the new family oriented format for powerboat competitors. Competitors start on the Avon Descent start line on Saturday morning and race 52km downriver towards Cobbler Pool. Ages 14 and up!

Engines 10 hp and under

Find out more at:

www.avondescent.com.au/avon-power-challenge

CALENDAR OF EVENTS

- FRI 19th JULY : (Optional) Race Pack Collection
4.00pm - 7:00pm
Burswood Watersports Centre
1 Camfield Drive, Burswood
- SUN 21st JULY : Scrutineering
Champion Lakes Regatta Centre
12.00pm (paddlecraft)
: Qualifying Race: 1:30pm
Champion Lakes Regatta Centre
Circuit Race (8km)
: Avon Schools Challenge Short Race: 2:30pm
Champion Lakes Regatta Centre
: Power Craft Time Trials: 10:00am - 1:00pm
: Bells Rapids to Middle Swan Bridge
(No further South)
- SAT 27th JULY : Practice Day 1
: Paddle Craft Practice: 8:00am - 12:00noon
: Power Craft Practice: 12:00noon - 6:00pm
- SUN 28th JULY : Practice Day 2
: Power Craft Practice: 8:00am - 1:00pm
: Paddle Craft Practice: 1:00pm - 5:00pm
- FRI 2nd AUGUST : Competitor Registrations:
Northam Swimming Pool - 12:00noon - 8:00pm
: Craft Drop Off: Start Marshalling Area
- 12:00noon - 10:00pm
- SAT 3rd AUGUST : Shire of Northam Avon River Festival
: Day 1 Event Start: Northam at 8:00am
: Avon Schools Challenge 30km
: Avon Power Challenge
- SUN 4th AUGUST : Shire of Toodyay International Food Festival
: Day 2 Event Start: Cobbler Pool Campsite
: SunSmart Avon Challenge
: Avon Surf Challenge
: City of Swan Family Fun Day
: Town of Bassendean Family Fun Day
: City of Belmont Family Fun Day
: City of Bayswater Family Fun Day

RACE PACK COLLECTION

Race Pack contents will be available for Optional pick-up at Burswood Watersports Centre, 1 Camfield Drive Burswood from 5pm to 7pm on 19th July. Those not picked up will be available at Scrutineering in Champion Lakes Regatta Centre on 21st of July, from 12pm onward.

STICKERS AND IDENTIFICATION

The following 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 this year's event.

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 Friday registration along with your blue Chip UHF Timing tag.

POWER CRAFT: Your official HELMET Race ID Number sticker and blue Chip 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 one on each side of the helmet so be sure to bring all helmets to registration.

RACE ID NUMBER: The 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.

Support Crew Passes provide access for up to 2 adults to enter the parking areas along the river including the National Parks, Bells Rapid, Extract's Weir and Cobbler Pool. Parking, bus and entry will be at a cost of \$10.00 per vehicle per location. NOTE: Those vehicles displaying a Support Crew pass carrying more than 2 adults will be charged for parking.

A Family Access Pass will be available for \$45 online or \$50 at the Cobbler Pool Gate which provides free access for a Single vehicle to all paid parking areas along the river (except those that require a Valley Sticker or not under NADA control)

Valley Sticker (for team's only): Display adjacent to Support Crew sticker on front windscreen **No sticker = NO ENTRY to Valley Rd or Changeover 1 on Day 2**

Wristbands MUST be worn at all times around the campsite.

**** Standard campsite entry can be purchased at the gate for \$25 pp or online via the myAvon Store for \$20pp. See page 26 for more information.**

Please note: no passes will be re-allocated under any circumstances - please ensure you do not misplace any of these items.

SCRUTINEERING

Sunday 21st July - Champion Lakes Regatta Centre

Powercraft see PDRC arrangements for more information

Paddlecraft from 12:00pm onwards

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 is subject to approval of NADA. 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 12:45pm. Each competitor must sign for their attendance.

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. Our Volunteers will help you to put stickers on the correct spot at the scrutineering, DOT have been lenient and allowed some craft to do the time trial even though some rego details have not been correct.

POWERCRAFT TIME TRIAL

NOTE: If you are not able to comply with all regulations at scrutineering, you will not be allowed to enter the time trial.

SUNDAY 21st JULY - from 10:00am

Bottom of Bells Rapids to Middle Swan Bridge - No further south.

PRACTICE WEEKEND

Two days have been set aside for Paddle and Power Craft to practice on certain parts of the course. Paddle craft are NOT to practice in the below areas during the times reserved for powercraft. **Penalties may apply to competitors ignoring this or any other Practice Day directive.** 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, Williamson 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.

PRACTICE DAY ONE - SATURDAY 27 JULY

Paddle Craft Practice: 8:00am - 12:00 noon all sections of the river.

Power Craft Practice: 12:00noon - 6:00pm Northam Weir and Posselt's Ford and downstream of Bell's Bridge to Middle Swan Bridge - No further south.

PRACTICE DAY TWO - SUNDAY 28 JULY

Power Craft Practice: 8:00am - 1:00pm Northam Weir and Posselt's Ford and downstream of Bell's Bridge to Middle Swan Bridge - No further south

Paddle Craft Practice: 1:00pm - 5:00pm all sections of the river.

Power Craft may start upstream of Northam Weir, but no further upstream than the Peel Terrace traffic bridge. Power Craft must at all times stay upstream of Posselt's Ford.

EVENT REGISTRATION

Friday 2nd August - Northam Swimming Pool - 12:00pm to 8:00pm

At least one competitor from each entry must attend Friday registration.

All helmets must be brought to registration in order for stickers and timing chips to be attached. Grid positions for Day 1 will be posted at registration. Competitors will not be registered until their equipment has passed scrutineering and will not be permitted to start until registration is complete.

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:

12:00pm – 10:00pm on Friday 2 August

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 –

10:00pm on Friday 2 August 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
- Paddle craft start at 8:30am

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

- Paddle craft start at 7:00am in order of fastest first regardless of Class
- Power craft start at 12:00pm (Subject to change by the Race Director)
- Final start time will be provided by the Race Director at the campsite, 4pm on Day 1

Start Procedures – Start procedures for paddle and power are outlined in the **event rules.**

COURSE INFO

STAGES

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

WILD WATER - GRADE DIFFICULT

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 and pressure areas. * Simple obstructions in stream and small drops
Grade 3	Difficult, route recognisable , high irregular waves, larger rapids, stoppers, eddies and 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 drop 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 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 a 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 Race Director).

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
Emu Falls Checkpoint	Start + 1hr 45min
Stronghills Farm Checkpoint	Start + 2hr 30min
Bells Rapid Checkpoint	Start + 3hr 30min
Upper Swan Checkpoint	Start + 4hr 30min
Middle Swan Checkpoint	5:00pm

PADDLE CRAFT

DAY 1 :	PADDLE CRAFT CUT OFF TIMES
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
DAY 2 :	PADDLE CRAFT CUT OFF TIMES
Emu Falls Checkpoint	11:00am
Stronghills Farm Checkpoint	12:00pm
Bells Rapid Checkpoint	1:30pm
Upper Swan Checkpoint	2:30pm
Middle Swan Checkpoint	Between 3:30 – 4:00pm (subject to DOT Marine Safety instructions and current weather conditions)

TEAMS

ENTRY

Each TEAM entry is issued with one (1) Valley Access 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 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. Where timing gates are installed, all team Paddle Craft must pass through all timing gates. Changeovers must take place after having passed through the timing gate. Pairs can paddle 2 sections each per day. Pairs can paddle consecutive sections, however MUST portage at the intersecting changeover point. Fours must changeover at each changeover point and each paddler must paddle one section per day.



SUPPORT CREW

CHECKPOINTS (Team Changeover)

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	Info Board
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	Cobbler Pool	Yes	Finish Line Info Tent
Day 2			
5	Emu Falls	No	Not Available
6	Stronghill Farm	Yes #1	Not Available
7	Bells Rapids	Yes #2	On River bank
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 and is not covered by the Avon Descent Family Parking Pass

CHECKPOINTS

- Checkpoints will be identified by a large checkered flag with the word 'checkpoint' in green.
- 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 apply to those who disobey or ignore directions of Checkpoint Officials.

See Event Rules.

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!

ALL SUPPORT CREW MUST WEAR A LIFE JACKET WHEN ENTERING THE WATER OTHERWISE THEIR TEAM/COMPETITOR RISKS PENALTY OR DISQUALIFICATION

ENSURE ALL YOUR SUPPORT STICKERS AND NATIONAL PARK PASSES ARE IN ORDER.

- All Competitors - Support Crew Sticker on front windscreen of support vehicle.
- Teams Competitors Only – Valley Access Sticker placed adjacent to your Support Crew sticker. One Pass per Team.

Remember: No Valley Access Sticker = No Entry to Valley Road Day 2 or Changeover # 1 at Stronghills.

- Ensure your support crew have their Passes to gain free access to Williamson Weir, Avon Valley National Park and Bells Rapid on race day, otherwise they will need to pay the \$10 entry fee (proceeds to the Toodyay Football Club and Gingin Lions).
- National Park Gates close at 5:00pm and No Dogs Permitted.



WHAT'S HAPPENING IN PERTH'S EASTERN REGION?



THE SWAN RIVER RAMBLE

Take the whole family out along the Swan River and discover the QR codes that highlight attractions along the way

THE GREENPAGE

A bi-monthly Landcare newsletter packed with information on important issues affecting landcare and work being undertaken in Perth's Eastern Region - plus activities, training and funding opportunities

ENVIRONMENTAL WORKSHOPS

Bush Skills 4 Youth - free youth-focussed workshops and events providing opportunities to develop awareness and appreciation of local natural environments, plus skills on how to preserve them

Bush Skills for the Hills - free workshops explaining the whys and hows of managing land, bush and creeks in the hills

Visit perthseasternregion.com.au to check out what's happening!

Brought to you by the local governments of Perth's Eastern Region and supported by the EMRC

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 Toodyay 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.

CAMPSITE FEES

Cobbler Pool Overnight Wristbands: (available for \$20pp online or \$25pp at the gate). This will allow for up to 2 nights camping at the Cobbler Pool site and full access to the RaceHUB.

For more information refer overleaf.

Campsite Wristbands MUST be worn at all times around the campsite
Children under 12 will be admitted free of charge.

CATERING

The food vendors will be on site to ensure you're reinvigorated at the end of Day 1 and ready to tackle Day 2. See race pack for full Food Truck Menu.

FIREWOOD

Campers are prohibited from collecting firewood from natural vegetation.

Firewood will be provided for sale in bags at the campsite. Spectators and competitors will be encouraged to use alternative fuels, eg. gas, diesel fuel heaters.

CAMPSITE RESTRICTIONS

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

COBBLER POOL FOOD AND EXHIBITION VILLAGE

Need to find your grid or results?
Feel like something to eat or drink?
Want to have a quick browse?

In addition to all the usual great food and coffee of our Food Truck Alley, we have helicopter rides, colouring competitions for kids, exhibitor stalls and more!

SEE YOU THERE!

Northam's Avon Descent Association would like to extend a massive thank you to RGR Road Haulage for their significant and generous support in the preparation of this year's Cobbler Pool. Without this kind of support our event would not be possible.

RGR Road Haulage is proudly a West Australian privately owned transport and logistics provider servicing a vast range of clients with links to all types of industry.

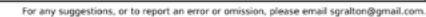
Phone: 08 9274 2039

Web: www.rgrroadhaulage.com.au

Address: 26-30 Meliador Way, Midvale,
Western Australia, Australia, 6056

RGR
ROAD HAULAGE

MAP OVERVIEW



/ SAFETY BRIEFING

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

RED

STOP

Do not proceed beyond this point.

BLACK

DISQUALIFICATION

Leave the water Immediately

ORANGE

WHITE

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 heart of the Avon Valley, Arc Infrastructure has been a proud partner and supporter of the Avon Descent for more than 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 Arc Infrastructure employees
- Between Lookout Rapids and Bells Rapids section of the course, competitors may 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 & Arc Infrastructure 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.arcinfra.com



FINISH LINE

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 be extracted from the beach via a throughway that passes directly through the crowd to the parking area behind the food vendor tents. Please take caution of spectators passing across the throughway. Power boat support crew should load the boat on their trailer and clear the exit point as quickly as possible so other teams can also retrieve their craft.

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 5th August. The top three place getters of the 10hp Classes (9 motors) will be scrutineered at the finish line.

124km of river and whitewater action not enough?

Looking for a new dimension?

The first Avon Descent was held in 1973
with only 49 entries...

Michael Baker

South Australia
Avon Descent Interstate
Ambassador

Kris Plain

Western Australia
Multi-winning Ski
Champion

Kat Bulk

New Zealand
International
Adventure Racer

Serge Kurov

Victoria/Russia
Extreme Adventure
Challenger

John Carroll

Aus/NZ/Ireland
International Adventure
Racer

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Adventure Racer

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Adventure Racer

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THE AVON SUPER CHALLENGE

...only 23 of those made it to the finish line....

...who will blaze the trail this time?

GET READY FOR 2020...

The biggest and best WA has to offer

THE AVON SCHOOLS CHALLENGE



The Avon School's Challenge is the new integral part of Northam's Avon Descent Association's long term commitment to developing physical and mental health across Western Australia and fostering a new generation of athletes.

Races in 2019

**Avon Schools
Challenge
1km Circuit Race**
July 21
Champion Lakes
Regatta Centre

**Avon Schools
Challenge
2km Circuit Race**
July 21
Champion Lakes
Regatta Centre

**Avon Schools
Challenge
30km Race**
August 3
Northam to Toodyay



The City of Armadale Avon Schools Challenge Development Fund

In 2019 Northam's Avon Descent Association in partnership with the City of Armadale are very proud to announce the introduction of the Avon Schools Challenge Development Fund.

This fund will be a significant first step towards helping to kickstart sporting and fitness programs for participating schools. Its objective is to award funds in a range of categories for both performance and participation including fastest male, fastest female, highest point score and most participants by an attending school.

We are excited about this new partnership and it represents part of our long term commitment to the growth of paddling in WA and improving physical and mental health at all levels. It is only through programs like this that we can ensure that the Avon Schools Challenge competitors of today can become the Avon Descent and Olympic champions of tomorrow.

Proudly supported by



Overview

- Participation in Avon School Challenge races is open to students aged 14 - 21 years, ranging from beginners to advanced.
 - Age classes will be constituted where necessary to ensure fairness
- All paddle craft formats are allowed - Single and Double Kayak, Canoes and Skis. Team relay formats are also permitted.
- Participants may enter through schools clubs, associations or through the support of a parent or guardian.
- School funds will be awarded to schools as nominated by participating students.
- Participants in all races will receive a finisher medal with prizes for multiple categories and spot prizes on the day

1km & 2km Short Races - Champion Lakes Regatta Centre

- Competitors will take on a flatwater course in a circuit format of 1km or 2km (or both) with families and supporters cheering them on.

30km Race - Northam to Toodyay

- Competitors will receive an Avon Descent entry race pack
- Start with the excitement of the Avon Descent start line in Northam, completing an exciting fast flowing downriver course
- Racing 30km downriver and to the shores of the Toodyay International Food Festival in Toodyay.

To find out more:

www.avondescent.com.au/avon-schools-challenge

ACT BELONG COMMIT AVON DESCENT SUPPORT UNIT



The Act Belong Commit Avon Descent Support Unit (ADSU) is a dedicated team of volunteers specifically focused on the safety of everyone involved in the Avon Descent. The ADSU is funded by Healthway under the Act, Belong, Commit program and we provide our members with specialist training to ensure a safe and fun event for all.

Our training begins in February each year with a camping trip down in Collie, using the water release from Wellington Dam to provide our swift water environment. Our training is based on nationally and internationally recognized standards which we adapt to suit the Avon Descent environment. The race weekend is a very busy, but exceptionally enjoyable weekend which relies on the continued commitment of the volunteers in the Rescue and Recovery teams to perform at their very best.

We all hope you enjoy your race, and we look forward to a great event!

HOPE CRISPIN-BROWN, BOAT COORDINATOR

1. How did you get involved with the Act Belong Commit ADSU?

I first became involved with the ADSU when I was around 10 years old. My Mum and Dad used to drag me out of bed at the crack of dawn to trudge through the mud to get the best rock in the house at Extracts Weir. A change of clothes before I was allowed back in the car were always required. After seeing the volunteers year after year Mum and Dad eventually helped out and ive been doing it ever since.

2. Whats the best part of being in the Act Belong Commit ADSU?

Being on the front line where all the action is!

3. Whats your most challenging experience?

I would say 2 years ago when we preformed a rescue on a young lady at my favourite location, Extracts Weir. We train year round for these scenarios but when you are faced with blood and bones it makes things real!

4. Who works the hardest - rescue teams, recovery teams or sweep boat crew?

Id say we all put in 110%. I dont want to get myself in trouble come race weekend! They all know which swag is mine.

5. Why would you recommend the Act Belong Commit ADSU to others?

The race has been running for this long for a reason. Its exhilarating, even if you are not racing!

ACT

Being active physically, socially and mentally helps us cope with stresses, build friendships and lift spirits. Make a list of things you enjoy and spend more time doing them!

GET ACTIVE FOR

HEALTH AND HAPPINESS

BELONG

Be more involved in community organisations and hang out with people who share your values and interests. Belonging helps build friendships, creates opportunities for meaningful participation, and strengthens communities.

COMMIT

Help out a neighbour or volunteer for a good cause, be a coach or a mentor, learn a new skill and support your community clubs and groups. These activities give meaning to life.

Physical activity makes us feel happier, energised and more confident. So go on, stay active and keep mentally healthy! It's as easy as A-B-C: Act-Belong-Commit. actbelongcommit.org.au



GO FOR EXCITEMENT



Located in the heart of the picturesque Avon Valley, Northam is home to a diverse range of tourist and heritage attractions. Attractions include hot air ballooning, wildflowers, tours & trails, historic buildings, horse racing, white swans, and our newest attraction; Bilya Koort Boodja: Centre for Nyoongar Culture and Environmental Knowledge.

**NORTHAM
READY.SET.GO**

  VisitNortham
readyssetgo-northam.com.au



FREE FAMILY FUN DAY!

Stirling Park & Duidgee Park

Saturday 3rd August 10.00 am- 3.00 pm

Come and celebrate the 2019 Avon Descent at the 15th annual Toodyay International Food Festival. Held on the banks of the Avon River, combine all of the thrills and spills from the race with an array of international cuisine stalls and free all day family entertainment! Featuring cooking demonstration from Master Chef contestant Kyle Lyons, A Boy Named Cash starring Monty Cotton from The Voice, international inspired music/bands, free all day kids activities including bouncy castles, face painting, magicians, petting zoo, climbing wall and more!

All just an hour from Perth!

 LIKE TOODYAY INTERNATIONAL FOOD FESTIVAL ON FACEBOOK

Proudly brought to you by





CITY OF SWAN AND PERTH AIRPORT PRESENT

Avon Descent Festival '19

SUNDAY, AUGUST 4 10AM TO 3PM

LILAC HILL PARK, CAVERSHAM

WWW.SWAN.WA.GOV.AU/AVON





FREE FAMILY EVENT!













AVON
DESCENT



CITY OF BELMONT
AVON DESCENT FAMILY FUN DAY
SUNDAY, 4 AUGUST 2019 FROM 11:30AM TO 2:30PM
GARVEY PARK, FAUNTLEROY AVENUE, ASCOT

FREE SOUP • DISCOUNTED HELICOPTER RIDES • FACE PAINTING
AMUSEMENT RIDES • GAME VAULT • LIVE RACE COMMENTARY
COVERED VIEWING OF THE AVON DESCENT

lotterywest

Visit www.belmont.wa.gov.au or phone the City of Belmont on 9477 7248 for further information.

This smoke free and alcohol free event is proudly brought to you by the City of Belmont – the City of Opportunity and supported by Lotterywest.


TravelSmart – why not cycle, walk or take public transport?


 BelmontCouncilWA  BelmontCouncilWA  @BelmontCouncil



AVON DESCENT FINISH LINE

Community Event

 Sunday 4 August
11am - 6pm

 Riverside Gardens
Bayswater

Cheer on the Avon Descent competitors as they cross the finish line at Riverside Gardens. Enjoy food trucks, market stalls, entertainment and activities for the whole family.

Entry is free.



lotterywest

City of
Bayswater
Community Event

 facebook.com/bayswatercity

 instagram.com/cityofbayswater

bayswater.wa.gov.au



FAMILY FUN DAYS

SPECTATOR LOCATIONS



SHIRE OF NORTHAM AVON RIVER FESTIVAL

Date: Friday 2nd August

Time: 4.00pm - 9.00pm

Where: Minson Avenue, Northam

Celebrate the excitement of the start of the world's greatest white water event at the Avon River Festival. This year's highlights include: Huge fireworks display on the Avon River, stage show featuring a variety of local talent, family fun zone, rides for all the family, sideshow alley and roving entertainment, community street parade, markets for avid shoppers and local food venues. For more information call the Northam Visitor Centre on (08) 9622 2100 or visit www.facebook.com/visitnortham

TOODYAY INTERNATIONAL FOOD FESTIVAL & FAMILY FUN DAY

Date: Saturday 3rd August

Time: 10.00am - 3.00pm

Where: Stirling Park & Duidgee Park, Toodyay



Tempt your taste buds with dozens of mouth-watering international cuisine stalls as the main stage comes to life with a range of performances inspired from around the globe. Kids of all ages have been catered for with free activities running throughout the day. For more information call (08) 9574 9380 or visit <http://toodyayiff.wixsite.com/home>.

AVON DESCENT FESTIVAL - CITY OF SWAN



Date: Sunday 4th August

Time: 10.00am - 3.00pm

Where: Lilac Hill, Caversham

Prime riverside vantage point for enthusiasts of all ages to take in the excitement of the Avon Descent race. The City of Swan's Avon Descent Festival is back bigger and better than ever! Offering fun for young and old including The Vintage Collective Markets, food truck pop up, massive kids fun zone, on stage acts and much more- all at our prime riverside vantage point. For more information and announcements, head to the City of Swan Events Facebook page.

BASSO'S COMMUNITY GATHERING TOWN OF BASSENDEAN

Date: Sunday 4th August

Time: 11.00am - 2.00pm

Where: Point Reserve, Bassendean



The Town of Bassendean invites families to view the Avon Descent from the banks of beautiful Point Reserve. Pack a picnic and head down from 11:00am to enjoy free activities including a free sausage sizzle and giant games.

For more information, call (08) 9377 8000 or visit www.bassendean.wa.gov.au



AVON DESCENT FAMILY FUN DAY CITY OF BELMONT

Date: Sunday 4th August

Time: 11.30am - 2.30pm

Where: Garvey Park, Ascot

Enjoy live race commentary on the banks of the beautiful Swan River. There will be free children's activities, giveaways, discounted helicopter rides and much more!

For more information call (08) 9477 7248 or visit www.belmont.wa.gov.au

AVON DESCENT FINISH LINE FAMILY DAY CITY OF BAYSWATER

Date: Sunday 4th August

Time: 11.00am - 6.00pm

Where: Riverside Gardens, Bayswater



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 day out with bouncy castles, children's rides, face painting and live commentary over the loud speakers.

Visit <http://www.bayswater.wa.gov.au/events> for more information.



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

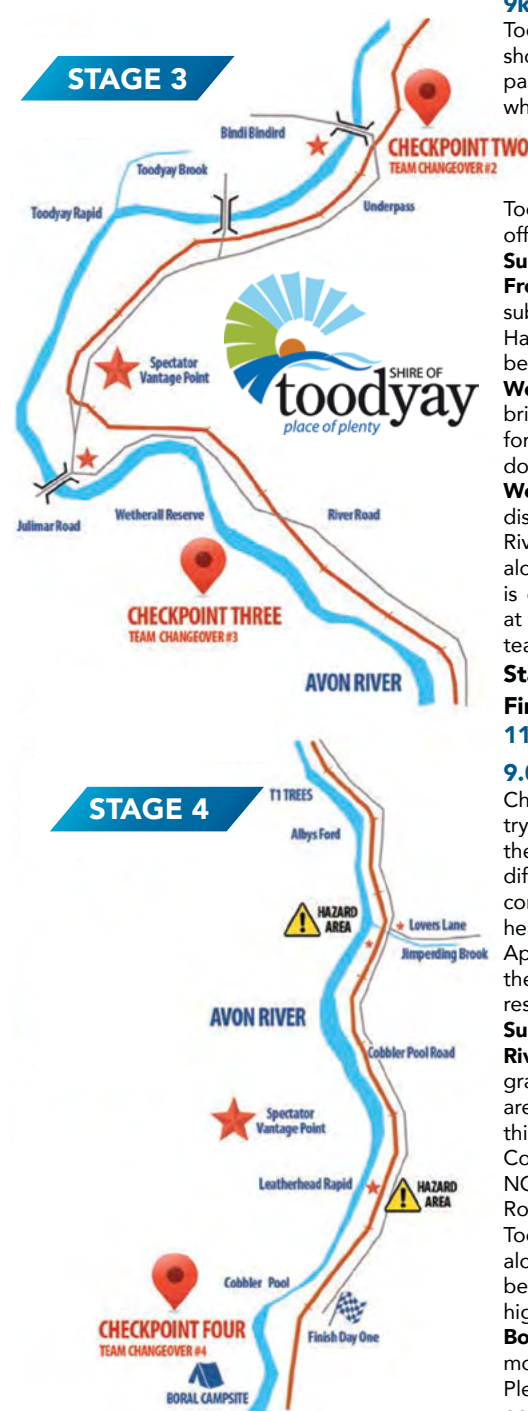
The hazard of Glen Avon Rapid is 2km downstream from Katrine Bridge, followed by 7km of coffee rock with negotiable channels. Sinclair's Crossing, beneath Dumbarton Bridge, creates a hazard in low to medium water. The next challenge is Williamson Weir. This 3m high rock weir provides one of the most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

Support Crew and Spectators

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

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 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 the area 50m up Julimar Road towards Toodyay formerly known as Toodyay Oval. 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 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 Cobbler Pool & Finish of Day 1

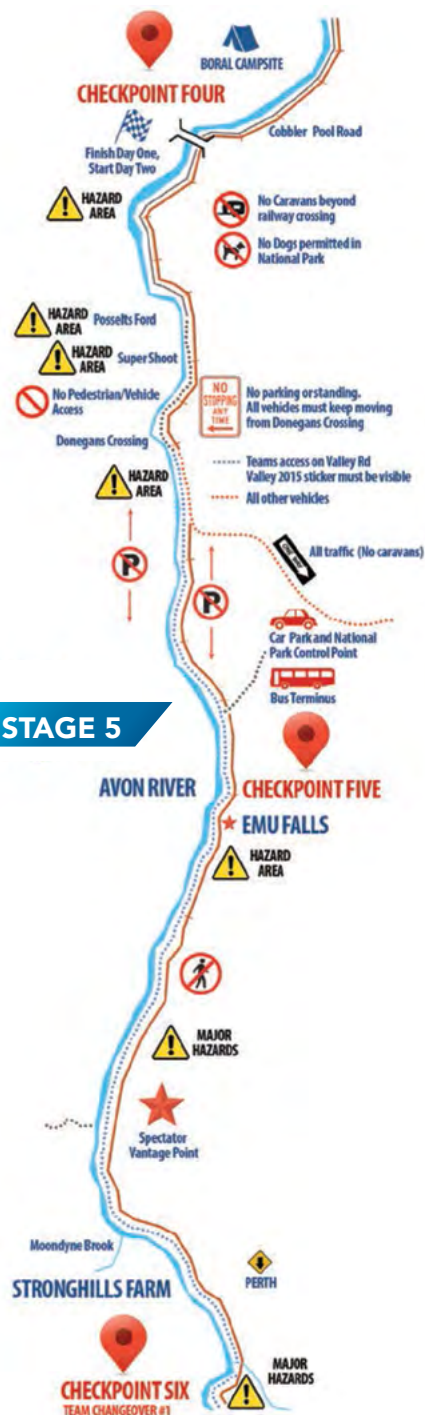
11km | Grade 1 | from 8.40am (Cobbler Pool from 9.00am)

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 ensure your vehicle doesn't block other traffic on this gravel road. Turn right at Jimpering Brook Bridge onto Cobbler Pool Road and head toward the overnight campsite. 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: it would be appreciated if movement of vehicles within the area is kept to a minimum. Please obey directions at all times. Police and security personnel will be patrolling the area.



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 Possetts Ford. Depending on the water level, large boulders immediately above the Ford can be a bone jarring slide or virtually non-existent. Shortly after Possetts 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

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 way.
2. Exit right for Support Crews wishing to gain access 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.

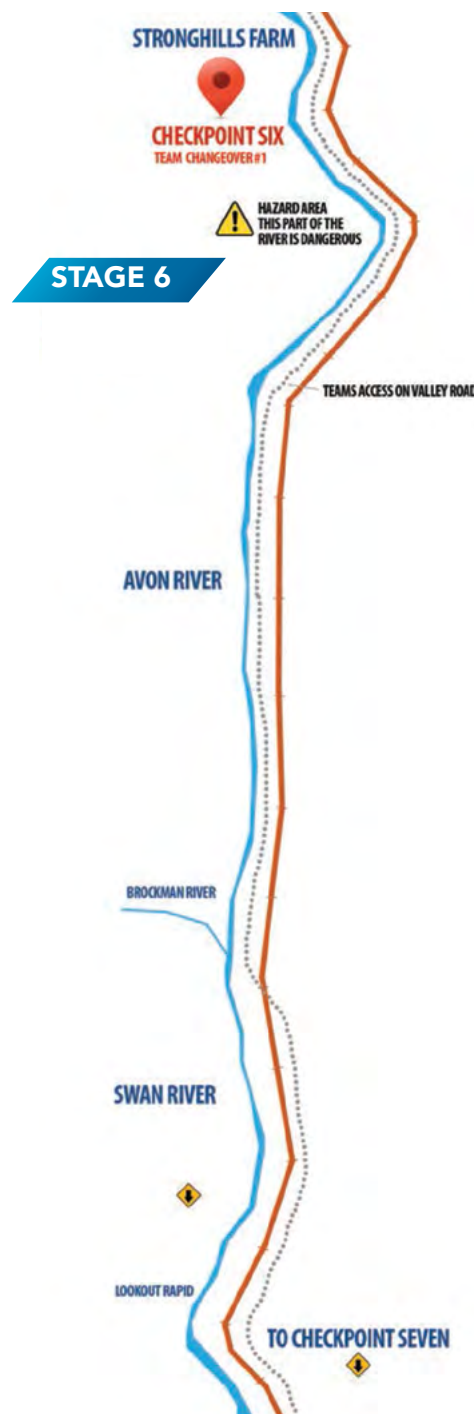
Support Crew for Teams ONLY: upon leaving Cobbler Pool, turn right out of the campsite and follow Cobbler Pool Road to the Valley Road/Quarry Road junction. Cobbler Pool Road turns into the Valley Road at this junction. Continue straight onto Valley Road where you will be stopped by a Race Official and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

NO STICKER = NO ENTRY.

Remember, this sticker must be in the lower 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 Valley Gate at the intersection of Cobbler Pool Road, Valley Road and 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 **0456 436 500**



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 Entry 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.

Withdrawn Craft Day 2

Should you withdraw from the race on day 2 down to Bells Rapids, head to the left bank. You and your craft will be taken to the grassed area just to the north of the East Swan Fire Station near the corner of Camargue Drive and Cathedral Avenue near the Equestrian Centre in Brigadoon.

Withdrawn competitors must SMS their race ID and withdrawal location to **0456 436 500**

STAGE 7



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.

Live expert race commentary will be available.

Support Crew and Spectators (except teams):

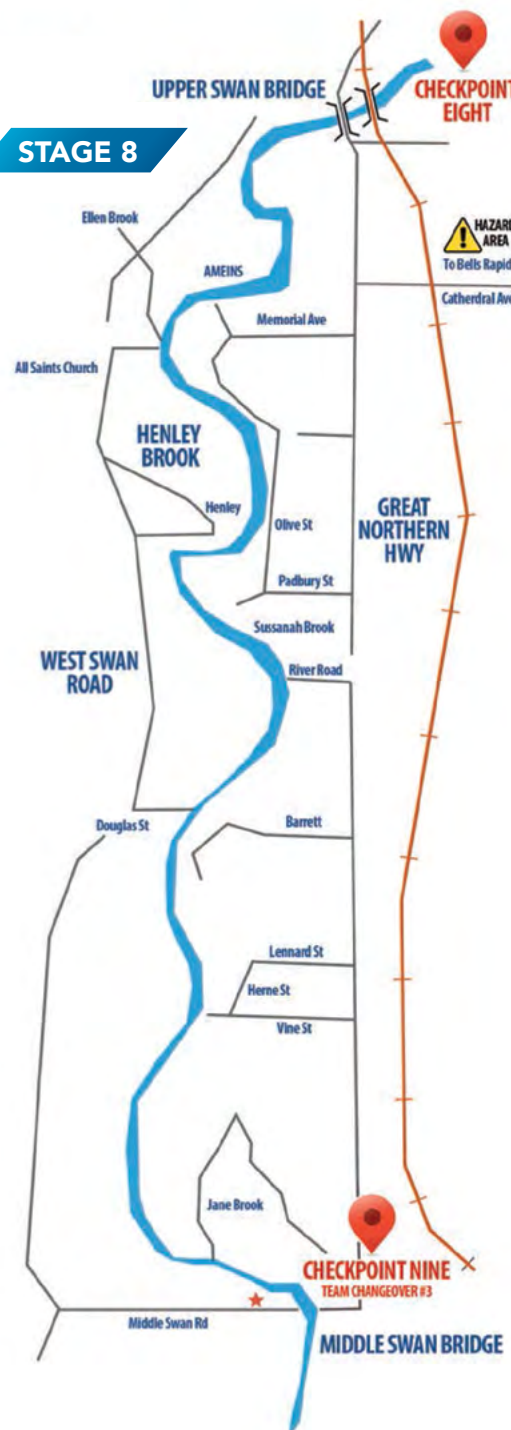
Continue on Toodyay Road towards Perth and turn right into Neuman Road (about 46 kms from the Lovers Lane/Toodyay Rd intersection), then right into Campersic Road, then left into Carmargue Drive, then right into Cathedral Ave and follow parking and shuttle bus directions. Bells Rapid can only be accessed 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



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

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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/ RACE RECORD HOLDERS

8Hp Dinghy Standard	1991 Northam To Bayswater	K Parnell I G Black	3:01:32
8Hp Dinghy Sports	2008 Northam To Bayswater	J Goodbody I K Goodbody	2:39:55
10Hp Dinghy Sports	2018 Northam To Bayswater	J Branson I J Ferguson	2:08:21
10Hp Dinghy Standard	2018 Northam To Bayswater	C Johnson I J Paggi	2:20:59
10Hp Dinghy Super	2018 Northam To Bayswater	D Green I M Lagore	2:20:29
6Hp Dinghy Sports	1983 Northam To Bayswater	W Mould I N Jones	3:52:11
8Hp Alloy	1994 Northam To Bayswater	S Brown I S Shinnick	4:02:22
Solo Dinghy	2005 Northam To Bayswater	G Barndon	4:21:28
Single Kayak - Wk1	1983 Northam To Bayswater	D Long	7:56:09
Single Kayak - Mk1		C Elliott	8:35:18
Single Kayak	1996 Northam To Bayswater	M Rodgers (L)	8:28:46
	2018 Northam To Bayswater	J Kippin	7:34:14
Single Kayak Wild Water	2011 Northam To Bayswater	D Worthy	9:27:33
		H Thorpe (L)	10:28:34
Double Kayak - Wk2	1983 Northam To Bayswater	G Kaeding I R Holt	8:07:59
Double Kayak - Wk2/ Mk2	1986 Northam To Bayswater	A Duke I P Pawlow	7:48:04
Double Kayak	1996 Northam To Bayswater	P Genovesi I D Long	7:14:40
Single Kayak Plastic	2000 Northam To Bayswater	D Hocking	10:55:35
		S Boladz (L)	12:20:29
Single Plastic Short	2008 Northam To Bayswater	R Goodchild	9:31:09
		A Curtis (L)	10:33:50
Single Plastic Long	2008 Northam To Bayswater	M Baker	8:07:36
Single Plastic Long	2008 Northam To Bayswater	J Bateman (L)	9:23:48

Double Plastic	2008 Northam To Bayswater	B Ingram I A Gluyas	9:22:49
Single Canadian	1986 Northam To Bayswater	W Smith	9:46:00
Double Canadian	1986 Northam To Bayswater	R Holt I R Fry	8:34:55
Double Canadian	1991 Northam To Bayswater	P Kitney I R Holt	9:23:04
Single Surf Ski	2007 Northam To Bayswater	J Humphrys (L)	10:33:07
	2008 Northam To Bayswater	B Sarson	7:34:20
Single Recreational	2018 Northam To Bayswater	C Famlonga	9:03:53
	1999 Northam To Bayswater	L Young (L)	12:04:15
Double Surf Ski	1996 Northam To Bayswater	D Pratt I T Bird	7:13:48
Double Surf Ski Mixed	2011 Northam To Bayswater	N Leaversuch I P Leaversuch	8:49:40
Power Sundry	1990 Northam To Bayswater	B Cooper I S Patterson	3:00:57
Paddle Sundry Double	1991 Northam To Bayswater	C Boocock I I Wookey	8:52:53
Paddle Sundry Triple	2018 Northam To Bayswater	M Dean I J Morfitt I A Crothers	7:46:37
73-76 Sundry 80-83 Mixed DbI	1982 Northam To Perth	S Snowball I J Snowball	8:21:08
Single Teams	1996 Northam To Bayswater	B Boocock I D Bingham	8:44:19
Double Teams	1996 Northam To Bayswater	J Muir I R Jenkinson	7:38:50
Relay Team of 2	2008 Northam To Bayswater	A Nesbit I C Pretorius	7:30:39
	2011 Northam To Bayswater	T Stedman I B Holmes	8:53:11
		K Broad I J Martin (L)	10:18:38
Relay Team of 4	2008 Northam To Bayswater	R Baker I K Jarrott I M Rees I J Zerbst	7:34:58
One Day Event	2018 Northam To Toodyay	J Dale	5:09:20
One Day Event	2013 Northam To Toodyay	E Beeley (L)	6:21:19
Ocean Racer Single	2019 Northam to Bayswater	P Pavlinovich	9:41:48

Burswood Water Sports Centre

WA Recreational Water Sports Association Incorporated



Northam's Avon Descent Association would like to extend a big thank you to WARWSA for the generous contribution of their facilities in the this year's Avon Descent.

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Avon Tracker

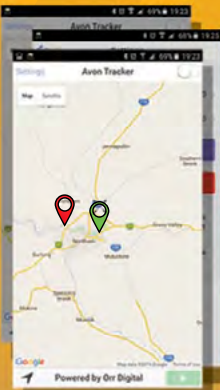
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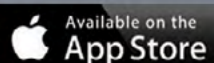
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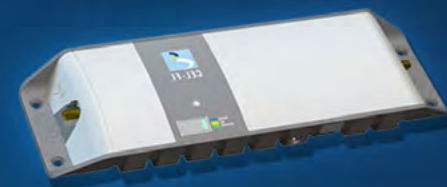
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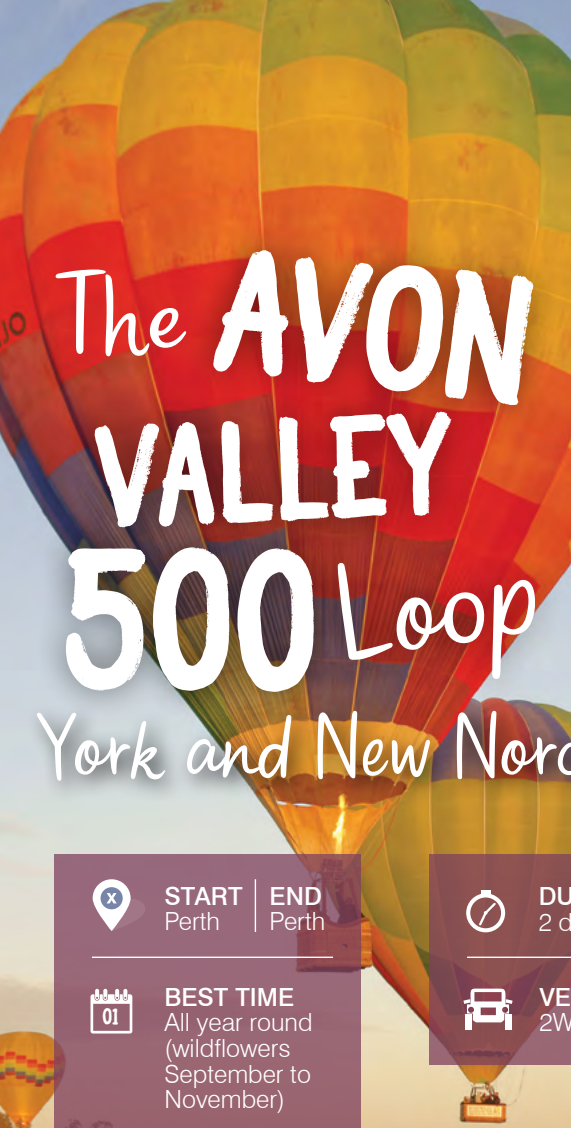
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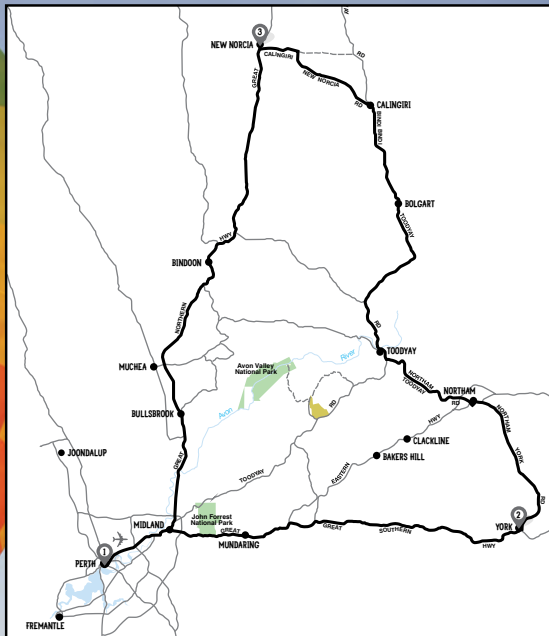
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