

DRAGON SPORT NEWS

the Emagazine for Dragon Boaters world-wide
Incorporating Dragon Boat International Newsletter

"An Independent Voice for Dragon Boat Sport"

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WINTER EDITION

DRAGON BOAT SPORT – PEOPLE PACKED SUMMER OR WINTER !!



News and views on the Sport, results from the 2018 IDBF, EDBF Championships', the IDBF World Cup & Asian Games.



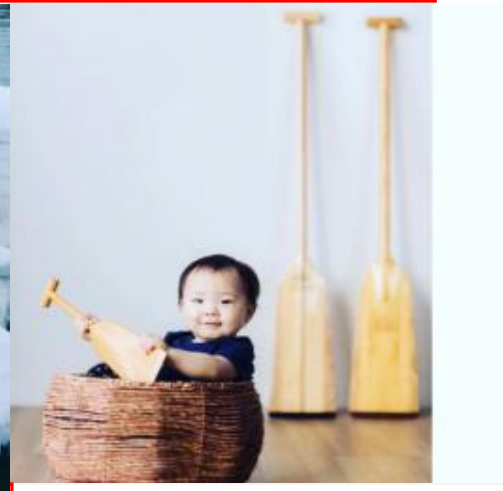
A PICTURE PAINTS A THOUSAND WORDS

A MERRY CHRISTMAS AND A GREAT NEW YEAR TO YOU ALL

we_are_tsing_ying



we_are_tsing_ying 小黃龍
#tsingying #spicydragon #ilovedragonboat
#dragonboatteam



shanghaieddragons
Thousand Island Lake, Zhejiang, China



shanghaieddragons Day 2 of the Shanghaied Dragons dragonboat camp was tough as expected. But we found ways to make it fun. No pics of the campfire party will be posted...

perthpirates



Perth Pirate Dragon Boaters....
If you don't come to training we will give
your phone number to this guy...

perthpirates Don't risk it... get to training!

jakartapaddleclub



PADDLING
...brings us together!

jakartapaddleclub Something about paddling and being on the water that brings people together. No amount of words can describe the feeling, you just have to experience it yourself...

lagandragons
City Hall, Belfast



lagandragons Congratulations Mr & Mrs Colmer

sokkan_club



sokkan_club HBD Zahra
#sokkan #dragonboat #dragonboating #idbf #icfdragonboat
#dragonboatfestival #sup #canoe #fitness #bashgah...

dcdragonboatclub



dcdragonboatclub That feeling when your paddlers connect with the boat and you feel as one. #dcdragonboatclub
#dcdbc2018#thewharfcd#gangplankmarina#paddledc...

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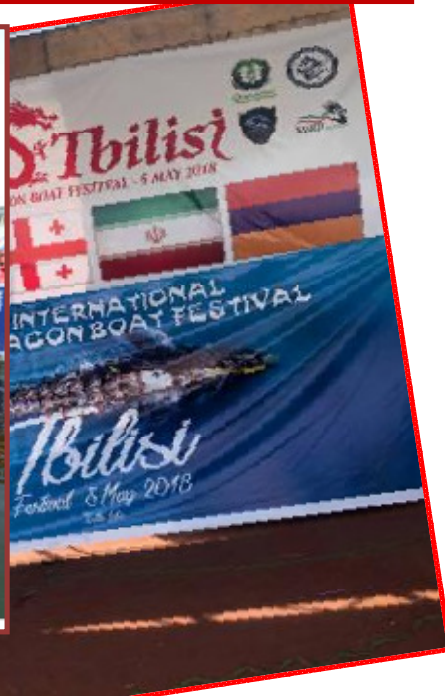


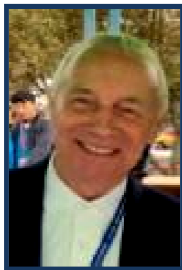
MISSED, WHILST WE WERE AWAY !

Davao City International Dragon Boat Festival

JCI Duwaling Chapter and Officials of the Philippine Dragon Boat Federation visited the Davao City, Sports Dev Division and the Mayors Office to discuss the International Dragon Boat Festival, with 5 dragon boat club teams from the BUGSAY SA PAGPUKAW group in Davao City

The Team thanked Mr. MiKey Aportadera of the Davao City Mayor's Office/Sports Development Division and the charming and hard working ladies of the JCI Duwaling Chapter, for their warm welcome.





BACK TO THE FUTURE.

By the Editor.

WELCOME to Dragon Sport News, the E-magazine with news and views on all aspects of Dragon Boating and what people think and feel about it !

A belated welcome to this issue of Dragon Sport News ! After too long an absence, due to builders making alterations to my house, which was meant to take two months but became six. As a result DSN became the victim, as my office was dismantled and computer put to one side to end up covered in dust !.

Enough of my sorry tale because in the meantime the gap in keeping you informed of what is going on in Dragon Boating has been filled by the return of Henning Weikhorst's, Dragon Boat World's Magazine (this is beginning to sound like a Hollywood movie).

So now you have not one but two independent companion Emagazines bringing you information about our Sport and discussing the topics of the day.

Both DSN and DBWM will be published separately, under independent editorial control and will cover all aspects of Dragon Boating, with different, similar or even the same topics but looked at from different points of view.

So to start the DSN ball rolling again, we take a look at the 'Hot Topic of the Day' which is the continuing involvement of the International Canoe Federation and the ICF Members in our Sport and what a real World Dragon Boat Championship, worthy of the name.

In depth articles on both these issues are discussed on the 'Talking Points' and 'Drum Beat' pages but just to set the scene so to speak, the following are indisputable facts.

As an GAISF Member (Global Association of International Sports Federations) the IDBF is the recognised world governing body for Dragon Boating, not the ICF, a fact confirmed by the CAS (Court of Arbitration for Sport) in a CAS Opinion given to the ICF in 2008, when the IOC also acknowledged the IDBF as the Sport's world authority.

The IOC also accepts that the ICF has a small scale Dragon Boat programme **but that is all**.

You can be sure that if these facts were not true that the IOC would not still be entertaining the IDBF's application for IOC recognition and the ICF would not be trying to reach a new agreement with the IDBF over the ICF and its Members' involvement in our Sport.

In this DSN we also cover the 2018 IDBF Club Crew Worlds, in Szeged, the EDBF European Nations Champs, in Brandenburg, the Asian Games Dragon Boat (Traditional Boat) Competition in Indonesia and the ICF Dragon Boat Champs in the USA, as well as news and views from around Dragon Sport.

Your views and thoughts on our Sport are always welcome. on the 'Hot Topic of the Day'.

Enjoy reading DSN again and lots of successful and safe paddling to you all. **Mike MacKeddie-Haslam.**



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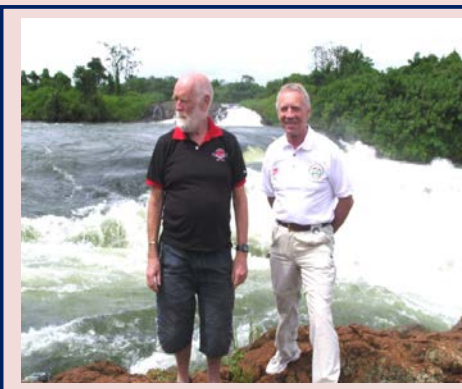
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Articles etc for the IDBF Newsletter, Long Zhou eNews, should be sent to the Editor, Email newsletter@idbf.org



A PERSONAL TRIBUTE TO BRYAN HARTLEY

MY VERY SPECIAL FRIEND AND A TRUE COLLEAGUE

Bryan passed away peacefully in his sleep at his home in Cardiff, on Friday 4th January 2018, after a short illness.

Bryan was a firm friend of mine for 30 years in Dragon Boating and was one of the first people to respond to a newspaper article I wrote, calling for Dragon Boat crews to be formed in Cardiff, to raise funds for local Charities, in 1987/88. Bryan phoned me and wanted to know about Dragon Boat Racing and how I was going to raise the Charity money.

From that time onwards Bryan was hooked on the Sport and quickly became *River Nile leaving Lake Victoria, Uganda 2008* involved in forming the Wharf Dragons from colleagues working in the new County Hall in Cardiff, which was located alongside Atlantic Wharf, the venue for Dragon Boat Races at that time.

Of the many people I introduced to the sport in those formative years of the BDA, none were more dedicated and enthusiastic than Bryan or 'Santa' as he became known – for obvious and well meant reasons. Bryan would turn his hand to anything and everything for the Sport. Whether it be getting a crew entry together, helming, officiating, training race officials, racing or even doing a bit of coaching, you could rely on Bryan to be there, with a smile on his face, his favourite sandals on his feet and a beer in his hand !

From doing his thing for the BDA for the past 25 years, Bryan also became part of the team running and officiating at EDBF and then IDBF Championships, including the 2017 Junior Worlds in Divonne, where it was apparent to all that Bryan was not in the best of health but putting on a brave, if a little, at times, grumpy face, he was still determined to be of some use, in which-ever way he could.

Of the many and various dragon boat jaunts to far flung places, that we undertook, two trips in particular to Uganda and Oman, spring happily to mind and remain in the memory of the many good dragon boat times spent together, which of course always included drinking that relaxing beer each night, without which Bryan could not survive the rigours of the Dragon Boat day !

Through many of these Dragon Boat outings, Kirsty has been by Bryan's side and she too became a prominent member of the IDBF Race Officials Team, sharing with Bryan the hard work that officiating at Dragon Boat events entails, especially when someone like me writes a complicated race programme that keeps officials locked to their posts for the whole day

Sadly for us Bryan has left our Dragon Boat family and will be greatly missed by the many Race Officials around the world he has helped to train and mentor but it is Kirsty and family who will miss Bryan the most and so to them I would say, be proud and rightly so of 'our Bryan' who will live on in the memories of all those Dragon Boaters who had the pleasure of knowing him, sharing a beer or two or more with him, admiring his 'all weather' sandals and enjoying his very affable company.



Cheers, Bryan, it was more than good to know you, it was great !

Mike MacKeddie-Haslam
BDA Founder & President
EDBF Founder & President of Honour
IDBF Founder & Honorary President.





NEWS FROM THE GLOBAL ASSOCIATION OF INTERNATIONAL SPORTS FEDERATIONS



The Council of the Global Association of International Sports Federations (GAISF) have confirmed Dr Raffaele Chiulli as its leader following the tragic death of Patrick Baumann.

Dr Chiulli will carry out the duties until he is endorsed at the GAISF General Assembly in May next year. This will ensure the continuity of GAISF service provision to its members.

As President of UIM, the World Powerboating Federation, and of ARISF, the Association of Recognised International Sports Federations, Dr Chiulli is a highly experienced and respected sports administrator.

Speaking at the opening of the IF Forum in Lausanne, Dr Chiulli reinforced his commitment to GAISF's alignment with the International Olympic Committee (IOC) and to GAISF's future as an effective service provider to its members. Earlier, addressing members, Dr Chiulli clarified his role and the future direction of GAISF. "He said: *I am humbled to have the responsibility and thankful to members of the Council for their continued support and valuable inputs and for their trust and confidence. "Our task is clear and our direction has been set by Patrick Baumann himself."* As the organisation builds for the future the Council also confirmed the appointment of Philippe Gueisbuhler as GAISF Director.



The Alliance of International Recognised Members of Sports (AIMS), Board Members met in Buenos Aires during the recent Olympic Youth Games. AIMS is a

GAISF partner group, of which the IDBF is a Founding Member. Mike MacKeddie-Haslam, IDBF Founder & Hon President, is an elected AIMS Board Member but, could not afford the costs of going to the meeting!

The International Olympic Committee (IOC) have recognised AIMS as a GAISF Partner and are committed to recognising individually all AIMS Members, as IOC Federations, the first step to becoming an Olympic Sport in a future Olympics.



2nd RIVER NILE DRAGON BOAT FESTIVAL CAIRO, EGYPT

23rd FEBRUARY, 2019 REGISTRATION OPEN !

You are cordially invited to participate in the 2nd Chinese New Year Cup River Nile International Dragon Boat Festival on 23 February, 2019. Jointly organized by the AAAEA –Egyptian Friendship Association in Hong Kong, Dragon Boat Egypt, The Chinese Culture Center in Cairo, The International Dragon Boat Federation. The Dragon Boat friendship races will again be held at the most famous River Nile in Cairo. **Races distance: 300m.**

NO Entry fees for International Teams who join our tourist pack. Local team entry fee: US200/ per event.



International and local teams	Mixed	Open	Women	Info Contact www.facebook.com/AAA EA-Egyptian-Friendship-Association-Hong-Kong
Chinese New Year Cup (20 racers)	4	4	4	
Chinese New Year Cup (12 racers)	4	4	4	
Sino Egypt Friendship (12 racers)	4	4	4	

Chinese New Year Cup - 20 racers, for overseas teams only.

Mixed Races - minimum of 4 female paddlers in 12 racers crews and 8 female paddlers in 20 racers crews..

Women's Crews must be all female paddlers, but can have a drummer and/or steersperson of either gender.



EDBF FORUM, SEVILLE, SPAIN, 1ST & 2ND DECEMBER 2018



Delegates from 17 EDBF Member Countries were represented at the 2018 EDBF Forum held, in Seville, Spain on 1st & 2nd 23rd December 2018.

In his keynote speech, inspired by a presentation made to the 2018 GAISF Convention, in Lausanne, the EDBF President, Claudio Schermi, spoke of the need for governing bodies of sport to be proactive risk takers, not reactive followers, if they were to be successful in a changing competitive world of radical uncertainty.

He said that whilst the EDBF had been a success story for nearly 30 years, looking to the future, we had to persuade ourselves to change. A change that means, empowering people to test things, making early decisions and learning from our mistakes.

"Our competitors are not just Canoe Federations but also private entities, festival organisers, events companies. A protectionist approach is not going to provide an adequate solution to the serious risk of losing control of our key properties", Claudio said.

This means that both the EDBF and its Members must develop a more commercially driven mindset to make profits to reinvest in Dragon Boat Sport. Being commercially driven did not mean just making revenue but driving awareness and creating exposure for the Sport as well.

In conclusion the EDBF President felt that the EDBF must occupy all platforms and extend interactions wherever possible and set up a real and meaningful vision for the future of the Sport in Europe.

Presentations during the weekend were also given by Antonio De Lucia (Chair, Medical Commission), Anna Sokratous (Chair, Women in Sport Commission), Michela Sacchetti (Chair, Marketing and Media Commission), Jose Maria Carrillo (Chair, Youth Commission), Saed Abdalla (Chair, Tech & Competition Commission) and Guest Speakers Pat Bradley (U.S. National Coach), Nigel Bedford (Chair, IDBF Paradrakon Commission) and Slawek Borucki (IDBF Registration Platform Facilitator).

The EDBF President announced that the Council had confirmed the 14th European Nations Champs for Kiev, in the Ukraine in 2020 and the 19th European Club Crew Champs for Barcelona, Spain in 2021. EDBF

At the EDBF GALA DINNER & AWARD CEREMONY held during the Forum, at the Hotel Barcelò Renacimiento, the 1st "Qu Yuan Award" to the highest Sport Personality not directly involved in Dragon Boat Sport, went to **Dr. Raffaele Chiulli**, (GAISF, ARISF and UIM President) who is a good friend of dragon boating and had paddled and been a Drummer with young students Dragon Boating together with Claudio Schermi.

The other three **Special EDBF Qu Yuan Awards** went to the EDBF Founder & EDBF President of Honour **Mike MacKeddie-Haslam**; the EDBF Past President & now EDBF Honorary President **Alan van Caubergh** and to the IDBF President **Mike Thomas**.

Other EDBF Awards and the first recipients were:-

Male Dragon Boat Legend: - David Bangs.

Female Dragon Boat Legend: - Bettina Schneider,
Best European Dragon Boat Club - Thunder Dragons from the club Hochrhein Paddler e.V., Germany.

Environmental Project Award – Nore DBC Paddlers

EDBF Special Projects – ARMENIA: For the Special Paradrakon Project and **ITALY** for the Dragon Boat project to fight violence towards women and to raising awareness of gender based discrimination in .

SPAIN: Guinness World Records: Dragon Boat Pinatar for the greatest distance by a dragon boat crew in 24 hours and for the greatest distance by dragon boat in 24 hours with crews in a relay.

Special EDBF Award to EDBF Supporters.

Peisheng Boats, Hornet Paddles, El Corte Inglés, Tegysport Starting System, Hotel Barcelò and the Spanish Dragon Boat Association (EDBA). All were especially thanked for their sponsorship of the event.



18th EDBF EUROPEAN CLUB CREW CHAMPIONSHIPS' **25th to 28th July 2019**

La Cartuja Water Sports Cente, Seville, Spain

The European Dragon Boat Federation Council in conjunction with the Spanish Dragon Boat Association warmly invite all **Club Crews** from **European countries** to participate in the **18th EDBF European Club Crew Championships' (ECCC)** in Seville, Spain.

This year there will be a new Competition Class, as the EDBF will be introducing the Adaptive Paddlers Class – the **Paradrasons**. Races will also be held for BCS crews.

Racing will be held from the 26th to 28th July 2019 and competing crews are advised to arrive in Seville no later than Thursday, 25th July 2019.

The Championships' are primarily for those European Club Crews that are members of the European Dragon Boat Federation. Crews from countries which do not have a Dragon Boat Federation are welcome, with the approval of the EDBF Executive Committee.

The ECCC will be conducted according to the IDBF Competition Regulations and IDBF Rules of Racing by appointed IDBF International Race Officials.

Location: The Championships' will be held in the historic city of Seville, in the south west corner of Spain, with racing taking place at the CEAR La Cartuja; a specialised centre on the River Guadalquivir, which has hosted many World and European Rowing and Canoeing championships. The venue is located 9Km from Seville Airport; and 206Km (2hrs 15mins) from Malaga Airport. The city centre is a 10 minute walk from the race venue.

The Regatta Course: The regatta course and technical facilities will be to IDBF standards for a European Club Crew Championships. The actual race course will consist of 6 race lanes, 13.5m wide and 4m deep over 200m and 500m. The course is located on a dead end section of the river, so there is no flow.

Boats and Equipment: A fleet of IDBF licensed boats will be provided by Peisheng Boat Company, China. Competing crews are advised to bring their own paddles, made to IDBF Paddle Specification 202a.



KEY

- 1.- Hangar. 2.- Gyms. 3.- Dressing Rooms. 4.- CEAR Offices. 5.- Indoor Multi Sports Court. 6.- Artificial Synthetic Grass Court
7.- Tennis Court. 8.- Main Building. 9.- Ergometer Room. 10.- Centre of Sports Medicine. 11.- Athlete's Residence.

For further information and details of Racing Classes, Entry conditions and Fees, Accommodation Bookings, food and logistical arrangements go to www.edbf.org or www.ecccsevilla2019.com or contact the **Seville 2019 Organising Committee:** Jorge Carracedo - info@ecccsevilla2019.com or **Julie Doyle, EDBF Sec Gen** - secretary@edbf.org



GREETINGS FROM TRINIDAD & TOBAGO! **2019 Pan Am Club Crew Championships**

22ND to 24TH MARCH 2019

Last March, in the euphoria of the splendid Pan Am Club Crew Championships hosted by the Puerto Rico Dragon Boat Dragon Boat Federation, I accepted the Pan Am flag, signifying that Trinidad & Tobago would host the Championships in 2019.

When I returned home and back to sanity, I began to wonder about the boldness of my action.

After all, we paddle in the open sea with its quirky challenges like tides, currents, waves and wind. So how could I have ever contemplated hosting an event like the PACCC in these conditions?

The answer is simple: Whilst we do not have flat water conditions, we would love to have you come to our beautiful Tobago and participate in a robust competition on a lively course. And we would love to show you who we are as a people and where we paddle. Call it the Trini Pan Am Experience if you will.

The competition will be officiated by a team of International Dragon Boat Federation Race Officials from our Pan American region. And we "Trinbagonians" know how to show our visitors a good time, so we are deadly serious about ensuring that you have a great dragon boat island experience!

More details will follow in subsequent bulletins but here is some preliminary information:

Competition Venue North Beach, Pigeon Point, Tobago. This is a wide inlet protected from ocean groundswells and big waves by a bordering reef. But it is prone to lively winds and surface conditions, so the course can be quite bumpy.

Competition Hotel Magdalena Grand, Plantations, Tobago. The hotel has already assigned us a reservation code. More information on this will be posted in a subsequent bulletin when bookings become available online. We will also post alternate Hotels and Villa accommodation.

Official Carrier Caribbean Airlines. Special rates will be available from Caribbean Airline North-American locations to Tobago.

We look forward to seeing you in March 2019.

Keith Dalip, President,
Trinidad & Tobago Dragon Boat Federation

PROVISIONAL PROGRAMME

Tuesday	19 th March 2019	Teams arrive . Registration . Practice on race site. Tours.
Wednesday	20 th March 2019	" " " "
Thursday	21 st March 2019	Captain's Briefing at Magdalena Grand. Opening Ceremony.
Friday	22 nd March 2019	Race Day 1 - 2000m races. Beach and Other Activities. Beach Barbecue at Pigeon Point. PADBF Council Meeting at <i>Magdalena Grand</i> .
Saturday	23 rd March 2019	Race Day 2. - 500m races.
Sunday	24 th March 2019	Race Day 3 - 200m races. Closing Ceremony Dinner and dress down party at Magdalena Grand
Monday	25 th March 2019	Teams depart or stay on for more island experiences

DUBLIN VIKINGS DO LONDON by Gerry Callaghan – courtesy of the IrDBA Newsletter



Boat Marshalling at the London Hong Kong DB Festival

The Dublin Vikings we arrived around lunchtime the day before the festival, to familiarize ourselves with the venue and for our practice.

Despite the festival not starting until the following day, there was an army of volunteers already assembling the various tents and gazebos.

It's very easy when you turn up for a festival on the day, and are focused on your own performance, to take for granted all the organisation work that goes on in the background.

Getting all the sponsors involved, organising publicity, getting the relevant people together and arranging for the boats, paddles etc to be available, is no easy task.

We woke up to a clear blue sky on the morning of the regatta. We were quickly directed to what can only be described as a competitor's village - a large tent containing anything up to 30 tables for all the teams to set up camp.

Water and sun-block were to be the sought after commodities of the day !

Close to the competitor's village, there was a food market where you could purchase Indian, Chinese, Indonesian, Thai and other Asian cuisine and there were stalls selling crepes and ice cream too.

Many people die at twenty five and aren't buried until they are seventy five" - a famous quote attributed to Benjamin Franklin, one of the founding fathers of the United States of America.

Participating in an international Hong Kong Dragon Boat Festival in London certainly rejuvenates those of us who can only look back on their youthful days with fondness.

Based in Ireland, where dragon boating is still in its infancy, it was a pleasure to come to London and participate with up to 50 other teams

The venue was crowded with excited people and benefitted from having a spectator area that spanned the whole length of the race course, which helps create a great atmosphere. All the gazebos were filled with the different sponsors and charities discussing their services to a captive audience.

When it came to racing, the set-up was impressive. There were no fewer than eight dragon boats available to race in, with each race comprised of four boats. Any of these four boats could be a charity, corporate or sport racing team. As one race finished, the next four boats were lining up at the start line for the next race. This four boat racing made races very competitive and the efficiency achieved by having one race ready to begin as a second finished helped to reduce the waiting time between races.

The Vikings came second in the sport racing category, but it must be said on a day like this, with so many people attending and participating, the real winners were the organisers.

To end with another Benjamin Franklin quote, "By failing to prepare, you are preparing to fail." Safe to say, that such was the level of preparation that went into this regatta, failure was never on the cards!



Peisheng!
Shanghai Peisheng Boat Co. Ltd



Tampa Training & Race Camp

21-27 April 2019

INCLUDES Rocky Point Dragon Boat Festival **Saturday, April 20th PLUS**
Tampa Bay International Dragon Boat Festival **Saturday, April 27th**

Join Pat Bradley and his international coaching staff for a week of training and fun. Camp athletes experience a 'pro-athlete' style training experience. The Pan Am Spring Training Camp is your ideal opportunity to get a head start on the 2019 racing season. For those who are facing upcoming time-trials and try-outs for National Teams,

2018 was quite the season of racing for most of you. Szeged was a fabulous experience and showed us all that we are on the right track to absolutely dominate the international scene come 2019. I'm extremely humbled and excited to be selected as the **USDBF Senior.C Programme Director**.

Those of you who are in that headspace will be hearing from Liz and I on a regular basis as we move in the direction of winning GOLD in Thailand next July. If you want to join our 2019 Thailand GOLD medal quest, please let us know right away. Preparation has already started.

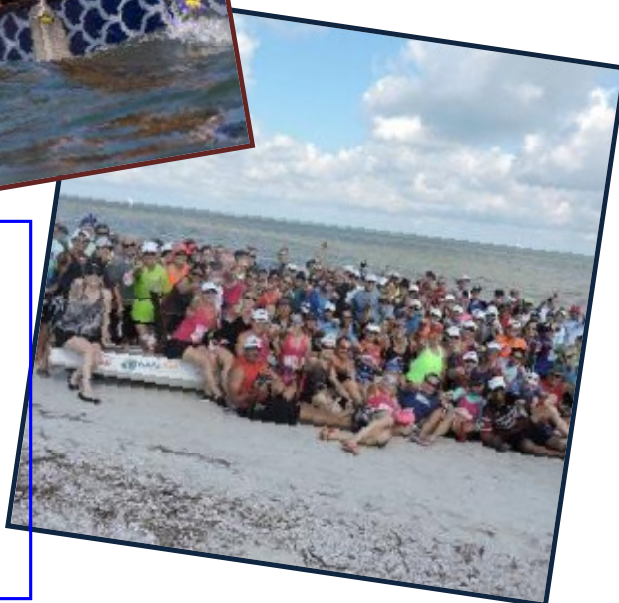
Equally exciting is the advanced interest we have received from several new and existing programs/clubs to attend the 2019 version of the Pan Am Spring Training Camp. Word is spreading... and there is no question that the "word" is that the Pan Am Camp is the go-to week for the most exhilarating and rewarding camp experience on the continent.

Of course, there are always ways to take things up a notch and you can count on myself and our fabulous team of coaches to bring their most recent international experiences to the table come April.

One aspect that we are particularly proud of is how dramatically novice paddlers improve during the camp. There is simply no substitution for the benefits and achievements that are evident while training alongside so many enthusiastic, experienced paddlers. Any intimidation you may feel as a novice paddler will disappear 5 minutes into your first on-water session. We are a family.

We also continue to support and cater to **BCS** athletes who wish to enjoy a camp experience either by integrating into our general paddler population or who prefer to train as a unique group. If you get the sense we are all things to all paddlers... well, you're getting the picture. The Pan Am camp has the ability to satisfy all levels without sacrifice. This is what makes us special.

Pat Bradley, Head Coach Team USA, Pan Am Dragon



Programme Highlights

Technical paddling instruction including one-on-one personalized instruction: **Video reviews** to identify, target and produce key technical outcomes: **Competitive, on-water, group workouts: Data paddle assessments:** **Classroom presentations** from Coaches & guest speakers: **Mentoring program** for aspiring national level coaches: **Ergometer** classes dockside: **Massage Therapist** on site
All amenities including pool, docks and equipment on site.

FREE airport shuttles - Condo, resort style accommodations with full kitchens: Full HOT PROTEIN breakfasts. Daily Happy Hour with snacks

MEN ON THE DRAGON *film review* - South China Morning Post

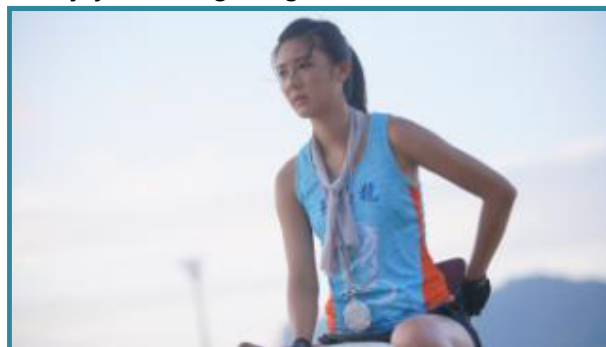
A Dragon Boat Racing Tale - a bittersweet comedy about mid-life crisis.

Billed as an underdog sports comedy-drama, it's really the problems of its protagonists that is the backbone of this tale.

It may not look like it, but *Men on the Dragon* is one of the more enjoyable Hong Kong films of recent times.



Director & Writer: Sunny Chan. 2 August 2018 World Premier.



Cantonese with English subtitles. 97 minutes

Stars: Francis Ng, Chan-Leung Poon, Kenny Wong.

A group of four telecommunications employees at Pegasus Broadband, headlined by Francis Ng in his most charming role in recent memory, begrudgingly join the company dragon boat team hoping such a pledge of loyalty will help them survive staff lay-offs. To their surprise, the camaraderie of their equally miserable co-workers gets their Mojo working again up to a point keep them immune from encroaching layoffs.

Under the tutelage of the pretty young no-nonsense coach, Dorothy (Jennifer Yu) they learn not just how to really race, but also to confront nagging families and infidelity to unrequited love and elusive Andy Lau concert tickets, myriad demons are exorcised as our bungling protagonists overcome the odds and take charge in this life-affirming comedy-drama.

Mid-life crises are the real focus of this underdog sports comedy-drama, The lovable losers are Lung (Francis Ng Chun-yu), who is stuck in a pathetic open relationship with a neighbour (Nancy Wu Ting-yan); the timid Suk-Yee (Poon Chan-leung, *The Moment*), tortured by the conflicts between his Chinese immigrant wife and ageing mother; and the much younger William (Tony Wu Tsz-tung, *Weeds on Fire*), who has given up his sports dream for his girlfriend.

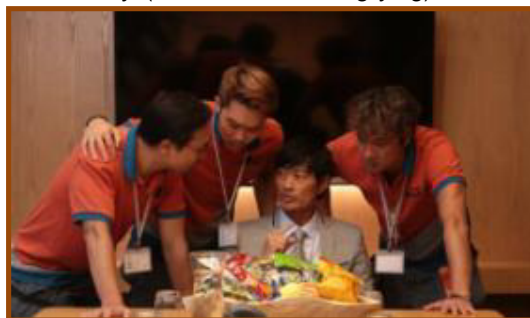


The trio are given a wake-up call when they sign up to train under the surprisingly no-nonsense coach Dorothy (Jennifer Yu Heung-ying). Once the departmental supervisor they've always despised, Tai (Kenny Wong Tak-bun), breaks down in front of them under pressure from his own crumbling marriage, the bonding among the motley crew of

dragon boat rookies really begins. If the upward trajectory of sports dramas seems restricting, Chan makes sure there are enough quirks in his characters' stories for the film to stay engaging throughout. Its Hong Kong-centric elements – like Lung's habit of looking to *A Better Tomorrow* for spiritual support – may also delight local audiences

This film was mainly funded by Hong Kong government, Hong Kong Film Development Council (HKFDC) with HK\$4,492,800 (about 4 million HKD), thus it is purely a local genre film project without Mainland China funding. *Men on the Dragon* (2018) has already earned more than 7 million HKD.

Men on the Dragon marks the directorial debut of relationship columnist and screenwriter Sunny Chan Wing-sun, who impresses with his nuanced storytelling after penning such Joe Ma romcoms as *Hidden Heroes* and *the Love Undercover* series. It is a life-affirming gem of a film that, while never hesitating to milk its protagonists' misfortunes for laughs, stays sympathetic till the end.



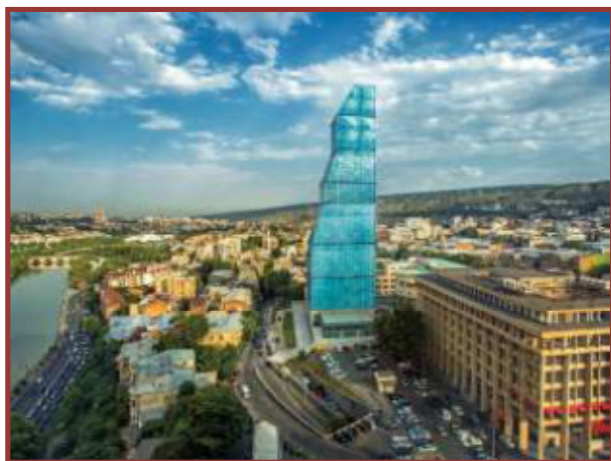


Tbilisi – Georgia, 3rd – 5th May 2019

200m Race Distance

Crews from Georgia, Qatar, Armenia, the Philippines and Iran attend the 1st Tbilisi Festival in 2018. See the link below

<https://yadi.sk/d/sJpgHK5j3Vgo5T>



Because of its location on the crossroads between Europe and Asia, and its proximity to the lucrative Silk Road, throughout history Tbilisi was a point of contention between various global powers.

The city's location to this day ensures its position as an important transit route for various energy and trade projects. Tbilisi's diverse history is reflected in its architecture, which is a mix of medieval, neoclassical, Beaux Arts, Art Nouveau, Stalinist and the Modern structures

Programme.

Friday 3rd May 2019 – Registration and training 10:00 to 17:00

Saturday 4th May 2019 – Race Day **10:00 to 16:00**

Closing Party 20:00 to 22:00

Sunday 5th May 2019 – City sighting and departure

Boat Type: IDBF Standard Boat 1222 from Champion China.

200m Racing Classes

Sport Racers

Premier Open (min of 14, max 16 Paddlers in the boat)

Premier Women (min of 12. max 14 Paddlers in the boat)

Premier Mixed (min of 14, max 16 Paddlers in the boat)

Senior Open (40+) (min of 12, max 14 Paddlers in the boat)

Senior Women (40+) (min of 12, max 14 Paddlers in the boat)

Festival Racers

Corporate Open (min of 14, max 16 Paddlers in the boat)

Entry Conditions. Teams can have 2 Reserve Paddlers.

Teams are asked to bring their own paddles.

Paddlers should all wear the same Team Racing Shirt (Vest) in the boat.

When racing, the first and last seats in a boat should not be used.

Mixed Races - at least 6 paddlers from each gender in the boat. **Senior Races.** All Paddlers are to be age 40 or older.

There is no age or gender restriction for Drummers and Steerers (Helms).



Sport Racers. Euro 30, per person. Festival Racers. Euro 50, per person.

Entry fees: Price includes medals, trophy and certificates

FURTHER INFORMATION FROM:-

Email: Georgia.dragons.club@gmail.com. WhatsApp: + 98 912 808 3585



'DRUM BEAT'

Where You Have Your Say About Your Dragon Boat Sport

"PUT THE PADDLERS FIRST"

By Mike MacKeddie-Haslam, IDBF Founder & Hon President.



It would seem that the Asian Canoe Confederation (ACC) is aiming to be the governing body for our Sport in Asia, instead of the ADBF.

Whilst the ICF itself is making 'let's talk' noises to the IDBF, it continues to try to expand its influence in our Sport, through its Continental and National Federations.

At the recent Asian Games the ACC persuaded the Olympic Council of Asia (OCA) to run the event not under ICF Rules and not the IDBF Rules used previously – see the next article below...

Another example of the ACC 'take over' from the ADBF is the appearance of the Joint Korean Team at the Asia Games. In an Asia Games press release it was stated

"Korean Canoe Federation has been looking at the possibility of joining crews from both Korea in the traditional boat race, also known as dragon boat. A joint proposal was raised privately at last month's International Canoe Federation board meeting in Tokyo, and the bid has the full support of the sport's governing body". ("ICF, our Sport's governing body" !!)

The ACC also ran an Asian Dragon Boat Champs in China, this year, supported by the Chinese Canoe Fed without, it would seem any objections from the CDBA.

This 'backdoor politics' also raised its head in Europe when the European Canoe Association (ECA) met with the EDBF to discuss the possibility of a joint European Club Crew Championships, despite the fact that the ECA have yet to run a successful Dragon Boat event itself.

The EDBF Members were opposed to the idea and the ECA and EDBF withdrew from any further discussions, saying that 'joint championships' were a 'world level' issue that should be decided by the IDBF and ICF.

So what is all this posturing really all about. Well ACC President, Masanori Narita, recently announced to the Philippines media that Dragon Boating would be in the 2022 Asian Games in China; the 2026 Asiad in Japan and **would be included in the 2020 Tokyo Summer Olympics, as a demonstration sport under Canoe Kayak.** He said that Dragon Boating would be in small 6 paddler boats, staged before the start of every canoe kayak competition day.

Through an interpreter Narita said. *"We are already included it in the Asian Games. Now, we will have it as a demo sport in Tokyo. The organizers of the Olympics cannot increase the number of sports from what we have now."*

Is this some kind a 'fake news' PR exercise, as DSN understands that the Japan Olympic Committee (JOC) has no plans and has not received any request from Mr Narita (ACC/JCF President) yet, to run a demonstration race at the time of Tokyo Olympic 2020. Further the Japan Canoe Fed said that they don't have concrete plans to run a demonstration race at the Tokyo Olympics either but did say *"It would be nice if we could run a demo race at the opening of the Games"*.

So maybe, just maybe, this is a clever politician, using the media, to turn fake news into real news !!

As alluded to by Narita, the reality of the Olympics is that participant numbers at a Summer Olympic Games is capped at around 10,000 but demo sports are additional.

For the IOC to agree to bring Dragon Boat Racing fully into the Games, under the ICF, would mean that the ICF would have to take out either Slalom or Flat Water Racing or indeed both, to accommodate Dragon Boating. It is highly unlikely that the ICF Council would propose such a thing to the mainly Flat Water ICF Members

On the other hand to bring our Sport into the Games under the IDBF and from previous talks with the IOC, this would likely be a few hundred paddlers, in mixed crew, Small Boat Races, would mean all other Olympic Sports having to reduce their numbers to accommodate the IDBF Dragons but the ICF would still have enough slots to keep both Flat Water and Slalom in the Games.

Surely this is the best solution. It is better to have 3 paddle sports in a future Olympic Games, than just one or two, so why does the ICF persist in claiming that Dragon Boat Sport comes under their governance,

The answer is IOC and NOC money, without which the ICF and its Members would be hard pushed to survive. In short, the ICF does not want to share the 'Olympic Pie, with any other Paddle Sports Federation.

Which brings us back to the situation in Asia and an Open Letter to the ACC -

'For the good of all Dragon Boaters, stop playing personal and power politics with our great Sport. Work with the ADBF to make sure that the best crews that Asia can produce, compete in the Asian Games and come to IDBF World Championships', where they can show their mettle in the Premier League of Dragon Boating. Next up -Thailand 2019.

2018 ASIAN GAMES DRAGON BOAT RACES (TRADITIONAL BOAT RACES)



HISTORY IN ASIAN GAMES - UNIFIED KOREA WINS DRAGON BOAT GOLD.

History was made in Dragon Boat Sport in Indonesia, with the unified Korean Women's Team winning their first Gold Medal of the 2018 Asian Games, in the Small Boat 500m competition.

The Team, comprising eight athletes from North Korea and four from South Korea, had already made history by winning bronze in the Women's 200 metre race in Jakarta, Palembang, in August 2018.

They then followed up with an incredible Gold Medal in the Women's 500 metres, in a time of 2.24.788, finishing just ahead of China – 2.25.092 and Thailand in third, in 2.26.904.

China has long been one of the powerhouses of Dragon Boat Racing, their win in Women's 200 metres, being their fourth.

The above report was actually featured on the ICF Web site, which raises the question "how is it that the Asian Games Races were run under the Asian Canoe Confederation (ACC) and not the Asian Dragon Boat Federation (ADBF) who are the Federation recognised by the Olympic Council of Asia (OCA) FOR Dragon Boating".

OCA rules clearly state that Asian Games Dragon Boat Races come under the ADBF and are to be run under IDBF Rules & Regulations, as indeed Dragon Boating was at the 2014 Asian Games, held in Guangzhou. So what changed this time around and why? Well the ACC have been trying for some-time now to claim Dragon Boating from the ADBF on the grounds that as the ICF is an IOC Olympic Federation, that all IOC linked Games, like the Asian Games, should come under the ACC and not the ADBF.

The OCA Statutes of course say differently but as the 2018 Asian Games were being held in Indonesia where Rowing, Dragon Boating and Canoeing come under one Federation, a meeting was held between

"While others prepared for years, we just had 20 days. This is a result that showed the bravery and wisdom of Korean people by combining our hearts and goals." Team Drummer, To Myong-suk, was quoted as telling Korean news agencies

The unified men's team finished fourth in their 500 metre semi-final and did not make the final.

In the Men's 200 metres, China took the Gold, hosts Indonesia the silver, with the joint Koreans taking the bronze. **The overall success of China left Indonesia with four consecutive silver medals.**

Chinese Taipei won the men's 500 metres Gold Medal, in 2.11.691 with China second in 2.14.297, Indonesia third and in 2.15.727.

the ADBF, ACC and the Indonesian Federation and a signed agreement issued stating that the Games Races would be conducted under IDBF Rules & Regulations and that where there was both a Dragon Boat Federation and a Canoe Federation, in the same Country, the decision on which federation would select the DB Team for the Games would be decided by that Country's Olympic Committee.

Almost immediately after signing this agreement, the ACC went to the OCA with their argument that as the ICF was an IOC Federation the Games Races should come under ICF Rules. Without any further consultation, the OCA issued the notice shown below and the rest, as they say, is ACC not ADBF history!

The Canoe/Kayak Sprint & Traditional Boat competitions of the 18th Asian Games shall be held respectively in accordance with the International Canoe Federation (ICF) Canoe Sprint Competition Rules and relevant Rules and Regulations of the International Canoe Federation (ICF) Dragon Boat Competition Rules (the requirement of licenses for boats and paddles is not applicable and specifications of both ICF & IDBF are acceptable) in force during the Games time. Any unforeseen cases not covered by the regulations and rules shall be resolved as follows:- General issues: Resolved in accordance with the OCA Constitution and Rules Technical issues: Resolved in accordance with the ICF Rules and Regulations.



3rd DBF WORLD CUP (for National Mixed Teams) 20th to 22nd October 2018, Chongqing, China



The top ranked Countries and Territories from the 2017 World Nations Championships, held in Kunming, China were invited to compete in the 3rd World Cup, a tailor made competition for combined Teams of Men and Women, racing together..

The Chinese Leisure Sports Admin Centre, CCTV-5, the Chinese Longzhou Association (CDBA), the People's Government of Chongqing Hechuan City, the Administration of Sport of Chongqing and CCTV Sports & Entertainment Co Ltd, provided the support, facilities and organisation needed for a superb 3rd IDBF World Cup, held in Chongqing, from 20-22 October 2018,

12 IDBF Members were invited to compete in the World Cup from Australia, Canada, China, Chinese Taipei, Czech Republic, Great Britain, Hong Kong, Iran, Russia, Switzerland, Thailand and the Ukraine.

CCTV 5, China's National Sports Channel covered the World Cup in depth to an audience of many millions. In China and world-wide. China retained the World Cup, with Canada second and Thailand, third.



*Above Team Ukraine with IDBF Sec Gen, President, Treas, Founder
Below, Iran & Ukraine, Women's Crews*



100m MIXED CREW STANDARD BOAT

1.		China.	0:21.552	gf
2.		Thailand	0:22.119	gf
3.		Canada	0:22.878	gf
4.		Russia	0:22.972	gf
5.		Iran	0:23.821	mf
6.		Australia	0:23.863	mf
7.		Chinese Taipei	0:24.054	mf
8.		Switzerland	0:24.242	mf

200m MIXED CREW STANDARD BOAT

1.		China.	0:40.288	gf
2.		Thailand	0:40.925	gf
3.		Canada	0:41.144	gf
4.		Russia	0:41.543	gf
5.		Iran	0:44.015	mf
6.		Australia	0:44.260	mf
7.		Switzerland	0:44.394	mf
8.		Chinese Taipei	0:44.793	mf

400m SMALL BOAT TEAMS RELAY

1.		China	1:35.280	gf
2.		Canada	1:37.232	gf
3.		Thailand	1:39.289	mf
4.		Russia	1:41.168	mf

500m MIXED CREW STANDARD BOAT

1.		China.	1:43.744	gf
2.		Thailand	1:44.674	gf
3.		Canada	1:45.058	gf
4.		Russia	1:45.096	gf
5.		Iran	1:48.698	mf
6.		Ukraine	1:49.190	mf
7.		Chinese Taipei	1:50.806	mf
8.		Australia	1:53.482	mf

1000m SMALL BOAT TEAMS PURSUIT

1.		Canada	4:28.220	gf
2.		China	4:34.966	gf
3.		Russia	4:37.903	mf
4.		Thailand	4:40.220	mf

For the full list of results from heats through to finals go to - <https://idbfchamps.org/results.php>



SPORTS SCIENCE CORNER

by Dr. Leila Ataei

Dr. Leila Ataei is a lecturer and researcher in Sports Medicine & Physiology, specialising in Exercise, Diet and Nutrition.

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Breast Cancer Awareness - Breast Cancer Nutrition and Fitness Tips

Breast cancer is the most common and worldwide cancer in women and cases have been rising steadily in recent years due to increased life expectancy in both the developed and developing countries. Each year the stats show that there are about 1.38 million cases and 458,000 deaths from breast cancer annually (IARC Globocan, 2008). October is Breast Cancer Awareness Month which is marked across the world, to increase attention and support for the awareness and early detection of, treatment for and palliative care of, Breast Cancer sufferers.

In this DSN we look at what our Pink Paddlers have to deal with in combating this cancer and summarize tips and suggestions on the recommended examination, diet and exercise that help to prevent or speed up treatment.

BREAST CANCER SCREENING. In many, if not most Countries, yearly mammograms are given routinely women who appear to be healthy and are not suspected of having breast cancer. (Men can get Breast Cancer too but it is rare – see separate article from the IBCPC). The purpose of the mammogram is to find breast cancer early, before any symptoms can develop and the cancer can usually be easier to treat.

SELF-EXAMINATION. Regularly self-examining of the breasts is an important way to find a breast cancer early and when it's more likely to be treated successfully. Not every cancer can be found this way, but it is a critical step to take on a monthly basis, as this makes it easier to tell if something has changed from your normal breast size and shape.

It is important to record the findings of self-examinations, with notes about where there are lumps or irregularities. Especially in the beginning, this may help you remember from month to month, what is "normal". It is not unusual for lumps to appear at certain times of the month, but then disappear. Most women have some lumps or lumpy areas in their breasts all the time, and most breast lumps turn out to be benign which is not cancerous. So "don't panic" but do tell your doctor if anything has changed or if something stands out as different from the rest of the area like a pebble in a desert and it stays for several weeks !

PREVENT BREAST CANCER WITH DIET. Generally, eating the right food is an important way that might lower the risk of breast cancer. The American Cancer Society recommends eating mostly vegetables, fruits, and whole grains, and less red meat, such as, beef, pork, and lamb and less processed meat, for example sausages, luncheon meats and hot dogs, as well as eating fewer sweets.

A healthy diet may decrease the chance of a breast cancer relapse and can also help to reduce the risk of heart disease, diabetes, stroke, and certain other types of cancers. However, there are no food or dietary supplements that act as a "magic bullet" in preventing breast cancer or from it returning.

Here are few tips about foods to eat or avoid.

FOOD TO AVOID - High-fat meats and dairy products. These foods are high in unhealthy saturated fats. Limit fatty red meat (burgers, for example) whole milk, butter, and cream. Trans fats, most commonly found in processed food such as fried foods, donuts and packaged biscuits or pastries, are now also associated with an increased risk of breast cancer and should be avoided. Some studies, however, suggest that not all fats are bad, such as fat from fruits and vegetables, which are associated with a decrease in risk.



Undercooked foods. If you are undergoing treatment for Cancer, you should be aware that some treatments can make your white blood cell count drop. Without enough of these immune-fighting cells, your body is left more vulnerable to infection. Avoid raw foods like sushi and oysters and cook all meats, fish, and poultry to a safe temperature before eating

Alcohol. Drinking alcohol is also a risk factor for the development of breast cancer and if you are taking cancer drugs then beer, wine, and liquor could interact with the drugs. Studies have identified that alcohol may increase estrogen levels and cause damage to DNA cells. These studies also found that women who drink three alcoholic beverages per week increase their risk of developing breast cancer by 15 percent. The risk goes up by around 10 percent with each additional drink, per day

Sweets, cake, soft drinks, and other sugary treats taken in excess are a major contributor to weight gain because they leave less room in your diet for healthy foods. Researchers at the University of Texas MD Anderson Cancer Center found that when mice eat a diet as rich in sugar as the typical American diet, they are more likely to develop mammary gland tumors, similar to breast cancer in humans. In addition, these tumors are more likely to spread, or metastasize.

Red Meat. Some studies have found a link between red meat as a greater risk of breast cancer, especially if the meat is "well done." In addition, processed meats and cold cuts tend to be high in fat, salt, and preservatives and are not considered effective food for breast cancer prevention.

FOODS TO EAT - Fruits, Vegetables and Whole Grains

Fruits, vegetables and whole grains are known to contain phytochemicals with antioxidant, antiestrogen and chemopreventive properties that may prevent cancer. The accepted recommendation is daily servings of five or more vegetables and fruit. Cruciferous vegetables, that is, broccoli, cauliflower, kale, cabbage and brussel sprouts are especially rich in phytochemicals. Studies have found the following fruits and vegetables are good in helping to prevent breast cancer:

- dark, green, leafy vegetables, peppers, tomatoes, eggplant.
- citrus fruit, carrots, broccoli, kale, onions.
- Apples, pears, peaches, strawberries

Dietary Fibre. Although research into dietary fibre and its effect on breast cancer is currently inconclusive, some studies have suggested that it can help to protect against the disease.

Because fibre supports the digestive system and regular elimination of waste, it helps the body to get rid of toxins and limits the damage they can do.

Whole grains are unprocessed foods that are high in complex carbohydrates, fibre, vitamins, minerals and phytochemicals.

High fibre intake may have a positive benefit by altering hormonal actions of breast cancer and other hormonal-dependent cancers. Whole grains and legumes also contain antioxidants, which can help to prevent many diseases.

Eating more fibre-rich legumes, such as lentils, has also been associated with a reduced risk of breast cancer. The Ida & Joseph Friend Cancer Centre recommend 30 to 45 grams of fibre per day.

Soy. Soy contains compounds called isoflavones. Isoflavones can act like estrogen in the body and may help protect against hormone-dependent cancers. There is growing evidence that eating traditional soy foods such as tofu may lower the risk of cancers of the breast, prostate, or endometrium (lining of the uterus), and there is some evidence it may lower the risk of certain other cancers.

This might be because the isoflavones can actually block the more potent natural estrogens in the blood. However, for women who have had a breast cancer diagnosis, evidence regarding the effects of taking soy or isoflavone supplements is not so clear.

Good Fat. Fat might seem an unlikely candidate for a list of good foods but polyunsaturated and monounsaturated fats have been called the "good fats." They are found in olive oil, avocados, seeds, and nuts. Additionally, omega-3 fatty acids, found in salmon and herring, have been linked to a reduced risk of breast cancer. Many experts recommend a diet in which around 20 to 30 percent of daily calories are from fat, with no more than 8 percent of total calories from saturated fat.

In summary, the following foods are considered to be part of a healthful diet and they may help to prevent the development or progression of breast cancer:

- a wide variety of colorful fruits and vegetables
- foods rich in fiber, such as whole grains, beans, and legumes
- low-fat milk and dairy products
- soybean-based products
- foods rich in vitamin D
- foods, particularly spices, with anti-inflammatory properties

EXERCISE. Exercise may also improve breast cancer survival. Early research shows that women who participate in moderate physical activity such as walking 3–5 hours per week improve their survival rate. Regular physical activity can also help prevent weight gain and achieve a healthy body weight if you are overweight or have gained weight after a diagnosis of breast cancer.

Exercise also can improve common side effects of cancer treatment such as fatigue and aid in the prevention and management of lymphedema (arm swelling). Over the long term, exercise can also help prevent osteoporosis by minimizing bone loss associated with some treatments.

However, you must make sure to exercise safely. If you've had breast cancer surgery, then for a while you may be at risk for lymphedema: swelling of the soft tissues of the arm, hand, trunk, or breast that may be accompanied by numbness and sometimes infection.

Possible risky exercises for breast cancer survivors, within a few months of their surgery include:

Swimming using strokes with arm movements.

Tip; Swimming laps with the arms resting on a kickboard or other floating device may be better for some women.

Using resistance bands. When pulling on a resistance band, you don't know how much resistance is being generated; it may be too strenuous for your arm.

- **Body weight exercises** such as pull-ups and push-ups. the movements may put too much stress on the shoulders and arms.
- **Some yoga poses** such as downward dog and inversions, may put too much weight on the arms.
- **Elliptical/cross-training** machines, tennis, and cross-country skiing.

If you're starting a new exercise programme or returning to training, after breast cancer surgery, you may want to avoid working the arm on the side where you had surgery, by doing additional exercises.

For example, if you start an exercise programme designed specifically for breast cancer survivors, you may want to wait a month or two, before using a cross-training machine, play tennis, or do anything else that works your arms at the same time, until your arm is stronger.

After you've been doing the exercise programme for a month or so, you may be able to gradually introduce/return to other exercises that use the arms.

LAST BUT NOT LEAST TIPS

- **Avoid becoming overweight.** Obesity raises the risk of breast cancer after menopause, the time of life when breast cancer most often occurs. Avoid gaining weight and try to maintain a body-mass index under 25
- **Avoid hormone replacement therapy.** Menopausal hormone therapy increases risk for breast cancer. If you must take hormones to manage menopausal symptoms, avoid those that contain progesterone and limit their use to less than three years. "Bioidentical hormones" and hormonal creams and gels are no safer than prescription hormones and should also be avoided.
- **Consider taking an estrogen-blocking drug.** Women with a family history of breast cancer or who are over age 60 should talk to their doctor about the pros and cons of estrogen-blocking drugs such as tamoxifen and raloxifene.
- **Don't smoke.** Research suggests that long-term smoking is associated with increased risk of breast cancer in some women.
- **Breast-feed your babies for as long as possible.** Women who breast-feed their babies for at least a year in total have a reduced risk of developing breast cancer in later life.

The International Breast Cancer Paddlers' Commission (IBCP) is an Associate Member Commission of the



International Dragon Boat Federation (IDBF) and has 166 breast cancer survivor (BCS) dragon boat teams on five continents.

Its mandate is to encourage the establishment of breast cancer dragon boat teams, within the framework of participation and inclusiveness. It supports the development of recreational dragon boat paddling as a contribution to a healthy life style for those diagnosed with breast cancer.

See also the section in this DSN on IBCPC activities and in particular the article on Mark O'Connor, a male breast cancer survivor from Ireland, one of three BCS's who took part in the IBCPC's, 2018 BCS Participatory Festival held in Florence, Italy.



This past July saw the 11th IDBF Club Crew World Championships take place in Szeged, Hungary – The biggest World Championships EVER held.

The short distance races (200 & 500m) were held at the Maty-ér National Olympic Water Sports Centre, on the outskirts of the town, with the 2000m races being held on the River Tisza, in the centre of Szeged.

To put the Sport in front of the public, the 2000m were staged on Sunday the final day of the Championships.

The Event was almost 60% the size of a summer Olympic Games. **The figures are quite staggering !**

6000+ Athletes in over 400 Crews from 30 IDBF Member nations & territories competed. 62 IDBF Race Officials worked tirelessly over 6 competition days with a total of 60 hours of racing. **451 Races in total, with 119 Finals** (in the Standard & Small Boat Races) and a total of **6732 Medals won.**

65 Clubs won medals, with Pickering DBC, Canada coming out as the Top Club with 10 Gold, 5 Silver and 2 Bronze Medals, in the Standard Boat Classes

H2o Playground Montreal, topped the Small Boat Table with 5 Gold, 2 Silver and 1 Bronze m.

In fact the top six Clubs in the overall Medals Table were all from Canada, showing the strength and depth of Canadian Dragon Boating, in winning a total of 41 Gold Medals between them.

With 7 and 8 lanes being used in many races and an entry of 42 Crews in the Premier 200m, Standard Boat competition, 39 in the 500m and 38 in the 2000m and with large entries in both the Senior A and B Racing Classes, as well as Championships for Senior C, Juniors, U24s, University crews and both Breast Cancer and All Cancer Survivors, including Adaptive Paddlers this was indeed a World Championships worthy of the name.

A very well done to Peter Jarosi and his team from the Hungarian Dragon Boat Federation for pulling it all together, along with the International Dragon Boat Federation and its team of Officials.

PREMIER STANDARD BOAT - 200m FINALS

Premier OPEN – 200m Standard Boat Finals (25 crews entered)

1. 🇨🇦 NDRC Toronto 0.43.811 gf
2. 🇨🇦 22 Dragons Montreal 0.45.777 gf
3. 🇨🇦 Outer Harbour Toronto 0.46.155 gf
4. 🇩🇪 Wannsea Drgs Berlin 0.46.766 gf
5. 🇨🇦 H2o Playground 0.46.855 gf
6. 🇨🇦 Macau China DBA Club 0.47.666 gf
7. 🇩🇪 Dragonteam Nymburk 0.47.738 gf
8. 🇩🇪 Thunder Dragons 0.47.565 mf
9. 🇩🇪 Beast Boat Magdeburg 0.47.682 mf
10. 🇺🇸 Northwind San Fran 0.47.732 mf
11. 🇺🇦 Otaman Lviv 0.48.265 mf
12. 🇺🇦 DC Burevisnyk Kyiv 0.48.487 mf
13. 🇺🇸 Los Angeles Racing Ds 0.48.543 mf
14. 🇭🇺 Körös Dragon Szarvas 0.50.510 mf

Premier WOMEN – 200m Standard Boat Finals (16 crews entered)

1. 🇨🇦 22 Dragons Montreal 0.49.891 gf
2. 🇨🇦 Outer Harbour Toronto 0.49.919 gf
3. 🇨🇦 NDRC Toronto 0.50.730 gf
4. 🇨🇦 3R Dragon Trois Rivieres 0.50.975 gf
5. 🇨🇦 Hamilton City Water Sports 0.51.803 gf
6. 🇨🇦 Bytown DBC Ottawa 0.51.875 gf
7. 🇩🇪 Wannsea Dragons Berlin 0.52.797 gf
8. 🇨🇦 Macau China DBA Club 0.53.008 gf
9. 🇨🇦 Different Strokes Sydney 0.53.954 mf
10. 🇩🇪 Dragonteam Nymburk 0.54.643 mf
11. 🇺🇸 Wasabi PC Portland 0.55.026 mf
12. 🇭🇺 Körös Dragon Szarvas 0.55.565 mf
13. 🇭🇺 Aqua Sport Promotion Göd 0.57.287 mf

Premier MIXED – 200m Standard Boat Finals (42 crews entered)

1. 🇨🇦 Outer Harbour Toronto 0.47.662 gf
2. 🇨🇦 22 Dragons Montreal 0.48.485 gf
3. 🇨🇦 NDRC Toronto 0.48.548 gf
4. 🇨🇦 Macau China DBA. Club 0.48.571 gf
5. 🇩🇪 Neckardringen 0.48.630 gf
6. 🇨🇦 Dragon Zone Vancouver 0.48.803 gf
7. 🇭🇺 Rába DB Győr 0.49.353 gf
8. 🇨🇦 FCRCC Vancouver, BC 0.49.812 gf
9. 🇩🇪 Wannsea Dragons 0.49.553 mf
10. 🇩🇪 WSAP Sportsteam 0.49.716 mf
11. 🇺🇸 Northwind San Fran 0.49.984 mf
12. 🇺🇦 DC Burevisnyk Kyiv 0.50.094 mf
13. 🇭🇺 Dunai Sárkányok Vác 0.50.389 mf
14. 🇩🇪 Dragonteam Nymburk 0.50.775 mf
15. 🇺🇦 DBC KIEV Kyiv 0.51.339 mf
16. 🇸🇬 Singapore Paddle Club 0.52.362 mf

PREMIER STANDARD BOAT – 500m FINALS.**Premier OPEN – 500m Standard Boat Finals**
(24 crews entered)

1.	Thunder Dragons	1:57.031 gf
2.	NDRC Toronto	1:57.647 gf
3.	Outer Harbour DBC	1:57.920 gf
4.	22Dragons Montreal	1:58.403 gf
5.	Wannsea Drgs Berlin	2:00.336 gf
6.	Macau China DBA.	2:03.047 gf
7.	Northwind San Fran	1:57.519 mf
8.	DC Burevisnyk Kyiv	2:01.119 mf
9.	Dragonteam Nymburk	2:01.769 mf
10.	Black Pearl Budapest	2:02.202 mf
11.	Beast Boat Magdeburg	2:02.647 mf
12.	H2o Playground Mont	2:02.997 mf
13.	Los Angeles Racing Ds	2:04.580 mf

Premier WOMEN – 500m Standard Boat Finals
(16 crews entered)

1.	22 Dragons Montreal	2:06.823 gf
2.	Outer Harbour DBC Tor	2:06.945 gf
3.	NDRC Toronto	2:07.623 gf
4.	3R Dragon Trois Rivières	2:07.651 gf
5.	Wannsea Dragons Berlin	2:08.290 gf
6.	Bytown DBC Ottawa	2:08.306 gf
7.	Hamilton Water Sports	2:12.795 gf
8.	Typhoons DBC HKG	2:14.035 mf
9.	Singapore Paddle Club	2:14.674 mf
10.	Wasabi PC Portland	2:14.797 mf
11.	Macau China DBA. Club	2:15.302 mf
12.	Schuylkill Ds Philadelphia	2:15.613 mf
13.	Different Strokes Sydney	2:16.513 mf
14.	Körös Dragon Szarvas	2:18.730 mf

Premier MIXED – 500m Standard Boat Finals
(39 crews entered)

1.	Outer Harbour DBC	2:00.465 Gf
2.	NDRC Toronto	2:00.998 Gf
3.	22 Dragons Montreal	2:01.610 Gf
4.	FCRCC Vancouver, BC	2:01.621 gf
5.	Dragon Zone	2:02.087 gf
6.	Neckardrachén	2:02.926 gf
7.	Wannsea Drgs Berlin	2:03.287 gf
8.	Moscow Dragons	2:04.810 gf
9.	WSAP team Hamburg	2:06.801 mf
10.	Rába DBC Győr	2:07.001 mf
11.	Dc Burevisnyk Kyiv	2:07.095 mf
12.	Macau China DBA Club	2:07.701 mf
13.	Northwind San Fran	2:07.862 mf
14.	Yarra River Ds Melb	2:07.890 mf
15.	DBC Eglisau	2:08.734 mf
16.	RK Dragons Jablonec	2:09.167 mf

PREMIER SMALL BOAT - 200m and 500m FINALS.**Premier OPEN – 200m Small Boat Finals**
(26 crews entered)

1.	CaNoe Taipei	0:48.893 gf
2.	OTAMAN Lviv	0:49.076 gf
3.	Zakhidny Viter	0:50.165 gf
4.	Dragon Zone	0:51.671 gf
5.	WSAP Hamburg	0:51.821 gf
6.	Rába DBC Győr	0:52.526 gf
7.	Mond Steti	0:55.076 gf
8.	Neckardrachén	0:51.466 mf
9.	Moscow Dragons	0:52.371 mf
10.	Dunai Sárkányok	0:52.993 mf
11.	Prutrz dracen Sedlcany	0:53.371 mf
12.	UofT Eng Iron Dragons	0:53.605 mf
13.	DBC Eglisau	0:53.677 mf
14.	Stormy Dragons HKG	0:55.627 mf

Premier WOMEN – 200m Small Boat Finals
(27 crews entered)

1.	H2o Playground Montreal	0:55.729 gf
2.	Mala Flotyliya Kyiv	0:56.690 gf
3.	Singapore Paddle Club	0:56.984 gf
4.	Yarra River Dragons Mel	0:57.440 gf
5.	Pickering DBC Ont	0:57.640 gf
6.	German Drgs Singapore	0:57.773 gf
7.	WSAP team Hamburg	0:58.695 gf
8.	Neckardrachén Heilbronn	0:58.378 mf
9.	Prutrz dracen Sedlcany	0:58.544 mf
10.	Steelcraft Dubai	0:58.783 mf
11.	Stormy Dragons HKG	0:58.917 mf
12.	Moscow Dragons	0:59.000 mf
13.	Dunai Sárkányok Vác	0:59.061 mf
14.	Manly DBC Brisbane	1:00.400 mf

Premier MIXED – 200m Small Boat Finals
(26 crews entered)

1.	Otaman Lviv	0:52.631 gf
2.	H2o Playground Mont	0:53.622 gf
3.	Singapore Paddle Club	0:53.709 gf
4.	Mala Flotyliya Kyiv	0:53.868 gf
5.	Beast Boat Magdeburg	0:54.681 gf
6.	German Ds Singapore	0:55.177 gf
7.	Prutrz Ds Sedlcany	0:55.872 gf
8.	DOSC Dubai	0:55.692 mf
9.	Greifensee Dragons	0:56.133 mf
10.	Dutch Ds Zoetermeer	0:56.142 mf
11.	Dunai Sárkányok Vác	0:56.379 mf
12.	Dragon Steel SE	0:56.638 mf
13.	Boston 1 DB Team	0:57.270 mf
14.	Dubai Flying Dragons	0:57.742 mf

Premier MIXED – 500m Small Boat Finals
(25 crews entered)

1.	Otaman Lviv	2:13.994 gf
2.	Singapore PC	2:14.933 gf
3.	Mala Flotyliya Kyiv	2:15.961 gf
4.	H2o Playground	2:16.894 gf
5.	Beast Boat Magdeburg	2:17.083 gf
6.	German Ds Singapore	2:19.400 gf
7.	Prutrz Ds Sedlcany	2:20.083 gf
8.	DOSC PC Dubai	2:22.362 mf
9.	Speedform Wolfsburg	2:22.401 mf
10.	Dutch Ds Zoetermeer	2:22.517 mf
11.	KTW Wroclaw	2:22.734 mf
12.	Greifensee Dragons	2:22.945 mf
13.	Dunai Sárkányok Vác	2:24.323 mf
14.	Typhoons DBC HKG	2:24.939 mf

Premier WOMEN – 500m Small Boat Finals
(26 crews entered)

1.	H2o Playground	2:19.521 gf
2.	Mala Flotyliya Kyiv	2:20.954 gf
3.	Yarra River Dragons	2:23.199 gf
4.	German Ds Singapore	2:23.876 gf
5.	Pickering DBC Ont	2:25.165 gf
6.	Neckardrachén	2:25.699 gf
7.	Manly DBC Brisbane	2:29.965 gf
8.	Steelcraft Dubai	2:26.237 mf
9.	DBC Eglisau	2:26.826 mf
10.	Prutrz Ds Sedlcany	2:28.431 mf
11.	Stormy Dragons HKG	2:28.442 mf
12.	Team DPW .LA	2:28.476 mf
13.	Moscow Dragons	2:31.303 mf
14.	WSAP team Hamburg	2:31.681 mf

Premier OPEN – 500m Small Boat Finals
(29 crews entered)

1.	CaNoe Taipei	2:04.668 gf
2.	Otaman Lviv	2:09.024 gf
3.	Zakhidny Viter	2:09.401 gf
4.	Rába DBC Győr	2:09.496 gf
5.	Neckardrachén	2:10.190 gf
6.	WSAP Hamburg	2:11.490 gf
7.	Dragon Zone Van	2:14.485 gf
8.	UofT Eng Iron Ds	2:16.760 mf
9.	Moscow Dragons	2:16.832 mf
10.	German Dragons	2:17.476 mf
11.	DBC Eglisau	2:17.810 mf
12.	Mond Steti	2:18.182 mf
13.	Prutrz Sedlcany	2:18.238 mf
14.	Singapore PC	2:19.054 mf

Senior C OPEN – 200m Standard Boat Rds

1.	Pickering DBC	2:36.832 r3
2.	FCRCC	2:37.135 r3
3.	Silverbacks	2:38.690 r3
4.	Gorging Dragons	2:39.853 r3

Senior C OPEN – 500m Standard Boat Rds

1.	Pickering DBC	6:24.113 r3
2.	FCRCC	6:27.807 r3
3.	Gorging Dragons	6:28.819 r3
4.	Silverbacks	6:33.897 r3

BCS Women 200m Standard Boat Rounds

1.	Rowubst Ontario	2:53.214 r3
2.	Dragonheart Vermont	2:57.386 r3
3.	Abreast of Life	2:58.826 r3

SENIOR A - STANDARD BOAT – 200m and 500m FINALS.**Senior A OPEN – 200m Standard Boat GF**
(19 crews entered)

1.	Dunai Sárkányok Vác	0.49.073 gf
2.	DBC KIEV Kyiv	0.49.418 gf
3.	Neckardrachten	0.49.463 gf
4.	Wannsea Dragons Berlin	0.49.659 gf
5.	Körös Dragon Szarvas	0.49.991 gf
6.	H2o Playground Montreal	0.50.059 gf
7.	Uckerdrachen Prenzlau	0.50.909 gf

Senior A WOMEN – 200m Standard Boat GF
(16 crews entered)

1.	Ottawa DBC	0.52.310 gf
2.	22 Dragons Montreal	0.52.942 gf
3.	H2O Playground Montreal	0.53.242 gf
4.	Outer Harbour DBC Toro	0.53.329 gf
5.	Bytown DBC Ottawa	0.54.142 gf
6.	Neckardrachten Heilbronn	0.54.347 gf
7.	Different Strokes Sydney	0.54.497 gf
8.	Bucks County, New Hope	0.55.542 gf

Senior A MIXED – 200m Standard Boat GF
(27 crews entered)

1.	Ottawa DBC	0.49.916 gf
2.	Dunai Sárkányok Vác	0.50.189 gf
3.	H2O Playground Mon	0.50.198 gf
4.	Mala Flotyliya Kyiv	0.50.311 gf
5.	Neckardrachten Heilbronn	0.50.725 gf
6.	22 Dragons Montreal	0.50.780 gf
7.	Different Strokes Sydney	0.51.257 gf

Senior A OPEN – 500m Standard Boat GF
(18 crews entered)

1.	Dunai Sárkányok Vác	1:59.941 gf
2.	Wannsea Ds Berlin	2:01.035 gf
3.	DBC KIEV Kyiv	2:01.646 gf
4.	Windy City Ds Chicago	2:02.502 gf
5.	Körös Dragon Szarvas	2:02.508 gf
6.	H2o Playground Mon	2:04.563 gf
7.	CSDC/Liquid Assets T	2:05.696 gf

Senior A WOMEN – 500m Standard Boat GF
(16 crews entered)

1.	Ottawa DBC	2:07.348 gf
2.	H2o Playground Montreal	2:08.487 gf
3.	22 Dragons Montreal	2:09.232 gf
4.	Bytown DBC Ottawa	2:09.332 gf
5.	Outer Harbour DBC Tor	2:09.682 gf
6.	Neckardrachten Heilbronn	2:11.787 gf
7.	Different Strokes Sydney	2:11.804 gf
8.	Dunai Sárkányok Vác	2:13.020 gf

Senior A MIXED – 500m Standard Boat GF
(27 crews entered)

1.	H2o Playground Mont	2:04.761 gf
2.	Hamilton Water Sports	2:05.045 gf
3.	CSDC/Liquid Assets Tor	2:05.100 gf
4.	Mala Flotyliya Kyiv	2:05.695 gf
5.	Dunai Sárkányok Vác	2:06.100 gf
6.	Ottawa DBC	2:06.628 gf
7.	Windy City Drgs Chicago	2:07.084 gf

SENIOR B - STANDARD BOAT – 200m and 500m FINALS.**Senior B OPEN – 200m Standard Boat GF**
(9 crews entered)

1.	Pickering DBC	0.49.640 gf
2.	Dragon Aqua SE	0.50.235 gf
3.	Wraysbury Drgs	0.50.751 gf
4.	Great Lake Paddlers	0.51.007 gf
5.	Neckardrachten	0.51.379 gf
6.	Bytown DBC	0.51.768 gf

Senior B WOMEN – 200m Standard Boat GF
(12 crews entered)

1.	Manly DBC	0.53.681 gf
2.	Currumbin Dragons	0.54.308 gf
3.	Gorging Dragons	0.54.331 gf
4.	Bytown DBC	0.54.470 gf
5.	Pickering DBC	0.54.642 gf
6.	Great Lake Paddlers	0.55.031 gf

Senior B MIXED – 200m Standard Boat GF
(15 crews entered)

1.	Pickering DBC	0.50.382 gf
2.	Manly DBC	0.51.450 gf
3.	Bytown DBC	0.51.714 gf
4.	Silverbacks	0.52.041 gf
5.	H2o Playground	0.52.369 gf
6.	Dragon Aqua SE	0.52.587 gf
7.	Great Lake Paddlers	0.53.173 gf
8.	Dragonheart Vermont	0.53.514 gf

Senior B OPEN – 500m Standard Boat GF
(9 crews entered)

1.	Dragon Aqua SE	2:04.041 gf
2.	Pickering DBC	2:04.408 gf
3.	Great Lake Paddlers	2:04.780 gf
4.	Bytown DBC	2:05.658 gf
5.	Neckardrachten	2:06.647 gf
6.	Wraysbury Drg	2:07.580 gf

Senior B WOMEN – 500m Standard Boat GF
(12 crews entered)

1.	Gorging Dragons	2:12.401 gf
2.	Bytown DBC	2:12.946 gf
3.	Manly DBC	2:13.579 gf
4.	Currumbin Dragons	2:14.107 gf
5.	Pickering DBC	2:15.846 gf
6.	Great Lake Paddlers	2:16.501 gf

Senior B MIXED – 500m Standard Boat GF
(14 crews entered)

1.	Pickering DBC	2:08.223 gf
2.	Dragon Aqua SE	2:08.289 gf
3.	Silverbacks	2:08.539 gf
4.	Bytown DBC	2:08.617 gf
5.	Great Lake Paddlers	2:10.334 gf
6.	Neckardrachten	2:10.695 gf
7.	Dragonheart Vermont	2:11.517 gf
8.	Tweed Dragons	2:13.078 gf

Junior A Women– 200m Small Boat .Finals

1.	Lincoln High	0.59.457 gf
2.	Dragon Zone	1:00.490 gf
3.	Körös Ds Szarvas	1:00.724 gf
4.	Pickering DBC	1:01.746 gf
5.	Schols Drgs Syd	0.58.961 mf
6.	Canberra Girls	1:03.950 mf

Junior B Women– 200m Small Boat .Rounds

1.	Schols Drags Sydney	3:04.072 r3
2.	Oyster Point U16	3:19.933 r3

Junior A Mixed – 200m Small Boat .Rounds

1.	Dragon Steel SE	2:52.018 r3
2.	Pickering DBC	2:53.141 r3
3.	Gzsiss Gdańsk	2:56.491 r3
4.	Mala Flotyliya Kyiv	2:57.059 r3
5.	Team DPW LA	2:57.795 r3

Junior B Mixed – 200m Small Boat .Rounds

1.	Dragon Zone Jnr B	2:57.640 r3
2.	Gzsiss Gdańsk Jnr B	3:02.895 r3

Universities Mixed – 500m Standard Boat Rds

1.	CSDC/Liquid Asset	6:05.838 r3
2.	UofT Eng Iron Drgs	6:10.888 r3
3.	NDRC Toronto	6:12.670 r3
4.	Waterloo PC	6:14.409 r3
5.	BME Budapest	6:18.704 r3
6.	University of Pécs	6:26.726 r3
7.	Szeged University	6:34.648 r3
8.	Széchenyi István Uni	6:35.059 r3

For the full list of results from heats through to finals go to - <https://idbfchamps.org/results.php>

IBCPC DRAGON BOAT FESTIVAL, FLORENCE 2018 by Mairéad Ní Nuadháin,

'This is a participatory festival,' we were told. 'The emphasis is not on competition.' The last time we heard that was also in Florence and when we won at a festival there two years ago, **we decided that while participation is good, winning is even better!**



Plurabelle Paddlers on Route to Florence

Top: BCS Crews Racing on the Arno River

The Plurabelle Paddlers were one of four teams from the island of Ireland taking part in the IBCPC Festival in Florence in July. Held every four years, it is one of the biggest international events in all our calendars and it was great to see so many people from Ireland taking part.

The atmosphere in the team village along the Arno was fantastic. A very well organised festival, with 129 teams and over 4,000 people taking part, everything had to run on time. We were positioned at one end of the race village with the Wild Atlantic Warriors across the road, the Three Sisters next door and the Lagan Dragons were neighbours too.

We took the top place in our race on Sunday morning and the tiny time differences between all the teams showed how fiercely we fought to win !

We worked out through the published race results, that overall, the Plurabelle Paddlers got third place out of the 32 European teams behind two home/Italian crews.

Plurabelle Paddlers also had members on the Melbourne Dambusters composite team and the Shannon Dragons had members on the Dragon Boat Atlanta, Steel Magnolias composite team.

A big change from four years ago when there was only one team from Ireland, made up of paddlers from all over the country. If ever one needed convincing that dragon boating is the fastest growing water sport in the world, the convincing that dragon boating is the fastest growing water sport in the world, the festival in Florence proved it.

And in the world of breast cancer survivors dragon boating, the celebrity everyone wants to meet is Dr Don McKenzie who started it all in Canada, twenty years ago. The Plurabelles were thrilled he came by our tent, we got a group photo and presented him with our club memoir, where of course he gets a mention.

In between our practice session, our races, the pink parade, opening ceremony, Congress and various meetings we still found time to swap race tops, club badges and make many new friends. Some of those new friends have already been to our training session at the Grand Canal Docks and paddled with us.

All the hard training paid off for us - the slog through the winter, the gym sessions, the pilates, the extra coaching (thanks Julie), the team coaching (thanks Rosemary Phelan) and the huge task of fundraising for the trip all were worthwhile. And despite being absolutely flattened by the races, the heat and the ever-present mosquitoes, there was mention of piggy banks being dusted off for the next festival in four years' time. Wonder where that will be ?



TALKING POINT ! – a Look At The Issues Of The Day 1

Air your views through *Talking Point* for general views or *Drum Beat* if you have a particular drum to beat !!

“YOU CAN FOOL SOME OF THE PEOPLE, ALL OF THE TIME”.

A look at Dragon Boat Sport in the Philippines – “politics before the good of the paddlers”

Background. The Philippines Dragon Boat Federation (PDBF) a Founding Member of the IDBF, in 1991, was recognised by the Philippines Sports Authorities and accepted as the National Governing Body for the Sport by the Philippines Olympic Committee (POC) in 2004.

As such the PDBF received funding and dragon-boats at National level and support to attend IDBF World Championships, where Team Philippines set a world record of 40.022 seconds for the Premier 200m at the 2009 IDBF World Nations Champs, in Prague.

Around this time the Philippines Canoe & Kayak Federation (PCKF) approached the POC with a view to them taking control of Dragon Boating in the Philippines, on the grounds that they were an ICF Member and the ICF was an IOC recognised Olympic Sport Federation. During this period elections were also held for the position of President of the POC and whilst the PDBF supported one candidate and the PCKF another candidate.

The candidate supported by the PCKF won the election and by 2011 the PDBF's membership of the POC had been withdrawn and both funding and dragon boats taken from the PDBF and given to the PCKF who then claimed responsibility for Dragon Boating in the Philippines, saying that the IOC had informed them that they should follow the ICF's view in this respect.

Since that time the PCKF have consistently tried to disenfranchise the PDBF by soliciting funds from the Philippines Sports Commission (PSC) for their Dragon Boat activities and sending PSC funded crews to ICF Championships, the Asian Games and SE Asian Games. Despite this the PDBF still sends crews to IDBF World Championships, when it can, runs events and continues to develop the Sport in the Philippines, without any POC or PSC support.

Since 2011 the PDBF has been actively seeking reinstatement as a POC/PSC accepted National Federation for Dragon Boating and have recently held talks with the newly elected POC President.

ECONOMICAL WITH THE TRUTH ?.

After the 2018 Asian Games held recently in Palembang, Indonesia **June Navarro** a reporter from the Philippine Daily Inquirer, wrote:-

“According to Philippine Canoe Kayak Dragon Boat Federation President Jonne Go, the boats in the Asian Games failed to meet the technical specs of the International Canoe Federation, the world governing body for the sport under the International Olympic Committee”.

In the Navarro article, the PCKF Team Captain, Hermie Macaranas told the Inquirer “I'm confident that we can win most of the gold medals if the races are organized fair and square”

She explained that during the Asian Games in Palembang, organizers used a boat with a deeper hull that favoured taller paddlers and that the boat did not meet the technical specifications of the ICF – what ICF specifications, you may well ask.

Actually the Dragon Boats used at the Asian Games were made by Swift, an IDBF Licensed Boat Manufacturer in China and Swift Boats are built to IDBF Boat Specs, which the ICF follows.

All the Dragon Boats used in most Asian and ICF Championships are IDBF Spec Racing Dragon Boats, so maybe Team Philippines were just not good enough to win Gold at the Asian Games, when faced by National Teams coming from the IDBF Members.



Picture File/Courtesy of 2018 Asian Games website

This claim of foul play was also reported in the ABS-CBN News. From these reports, It would seem that the PCKF President either has no knowledge of the IDBF, as the recognised world governing body for Dragon Boating or he is fully aware of the IDBF and is misusing words to peddle the myth about the IOC recognising the ICF as the Sport's world governing body.

A claim that the ICF Secretary General, Simon Toulson, also promotes at every opportunity and he recently said that even if the IOC Recognise the IDBF, that they would only include Dragon Boating in the Olympic Games under the ICF.

I am sure that the IOC Sports Department will be interested to know that they have a new 'spokesman' on IOC policy concerning Dragon Boating in the Olympic Games.

The June Navarro Inquirer article opinions that because of the boat situation that Team Philippines ended up empty-handed in Indonesia but they bounced back by winning 5 Gold Medals and 2 Silvers in the recent ICF Dragon Boat Championship in Gainesville, Atlanta, USA – see separate DSN report.

The article continues; that despite the team's accomplishments, stakeholders allied with the Philippine Dragon Boat Federation continue to belittle the PCKDF. Note, the D for Dragon Boat added to the PCKF title !.

A PDBF supporter ridiculed the five gold medals of the Philippines in his blog, mocking the Filipino paddlers for flopping at the Asian Games.

A further article by June Navarro from the ICF Championships in Lake Lanier, says that Head Coach Len Escollante expressed her gratitude to the Presidential spokesperson Harry Roque Jr. the Philippine Sports Commission and Go For Gold, the benefactor that financed the participation of the women's team.

"Go For Gold helped us bring the women's team here. Their assistance was crucial for us to succeed," she said.

Go For Gold top executive Jeremy Go said, "We're very happy to support the team.

"We are firm believers in equality in sports and we hope that we can encourage more women to join not just dragon boat, but all sports,"

Well the IDBF too has always supported women taking part in our Sport, with no Men's only Class, and it was the IDBF that introduced Mixed Crews into the Sport

It is a real pity that Go For Gold don't extend their philosophy across Dragon Sport in the Philippines and equally support the PDBF women to compete in the IDBF World Championships, where all the top teams go.

Let a fully selected Team Philippines compete against the best crews in the World and win meaningful Gold Medals. **To be the best, you have to beat the best - not the rest,** that get medals at second rate Dragon Boat Championships.

Come on Jeremy Go, put your money where your equality statement is.

The article continues that the Philippine Olympic Committee continues to recognize the PCKDF and that the Philippine Sports Commission, meanwhile, honours the POC recognition and extends financial support to PCKDF.

Maybe it is just a coincidence, that the PCKF President and the Go for Gold top executive, share the same Family name – Go, **or maybe, given the developing situation in Asia of the Asian Canoe Confederation busily taking over control of our Sport in Asia, from the Asian Dragon Boat Federation, with a passive China looking on, that there are 'politics' at work here, because another article dated 20 Nov 2018, reports:-**

The Inquirer article concludes with the news that the Philippine Canoe Kayak Dragon Boat Federation (PCKDF) President Jonne Go, left for Budapest, Hungary with Asian Canoe Confederation President, Masanori Shoken Narita (Japan) for the ICF Congress.

The Philippines, with the support of Narita reportedly has the edge in its bid to host the next World Canoe Kayak Congress in 2020 over the only other bidder Tunisia.

Narita announced his endorsement and support for the candidacy of Go for the seat of Vice President in the Asian Canoe Confederation for election at its Congress in December 2019, in Thailand. Go is also being endorsed to run for Vice President of the International Canoe Federation in its election in 2020.

In response to Narita's other announcement that Dragon Boat would be a demonstration sport in the 2020 Olympic Games in Japan (*see Drum Beat*) the Philippine Canoe Kayak Dragon Boat Federation head, Jonne Go, said

"It's a welcome development not only for our athletes, but for the entire country as well". "Hopefully, dragon boat can be a regular sport in the Olympics someday to give us more chances of winning that elusive gold medal," added Go, also the auditor of the Philippine Olympic Committee.

So there you have it. The POC Auditor, who is also the President of the PCKF, who oppose the PDBF, are supported too by the Philippines Sports Commission.

Pure power politics in which the paddlers have no say in who they want to govern their sport and the whole Sport suffers as a result !!



13th EUROPEAN NATIONS CHAMPIONSHIPS

Beetzsee, Brandenburg an der Havel,
23rd – 26th August 2018

Eighteen EDBF Nations, with over 1200 athletes competing in 421 crews, racing in IDBF Standard and Small Racing Boats, competed in the 13th European Nations Championships, held on the Beetzsee Regatta Course in Brandenburg an der Havel, Germany.

Racing took place over 200, 500, 1000 and 2000m, with a total of 179 Championships races being held. The Mixed competitions attracted the highest entries in both the Standard and Small Boat races.

Host Nation Germany, topped the overall Medals Table and also the Standard Boat Medals Table, with 26 Gold, 12 Silver and 3 Bronze Medals, the Ukraine (14 G, 12S, 4B) and Moldova (2G, 1 S, 1B) in third place. **Germany won the EDBF Nations Cup.**



The Ukraine topped the Small Boat Medals with 13 Gold, 5 Silver and 1 Bronze, from Germany (12G, 9S, 5B) and Hungary (9G, 5S, 5B). Twelve other Nations also medalled.

Behind the scenes, DDV and EDBF Officials were instrumental in the Championship's organisation, in the months leading up to the event.

With almost perfect weather conditions and first class facilities at the Regatta Course, plus logistical support, provided by the Brandenburg Organising Committee and with a top team IDBF Race Officials, running the races, these Championships were the highlight of the EDBF Dragon Boat year.

SMALL BOAT MEDALS TABLE

		G.	S.	B.
1.	Ukraine	13	5	1
2.	Germany	12	9	5
3.	Hungary	9	5	5
4.	Italy	6	13	6
5.	Sweden	4	1	7
6.	Russia	1	1	5
7.	Moldova	-	4	1
8.	Great Britain	-	3	4
9.	Czech Rep	-	3	2
10.	Netherlands	-	1	-
11.	Cyprus	-	-	3
12.	Serbia	-	-	2
13.	Poland	-	-	1
14.	Spain	-	-	1

Premier MIXED – Small Boat Grand Finals

(10 crews entered)

	500m	200m
1. Ukraine	2.14.867 gf	2. 0.54.376 gf
2. Italy	2.16.514 gf	4. 0.54.968 gf
3. Sweden	2.16.893 gf	1. 0.54.376 gf
4. Switzerland	2.20.867 gf	5. 0.55.540 gf
5. France	2.21.480 gf	-
6. Hungary	2.22.824 gf	6. 0.57.376 gf
Germany	-	3. 0.54.799 gf

Senior A Mixed – 200m Std Boat Grand Finals

(7 crews entered)

	200m	500m
1. Germany	0.50.471	2.04.561 gf
2. Ukraine	0.51.400	2.04.910 gf
3. Czech Rep	0.51.546	2.05.268 gf
4. Russia	0.52.332	2.06.723 gf
5. Sweden	0.52.680	2.09.163 gf
6. Great Britain	0.53.260	2.10.101 gf

Junior OPEN – 200m Small Boat GF

(7 crews entered)

1. Italy	0.52.670 gf
2. Moldova	0.53.496 gf
3. Germany	0.53.760 gf
4. Hungary	0.54.278 gf
5. Great Britain	0.55.622 gf
6. Ukraine	0.57.075 gf

Junior OPEN – 500m Small Boat GF

(7 crews entered)

1. Italy	2.14.178 gf
2. Hungary	2.18.558 gf
3. Moldova	2.18.851 gf
4. Germany	2.19.234 gf
5. Great Britain	2.21.560 gf
6. Ukraine	2.28.214 gf

Senior C OPEN – Small Boat Grand Finals

(8 crews entered)

	200m	500m
1. Germany	0.52.670	3. 2.20.868 gf
2. Russia	0.53.496	1. 2.19.958 gf
3. Poland	0.53.760	5. 2.24.068 gf
4. Czech Rep	0.54.278	2. 2.20.493 gf
5. Ukraine	0.55.622	4. 2.21.994 gf
6. Italy	0.57.075	- gf
Hungary	-	6. 2.28.320 gf



STANDARD BOAT MEDALS TABLE

	G.	S.	B.
1. Germany	26	12	3
2. Ukraine	14	12	4
3. Moldova	2	1	1
4. Czech Rep	1	3	5
5. Russia	1	-	5
6. Hungary	1	-	1
7. Great Britain	-	7	10
8. Italy	-	5	11
9. Ireland	-	4	-
10. Netherlands	-	-	1

MEDALS TOTALS BY NATION

	G.	S.	B.
1. Germany	38	21	8
2. Ukraine	27	17	5
3. Hungary	10	5	6
4. Italy	6	18	17
5. Sweden	4	1	7
6. Moldova	2	5	2
7. Russia	2	1	10
8. Czech Rep	1	6	7
9. Great Britain	-	10	14
10. Ireland	-	4	-
11. Netherlands	-	1	1
12. Cyprus	-	-	3
13. Serbia	-	-	2
14. Poland	-	-	1
15. Spain	-	-	1

For the full list of results go to <https://idbfchamps.org/results.php>

INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION

The primary goal of the International Breast Cancer Paddlers Commission (IBPCP) is to ensure that International Breast Cancer Survivors (BCS) participation festivals and international competitive events are raising awareness about life after a diagnosis of and treatment for breast cancer. The IBPCP is a Commission of the International Dragon Boat Federation (IDBF)



IBPCP President Meri Gibson. Articles courtesy of the IBPCP Newsletter "Keep Abreast with IBPCP".

It never fails to strike me that the beauty of being an international organization is that while in the northern hemisphere you are washing your boats and paddling equipment and packing it away for the winter while we in the southern hemisphere are dusting off the cobwebs and starting to get back on the water as our season in New Zealand begins.

I have had a great time this year celebrating and laughing with so many of our BCS and I had the opportunity to sit down with Mark O'Connor, the only male BCS paddler in Ireland and one of three male BCS who attended the IBPCP Festival in Florence. Mark is from Cork, in Ireland,

Mark tell me a little bit about you and your journey with breast cancer.

In late August 2011 whilst I was on holidays with Tina, my wife and Dylan, my son in Killarney, I noticed that I had a lump on my left nipple and it seemed to be increasing in size. I vaguely remembered having bumped into a door maybe a month or so previously. Tina said "go to see our GP immediately when we return from holidays".

I saw my GP in early September and was referred to the breast cancer clinic in the Cork University Hospital where I met a consultant named Professor Redmond who examined me and sent me straight off for a mammogram.

Once I had the mammogram, he asked me would I mind having a biopsy while I was there. The biopsy results took a week so I was asked to return on the following Friday. At this stage I was getting worried but was none the wiser what was coming down the line. Tina and I returned on the following Friday for my consultancy and it seemed like we were kept waiting for an eternity.

When we learnt the devastating news that I had breast cancer, I was totally gobsmacked and Tina became hysterical. When the doctor examined me, I asked "what's the plan" and he said "we can operate on the following Thursday". I wasn't waiting a minute longer and I asked if he would cut it out then and there !!.

I am guessing you were in complete shock at this stage Mark, so what happened after this?

The following Thursday I had a mastectomy of my left breast and luckily there was a full clearance of my lymph nodes. Subsequently I started chemotherapy in November for 7 months. I lost all my hair, my fingernails and my toenails and I managed to pick up several infections and had to be hospitalised a couple of times. In 2012 I also underwent 25 radiotherapy treatments.

How did you cope with the knowledge of your diagnosis and the physical and emotional toll that took on you?

My physician told me about ARC house. It's a place for people having cancer treatment where you can get counselling, and other treatments to help deal with what you've been through.



That's great to hear Mark that there was that support for you, Tina and Dylan, but how did you get into dragon boating, was it a part of your recovery?

My counsellor suggested to me that there was an open day being held for Dragon boating on the 22nd of September 2012 and she thought it would be good for me to try it out as I previously had a great interest in sports.

She told me that Doctor McKenzie from Canada had come up with a unique way of helping breast cancer survivors to manage lymphedema through exercise.

So off I went and attended the open day and I've never looked back since. Not long after we had a couple of meetings with the people who set up the open day namely Shirley O'Shea of the HSE, Darren Prince of the Prince clinic, Oisín Creagh, and Meithal na Mara, a community based group who gave us access to Dragon Boats.

Was there a club for you to join?

No, so we set up the Cork Dragons in early 2013 after another few meetings and different training sessions like, boxersize, aqua aerobics, Pilates, and zumba dancing. This was followed by a training session with the Plurabelles in Dublin and they really showed us how to do it properly.

In early 2014 Margaret Mulcahy from the Plurabelles approached us with an invite for some of us to train with a group of paddlers from all over Ireland and so began another chapter.

Tell me how it came about that you attended the IBCPC festival in Sarasota?

With Margaret and the group from Plurabelles, we set about training and with 9 training sessions held in Dublin and Tipperary we became Team Ireland and attended the IBCPC festival in Sarasota, Florida. It was amazing, the camaraderie, friendship and team work, and all the other friendships we developed after that was truly phenomenal.

I'm sure that after Sarasota, that the seed was sown to put a team together for the festival in Florence in 2018. How did you start planning for that?

So roll on to October 2016 and Deborah Bonner a Team Ireland teammate, great friend and absolutely all round amazing person, contacts me and asks if I would I mind giving a speech in Solis Castle in Donegal about male breast cancer and it's effects on me.

The theme of the night was "Real Men Wear Pink". That is where the idea for the *Wild Atlantic Warriors* was spawned with Deborah, Lisa Power and myself. So we approached our own clubs with the idea and subsequently had our first meeting in February 2017.



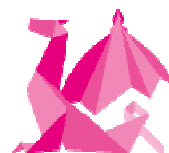
Then Florence became a dream come true for the Wild Atlantic Warriors and so began the work of trying to get everyone together for training sessions etc and get ready for Florence 2018. It was truly amazing to be in Florence with all my friends, team mates and new friends.

Mark, having been on this incredible journey of diagnosis, new beginnings and self discovery, how do you feel now?

I'm a happier, healthier and better person for my introduction to Dragon Boating. One gift breast cancer gave me, is knowing how precious life is, and the different attitude I take to life everyday in trying to live it to the full, along with all the amazing people I've met along the way, through Dragon Boating.

My motto is "if in doubt, check it out", that's what doctors are there for and early detection and

2018
**DRAGON BOAT
FESTIVAL**
FLORENCE



intervention is the key. Also keep looking forward as looking back is only for parking cars. Paddles up Mark

The IBCPC Dragon Boat Festival is held every four years under the auspices of the *International Breast Cancer Paddler's Commission*. The Festival - see separate article on the Florence Festival, is an international non-competitive participatory event for BCS teams who engage in Dragon Boat activities, as post-operative rehabilitation.

Born from the idea of a Canadian sports medicine physician, Doctor Don McKenzie about twenty years ago, who at that time was the Chairman of the IDBF Medical Commission, **Dragon Boat paddling** has become a rehabilitation therapy for tens of thousands of men and women worldwide, who have undergone surgery.

BUSTING WITH LIFE CELEBRATES 20 YEARS by Judy Kemp, BWL Chair Holder,

A day of celebrations with past and current team members and guests joining together at the Ponsonby Cruising Club, Westhaven Auckland on Saturday 1st September 2018.

(Pictured - Founding members today)

Busting with Life (BWL) was the first Breast Cancer Survivors dragon boat team formed in New Zealand in 1998. Visiting Canadian BC Team, Abreast in a Boat, had been shown on TV paddling in Wellington harbour, earlier that year. BWL founder Trici Nelson, saw the item on TV and thought, "Why can't we have a BC team in New Zealand?"

Around the same time the Breast Cancer Support Services (BCSS), also having seen Abreast in a Boat on TV, were contacted by a member of the team to see if there was a Breast Cancer dragon boat team in NZ. The rest as they say is history and what a history it has been

Over 100 people attended the 20th anniversary celebrations on a day filled with speeches, memorabilia, old photos & videos, a past uniforms fashion show featuring lycra shorts, together with lots of time to catch up and share the entertaining "Remember when?" stories.

There was laughter and tears at times. A wonderful personal message from Dr Don McKenzie who founded the worldwide movement was shared, all culminating in a Flower Tribute on the water's edge, bringing the whole group together for a time of reflection. Dinner and live music and of course more stories completed the scene.

One wonders when the ladies started down this road whether they would have dreamt the team would still be going strong 20 years later, still being enjoyed as much by the current team as the Originals did and all who have followed over the years. The bond in the team has always been strong and continues to this day; once a Buster always a Buster.

It's not just about paddling. The team works to build public awareness of breast cancer, the importance of early detection and increasing breast cancer survivor awareness by providing appropriate exercise and fitness training, as well as giving support & camaraderie to paddlers.



Busting with Life . 1998 - 2018 and going strong.

There have been many challenges and successes for BWL since those first years in learning how to become a cohesive, competitive and all-inclusive team. Dragon boating has become the official breast cancer sport worldwide, and our team members have become international athletes at regattas in many countries.

The sisterhood is strong, providing the excitement of racing, challenging competition and improved physical fitness. BWL has become part of a positive breast cancer movement of women willing to overcome physical adversity and prove there is life after breast cancer.

At our 20th celebration it was moving to see the ladies reunite with their paddling partners and the current team loved hosting them and enjoyed hearing their many memories and stories. It was truly a wonderful celebration of this very special team.

Several team members travelled to Florence this year and paddled with Vienna Pink Dragons International a team made up of ladies from Austria, Australia, England, France, Canada, South Africa and Germany in the IBCPC Participatory Festival. **Busting With Life:** www.bustingwithlife.org.nz Check us out on Facebook too.

SOUTH AMERICANS ARE PADDLING LONG AND STRONG.

Adriana Bartoli, the IBCPC representative for Latin and South America has been doing an amazing job on encouraging teams to form and helping them to become well established. Adriana and Kim Bonomo, New Team Development Director for IBCPC have returned from Colombia, where they held outreach clinics with Dr Don Mackenzie. Meanwhile this is what has been happening in South America. IBCPC has received the applications for 5 new teams:

From Argentina

Dragones Rosas La Plata: they are part of the non profit organization Dragones Rosas La Plata. This team will be receiving their dragon boat before the end of the year.

Nahuel Rosa, located in Bariloche (Patagonia). The founder of this team started paddling with PodeRosa and participated at KA ORA 2016. Nahuel Rosas has extensive support from the community and is looking to purchase their dragon boat. They are participating in community events for BC awareness. Adriana used to live in Bariloche where she lost two friends to breast cancer, so she is very happy to have this team there!

Chicas Pink, this team is from Santa Fe. The founder, Viviana, met with us when we were in Buenos Aires in 2016. They have been around for some time now and have finally decided to apply to IBCPC. Also for this team the dragon boat is not that far away.

From Chile

PortaleSenos Chile. They operate in Santiago de Chile and have paddlers from other two cities so it is most likely they will extend the activity to these cities as well. They will use a dragon boat (12pax). This boat needs to get transportation to Santiago. Hopefully this happens soon.

It is really fantastic to see these new teams forming in South America, particularly given the financial situation that exists in many of them. Slowly but surely they are getting there.

From Brazil

UmaUma. They operate out of Sao Paulo and share the boat with Remama. It is really great to see these two teams working together!

A new event is also to be held in Brazil in December 2018. This event is ROAMA 2018 in Paulo Afonso. The event will be staged and managed by Cesare Decarli, who attended the Ka Ora event in 2016

What have the Italians been up too since Florence 2018. Report from Cecilia Picchi, the IBCPC's European representative.

Dragon Boat en route to Bari (Italy). On the 22/23 September, the city of Bari, in Apulia region, the heel of the boot-shaped Italy, hosted the 2nd edition of the " **LILT dragon boat trophy**", promoted by Lega Italiana Lotta contro i Tumori LILT (Italian League against Cancer).

LILT is the Italian organization that has oncological prevention as its main institutional aim. LILT's commitment to the fight against cancer is mainly on three fronts:

Primary prevention (styles and habits of life), **Secondary prevention** (promotion of a culture of early diagnosis) and attention to the patient and family, rehabilitation and social reintegration. Within these premises, in various local sections of LILT, dragon boat paddling is increasingly acquiring a role of psycho-social rehabilitation activity.

Within the LILT association, the promoter of dragon boat message is the Florence Dragon Lady team, and in almost 13 years of dragon boating, the message has reached many parts of the country. Latina, Mestre, Treviso, Venice - and now Bari - together with Florence are the LILT sections that have BCS dragon boat team



DRAGON BOAT INTERNATIONAL NEWSLETTER

"NEWS FROM DRAGON BOAT SPORT"



PHILIPPINE DRAGON BOAT FEDERATION. The PDBF wishes to convey its most heartfelt thanks to the members of the Philippine Olympic Committee's Membership Committee, headed by Mr. Robert Bachmann, as well as Mr Quintin Jose Pastrana, for welcoming the PDBF, to a quick and light-hearted chat last June 7th at the POC Offices in Pasig. It was an opportunity to establish mutual acquaintance

Thanks, as well, to the tireless support of one of our founders, Mr. Benjie Ramos, whose wisdom and intimate knowledge of Dragon Boat Racing's history in the Philippines, the REAL one! illuminated everyone in attendance. (Ret) Major General Charly Holganza and sports journalist Mr Eric Dimzon also came to support PDBF, armed with their own insights and passionate appeals, bringing the dialogue to the facts and figures - the essentials of truth.



Philippine Dragon Boat Federation welcomes the latest Club Team of our Federation, and the first from the regions - Amateur Paddlers Philippines - AmPPhi Davao! The PDBF looks forward to joint projects to build our beloved sport with this pioneering group, with charming and athletic ladies from the JCI Duwaling among its most active and enthusiastic members. Cheers to the days and years ahead.

Philippine Dragon Boat Federation with Nipatcha Pootong and others.



AUSTRALIAN DRAGON BOAT FEDERATION.

2019 AUSCHAMPS

The Australian National Championships (AusChamps) will be held at the **Rowing Course, Weston Park, Yarralumla (on Lake Burley Griffin) in Canberra from 17-22 April 2019.**

The AusChamps is an annual event which is held in a different State/Territory each year and attracts around 2,500 paddlers from clubs all around the country

Racing includes events for up to three Junior/Youth categories, a Premier (open age) category, and three Senior (over age 40) categories. Crews are Womens, Mixed, and Open composition. The boats used will be 'Standard' sized, which hold a crew of 22, or 'Small', which hold a crew of 12 Racers. Race distances will be over 200m, 500m, and 2,000m, and sometimes 100m and/or 1,000m.



AURORAS

The Auroras are Australia's National Dragon Boat Racing Team. Australia competes strongly on the international stage and at IDBF World Championships'. We also compete in the ADBF Asian Dragon Boat Championships every other year, as well as in the IDBF World Cup.



The Auroras are one of Australia's few sporting elite that get to compete in mixed crews right up to the very top level. There are also national teams from Juniors to Seniors. The 'Auroras' is a unique label and joins other national team brands as a powerful sporting identity.

In 2010 the Australian Dragon Boat Federation (AusDBF) unveiled the first national team to be open to paddlers from all states and territories, following a move away from the previous state-based selection system. AusDBF asked the Australian paddling community to submit their suggestions for a team name that would become our National Team identity. 'The Auroras' was adopted and has been embraced by the Australian Dragon Boat community. It is a unique label, and joins other national team brands like the 'Wallabies', 'Opals', 'Socceroos' and 'Matildas' as a powerful sporting national identity.



The NZDBA hosts the annual "NZDBA National Championships", which is the ultimate regatta of the Kiwi Race calendar normally held in late March/April. In 2018, Nationals was at Lake Hood. Racing was on the Friday 23rd March and Saturday 24th March with Standard Boats in the morning and Small Boat Racing in the afternoon.

The 2019 Nationals are to be held at Lake Karapiro in the Waikato on Friday 5th and Saturday 6th of April. Any NZDBA affiliated team may register for the Nationals, but entry to the regatta will only be allowed to those teams that have competed at one or more qualifying/ sanctioned ("Championship") Events,

AUSTRALIAN TEAMS. Australian teams wishing to take part in the NZDBA Nationals Regatta will compete for the Trans Tasman titles

OTHER INTERNATIONAL TEAMS . For teams from other countries wishing to take part in the NZ National Championship regatta or looking for opportunities to paddle here in NZ please contact us at comms@nzdba.co.nz to discuss options, costs and other requirements.

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GREAT BRITAIN.

David Bangs, BDA Director of Coaching, GB Team Paddler and GB National Coach, since Qu Yuan was a boy and Chairman of the Amathus DBC, Liverpool, receives the first EDBF Male Dragon Boat Legend Award, at the EDBF Forum Awards Dinner, in Seville, Spain.



Also pictured Mick Doyle, Ireland (behind left) and Vitaly Smirnoff, Russia (right) the other nominees for the Male Legend Award.



IRISH DRAGON BOAT ASSOCIATION BOATS ALL ROUND

It is not every day that an Association the size of ours can boast the arrival of 6 brand new dragon boats to Ireland. Lagan Dragons, Plurabelle Paddlers, Carlow Dragon Boat Club, Shannon Paddlers and Athy Dragon Boat Club on your new arrivals this spring.

Some of the clubs were awarded funding in the 2017 Sports Capital Programme run by the Department of Transport, Tourism and Sports which allowed them to provide equipment to develop their clubs in 2018.

The boats are probably the biggest outlay for most clubs so these Government grants are invaluable



BEHIND IRAN'S MOST IMPRESSIVE PROGRESS.

The fifth place overall, out of twelve competing nations achieved by the Iran Team at the 2018 IDBF World Cup in China, behind China, Canada, Thailand and Russia, showed the new face of the Iran National Dragon

Boat Team, which was obviously more powerful than in the past. The Women's crew in particular exceeded all expectations, especially as it was the first time that Iran had qualified for the World Cup, based on Iran's results in the 2017 IDBF World Nations Championships.

The Women's crew was led by Sara Zainali, who is also an IDBF Race Official, having officiated in IDBF World Championships in Ravenna 2014, Welland 2015 and Adelaide 2016. Sara said of the crew's preparation for the World Cup "We chose athletes based on different fitness tests, then we held two highly intensive training camps, in Tehran within the month before the World Cup, to unify the paddlers technique".

In terms of paddling experience the crew ranged from 10 years to only 3 months which made the co-ordination of the crew's paddling technique very difficult. Sara is also a Member of the IDBF Women's Commission and believes that although the Iranian Women hope to medal in one of the race distances, their results were acceptable given the time and facilities available to them beforehand.

She mentioned that "We don't have the historical experience of China in this sport and we don't have one tenth of the number of Clubs and Paddlers that Canada has **but we have a highly motivated younger generation which makes us hopeful for the future of Dragon Boating in Iran**". (Ed. Without a doubt Iran will be the one to watch in the coming years



ISRAEL.  We are pleased to tell you that we have opened our new club base, the first to be in Israel on the med sea. We are situated in the Ancient port city of Akko (north of Israel). The club has purchased 3 boats from China, with the help of Mike Haslam and we are now paddling with the old port walls next to us.

One of the special features of the group is that we are a mixed group of people from different backgrounds and religions. Muslim, Jewish, Christian and Druze, all paddling together with fun and passion.



Sometimes we cannot go out to sea, so we have make a sand pitch and we place the boat on it. We then use the wood paddles to paddle sand, a creative way to practice on technique and stamina. We needed to transport our 3 new boats on the open sea from Haifa to Acco. To do this we designed a "cool" tri-maran solution connecting the 3 boats into one strong unit to prevent the boats from capsizing. See short video <https://youtu.be/NXK4kk7ijeQ>.

Our recent event was the opening ceremony of the club and also last May, we won 1st place in the Israeli Dragon Boat Festival in Tel-Aviv. We also won received the Israeli Trophy for sending the largest Dragon Boat Club in Israel to the event.- we had 6 boats with 66 team member taking part.

Gal Indyk, Coach
Akko Dolphins Club



COACHING COURSE AT THE JORDAN VALLEY NAUTICAL CENTRE,

A Coaching Seminar was held in Jordan Valley Nautical Centre, over two full days for twenty aspiring Dragon Boat Coaches of which 6 were women. The candidates under took training and assessment for the IDBF Dragon Boat Club Helm and Coach Level 1 Awards, under the tutorship of Djordie Pavolic, an IDBF Level 3 Coach from the Cyprus Dragon Boat Federation. *(Djordie Pavolic back, far left, in the picture, with the successful Helms & Coaches)*

The weekend was initiated by Ami Kohen from Haifa Lions DB Club and the students came from three different clubs, namely, Haifa lions, Ohalo Dolphins and the Nashim Ladies Team. Djordie in his post course report said that training conditions at the Nautical Centre were excellent and how impressed he was by the very friendly and good hosts he met during the weekend.





<http://www.cyprusdba.org>

Based at Trinity Beach,
Ayia Triada, Cyprus,
Begafigo Dragons were formed as part of
the Begafigo Sailing Club in 2017.

The Club will promote and develop Dragon
Boating as a sport in Eastern Cyprus.

In time the club members will compete in events across the country and possibly abroad. We will also be arranging
a training programme as well as social events for members and friends to introduce the sport to as wide an
audience as possible. **Contacts for - CDBF. Email: cyprusdba@gmail.com / kathyvarley@cytanet.com.cy**

Telephone: +357-99565215 Kathy. Facebook: @CYDBA CYPRUS DRAGON BOAT FEDERATION



Picture Story – Armenia take to the Dragon Boat Waters



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TALKING POINT! – a Look At The Issues Of The Day 2



Photo, a dragon boat crew from the Philippines paddles for the line during a 500-meter heat at the ICF Dragon Boat Championships, in Gainesville, Ga. (AP Photo/John Bazemore)

Associated Press / 10:19 AM September 16, 2018.

GAINESVILLE, Ga. — Welcome to the world of dragon boat racing, an ancient yet neophyte sport that combines strength, teamwork and even a bit of spirituality.

It's also a whole lot of fun, which was evident this weekend as the biennial world championships came to North America for the first time on Lake Lanier, Atlanta, the same spot where rowing and canoeing were held during the 1996 Olympics.

*"The high intensity of dragon boat is unlike any other paddle sport," said **Ethan Palmer**, who competed in rowing and kayaking before joining the U.S. dragon boat program. "And we have dragon heads on the front of our boats. It's different. It's eye-catching."*

Dragon Boats originated in China more than 2,000 years ago and remain a huge part of Chinese folklore. The competitive sport has a much shorter history, originating in the 1970s with vessels that are made of modern, lightweight materials but still draw on those ceremonial roots.

There are races for crews of 10 and 20 paddlers, who sit on benches in rows of two, in the long, narrow vessels that don't seem big enough to handle all those bodies.

"That's a LOT of people to get rowing in sync," Palmer said. (Ed: Rowing ! – obviously an experienced Dragon Boater !!) "In a dragon boat, with the close proximity you sit to each other, there is no room for error, You're inches apart, overlapping every stroke."

Unlike rowing or sprint canoeing, which compete in a straight line, the longest event in the world championship is the 2000 meters, carried out on the 500-meter course, with each boat going down and back on a couple of loops, with turns around the buoys at each end, while allowing fans on shore to view the entire race.

*"When you want something to be popular, you've got to get people to see it," Palmer said. **"Everybody who sees dragon boat loves it."***

Fire on the water: Dragon Boat Racing looks to make its mark.

Continuing the present look at the ICF's and particularly the ACC's incursion into Dragon Boat Sport, this Talking Point section covers an Associated Press article on the ICF Championships in Atlanta, which looked at the Sport's development.

It would seem that the ICF media briefing machine was hard at work again to promote itself; air brush the IDBF out of Dragon Boat history by implying that Dragon Boating falls under the auspices of the ICF and that this is the only way that our great Sport will ever get into a future Olympic Games

Only 11 nations are at the world championships, including the host Americans, with a couple of notable absences.

Russia, coming off a dominating performance when it hosted the last championships in 2016, did not show up. Neither did China, which is sort of like holding the baseball world championships without the United States.

Those who did compete are hopeful of one day getting into the Olympics. Since dragon boat racing falls under the auspices of the International Canoe Federation (ICF), it would not need to be approved as a whole new sport, simply a new discipline that, most notably, would not require any new venues.

There you have it folks, the American media's take on our Sport.

No mention of the IDBF that introduced and developed modern Sport Racing and the Racing Dragon Boat.

No mention that GAISF and the IOC acknowledged Dragon Boating as a separate 'Sport' to Canoeing in 2008.

No mention of the previous IDBF World Championships held in Philadelphia and Tampa but a telling remark about China and Russia **not being present in Atlanta.**

This is not a true reflection of the strength and depth of the Sport. Over 6000 participants, attended the IDBF Club Crew Worlds this year and over 1200 paddlers from 18 Nations were at the 2018 European Nations Championships. Both events show the ICF Championships in their true light – a small minority represented event.

The ICF Championships, as the number of competing Countries and the results show, clearly gave the wrong impression to the media of a small developing Sport practised by a few, mainly European based, paddlers. - see ICF Champs results report that follows.

ICF DRAGON BOAT CHAMPIONSHIPS – Lake Lanier, Gainesville, USA - 13th-16th September 2018.

Around 800 participants from 11 Nations, eight from Europe, two from North America and one from Asia, made the long trip to the USA for the 2018 ICF Members Dragon Boat Championships – to put the event's name in perspective.

Lake Lanier Olympic Park, Gainesville, Georgia USA, nestles in the foothills of the north Georgia mountains and is less than an hour from Atlanta. Lake Lanier is well equipped to welcome the world having served as a venue for paddle sports since the 1996 Centennial Olympic Games in Atlanta.

The pristine natural racecourse with over 3,000 meters of flat water, Lake Lanier Olympic Park provides a unique and unforgettable racing experience for athletes of all skills

Four ICF Championships had been held before in Russia, Poland, Italy and Hungary but the 2018 event was the first one to be held in the Americas. However, IDBF World Championships have been held previously in Philadelphia in 2001 and Tampa in 2011. Results for all events with 5 or more entries are shown below.

Racing Classes key; ICF Senior = IDBF Premier Class; ICF Masters = IDBF Senior Class

Senior Men– Small Boat Grand Finals

(9 crews entered)

	200m	500m
3. Hungary	0.49.877	1. 2.05.021 gf
1. Philippines	0.47.399	2. 2.06.188 gf
- Czech Rep	-	3. 2.08.038 gf
2. Italy	0.49.587	4. 2.08.611 gf
4. Germany	0.50.823	5. 2.12.662 gf
6. Ukraine	0.57.075	6. 2.12.055 gf
5. Usa	0.50.888	-

Senior Mixed– Small Boat Grand Finals

(9 crews entered)

	200m	500m
1. Philippines	0.50.469	1. 2.07.506 gf
3. Hungary	0.53.158	2. 2.11.360 gf
4. Usa	0.53.463	3. 2.11.876 gf
2. France	0.53.056	4. 2.12.497 gf
5. Canada	-	5. 2.12.662 gf
6. Germany	0.54.437	6. 2.14.219 gf
5. Italy	0.53.090	-

STANDARD BOAT MEDALS

G. S. B.

1.	Germany	7	-	-
2.	Usa	3	7	4
3.	Hungary	2	3	1
4.	Italy	2	2	2
5.	Philippines	2	1	-
6.	Canada	1	3	6
7.	Czech Rep	1	3	2

Masters Mixed 40+ – Small Boat Grand Finals

(10 crews entered)

	200m	500m
1. Germany	0.52.670	1. 2.14.123 gf
2. Italy	0.53.496	2. 2.14.797 gf
3. Hungary	0.53.760	3. 2.14.857 gf
4. Philippines	0.54.278	4. 2.20.081 gf
5. Germany 50+	0.55.622	5. 2.20.725 gf
6. Usa	0.57.075	6. 2.21.530 gf

Masters Men 40+ – Small Boat Grand Finals

(10 crews entered)

	200m	500m
1. Czech Rep	0.49.474	1. 2.08.784 gf
2. Hungary	0.51.009	2. 2.11.078 gf
4. Germany	0.52.260	3. 2.13.248 gf
6. Usa	0.53.332	4. 2.15.325 gf
Germany 50+	-	5. 2.19.041 gf
3. Philippines	0.52.094	6. 2.20.407 gf
5. Italy	0.53.090	-

SMALL BOAT MEDALS

G. S. B.

1.	Germany	19	5	2
2.	Usa	5	1	4
3.	Hungary	4	4	5
4.	Czech Rep	3	10	1
5.	Philippines	3	2	1
6.	Italy	-	2	2
7.	France	-	1	1
8.	Switzerland	-	-	3
9.	Canada	-	-	1

Masters Women 40+ – Small Boat Grand Finals

(7 crews entered)

	200m	500m
1. Germany 50+	0.58.601	1. 2.26.915 gf
2. Germany 40+	0.58.915	2. 2.27.875 gf
4. Italy	1.00.893	3. 2.31.783 gf
6. Usa 50+	1.03.007	4. 2.32.079 gf
3. Usa 40+	1.00.691	5. 2.32.283 gf
5. Canada	1.02.391	6. 2.39.90 gf

Senior Mixed– Standard Boat Grand Finals

(9 crews entered)

	200m	500m
1. Philippines	0.43.481	1. 1.52.580 gf
4. Hungary	0.46.791	2. 1.55.090 gf
2. Czech Rep	0.46.082	3. 1.55.142 gf
3. Usa	0.46.146	4. 1.59.718 gf
5. Germany	0.48.040	5. 2.00.544 gf
6. Canada	0.50.242	6. 2.02.631 gf

MEDALS TOTALS BY NATION

G. S. B.

1.	Germany	16	5	2
2.	Usa	8	8	8
3.	Hungary	6	7	6
4.	Philippines	5	2	2
5.	Czech Rep	4	13	3
6.	Italy	2	5	2
7.	Canada	1	3	7
8.	France	1	6	7
9.	Switzerland	-	-	3

Senior Men – Standard Boat. 2 Rounds

(5 crews entered)

	200m	500m
1. Italy	1.28.020	3. 3.50.398 rd
2. Hungary	1.28.808	1. 3.48.398 rd
3. Czech Rep	1.29.187	2. 3.50.444 rd
4. Usa	1.33.115	4. 3.59.985 rd
5. Canada	1.35.712	- rd

Masters Mixed 40+ – Standard Boat. 2 Rounds

(5 crews entered)

	200m	500m
2. Italy	1.38.182	1. 4.07.383 rd
4. Usa 50+	1.41.452	2. 4.12.302 rd
1. Usa 40+	1.38.115	3. 4.14.487 rd
3. Canada	1.40.769	4. 4.14.572 rd
5. Canada 50+	1.47.374	5. 4.44.091 rd

Armenia and Ukraine did not medal

For the full list of results go to <https://clockcaster.com/e/20>

DRAGON BOAT FACTS AND FIGURES FROM CANADA & THE UNITED STATES*taken from the coaching presentation given by Pat Bradley to the 2018 EDBF Forum in Seville.*

Pictured Left. **Pat Bradley, Canadian Coach of the USA National Senior Dragon Boat Team** during his presentation to the EDBF Forum on his coaching philosophy and Dragon Boating in Canada and the USA.

Pat also runs Training Camps for the PanAm Dragon Company in Tampa, Florida, USA and for the Pinatar Club, Mercia, in Spain.

NORTH AMERICAN DRAGON BOAT STATISTICS

In the USA - estimated over 200 Dragon Boat Festivals

(info from race production companies)

In the USA participation levels estimated at 60 – 70,000.

In Canada – over 200 Dragon Boat Festivals annually.

(info from Dragon Boat Canada, sports governing body)

In Canada - 85,000 participants annually. Approximately a 50/50 split Male to Female.

Notes: Statistics are based on the number of participants at Dragon Boat based Festivals.

Canada possess a higher percentage of teams with 'sport racing' paddlers. Less prevalent in the USA.

Dragon Boat Canada was able to provide high quality statistics, whilst the USDBF are lower scale estimates.

MORE DRAGON BOAT FACTS

An estimated 400+ athletes, from Clubs sanctioned by Dragon Boat Canada, competed at the 2018 IDBF CCWC in, Szeged, Hungary.

Approximately 200 athletes, from Clubs sanctioned by the USDBF also competed at the CCWC in Hungary.

Neither Dragon Boat Canada or the USDBF support or send crews to ICF Dragon Boat Championships.

Of all the Dragon Boat Racers in Canada and the USA only about 5% are 'serious Sport Racers' the rest are recreational paddlers competing as 'Festival Racers'

Three major 'private companies' provide Dragon Boat Events and Festival services in Canada and the USA.

Canada has won the IDBF World Championships, Premier Division 'Nations Cup' four times and the USA two times, since the 1st World Championships held in 1995. China has won the Nations Cup three times and Germany twice.



+ PADDLE AGAINST CANCER EVENT



CANAL OLÍMPIC, THE BEST VENUE! The Canal Olímpic de Catalunya (in Castell- defels) was built for the 1992 Olympic Games and is one of the best sport venues in Europe for water sports.

COMPETITION CATEGORIES**STANDARD (22) & SMALL (12) BOAT RACES**

For Premier and Senior (40 Plus) Crews in the Open, Mixed & Women's Classes, as well as BCS races

PRELIMINARY PROGRAMME

Friday 17 May 2019. Crews Arrival & Training

Saturday 18 May 2019. Barco Int Festival Races

Celebration Party

Sunday 19 May 2019 BCS Paddle Against Cancer Mixed Crews.

DB 12 - minimum of four (4) and max of six (6) of each gender.

DB 22 - minimum of eight (8) and a max of ten (10) of each gender.

Senior Class. All competitors must be aged 40 or over, on the 1st of June 2019, except for the Drummer, Crews of mixed ages will compete in the Open Premier Class Races.

Entry Fees. Euro 45 per person (Open, Wmn, Mixed)
Euro 30 per person BCS crews

Accommodation. In local hotels between Euro 34-80 per, person (inc Bfast) double or triple room and Euro 72 to 114 per night, for a single room.

Contact: Email info@dragonboatmotions.com
Tel +34 972 58 06 39 (Spain)

CULTURE CORNER

THE HISTORICAL ORIGINS OF THE DRAGON BOAT

Some scholars believe that the story of Qu Yuan was superimposed on a pre-existing holiday tradition. The promotion of the story, over the earlier lore of the holiday, seems to have been encouraged by Confucian scholars, seeking to legitimize and strengthen their influence.

The life of Qu Yuan is recorded in Sima Qian's, Shiji, some 187 years after his death. While Sima Qian gave high praise to Qu Yuan, there is no evidence in Shiji of a link between him and the festival celebrated in his name.

Traditional Dragon Boat Racing, in China, coincides with the 5th day of the 5th Chinese lunar month (varying from late May to June). The Summer Solstice occurs around 21 June and is the reason why Chinese refer to their festival as "Duan Wu" or "Duen Ng". Both the sun and the Dragon are considered to be male. (The moon and the Phoenix are considered to be female.)

THE EYE DOTTING CEREMONY. There are 5 steps for the eye-dotting ceremony, covering the Eyes, Forehead, Nose, Teeth and Horns, in that order.

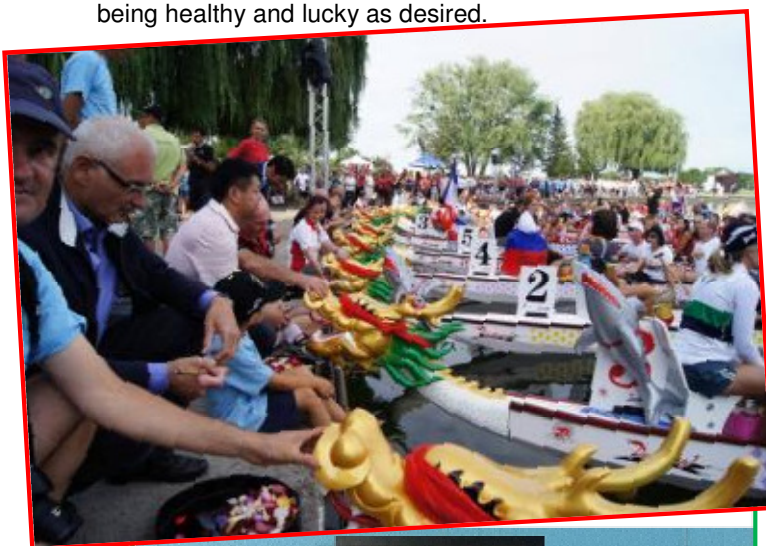
Step 1. Eyes. Dotting the Eyes, is for good weather and a prosperous and peaceful country.

Step 2. Forehead. Dotting the Forehead is for good luck and success in life.

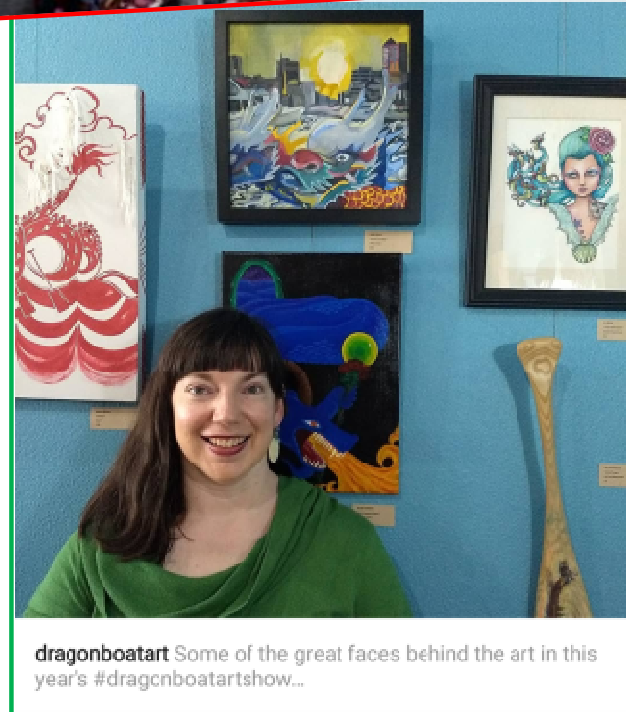
Step 3. Nose. Dotting the Nose is for harmonious happiness and welfare.

Step 4. Teeth. Dotting the Teeth is for always giving a smile and having good fortune.

Step 5. Horns. Dotting the Horns is for the wish of being healthy and lucky as desired.



*The Next Generation –
the Future History of any Sport*



DSN CALENDAR OF DRAGON BOAT SPORT & FESTIVAL RACING

JANUARY 2019 - OCTOBER 2019

	Championships - International & National	All Races shown use IDBF Racing Rules or rules adapted from them. Championships are held under IDBF Competition Regs. (P) = Provisional Date or Venue		
	Local Races & Events			
	Festival Races			
	International Regattas & Races			
	Multi Sports Games & Boating Events			
All events and dates shown as at 1st December 2017. (P) = Provisional. TBN = To Be Notified				
JANUARY 2019	Event Details	Venue	Country	Contact Details
13 Jan 2019	DBWA Regatta 3 – Champion Lakes Centre	Armadale, WA	Australia	www.dragonboatingwa.asn.au
26 Jan 2019	PanAm Synergy Race Series	Hollywood,, Florida	USA	www.panamdragonboat.com
27 Jan 2019	Mile High Regatta, Rocky Valley Lake,	Falls Creek, Vic	Australia	www.dragonboatvictoria.com.au
27 Jan 2019	DBNSW Regatta Series – Race 3 Int Regatta Ctre	Sydney NSW	Australia	www.dbnsw.org.au
27 Jan 2019	Akaroa Open Regatta, Lake Pegasus	Akaroa	New Zealand	www.aoraki-dragons.co.nz
FEBRUARY 2019	Event Details	Venue	Country	Contact Details
02 Feb 2019	Forza Twilight Regatta, Cobblestone Drive	Bunbury, WA	Australia	www.dragonboatingwa.asn.au
03 Feb 2019	Broadwater Dragons Regatta,	Emerald Lake, Qld	Australia	www.dbq.com.au.
8-9 Feb 2019	IIDBF Ice Dragons World Club Crew's Champs	Dow's Lake, Ottawa	Canada	www.icedragonboat.ca
16-17 Feb 2019	Flowing Festival DB Challenge, Lake Jindabyne	Jindabyne	Australia	www.dbnsw.org.au
16-17 Feb 2019	Chinese New Year DB Festival, Docklands	Victoria Harbour	Australia	www.dragonboatvictoria.com.au
17 Feb 2019	Akaroa 10s event, Childrens Bay	Akaroa Harbour	New Zealand	www.aoraki-dragons.co.nz
17 Feb 2019	Brisbane River Dragons Regatta, Lake Kawana	Bokarine, Qld	Australia	www.dbq.com.au.
17 Feb 2019	DBWA Regatta 4 – Champion Lakes Centre	Armadale, WA	Australia	www.dragonboatingwa.asn.au
23 Feb 2019	2 nd River Nile International DB Festival	Cairo	Egypt	www.facebook.com/AAAEA-Egyptian-Friendship-Association-Hong-Kong
MARCH 2019	Event Details	Venue	Country	Contact Details
02 Mar 2019	Mira Bay Dragon Boat Festival	Wellington	New Zealand	www.dragonboatfestival.co.nz
03 Mar 2019	NSW State DB Champs, Sydney IRC	Sydney, NSW	Australia	www.dbnsw.org.au
09 Mar 2019	Shell Harbour Fest, DB Regatta Skiway Pk	Oak Flats, NSW	Australia	www.dbnsw.org.au
09-10 Mar 2019	Victoria State DB Champs, Regatta Centre	Nagambie Vic	Australia	www.dragonboatvictoria.com.au
09-10 Mar 2019	Wellington Dragon Boat Festival	Tampa, Florida	USA	www.panamdragonboat.com
16 Mar 2019	Sports Hub Century -100m Sports Hub WSC	Kallang Basin	Singapore	www.sdba.org.sg
17 Mar 2019	Western Australia State DB Champs – Day 1	Armadale, WA	Australia	www.dragonboatingwa.asn.au
22-24 Mar 2019	PADBF Pan American Club Crew Champs,	Pigeon Point	Tobago	www.panamdragonboat.org
23 Mar 2019	South Island DB Championships	Lake Hood	New Zealand	www.aoraki-dragons.co.nz
24 Mar 2019	Western Australia State DB Champs – Day 2	Armadale, WA	Australia	www.dragonboatingwa.asn.au
30 Mar 2019	PanAm Sport Regatta, By-Pass Canal	Hollywood, Florida	USA	www.panamdragonboat.com
30 Mar 2019	Miami Dragon Boat Festival	Miami, Florida	USA	www.gwndragonboat.com
APRIL 2019	Event Details	Venue	Country	Contact Details
05-06 Apr 2019	New Zealand National Championships	Lake Karapiro	New Zealand	www.nzdba.co.nz
13-14 Apr 19	Sea Dragon Race, Pasir Ris Sea, Pasir Ris Park	Area 3-4 Elias Road	Singapore	www.sdba.org.sg
14 Apr 2019	British National League – Race.1	Worcester	England	www.dragonboat.org.uk
17-22 Apr 2019	Australian National Champs, Weston Park	Yarralumla, ACT	Australia	www.ausdbf.com
21-27 Apr 19	PanAm Spring Trg Camps, Little Harbour, Ruskin	Tampa, Florida	USA	www.panamdragonboat.com
27 Apr 2019	Tampa Bay International DB Festival	Tampa, Florida	USA	www.panamdragonboat.com
28 Apr 2019	Dragon Boat Inclusion Come and Try, Docklands	Victoria Harbour	Australia	www.dragonboatvictoria.com.au
At the time of going to press, there was little or no information available on races in Asia, except Singapore, from the main web sites.				

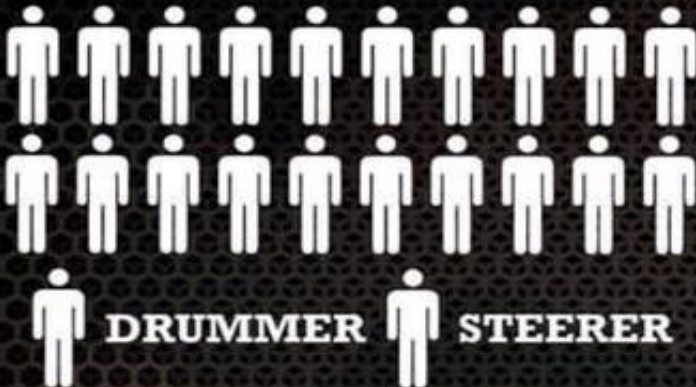
MAY 2019	Event Details	Venue	Country	
03-05 May 2019	2 nd Tbilisi International DB Festival	Tbilisi	Georgia	EM. Georgia.dragons.club@gmail.com
04 May 2019	Charleston Dragon Boat Festival	Charleston	USA	www.gwndragonboat.com
04 May 2019	FCRCC Spring Knockout, False Creek	Vancouver	Canada	www.dragonboat.ca
05 May 2019	British National League – Race.2	Stockton-on-Tees	England	www.dragonboat.org.uk
11 May 2019	St Jude-Duncan Williams DB Festival	Memphis, TN	USA	www.panamdragonboat.com
11 May 2019	Sarasota Int DB Festival	Sarasota, Florida	USA	www.gwndragonboat.com
18 May 2019	Clermont DB Festival	Clermont, Florida	USA	www.panamdragonboat.com
18 May 2019	Charlotte DB Festival	Charlotte, NC	USA	www.panamdragonboat.com
18-19 May 2019	DFW DB Festival	Dallas, Texas	USA	www.panamdragonboat.com
19 May 2019	Buddha Day's & Multicultural DB Races, Fed Sq	Victoria	Australia	www.dragonboatvictoria.com.au
18-19 May 2019	2 nd Barcelona Dragon Boat Festival	Barcelona	Spain	www.barcelonadragonboatfest.com
26 May 2019	Toronto Women's Dragon Boat Festival	Toronto	Canada	www.dragonboat.ca
26 May 2019	Fairway Gorge PC, Super Sprints	Victoria	Canada	www.dragonboat.ca
31 May 2019	National Inter Schools, A Division – 200m	Marina Bay	Singapore	www.sdba.org.sg
JUNE 2019	Event Details	Venue	Country	Contact Details
01 June 2019	Independence DB Regatta	Philadelphia, PA	USA	www.panamdragonboat.com
01 June 2019	British National League – Race.3	Milton Keynes	England	www.dragonboat.org.uk
01 June 2019	Chicago Southland DB Festival	Chicago	USA	www.gwndragonboat.com
01-02 June 2019	DBS Marina International Regatta – 200 & 500m	Marina Bay	Singapore	www.sdba.org.sg
01-02 June 2019	Pickering Dragon Boat Festival	Pickering, Ont	Canada	www.dragonboat.ca
07 June 19 TBC	Macau International DB Races	Nam Van Lake NC	Macau	www.
08 June 2019	Peterborough Dragon Boat Festival,	Peterborough, Ont	Canada	www.dragonboatfestivals.co.uk
08 June 2019	Lachine Knockout DB Races	Lachine, Quebec	Canada	www.dragonboat.ca
08 June 2019	Paddle for Pink DB Races	Princeton, NJ	USA	www.panamdragonboat.com
08 June 2019	Peterboro Dragon Boat Festival, Thorpe Meadows	Peterborough	England	www.dragonboatfestivals.co.uk
08-09 June 2019	Fanshawe DB Festival	London, Ontario	Canada	www.gwndragonboat.com
09 June 2019	Chester Dragon Boat Festival	Chester	England	www.chesterdragonboatfestival.co.uk
15 June 2019	Arlington DB Festival	Arlington, Texas	USA	www.panamdragonboat.com
15 June 2019	Fairway Gorge DB Festival	Victoria	Canada	www.dragonboat.ca
15 June 2019	Hope Chest Buffalo-Niagara DB Festival	Bufalo, NY	USA	www.panamdragonboat.com
15-16 June 2019	28 th Toronto International DB Festival Races	Toronto Ctre Island	Canada	www.gwndragonboat.com
15-16 June 19 TBC	Hong Kong International DB Races	Victoria Harbour	Hong Kong	www.
16 June 2019	British National League – Race.4	Liverpool	England	www.dragonboat.org.uk
20 June 2019	London Construction Ind DB Challenge, West Res	London N4.	England	www.dragonboatfestivals.co.uk
21-23 June 2019	Bradford Dragon Boat Festival, Roberts Park	Bradford	England	www.bradforddragonboatfestival.co.uk
21-23 June 2019	ATB Financial Lethbridge Rotary DB Festival	Lethbridge, Alberta,	Canada	www.dragonboat.ca
22 June 2019	Big Blue DB Festival	La Crosse, WI	USA	www.panamdragonboat.com
23 June 2019	Grand Dragon Boat DB Festival	Grand River, Ontario	Canada	www.gwndragonboat.com
23 June 2019	Milton Keynes DB Festival, Willen Lake	Milton Keynes	England	www.dragonboatfestivals.co.uk
20-23 June 2019	Tim Horton Ottawa, DB Festival Races	Ottawa	Canada	www.gwndragonboat.com
28-30 June 2019	Eglisau 2018 DB Festival	Eglisau	Switzerland	www.dragonboatcup.ch
30 June 2019	British Nat League – Race.5, Lon Regatta Centre	London	England	www.dragonboat.org.uk
JULY 2019	Event Details	Venue	Country	Contact Details
01 July 2018	Parry Sound DB Festival	Parry Sound, Ontario	Canada	www.gwndragonboat.com
05-07 July 2019	Save On Foods Nanaimo DB Festival	Nanaimo, BC	Canada	www.dragonboat.ca
06-07 July 2019	Montreal Challenge & Chinese Festival Races	Montreal, Quebec	Canada	www.dragonboat.ca
12 July 2019	National Inter Schools, B & C Divisions – 200m	Marina Bay	Singapore	www.sdba.org.sg
13 July 2019	Ithaca DB Festival	Ithaca, NY	USA	www.panamdragonboat.com

13 July 2019	Sudbury Dragon Boat Festival	Sudbury, Ont	Canada	www.dragonboat.ca
13 July 2019	GWN Sport Regatta, Marilyn Park	Toronto, Ontario	Canada	www.gwndragonboat.com
13 July 2019	ADBA Regional Championships	Kenosha, WI	USA	www.dragonboat.org.uk
13-14 July 2019	Singapore DB Festival – 500m	Bedok Reservoir	Singapore	www.sdba.org.sg
14 July 2019	British National League – Race.6	Nottingham	England	www.dragonboat.org.uk
13 July 2019	GWN Sport Regatta, Marilyn Park	Toronto, Ontario	Canada	www.gwndragonboat.com
18-21 Jul 2019	Canadian National Champs, Wascana Lake	Regina, Sk	Canada	www.dragonboat.ca
20 July 2019	Greater Green Bay DB Festival	Green Bay, WI	USA	www.panamdragonboat.com
25-28 Jul 2019	EDBF EUROPEAN CLUB CREW CHAMPS,	Seville	Spain	www.edbf.org
27 July 2019	Rowan County DB Festival	Salisbury, NC	USA	www.panamdragonboat.com
27 July 2019	Chicago Int DB Festival	Chicago	USA	www.gwndragonboat.com
AUGUST 2019	Event Details	Venue	Country	Contact Details
03 Aug 2019	Half Moon DB Festival	Eau Claire, WI	USA	www.panamdragonboat.com
03 Aug 2019	British National League – Race.7, Surrey Docks	London	England	www.dragonboat.org.uk
03 Aug 2019	Waterford DB Festival	Waterford, NY	USA	www.panamdragonboat.com
03 Aug 2019	Richmond Int DB Festival	Richmond, BC	Canada	www.gwndragonboat.com
03-04 Aug 2019	Get Active Singapore Races - Sports Hub WSC	Kallang Basin	Singapore	www.sdba.org.sg
04 Aug 2019	Nottingham River Festival, Victoria Emb.	Nottingham	England	www.dragonboatfestivals.co.uk
09-10 Aug 2019	Calgary Dragon Boat Race & Festival	Calgary, Alberta	Canada	www.dragonboat.ca
09-10 Aug 2019	Starbuck DB Festival, Lake Minnewaska	Minnesota	USA	www.gwndragonboat.com
09-11 Aug 2019	Victoria Dragon Boat Festival	Victoria, BC	Canada	www.dragonboat.ca
10 Aug 2019	Caressant Care Woodstock Rotary DB Festival,	Woodstock, Vermont	Canada	www.gwndragonboat.com
17 Aug 2019	Northern Nevada Int DB Festival	Nevada	USA	www.gwndragonboat.com
17 Aug 2019	River Front & Asian DB Festival	Hartford, CT	USA	www.gwndragonboat.com
18 Aug 2019	Reading Dragon Boat Festival	Reading	England	www.readingdragonboatfestival.co.uk
20-25 Aug 2018	14th IDBF WORLD NATIONS CHAMPIONSHIPS	Pattaya	Thailand	www.idbf.org
24 Aug 2019	Colorado Springs DB Festival, Prospect Lake	Colorado Springs	USA	www.gwndragonboat.com
24-25 Aug 2019	USDBF, US National Champs, Prospect Lake	Colorado Springs	USA	www.dragonboat.ca
31 Aug 2019	East Anglian DB Festival, Oulton Broad	Lowestoft	England	www.dragonboatfestivals.co.uk
SEPT 2019	Event Details	Venue	Country	Contact Details
01 Sept 2019	Tees Dragon Boat Festival, River Tees WSC	Stockton	England	www.teesdragonboatfestival.co.uk
07 Sept 2019	Cambridge Dragon Boat Festival, River Cam	Cambridge	England	www.dragonboatfestivals.co.uk
07-08 Sept 2019	GWN Dragon Boat Challenge, Western Beach	Toronto, Ontario	Canada	www.gwndragonboat.com
08 Sept 2019	British National League – Race.8	Wath upon Dearne	England	www.dragonboat.org.uk
14 Sept 2019	Stratford Rotary DB Festival	Stratford, Ontario	Canada	www.gwndragonboat.com
14 Sept 2019	Mercer County DB Festival	West Windsor, NJ	USA	www.gwndragonboat.com
14-15 Sept 2019	Quebec Cup DB Races	Quebec	Canada	www.dragonboat.ca
21-22 Sept 2019	British National Championships. NWSC	Nottingham	England	www.dragonboat.org.uk
28 Sep 2019	Madison County Chamber Dragon Boat Regatta	Madison County	USA	www.gwndragonboat.com
28 Sept 2019	SDBA-AustCham DB Challenge 5km & 10km	Marina Reservoir	Singapore	www.sdba.org.sg
Oct 2019	Event Details	Venue	Country	Contact Details
19 Oct 2019	Orlando Int DB Festival	Orlando, Florida	USA	www.gwndragonboat.com

DRAGON BOAT FACT SHEET

UTIMATE TEAMSPORT

STANDARD CREW



20 PADDLERS

Originated in Southern China over 2000 years ago, and started gathering interest in the western world in the 1970s. 

DRAGON BOAT

is human-powered watercraft

PADDLING vs ROWING

IN PADDLING,
YOU HOLD A PADDLE.
IN ROWING,
YOU MANUEVER AN OAR.

**We don't ROW,
we PADDLE.**




APPROXIMATELY
600 CALORIES
BURNED PER HOUR

WHAT TO WEAR?

LIGHT CLOTHING
THAT'S OKAY
TO GET WET



GAIN FRIENDS AND BRING...

WATER
EYEWEAR
SUNSCREEN &
SUNNY ATTITUDE





The Shanghai Peisheng Boat Co, Ltd, founded in 1995, by the Zhu Brothers, specializes in high-performance products involving advanced composite materials. The PS Hangzhou factory has a total workshop area of more than 90,000 square metres and the Company employs 350 skilled staff, including 30 managers and 50 technicians. Of this total workforce, some 120 workers are employed in the Company's first line of business Boat Building, making Dragon Boats, *licensed to IDBF Specifications*, Catamarans and producing top level Rowing Boats and Kayaks for Olympic competitions.

Peisheng owns intellectual property rights to advanced RTM construction technology, used in the making of Dragon Boats to give the boat Hull and Gunnels high strength and durability on the water. PS Boat Co sponsor the IDBF Technical & Training Centre adjacent to the PS Factory and is the IDBF Special Platinum Partner in research and development. *Pei Sheng in collaboration with BuK Germany, are now building the new Pei Sheng-BuK Dragon Boat, using advanced RTM Technology. The new PS-BUK Dragon Boat, licensed and made to IDBF Specification and BuK construction standards, is on the world market now. If you are looking to buy a new Dragon Boat then now is the time to contact Hallie@ps-boat.com. Mob + 86158 2849 6188.*



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