

DRAGON SPORT NEWS

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

"An Independent Voice for Dragon Boat Sport"

January 2020 Issue No.10.

DRAGON BOAT SPORT – PEOPLE PACKED SUMMER OR WINTER !!

WINTER EDITION



Dragon Boat Festival
June, 2020
25
THURSDAY

Views on the Sport. News on the 2020 IDBF & EDBF Championships. EDBF & EURO CUP News and much more.



A PICTURE PAINTS A THOUSAND WORDS – A LOOK BACK

Who, Where, When and Why ?
PEOPLE PACKED, TRULY A SPORT FOR ALL.



Dragon Boating – Not just a Mass Participation Sport but an Ancient Tradition “

HEADLINE LOOK AT THE NEWS INSIDE DSN.....

EDITORIAL

2020 Starts a New Decade
Tribute to David Cogswell

Page 5 and 6.

Special Features

Sportaccord Conventions in 2019.
Spot Light on Dragon Boating in Israel.
PanAm Events April 2020 – update.
Guam International DB Festival.
World Dragon Boat Records to Beat.
Drum Beat – Relationship between IDBF& ICF

Pages 4, 7, 11, 18, 19, 36.

FEATURES

Euro News – EDBF Executive & Council.
Talking Point – Small Boat Debate.
Modern DB Sport & its Political History.
Trakai, Lithuanian Dragon Boat Festival.
Pink Paddlers News from the IBCPC

Pages; 16, 17, 23, 28, 29.

Picture Gallery

Picture Paints a1000 Words – A Look Back.

Page; 2.

INTERNATIONAL RACES - UPDATES

- 2020 IDBF Clubs Crews World Champs, France
- 2020 EDBF Nations Championships, Ukraine.
- 2020 ICE Dragon Boat Festival, Auronzo, Italy.
- 2020 Int Festivals Barcelona Spn & Surigo Phl.
- 2020 Euro Cup Series – Results & Final Points.

Pages; 8, 9, 10, 12, 13.

Dragon Boat International News & Events from

IDBF Members – Australia, Great Britain, Canada,
Philippines, Ireland, Trinidad & Tobago.

Pages; 33, 34, 35.

Culture Corner

Dragon Boat Festival, Dates 2020-2040 & Customs
associated with the Festival

Page; 37-38.

Know How

Sports Science Corner By Leila Ataei

Drugs & Ant-Doping, Anabolic Steroids

Pages; 21 -22

CALENDAR OF DRAGON BOATING

Events and Festivals January to December 2020

Pages; 39 - 43.



PICTURES FROM THE SPORTACCORD CONVENTIONS IN LAUSANNE & FORT LAUDERDALE



Above: Sue Holloway, Chair of the IDBF Athletes Commission, discussing Athletes Welfare and Mental Health issues, at the SportAccord Convention in Lausanne, in November 2019, in which she spoke passionately and emotionally about her own mental health and welfare issues, when she was training and competing as a full-time Athlete, in both Summer and Winter Olympic sports. She spoke about the financial and personal pressures that this can bring to an individual and then the trauma of having to see her own children face the same issues when they too became involved in an Olympic Sport.

Below: Stephen Fox, AIMS President and GAISF Vice-President (centre), speaking during the SportAccord Regional Convention, held in Fort Lauderdale on 11 December 2019, on **"The Future of International Sports Governance"**.. (Photo by Jason Koerner/Getty Images)



Stephan Fox took part in the panel, together with Raffaele Chiulli, SportAccord & GAISF President and Andrew Ryan, Executive Director of ASOIF.

Another important panel discussion concerned **"The Duties and Responsibilities of Sport towards Social Responsibility"** in which Stephan stated that "the Regional SportAccord was very important and maybe was long overdue in the Region, as the region of the Americas is rich in sporting traditions and this has been a great opportunity to open up new frontiers to seek growth and opportunities for AIMS Members". Delegates from AIMS Members attended the convention, including representatives from the

Pan American Dragon Boat Federation (PanAmDBF) – the IDBF Continental Federation for the Americas.

AIMS President, Stephan Fox hailed the success of the Regional SportAccord Convention in Fort Lauderdale and said that "this was an important event to provide an even stronger foundation between the Region and the international sports movement, especially for the non-Olympic recognized sports and the National Olympic Committees of the Region"

Mike MacKeddie-Haslam. AIMS Board Member..



2020 STARTS A NEW DECADE AND A NEW CHAPTER FOR OUR SPORT.

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 !

2020 sees the start of a new decade and one wonders what the 2020s will bring and what challenges there will be to develop our Sport and sustain it over the 10 years to come. The immediate challenge is to maintain the independence of Dragon Boating, as a separate Sport under the IDBF, from ICF Canoeing – see also the "Drum Beat" article by the IDBF President, Mike Thomas.



Racing The Dragon ! I have started to write my book covering the first four decades of the Sport, since I started in 1980, in the UK, of taking the cultural activity of racing dragon boats, as practised in Hong Kong, China and developing this ancient tradition into the Sport Racing we compete in, around the world today.

Sadly, Dave Cogswell, the first person that I asked to start this journey with me, passed away on 15th January 2020 – see my tribute to Dave on the next page. His story will be part of mine and I would also like to add your personal dragon boat stories to the book, to mark 40 years of "Racing the Dragon" around the world. *In this DSN I have written a potted history of the Sport's development from 1980, which I hope will be informative for those new to our great Sport and as a memory jogger for those who have been involved since the last century !! So please drop me a line or two on how you came into the Sport and those who influenced you to Race the Dragon. Pictures too would be appreciated or if you find it easier then upload a voice message or even a video to the DSN Face Book page.*



AIMS GIVEN FULL RECOGNITION BY THE IOC. On the sports political front on the 10th January 2020, the International Olympic Committee (IOC) announced that the Alliance of Independent Recognised Members of Sport (AIMS) had been awarded Full IOC Recognition, as a Multi-Sports Organisation. AIMS represents the Non-Olympic Federations (18 at present) within the Global Association of International Sports Federations (GAISF) with the object of getting them officially recognised by the IOC as governing independent sports.

I am presently an AIMS Board Member and one of the AIMS Founders. The IDBF is a Founding Member of AIMS and has the personal support of the AIMS President, Stephan Fox (who is also a GAISF Vice-President) in the IDBF's quest for Olympic Federation status (IOC Recognition), especially where the ICF's incursion into our Sport is concerned.

The full recognition of AIMS by the IOC, who are looking to recognise all AIMS Members as a continuing process over time, is a boost to the IDBF's own application for IOC recognition because the IOC accepts the status and standing of AIMS Members, as the GAISF recognised world governing bodies for their respective sports.

The IOC's recognition of AIMS means that the IDBF is now an International Federation within the 'Olympic Family'. and as an AIMS/GAISF Member the IDBF case against the ICF is strengthened and the ICF claim that it is the IOC recognised International Federation for Dragon Boating, shown to be untrue. The facts are that since the formation of the IDBF, the IOC have always accepted that the IDBF is the independent International Federation for Dragon Boating, a fact confirmed by the Court of Arbitration for Sport (CAS) to the ICF in 2008.

STOP PRESS !! As DSN was about to go out, the outbreak of the coronavirus in China occurred. As of now China is in almost total lockdown, during the Spring Festival, to try and stop the epidemic from travelling the World. Our thoughts are with our Chinese friends, for their wellbeing, with the hope that we will soon be able to "race the dragon" again in China.

Mike MacKeddie-Haslam.
The Editor.

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

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A Tribute to David Cogswell – Aug 1930 - Jan 2020.

Dragon Boating will miss this wonderful and special man.



It is with much regret and personal sadness that I write this tribute to my long time friend and colleague **David Cogswell**, who passed away in the Warwick Hospital, England.

Dave, or 'Grey Owl,' as he was fondly known throughout the IDBF - because of his long white bushy hair and eyebrows, topped by large glasses, was admitted to hospital for an operation, following long term problems with his general health.

He put up a good fight but left our Dragon Boat World very peacefully in his sleep, at 7.15pm, on Wed 15th January 2020.

Dave was a stalwart among the Officials within our Sport, serving as the BDA's (British Dragon Boat Racing Association) Treasurer and Secretary since its foundation in 1987.

Dave then became the EDBF Treasurer on its foundation in 1990 and in 1993 became the IDBF Treasurer, a position he held until 2011, when he handed over the IDBF finances to Alan van Caubergh.

Grey Owl loved Dragon Boating and devoted the last 40 years of his life to it, even to the extent of converting the loft in his house into an office, which meant taking a part of his bedroom away to make room for the staircase. His devoted wife, Audrey, made no known comment about this !.

Dave was the first person that I brought with me from Canoeing to Dragon Boating and was not only a loyal and trusted, colleague and confident but a very special and dear friend for over 40 years.

Dave was at his happiest when travelling the world meeting other Race Officials and enjoying the personal friendships that our great Sport can bring.

In recent years such travelling outside of England stopped as he could not make the international trips but he still attended BDA meetings and was ever present at the British National Championships, taking in the race entries and sorting out the medals and trophies, whilst chasing up any new BDA Membership fees.

I was able to see him in the hospital on the Monday before he died and spent time talking to him about the old times and Murray Jones's jokes (his long time Race Officiating partner) which brought a smile to his face.

Although he could not talk or open his eyes, he could hear what was being said but a little smile was all that he could manage.

I told him that all his Dragon Boat friends were thinking of him and I thanked him for all the good and happy times that we had shared together, over the past 40 years and that he needed a hair-cut !

That also brought a smile to his face and a flutter of the eye lids. It was a nice way to say my goodbye to him and we parted as always, as very good and special friends to each other.

I doubt if the Sport will ever see the likes of Dave 'Grey Owl' Cogswell again. He was that rare person who went through life in a calm and thoughtful way, rarely raising his voice or loosing his temper. He had a sense of humour that everyone could relate to and enjoy, with a smile to match and a desire to serve our Sport to the best of his ability.

He kept meticulous records of all that he did in dragon boating and his roof office contains a wealth of information and artefacts, that show the history of Dragon Boat Sport over nearly 40 years.

Dave will be sorely missed by all those in the Sport who knew him, I am sure, but especially by me.

Mike MacKeddie-Haslam

BDA Founder & President,
EDBF Founder & President of Honour,
IDBF Founder & Honorary President.



Photos Henning Wieckhorst



SPOT LIGHT ON DRAGON BOATING IN ISRAEL



Photos from the Akko Port Dragon Boat Festival 2019

Report from Gal Indyk

Akko Dolphins are part of the Akko City Community Centre activities - which is great news for us. We had an amazing 1st Dragon Boat festival in the Ancient Port of Akko, bay area, on the 27th October 2019.

There were 15 teams racing in the Small Boats and 6 teams in the Standard Boat competitions. In total about 150 paddlers. The Chinese Ambassador and City Major were partners in the event and were present during the day.

We used the Standard boats and Small boats we bought last year from Peisheng Boats in China. It was a great success and we are defiantly looking to make the event even bigger for next year in Mid September. (The provisional date is the 11th September.2020 but this is subject to confirmation later in the year)

For more information and pictures from the 1st Festival and an article by the Chinese Media that were present at the event. can be found on our facebook "Akko Dolphins".

Yo-Yo-Gal. We are always looking to create new and interesting Ideas, and during this year I have developed a new "cool" method of how to use the dragon boat in a different way. I call the race **"Yo-Yo-Gal"** !!!.

If you can image, the dragon boat is identical in its shape in the bow and stern. Meaning that if you can turn all the paddlers on their seats 180 degrees,

Then move the Steerer (Helm) from one end of the boat to the other (using a additional oar fitting we made to attach to the boat - designed for this event), and change the position of the Head and the Tail of the dragon, then you can paddle in the other direction all together.

The change-over is done whilst the boat is steady (in our case we did it on the sand).

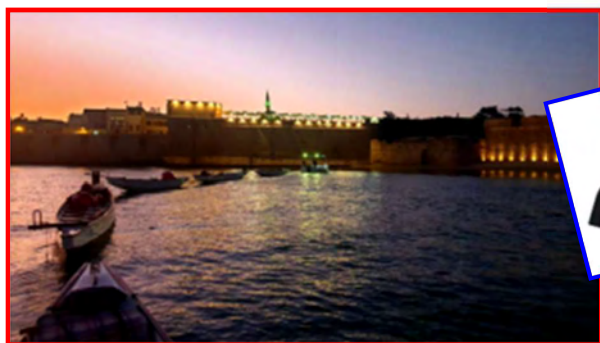
So the way it works is that 3 boats start about 100m from the sand area or bank. Once on steady ground, the change over begins involving everyone on the boat to work fast and together and, once the change-over is completed, to race back to the starting point. Up and down, like a "YO-YO"

It works and we tested it in the festival we had and it was so much fun and with a touch of humour. I will gladly send you photos, illustrations, Guidelines (rules and regulations) for judges and teams, but for now see the youtube site below for a clip showing this new racing idea.

I feel that other Dragon Boaters around the world can use this method to give an additional touch to their festival event. It is really fun and safe

<https://www.youtube.com/watch?v=9FINOeuAF68>

Gal Indyk. Email - galindyk@gmail.com



12th IDBF CLUB CREW WORLD CHAMPIONSHIPS**AIX LES BAINS, FRANCE****24th- 30th AUGUST 2020**

The 12th IDBF Club Crew World Dragon Boat Championships will be held from Monday 24th to Sunday 30th August 2020. The Championships will be held in the French Alps, on Bourget Lake, "L'Esplanade du Lac, Aix-les-Bains.

This is one of France's largest natural glacier lakes set in breath-taking scenery between the mountains. Aix-les-Bains is a tourist resort and designated as one of the most important French thermal cities. It is renowned for its local produce and architectural heritage. The Bourget Lake was an inspiration for the French poet Lamartine and provides an excellent venue for the best clubs from around the world to compete together

Entry to the IDBF 12th Club Crew World Dragon Boat Racing Championships (CCWC) is restricted to five (5) standard boats and two (2) small boats per competition class for each country. All entries must be endorsed by the respective IDBF Member, who are required to provide a list of their clubs to the chair-ctc@dragonboat.sport

Teams from countries where there is not an IDBF Member may take part subject to the agreement of the IDBF Executive and subject to becoming an IDBF Associate Member and to the published conditions of race entry.

FORMAT: The Championship will be conducted according to IDBF **Competition Regs and Rules of Racing** – Edition 8 (released 1st January 2020). The racing will be conducted by appointed IDBF International Race Officials assisted by National Standard Officials and volunteers.

ENTRIES: All entries must be made on the IDBF registration system at <http://idbfchamps.org/idbf-to-where> all entry details are to be submitted. Clubs are required to submit their **Provisional Entries** and pay the first deposit no later than **17th January 2020**. Clubs will be required to submit their **Confirmed Entries by 15th May 2020** and **Final Named Entries by 26th June 2020** (crew member details and photographs etc.)

**DIVISIONS, RACING CLASSES, COMPETITION CLASSES AND RACE DISTANCES**

Both Standard and Small Boat Championships will be contested. If a team wishes to enter a standard and small boat in the same competition class, the competitors in the standard boat must be completely different to those in the small boat; therefore, the 26 competitors (including reserves) in the standard boat must be completely different to the 14 competitors (including reserves) in the small boat. Competitors from the open and women classes may combine to form Mixed Crews. This limitation does not apply to the unimpaired paddlers participating as part of a Paradrageon 'PD2' crew

Mixed Crew Requirements: Standard Boat Crews – The crew must consist of a minimum of 8 and a maximum of 10 paddlers of either gender. Drummers and Helms can be of either gender. **Small Boat Crews** – The crew must consist of a minimum of 4 and a maximum of 5 of either gender. Drummers and Helms can be of either gender.

PARADRAGON RACING CLASS. Paradrageon racing is aimed at broadening the reach of Dragon Boat Sport by encouraging those with physical, psychological, neurological, sensory or intellectual impairments to participate.

Two Paradrageon categories are offered: one for crews where every paddler has a recognised impairment ('PD1') and a second where at least half the paddlers have a recognised impairment ('PD2'). There is no age or gender requirement for either category but the Paradrageon Racing Rules set out how age and gender are taken into account.

Unimpaired paddlers participating in a Paradrageon crew will not be restricted in any way from entering any other competition class. Any questions regarding the set of rules or the nature of competition should be sent by email to chair-para@dragonboat.sport

ACCOMMODATION, TRANSPORT and MEALS

Aix-les-Bains and more generally, the French Alps region is a popular tourist destination in France. There is a wide choice of accommodation available for competitors; from campsites to 5-star hotels. To facilitate accommodation and camp site bookings, a booking platform has been set up and is available at www.accommodation-aix2020.com. On this website, you'll be able to also book transport shuttles and meals.

For further information on Regatta Fees, Competition Classes, Age Restrictions, Para Dragons Rules, etc
- email claire@dragonboat-attitude.fr



14th EDBF EUROPEAN NATIONS CHAMPIONSHIPS
15th to 19th July 2020
Obolon Water Stadium, Kiev (Kyiv), Ukraine



The European Dragon Boat Federation Council in conjunction with the Ukrainian Dragon Boat Federation and the local organizers, City of Kyiv, warmly invite all National Dragon Boat Teams from European countries to participate in the 14th EDBF European Nations Dragon Boat Championships (ENC) at Obolon Water Stadium in Kiev (Kyiv), Ukraine, from 15th to 19th July 2020, over the race distances of 200m, 500m, and 2000m. Competing crews are recommended to arrive in Kiev (Kyiv) by Wednesday, 15th July 2020 at the latest.

The Obolon Water Stadium is the venue of previous international dragon boat competitions and the Ukrainian Dragon Boat Championships. It is situated on the River Dnieper, which flows through the centre of the country. The venue is located approximately 41km from Boryspil International Airport (KBP) and 22km from Kyiv Airport Zhuliany (IEV). Accommodation will be available within 20km or 30 minutes from the race site.

REGATTA COURSE & FACILITIES. The regatta course and technical facilities will be according to EDBF standards for a European Nations Championship. Course Width, 280m-350m, Depth 9m-17m, over the full length and breadth of the racing course, with Six (6) racing lanes, each 13.5m wide. The water temperature in July is between 20-22C. **An IMAS starting system will be used with a fixed start tower at each starters post.** Photo finish and electronic results service will be provided.

IDBF licensed Peisheng-BuK Dragon Boats will be provided by the Championship organizers. Competing crews will be expected to bring their own paddles that conform to the IDBF Paddle Specification

MOST MEDIA Broadcast Company will record and show the races from Hawk Eyes and ground cameras all around the venue, as well all competitions will have live broadcast on screens in the competitors and visitors' areas. There will also be online broadcast to the Ukrainian national sport television and social networks.

COMPETITION FORMAT & ENTRIES. The Championship will be conducted according to the **EDBF Competition Regulations and IDBF Rules of Racing.** The racing will be conducted by IDBF International Race Officials and assisted by National Officials and volunteers under the direction of an IDBF Chief Official and with a Jury nominated by the EDBF Executive Committee. The Championships will use the EDBF Race Plans to determine the racing programme.

Each country may enter one crew per competition class. Teams from countries where there is not an EDBF Member may compete subject to the agreement of the EDBF Executive Committee. All entries must be made on the IDBF registration system at <https://idbfchamps.org/login-edbf.php>.

All Nations are required to submit their **Provisional Entries** and pay an Administration deposit of €500.00 deposit by the **31st January 2020**.. Nations are required to submit their **Confirmed Entries** no later than **1st April 2020** and their **Named Entries** (including team member details & photographs) by the **5th June 2020**.

For further information on Regatta Fees, Competition Classes, including Para Dragons, Age Restrictions, Entry Conditions, Accommodation, Transport, etc
- email Kyivdragon2020@gmail.com



AURONZO INTERNATIONAL ICE DRAGON BOAT FESTIVAL – 22nd-23rd FEBRUARY 2020

Lake Misurina, Auronzo di Cadone, Italy

The Organising Committee (O.C) of the 1st Auronzo International Ice Dragon Boat Festival is honoured to welcome your team to Auronzo-Misurina and the fantastic Bellunese Dolomites. The motivator for holding an Ice Dragon Boat Festival in Auronzo on Lake Misurina, began in 2018 with Daniele Scarpa – the Atlanta 1996 Olympic kayak gold medallist and supporter of Dragon Boating and the Italian Dragon Boat Federation (FIDB)

The idea was taken up by Andrea Bedin, a friend of Daniele, and organiser of kayak and dragon boat events. The 1st Auronzo International Ice Dragon Boat Festival has begun under good auspices and with the ambition of introducing the Ice Dragon Boat ([see - www.iidbf.org](http://www.iidbf.org)) as a demonstration sport at the Milano-Cortina 2026 Winter Olympics.

Boats: IIDBF Small Dragon Boat. The Organising Committee will provide the participants with one set of Small Dragon boats (IIDBF approved) – complete with skates, paddles with spikes, drum and an ice steering oar.

In case of adverse weather conditions or the race venue (lake surface) is considered unsafe, the Organising Committee reserves the right to vary the start time or suspend the event or change the location/race distances.

Registration: should be completed using the forms provided by the Organising Committee and should be emailed to auronzodragonboat@gmail.com. Teams must be composed of a minimum of 8 paddlers, 1 Steerer and 1 Drummer.

Registration Fee, Costs and deadlines for participating in the Festival. Payment of a deposit of Euro 250,00 per team, which will be refunded in the days following the Festival. This sum will be non-refundable in case of withdrawal and/or any damages.

From 01/12/2019 to 15/01/2020, Euro 30,00 per person;

From 16/01/2020 to 21/02/2020, Euro 40,00 per person.

The registration fee includes: Festival registration, use of boats and equipment and insurance.

Race Categories: Adult Teams (19 years old and up):

Breast Cancer Paddlers - Pink Ladies

Sport Racers - Women (only female paddlers) - Men (only male paddlers)

Mixed (paddlers 6 men and 4 women or in proportion 5/8 men and 3/8 women)

Festival Racers (Social or Novice) – Women (50% + 1 female). Men (50% + 1 male)

The Drummer and the Steerer can be either male or female. The Drummer should be at least 15 years old.

Youth Teams (divided into 2 categories by ages 15-16 years old and 17-18 years old):

Women (50% + 1 females). Men (50% + 1 males)

The Drummer and the Steerer can be either male or female. The Drummer should be over 14yo.

The Steerer will be provided by the Organising Committee, unless requested otherwise

Race Distances: Saturday 22nd February 100m (Youth Morning only) and Sunday 23rd February 200m.

For those who arrive by plane: the closest airports are Treviso (126km) www.trevisoairport.it and Venice (137km) www.veniceairport.it. For further information on all aspects of the event, food, accommodation, transport, fees, etc

e-mail: auronzodragonboat@gmail.com - website: www.dragonboatitalia.com

Facebook [@dragonboatitalia](https://www.facebook.com/dragonboatitalia) - Instagram [#dragonboatitalia](https://www.instagram.com/dragonboatitalia)





<https://www.panamdragonboat.com/>

info@panamdragonboat.com



TAMPA, USA SPRING TRAINING & RACE CAMP 19th -25th APRIL 2020

Our Tampa Spring Training & Race Camp is almost to capacity, so don't delay on registering! Same goes for accommodation at the Chase Suites, but the Holiday Inn and Hampton Inn are three minutes walk away and the Westin & Double Tree Suites, five minutes. World class coaches, unbeatable weather & scenery, with two races included! Cost \$419 per paddler. **INTERESTED ? REGISTER NOW AT www.panamdragonboat.com**



Speaking of camp, the **Rocky Point Dragon Boat Festival** will be the day before camp starts, Saturday 18th April, so jump in a 10-paddler boat and share in the fun at our post event party after racing! We'll be serving up **FREE** food from **Bahama Breeze** for campers along with teams registered to race.

This event is **FREE to all campers**. Co-mingle and talk dragon boat race 'war stories' while race war stories while eating delicious food and enjoying an adult beverage! Whilst eating delicious food and enjoying an adult beverage!

18 April 2020, Bahama Breeze Rocky Point, Tampa, Florida, 8.30am 'til it's over'



25th April 2020
Mary Help of Christians Centre
Tampa, FL
8.30am to 5pm

Team registration opening soon!

With all the growth happening in Tampa, the City of Tampa is temporarily closing Cotanchobee Ft. Brooke Park in 2020 for major construction at the waterfront.

The good news? We have found a stellar venue with plenty of easy parking, a calm and protected lake, and a many other amenities including an olympic-sized swimming pool with access from the Athlete's village!

There are many bonuses to this new venue and here's a brief sneak peak below with more to come, as we work on final logistics for the event. This venue also allows us to include **10-paddler** racing along with our standard boat racing! PASS points await!

This venue is right off of I-4, very easy access; directly across the interstate from the **Seminole Hard Rock Casino & Hotel** Maybe do a little gambling on which team will take the grand prize in 202





THE COMPETITION CATEGORIES

- | | |
|---|---|
| 1. DRAGON BOAT 12
Premier & Senior (Over 40)
Mixed Women's Open BCP
Premier/ Senior/ BCP
200m Race Distance | 2. DRAGON BOAT 22
Premier & Senior (Over 40)
Mixed Women's Open BCP
Premier/Senior
500m Race Distance |
|---|---|

Rules for MIXED crews: *Mixed Class Crews must include:*

DB12 - a min of 4 (four) and a max of 6 (six) paddlers of either gender. Examples: 4F-6M, 6F-4M, 5F-5M.

DB22 - a min of eight (8) and a max of ten (10) paddlers of each gender. Examples: 10M -10F, 8M -10F, 10M -8F,9M-9F.

REGATTA FEES: Euro 45, per person – two days racing.
Euro 30 pp for BCP, racing Sunday only.

Fees include:-

- Friday's Training Session + Opening Ceremony.*
- Competitions on Saturday and Sunday*
- Participation in the DB12 and the DB22 category (open, women, mixed).*
- Competition material (Boat, paddle and lifejacket in case you need it).*
- Closing ceremony attendance.*
- Badge to access to the sport's village and changing rooms.*

Sponsors welcome pack.

bcndbfest@dragonboatemotions.com



CONTACT US:-

surigaocitydbfestival@gmail.com

or

bagsayphilipinas@yahoo.com

Ref ENTRIES BY 05 FEBRUARY 2020
REGISTRATION FEE of Php 500 by 05 March 2020





2019 EURO CUP RACE SERIES – RACE.4



RACE.4 - BELGRADE RESULTS & POINTS

Held in conjunction with the Belgrade International Regatta

The EDBF EURO CUP is a series of primarily festival races held in European Cities, to which EDBF Members' crews are invited to compete. The Euro Cup is designed to encourage Sport Racers to go to primarily to Dragon Boat Festivals and race for points and medals, whilst also scoring Euro Cup Points for their Country.

STANDARD BOAT	PLACE	CLUB CREW	TIME
PREMIER OPEN 500m FINAL	1	ADSKI ZMAJEVI	02:08.074
	2	LIMASSOL SPARTANS	02:08.562
	3	BEODRAGONS	2.17.842

SMALL BOAT	PLACE	CLUB CREW	TIME
PREMIER OPEN 200m FINAL	1	LIMASSOL SPARTANS	0.52.329
	2	ADSKI ZMAJEVI	0.53.214
	3	BEODRAGONS	0.56.822

STANDARD BOAT	PLACE	CLUB CREW	TIME
PREMIER MIXED 200m FINAL	1	LIMASSOL SPARTANS	0.50.084
	2	MOTION	0.52.029
	3	BEODRAGONS	0.54.064

SMALL BOAT	PLACE	CLUB CREW	TIME
PREMIER MIXED 500m FINAL	1	MOLTON	2.17.886
	2	ADSKI ZMAJEVI	2.19.086
	3	LIMASSOL SPARTANS	2.26.411

SMALL BOAT	PLACE	CLUB CREW	TIME
U24s MIXED 200m Race	1	MOLTON	0.56.798
	2	VOJNA GIMNAZIJA .2	1.05.271
	3	VOJNA GIMNAZIJA .1	1.06.716

SMALL BOAT	PLACE	CLUB CREW	TIME
PREMIER WOMEN 500m FINAL	1	MOLTON	2.37.545
	2	LIMASSOL SPARTANS	2.45.675
	3	BEODRAGONS	2.52.080

SMALL BOAT	PLACE	CLUB CREW	TIME
BCP 200m Race	1	BEODRAGONS.2	1.16.763
	2	BEODRAGONS.1	1.19.135
	3	BEODRAGONS.3	1.20.865

SMALL BOAT	PLACE	CLUB CREW	TIME
PREMIER WOMEN 200m FINAL	1	ADSKI ZMAJEVI	1.00.837
	2	BEODRAGONS	1.02.472
	3	LIMASSOL SPARTANS	1.02.605

BELGRADE EURO CUP 28th SEPTEMBER 2019 - RACE POINTS

Place	Club	Nation	Standard Boat			Small Boat					Race Grand Total
			Opn 200m	Mxd 500m	Total	Opn 200m	Mxd 500m	Wmn 200m	Wmn 500m	Total	
1	Limassol Spartans	Cyp	95	105	200	53	44	43	49	189	* 389
3	Beodragons	Ser	85	85	170	43	39	48	43	173	* 343
2	Adski Zmajevi	Ser	105	-	105	48	49	53	-	150	255
4	Molton	Ser	-	95	95	-	54	-	53	107	202

Place Points = Std Bt, the first placed crew gets a race points total of 100 (100%), then descending by 10 points gap. but for the Small Boat the race points score is halved to 50 (50%). and then decreasing by 5 points, so 2nd place 45 points.

Bonus Points = Number of crews + number of Nations in competition. For example, in Opn Std Boats is 3 from 2 Nations = 5.

In the Mxd Small Boats with 4 crews is reduced by 50% for Bonus points to 2 crews, with 2 Nations competing, gives each crew 4 bonus points to add to their Place Points. (With only 3 crews racing, the bonus points = 1 + 2 Total 3)

Competition Class Total = Opn Std Bt is 100 Race Points, plus 5 Bonus points for a max points total of 105 for 1st place.

Mxd Sml Bt is 50 Race Points, plus 4, for a max points total of 54 to 1st placed crew down to 39 points for the 4th placed crew.

In comp classes of 3 Sml Boat crews it is 50 + 3 bonus, for totals of 53, 48, and 43.

* When 3 Nations or less take part in a Euro Cup Race, the Cup Points Total will be 50% of the Race Points Total

Racing Class	Points	Bonus	Total
Prem Opn Std Bt	100	05	105
Prem Mix Std Bt	100	05	105

Opn Sml Bt	50	03	53
Wmn Sml Bt	50	03	53
Mix Sml Bt	50	03	54

2019 EURO CUP RACE.5 - ROME RESULTS & POINTS

STANDARD BOAT	PLACE	CLUB CREW	TIME
PREMIER MIXED 500m FINAL (5 crews entered)	1	ALBADRAGO	2.20.77
	2	AISA	2.20.91
	3	ONV BOX – Czech Rep	2.21.30
	4	CANOTTIERI EUR	2.21.33

SMALL BOAT	PLACE	CLUB CREW	TIME
PREMIER OPEN 500m FINAL (8 crews entered)	1	ALBADRAGO	2.27.80
	2	AISA	2.27.84
	3	ONV BOX – Czech Rep	2.28.81
	4	CANOTTIERI EUR	2.28.88

STANDARD BOAT	PLACE	CLUB CREW	TIME
PREMIER MIXED 200m Race	1	AISA	0.53.23
	2	ALBADRAGO	0.54.47
	3	CANOTTIERI EUR	0.54.49
	4	ONV BOX – Czech Rep	0.54.96

SMALL BOAT	PLACE	CLUB CREW	TIME
PREMIER OPEN 200m FINAL (8 crews entered)	1	AISA	0.56.05
	2	ALBADRAGO	0.57.15
	3	ITALIA - CINA	0.57.17
	4	ONV BOX – Czech Rep	0.57.25

SMALL BOAT	PLACE	CLUB CREW	TIME
SENIOR OPEN 500m FINAL (6 crews entered)	1	ALBADRAGO	2.30.50
	2	SABAUDIA	2.31.79
	3	ONV BOX – Czech Rep	2.32.68
	4	THE CORE	2.32.86

SMALL BOAT	PLACE	CLUB CREW	TIME
PREMIER WOMEN 500m Race	1	ALBADRAGO	2.43.65
	2	ONV BOX – Czech Rep	2.45.09
	3	AISA	2.46.65
	4	ETRURIA	2.55.17

SMALL BOAT	PLACE	CLUB CREW	TIME
SENIOR OPEN 200m FINAL (8 crews entered)	1	SABAUDIA	0.58.76
	2	ONV BOX – Czech Rep	0.58.89
	3	ALBADRAGO	0.59.23
	4	THE CORE	0.59.49

SMALL BOAT	PLACE	CLUB CREW	TIME
PREMIER WOMEN 200m Race	1	ALBADRAGO	1.02.52
	2	ONV BOX – Czech Rep	1.02.89
	3	AISA	1.04.62
	4	POLVERINO	1.08.88

SMALL BOAT	PLACE	CLUB CREW	TIME
BCP 200m Race	1	LILT LATINA	1.09.97
	2	PINK BUTTERFLY	1.11.23
	3	FLORENCE DRG LADY	1.11.25
	4	ABBRACCIO ROSA	1.11.58

ROME EURO CUP RACE 21ST-22ND DECEMBER 2019

RACE POINTS

Place	Club	Nation	Standard Boat			Small Boat							Race Grand Total
			Mxd 200m	Mxd 500m	Total	Opn 200m	Opn 500m	Wmn 200m	Wmn 500m	Snr Opn 200m	Snr Opn 500m	Total	
1	ALBADRAGO	Ita	96	107	203	55	60	56	56	50	58	335	538
2	ONV BOX	Cze	76	87	163	45	50	51	51	55	48	300	463
3	AISA	Ita	106	97	203	60	55	46	46	-	-	207	410
4	CANOTTIERI EUR	Ita	86	77	163	25	45	-	-	-	-	65	233
5	INDIANA	Ita	-	67	67	-	30	-	-	35	38	103	170
6	ETRURIA	Ita	-	-	-	-	25	-	41	40	38	144	144
7	SABAUDIA	Ita	-	-	-	-	-	-	-	60	53	113	113
8	THE CORE	Ita	-	-	-	-	-	-	-	45	43	88	88
9	ITALIA CINA	Ita	-	-	-	50	35	-	-	-	-	85	85
10	POLVERINO	Ita	-	-	-	35	-	41	-	-	-	76	76

Place Points = Std Bt, the first placed crew gets a race points total of 100 (100%), then descending by 10 points gap. but for the Small Boat the race points score is halved to 50 (50%). and then decreasing by 5 points, so 2nd place 45 points.

Bonus Points = Number of crews + number of Nations in competition. For example, in Mxd Std Boats is 4 from 2 Nations = 6. whilst the Prem Small Boats is reduced by 50% for Bonus points to 5 points to add to their Place Points.

Competition Class Total = 500m Mxd Std Bt is 100 Race Points, plus 7 Bonus points for a max points total of 107 for 1st place. Prem Sml Bt is 50 Race Points, plus 5, for a max points total of 55 to 1st placed crew down to 25 points for the 8th placed crew

2019 EURO CUP - OVERALL POINTS TABLE

(The Racing Points from the highest scoring crew from each Nation count)

* Where 3 Nations or less take part in a Euro Cup Race, the Eurocup Cup Points Total is 50% of the Race Points Total

Points Place	Nation	Std Bt Pts	Sml Bt Pts	Race 5 Rome	Std Bt Pts	Sml Bt Pts	Race 4 Belgrad	Std Bt Pts	Sml Bt Pts	Race 2 Seville	Std Bt Pts	Sml Bt Pts	Race 1 Barcelo	Grand Total
1	Germany	-	-	-	-	-	-	456	365	821	214	158	372	1193
2	Spain	-	-	-	-	-	-	507	181	688	88	129	217	905
3	Czech Rep	82	150	232	-	-	-	382	167	549	-	-	-	781
4	Ukraine	-	-	-	-	-	-	428	338	766	-	-	-	766
5	Italy	102	167	269	-	-	-	45	105	150	-	35	35	454
6	Russia	-	-	-	-	-	-	177	183	360	-	-	-	360
7	Gt Britain	-	-	-	-	-	-	82	40	122	96	133	229	351
8	France	-	-	-	-	-	-	111	151	262	-	74	74	336
9	Switzerland	-	-	-	-	-	-	-	239	239	-	18	18	257
10	Cyprus	-	-	-	100	95	195	-	-	-	-	-	-	195
11	Serbia	-	-	-	85	87	172	-	-	-	-	-	-	172
12	Ireland	-	-	-	-	-	-	71	-	71	98	-	98	169
13	Sweden	-	-	-	-	-	-	-	110	110	-	30	30	140
14	Poland	-	-	-	-	-	-	-	121	121	-	-	-	121
15	Austria	-	-	-	-	-	-	-	-	-	-	96	96	96
16	Netherlands	-	-	-	-	-	-	-	76	76	-	-	-	76
17	Hungary	-	-	-	-	-	-	-	-	-	-	35	35	35

EURO CUP POINTS – Seville Race.2

Place	Nation	Std Bt Pts	Sml Bt Pts	Total Pts
1	Germany	456	365	821
2	Ukraine	428	338	766
3	Spain	507	181	688
4	Czech Republic	382	167	549
5	Russia	177	183	360
6	France	111	151	262
7	Switzerland	-	239	239
8	Italy	45	105	150
9	Great Britain	82	40	122
10	Poland	-	121	121
11	Sweden	-	110	110
12	The Netherlands	-	76	76
13	Ireland	71	-	71

EURO CUP POINTS – Nottingham Race.3

Only Host Nation represented – 0 Points scored

* EURO CUP POINTS – Rome Race.5

Place	Nation	Std B Pts	Sml Bt Pts	Total Pts
1	Italy	102	167	269
2	Czech Rep	82	150	232

EURO CUP POINTS – Barcelona Race.1

Place	Nation	Std Bt Pts	Sml Bt Pts	Total Pts
1	Germany	214	158	372
2	Gt Britain	96	133	229
3	Spain	88	129	217
4	Ireland	98	-	98
5	Austria	-	96	96
6	France	-	74	74
=7	Hungary	-	35	35
=7	Italy	-	35	35
9	Sweden	-	30	30
10	Switzerland	-	18	18

* EURO CUP POINTS – Belgrade Race.4

Place	Nation	Std B Pts	Sml Bt Pts	Total Pts
1	Cyprus	100	95	195
2	Serbia	85	87	172

* With less than 3 Nations competing, the Eurocup, the Cup Points Total is 50% of the Race Points Total



EURO NEWS - EDBF EXECUTIVE & COUNCIL MEETINGS,
Summary Report from the EDBF Executive Committee and Council
Meetings, held in Milan, Italy, November 2019.



The EDBF President, Claudio Schermi (CS) welcomed everyone to the meetings and as the Council Meeting was the last one for retiring EDBF Vice-Presidents, Kim Beckwith (Netherlands) and Petr Klima (Czech Rep) he formally thanked them both on behalf of the Executive and Council for their long service to the EDBF.

European Nations Champs Kiev (Kyiv) 2020. An update presentation was given by the UDBF and Kiev organising committee, who confirmed that the changes required to bring their September 2019 event up to EDBF standards will be done.

A first draft of Bulletin No. 1 had been prepared and it was confirmed that EDBF members/citizens **do not** require visas

Euro Cup 2020. The events and dates for Euro Cup 2020 need to be agreed as soon as possible to allow the appropriate marketing and organisation to be set-up and confirmed. It was agreed that the EDBF would accept the festival rules rather than the IDBF/EDBF Rules as this would allow more festivals to apply for Euro Cup status.

EDBF Members Forum 2020. The EDBF Forum & Gala Dinner 2020 will be held in Parma, Italy. The Tourist Board of Emilia Romagna are on board to support the event, along with other sponsors

All EDBF Members will be asked to submit proposals to host the EDBF Forum and Gala Dinner for 2021.

1st European Indoor Dragon Boat Championships. The format for the 1st EDBF Indoor Dragon Boat Championships, will be a Kayakpro Ergometer competition, for which the paddle machines would need to be brought in or purchased, especially for the event.

The Championships will be held in Fidenza, Italy, about 10Km from Parma, on the same weekend as the 2020 EDBF Forum. Date to be confirmed, around mid-November 2020

The EDBF Executive Committee discussed, for future years, other types of EDBF Indoor competitions, such as:-

Indoor tug-a-dragon competition – type 1

6 people verses 6 people facing each other in 1 boat.

Indoor tug-a-dragon competition – type 2

2 dragon boats connected via a bungee cord.

Such tug-a-dragon competitions could be run regionally in Europe, to keep costs down for the competitors and would be easier to organise as the equipment was more readily available.

European Club Crews Champs Barcelona 2021. A presentation was given by the Barcelona Organising Committee.

The Council agreed that it is important to set the date as soon as possible, as July and August are the main tourist season in Barcelona. *(It was Noted that the IDBF World Nations Championships will be held in November 2021 and there is an IDBF World Cup to be held in July or August 2021 dates to be confirmed).*

The Barcelona Org Com felt that the 1st or 2nd week of June 2021 would be the best options for them but the Council observed that this would be a disservice to the Juniors, especially as the IDBF WNC also falls outside of holiday periods. Luis Muoz was asked to respond as soon as possible with alternative dates in July 2021.

European Nations Championships, Ravenna 2022. Presentations were given by the Italian Dragon Boat Federation President and the Emilia Romagna Region, Tourist Board of Italy in support of the location and of the facilities in Ravenna, for the EDBF European Nations Championships 2022.

The Council supported the bid, but requested an update on how the course has been developed since 2014. Concern was also raised regarding the transport issues experienced for the athletes in 2014.

Emilia Romagna advised that transport has improved since 2014 and there were now more hotels nearer to the race course. The IDBF WNC in Sarasota is provisionally scheduled for July 2022. It was therefore suggested the first week in September 2022, but will be dependent upon confirmation of the IDBF event.

Development Funds - Support to EDBF Members
The Council agreed in principle, to support new National Federations in buying new dragon boats or new projects with some financial assistance from the EDBF.

Each application would be looked at on a case by case basis and the final details or how the scheme would operate would need to be reviewed.

It was felt that match funding would need to be provided by the applicant and a contract signed. It was agreed that the funding would not be intended for well established nations

TALKING POINT. – a Look At The Issues Of The Day

“THE SMALL BOAT DEBATE”

A bit of a history lesson before some thoughts on the use of Small Boats.

The Small Boat has always been a potential 'Trojan horse' within the Sport, every since, as the IDBF Executive President, I first discussed the idea with BuK Boats from Germany, many years ago.

The original idea was to call it a Junior Boat, introduced specifically for schools and youth clubs to use as a way of introducing young people to the Sport and then moving them on to the Standard Boat as they progressed in the Sport.

The second obvious use was as a training boat at Club level, as numbers are usually small for training and then finally as a boat for the Festival Race market.

That is why the original design was “tubby” and not a good 'racing boat'. In the event most Juniors didn't like the tubby boat and wanted to race in the Standard Boat like everyone else.

The move towards having an 'Olympic Class Boat' followed on from the Junior Boat concept, when my early conversations with the IOC Sports Department clearly showed that if we were ever to get into the Olympics it would have to be in a smaller boat (10 paddlers) and with a mixed crew, due to the restrictions on total numbers in an Olympic Games (around 10,500) and the IOC's developing policy, at the time, towards more women and inclusiveness within all Olympic Sports.

To have an Olympic Class boat meant re-naming the Junior Boat as an IDBF Spec Small Boat and making it as good to race (almost !!?) as the Standard Boat, thus the 'thinner' tippler, faster Small Racing Boat developed for the IDBF by Champion Boats and used in IDBF and EDBF Championships today.

As the Small Boat began to become popular, especially in the Festival Races, there was a need to protect the Standard Boat as the main Racing Boat but also the need to develop the Small (Olympic Class) Racing Boat as part of our Olympic Games target but we could not promote it as such, until after the IDBF was IOC recognised - still to happen of course !.

We also had to cater for the increasing demand to race a 10 paddler boat nationally and internationally. Later, when the ICF suggested to me that they take on the Small Boat and we (IDBF) just stick with the Standard Boat (no chance of that of course) it became even more important that we had to develop the use of the Small Boat carefully and wisely,

So, a balance had to be found between the two boats (and to keep the ICF at bay) and that is how the IDBF policy developed of restricting the use of Small Boats at Championships, primarily to new Countries with limited paddlers but to also allow IDBF Full Members, to race Small Boats with different paddlers than those used in their Standard Boat competitions.

This policy has been pushed and pulled over the years but still remains largely intact and effective but inevitably the Small Boat entries have risen at the expense of the Standard Boat and will become more so, if the established Countries don't stick to the Standard Boat as their first choice racing boat. Canada, the USA and Germany certainly have done so and I believe that all IDBF Full Members should consider this policy too.

We cannot go backwards and try to “dumb-down” the Small Boat. The temptation is of course to go the other way and make the Small Boat the main size of Racing Dragon Boat, instead of the Standard Boat. **However, to ignore the Small (or Standard Boat) completely, would play right into the ICF's hands.**

Why do I say this ? Well, until now, the ICF have had to use IDBF Spec Boats in their own competitions but their latest move, with the support of the Chinese Canoe Association, is to bring to the marketplace the 8 paddler boat, displayed at the 2019 ICF World Championships.

This is a boat specifically designed to demonstrate Dragon Boating to the IOC, without having to use the IDBF Spec Small Boat or specialist Dragon Boat Paddlers from either the IDBF or ICF.

For the purpose of running an Olympic Dragon Boat Competition, the right number of paddlers already exist, in an Olympic Games Canoe Team, to make up a mixed 8 paddler dragon boat crew from, for example, the Men's and Women's Kayak 4s crews' and the ICF has the time and space during their week on the Olympic Regatta course to hold a Dragon Boat event.

They don't need to ask the IOC for any more time or for any more 'athletes' to run the races. All they need from the IOC, is three sets of Olympic Medals - 36 in total.

This process has already started with the ICF obtaining IOC support, following suggestions from the Chinese Government, through the Chinese Olympic Committee, that it would be a very good idea, as the Games were to be held in Asia, to hold a Dragon Boat demonstration, during the 2020 Tokyo Olympic Games, to showcase a Chinese cultural tradition to the world. Next ICF step is 8 paddler dragon boat races in the Olympic Games.

Much food for thought there. What-ever happens, we have to accept that Small Boats are here to stay and we have to find a balance in the way we use them at all levels, to help develop the Sport without demoting the Standard Boat and whilst preventing the ICF from splitting our Sport totally and that is the difficult bit.

The IDBF Members and the IDBF Council, are there to do the difficult bit. So support your IDBF Member and keep Dragon Boat Sport for Dragon Boaters !!

Mike MacKeddie-Haslam.

4th GUAM INTERNATIONAL DRAGON BOAT FESTIVAL

DRAGON BOAT RACERS DRAG IN INTERNATIONAL FESTIVAL *Matt Weiss/The Guam Daily Post Nov 25, 2019*



DIGGING DEEP: Team Haggan's Duce Romias, team captain and steersman, calls out orders during a heat in the Open Mixed Division.

With more than 300 paddlers gracing the welcoming waters off the coast of Matapang Beach Park, nine teams from seven nations competed in the 4th Guam International Dragon Boat Festival.

Joining host Guam, teams from Singapore, Republic of Philippines, Hong Kong, Taiwan, Korea and Japan competed in the event presented by Guam Visitors Bureau, and Mega Bingo. While dragon boat racing isn't popular on Guam, Bernie Lirag, ACES (Athletes, Communities Educators, Students) Guam chairman, has seen growth.

"Every year, we keep on growing," Lirag said. "With the help of Marcia Cristobal and Gabin Choi, we make this fourth annual event of dragon boat be more successful than last year."

Cristobal, the race's chief official, like Lirag, feels the sport will become more popular with additional sponsorship opportunities.

At \$7,000 per boat, with the goal of doubling Guam's three-sculd fleet, Cristobal is confident that sponsorships are worth the investment.

"Yearly, we do have improvement," Cristobal said. "The only problem we have is hopefully we can get some sponsors. We need additional boats to invite more participants. We cannot accommodate a lot of teams." The two-day event had teams competing in 200-meter races in Men's, Women's, Mixed, and Senior Divisions. The Philippines, after Day 1, enjoying the greatest success, claimed 3 of 4 races.

Duce Romias, LMS Haggan team captain, enjoyed the competition and got a rush every time his boat's drummer belted out a percussive command. "When you hear that drumbeat and see the guys right next to you, it's very competitive," Romias said. "You want to win. You're going to the beat of the drum." With each team participating in multiple races, Hong Kong teams enjoyed the competition and a tropical island getaway. "We've done a few international races, as a club, and we're always looking for new races to



SHE'S GOT THE BEAT: Shirlan Tse, drumming for one of Hong Kong's two teams, controls the tempo during a heat in the 4th Guam Int DB Festival.

KOREA REPRESENTS: The Sea Explorers Korea, stop for a photo-op between heats



come to and Guam popped up," said Coll, a paddler with 12 years of experience "We wanted to come here," adding "Guam is a beautiful island", an "amazing location," and Matapang is a "stunning beach." "It's definitely the most exotic place I've ever paddled," he said. Shirlan Tse, between paddling and drumming for one of the Hong Kong teams, described Guam and the racing as "fun and beautiful."

(Right) FEELING THE BURN . Members from a team from Hong Kong power through the Matapang Beach waters at the Festival.



(Left) THE LION ROARS: SingaROAR's Francis Ng, the steersman from a team from Singapore, shouts commands to the team at the 4th Guam Int Dragon Boat Festival, Matapang Beach Park in Tumon

WORLD DRAGON BOAT RECORDS TO BEAT - LONGEST BOAT & LONGEST JOURNEYS.

Currently shown on the Guinness Book of World Records website as set in 2018. Time for them to be challenged !!??

LONGEST DRAGON BOAT – 12 November 2018, Mekong River, Cambodia [File Photo: IC]

The world record for the longest dragon boat is 87.3 m (286 ft 5 in) and was achieved by Union of Youth Federations of Cambodia, Prey Veng and Prey Veng Provincial Administration (all Cambodia), in Prey Veng Province, Cambodia, on 12 Nov 2018.

The dragon boat has a crew of 179. At its mid-point the width across the boat measures 193 cm (6 ft 4 in) with a depth of 83 cm (2 ft 8 in). The weight of the boat was estimated to be 12,102 kg (26,680 lb 5 oz).



Guinness World Records adjudicator Pravin Patel



verified the record onsite and presented UYFC's president Hun Many with an official certificate. "You are the new Guinness World Record holder for the longest dragon boat", Pravin Patel announced to thousands of people at an event held on the Mekong River in Prey Veng province. He said that China had set the previous record for the longest dragon boat which was 77.8 meters long, on 28th May 2016

The Cambodian boat took more than six months to be built by the Union of Youth Federation of Cambodia (UYFC) in Prey Veng province and it cost about 60,000 U.S. dollars. UYFC's Vice- President Sar Sokha said "the boat will be exhibited at

the Water Festival in Phnom Penh next week before being returned to be kept at Prey Veng Provincial Hall".

"The purpose of making the longest dragon boat in the world is to remember the long history of the production and use of dragon boats by the Khmer people in old times, especially to remember the Khmer kings in old generations, who had used dragon boats as transport means to defend the territory," Sokha said. "It is also to promote the spirit of national affection and solidarity among the youths in conserving the legacies left by our ancestors," he added

LONGEST JOURNEY BY A Dragon Boat – 03-07 November 2018, Murray River, Australia.

The longest journey by dragon boat was 304.475 nautical miles (563.889 km) and was achieved by team Boating for Brains (Australia) down the Murray River, Australia, on 3-7 November 2018 from Yarrowonga to Swan Hill.

The boat's crew were Alastair Mcintosh, Alma Ocampo, Mitchell Fegan, Peter Christen, Robert Christen, Steve Kimm, Andrew Mcphee, Farhan Mahmud, Alison Horne, Joyce Yeung, Lorenzo Loreface, Ryan Barrett, Jack Ho, Ben Jeffery, Mathew Wood, Samir Waters, Seamus Lynch, Alex Evans, Chris Phoumsavanh, Lisa Chan, David Abel, Eliza Campbell.



The purpose of the record attempt and journey was to raise money for the Neurology department of the Royal Children's Hospital Melbourne.

THE GREATEST DISTANCE BY DRAGON BOAT IN 24 HOURS. The greatest distance by dragon boat in 24 hours is 187.933 km (116.78 miles) and was achieved by Dragon Boat Pinatar (Spain), in San Pedro de Pinatar, Murcia, Spain, between 31 October and 1 November 2015.

THE GREATEST DISTANCE BY DRAGON BOAT IN 24 HOURS IN RELAY. The greatest distance by dragon boat in 24 hours in relay is 266 km (165.28 miles), achieved by Dragon Boat Spain (Spain) in Torrevieja, Alicante, Spain, from 11-12 November 2017. 161 paddlers from 7 different countries took part in the relay, successfully completing 190 laps of a 1.4 km circuit.

"A NEW DECADE IS THE TIME FOR DRAGON BOATERS TO STEP UP AND SET NEW RECORDS"

3rd INTERNATIONAL DRAGON BOAT FESTIVAL

Tbilisi – Georgia, 24th – 26th April 2020

Race distances 200m & 2000m

There are no age or gender restrictions on Drummers or Steerers.

Maximum of 16 paddlers per Premier & Corporate Open Crews, 14 paddlers all other competitions. 200m races on 25th April 20,



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

Entry fees: Price includes medals, trophy and certificates

4* Hotel accommodation is available at USD 180.00.pp, for 3 Nights (23-26 April).

3* Hotel accommodation is available from USD 110.00 - 150.pp, for 3 Nights (23-26 April).

All Hotels within 25 minutes to the Race venue

Hotel Price includes airport and local transfers, breakfast & closing ceremony tickets

FURTHER INFORMATION FROM:-

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

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SPORTS SCIENCE CORNER

by Dr. Leila Ataei

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DRUGS and ANTI DOPING - ANABOLIC STEROIDS

DRUGS BANNED IN SPORT: The use of performance-enhancing substances (drugs) or techniques (methods) which helps or increases an athlete's ability to succeed in competitive sports is a timely topic for dragon boat athletes, coaches, and Official to be aware of and discuss. This article for DSN looks at the use of such drugs and methods, whether legal or illegal, which can occur at all levels of sport – from school level to international competitors.

Drugs such as, Erythropoietin (EPO or epoetin alfa), Anabolic steroids (see details below), Stimulants, Human Growth Hormone and Diuretics have been shown to produce significant performance enhancing effects. However, these substances can also be associated with dangerous and possibly life-threatening side effects. Dragon Boaters should avoid these performance-enhancing substances not only because they may compromise their entitlement to compete both Nationally and Internationally but also because they can be harmful or even fatal with long-term use.

WORLD ANTI-DOPING CODE PROHIBITED LIST. The World Anti-Doping Code Prohibited List is an International Standard. The List groups substances and methods by those that are banned at all times (in and out of competition), those that are banned in-competition only, and those that are banned by a particular sport. This List was originally published in 1963 under the direction of the International Olympic Committee and the World Anti-Doping Agency is in charge of updating and publishing the List each year, **which can be viewed on the IDBF website at www.dragonboat.sport, together with the IDBF Ant-Doping Policy and Guidelines.** If an athlete has a legitimate medical reason to use one of the banned agents, a Therapeutic Use Exemption (TUE) may be granted.

Anti-Doping, Sample Types and Tests. **Doping tests on international level athletes are specified** in the International Standard for Testing and Investigations. Urine, Blood or both are collected as test samples.

Urine tests. Urine samples are used in analysing the use of prohibited substances and methods. **Blood tests.** Blood samples may be taken for identifying prohibited substances and methods, for screening or as a part of long-term monitoring in order to create an athlete's personal profile.

There are two types of doping tests, in-competition and out-of-competition For out-of-competition tests, the athlete concerned is invited for testing, at anytime and anywhere, either in their home country or abroad.

In-competition tests. For Dragon Boating *in-competition* Doping tests are conducted at Continental and World level (presently urine tests only) during a period which can start 12 hours prior to a Championship and ending at the end of the event and on completion of the collection of urine samples. All known doping substances and methods and any manipulation of the sample are tested from samples collected in connection with the relevant Championship. The process for selecting paddlers for testing is detailed in the IDBF Anti-Doping Policy.

Out-of-competition tests. Targeted doping tests are also carried out outside of competitions. Out-of-competition samples are tested for non-approved substances, anabolic agents, peptide hormones, growth factors and similar substances, β 2-agonists, hormone and metabolism modulators, diuretics and other masking agents as well as all.

In Dragon Boating, out-of-competition testing may be carried out at any time **on Dragon Boat Athletes' who have taken part in Grand Finals at World or Continental Championships. Out-of-competition tests also include follow-up tests made to clarify the results of previous tests and tests carried out during a period of ineligibility due to any anti-doping rule violations.** Every dragon boater is responsible for the drugs they consume and knowing if any of these substances are on the World Anti-Doping Code Prohibited List,

SUBSTANCES PROHIBITED AT ALL TIMES. Non-approved Substances and Anabolic Agents.

Peptide Hormones, Growth Factors and Related Substances, that is, Beta-2 Agonists, Hormone and Metabolic Modulators and Diuretics and Other Masking Agents

Substances prohibited in-competition, that is, Stimulants, Narcotics, Cannabinoids, Glucocorticosteroids.

Substances prohibited in particular sports, such as, Alcohol (Dragon Boating), Beta-Blockers

ANABOLIC STEROIDS - ABUSE, SIDE EFFECTS AND SAFETY. Medically reviewed by [Leigh Ann Anderson, PharmD.](#)

What are Anabolic Steroids ? Anabolic steroids and Androgens are performance-enhancing agents and act by increasing lean muscle protein synthesis and body weight, without increasing body fat mass.

Anabolic steroids include the endogenous male sex hormone testosterone, methyltestosterone, danazol, oxandrolone and dihydrotestosterone, and other agents that behave like these sex hormones and all synthetic derivatives of testosterone, both oral and injectable

Anabolic steroids stimulate growth in many other types of tissues, especially bone and muscle. Anabolic effects also include increased production of red blood cells. Anabolic steroids can be given by injection, taken by mouth, or used externally. **Androgens** stimulate the development of male sexual characteristics (such as deepening of the voice and beard growth) and development of male sex organs.

Medically, androgens and anabolic steroids are used to treat *delayed puberty* (in boys) *hypogonadism* (impotence in men) *breast cancer* (in women) *anemia*, *osteoporosis* (weight loss disease in HIV) *endometriosis* and other conditions with hormonal imbalance

Are Anabolic Steroids Prohibited in Sport ? Athletes have been known to miss-use anabolic steroids to build muscle, prolong endurance and enhance performance. Anabolic agents are prohibited at all times, both in- and out-of-competition and are shown on the World Anti-Doping Agency (WADA) Prohibited List.

What is the Extent of Illicit Anabolic Steroid Use ? The Illegal use and street purchase of anabolic steroids is risky. Illicit steroids can be sold at gyms, sports events, via mail order and buyers may be at risk of purchasing adulterated or contaminated products. Often, illicit steroids are smuggled into countries and be illegally sourced from unscrupulous pharmacies or synthesized in backroom laboratories.

Some common street names used to refer to anabolic steroids are Juice; Gym candy; Pumpers; Andro; Roids and Stackers

Abuse of anabolic steroids can occur in any age group, but statistics on their abuse is difficult to quantify because many surveys on drug abuse do not include steroids but scientific evidence indicates that anabolic steroid abuse among athletes may be as high 6%.

Steroidal dietary supplements can be converted into testosterone or other androgenic compounds in the body. Steroidal over-the-counter dietary supplements such as androstenedione and tetrahydrogestrinone (THG) were previously available without prescription but they are now prohibited.

However, Dehydroepiandrosterone (DHEA), another steroidal dietary supplement is still available legally in some Countries. Clinical research reports indicate that these agents are ineffective or lack evidence of performance-enhancing effects, and can be linked with many serious side effects and drug interactions.

What are the Most Common Side Effects That May Occur with Anabolic Steroid Use ? There is a wide array of serious side effects associated with abuse of anabolic steroids; Steroid use can alter the normal hormonal production in the body.

Most side effects can be reversed if the drugs are stopped, but some, such as a deepened voice in women may persist.

Data on long-term side effects primarily come from case reports and not from well-controlled, long-term epidemiological studies, which may be more reliable. Common anabolic steroids side effects include:-

severe acne, oily skin & hair, hair loss, liver disease (such as liver tumors and cysts); **kidney disease, heart disease**, (such as heart attack and stroke). High blood pressure, alterations in cholesterol and other blood lipids, altered mood, irritability, increased aggression, depression or suicidal tendencies.

Gynecomastia (abnormal development of mammary glands in men causing breast enlargement). Shrinking of testicles. **Azoospermia** (absence of sperm in semen), menstrual irregularities in women and infertility. **Hirsutism** (excess facial or body hair) deeper voice in women; stunted growth and height in teens and a risk of viral or bacterial infections due to unsterile injections

Are Anabolic Steroids Addictive ? Users of anabolic steroids can become both physically and psychologically dependent upon the drugs, with physical withdrawal symptoms such as mood swings, fatigue, restlessness, loss of appetite, insomnia, reduced sex drive, and steroid cravings.

Severe withdrawal can lead to depression and possible suicide. Depressive symptoms can persist for up to one year after the user stops taking steroids

Supportive treatments and medication may be needed for severe anabolic addiction. Medications that have been used for treating anabolic steroid withdrawal allow the natural hormonal system to restore.

Other medications target specific withdrawal symptoms. For example, antidepressants may be prescribed to treat depression and **Analgesics**, such as acetaminophen or ibuprofen, may be used for headaches and muscle and joint pains.

MODERN DRAGON BOAT SPORT & ITS POLITICAL JOURNEY.

by Mike MacKeddie-Haslam.



THE BEGINNING – From an Ancient Tradition to a Modern Sport

"From small acorns mighty oak trees grow"

In 1980 the Hong Kong Tourist Association (HKTA) now the Tourist Board, sent three wooden teak Dragon Boats to the London Chinese Festival on the River Thames, in order to promote Chinese Culture and tourism. Paddlers from the canoe clubs on the Thames raced them and told me about the colourful but funny looking boats !



At that time I was the Chairman of the British Canoe Union's (BCU) Racing Committee

and responsible for organizing the 1981 International Canoe Federation's (ICF) World Canoe & Kayak Racing Championships, in Nottingham. I had only seen a picture of the dragon boats, which looked great fun and when the Canoe Clubs who had paddled them in London, said the same thing I decided to get the 40ft long; 2 ton vessels, transported to Nottingham to display them at the World Champs and why not race them too ?

To find crews of 20 people to race the boats I sent a press-release to the local newspapers and to my surprise, some 16 or 17 people, without any knowledge of the tradition and culture of dragon boating, responded, formed crews and turned up to race.

They didn't know what to do (and nor did I) so I told them "just get in a boat, grab a paddle, hit the drum and go " As a result races took place during the World Champs lunch breaks and everyone had a great time.

The media also responded to the press-release. TV broadcasters, who had heard about the new and strange boats contacted me and wanted to see the boats being raced. I asked them not to forget the Canoe World Champs - packed full of Olympic Champions, because an earlier press-release about them went unrewarded.

In short the media showed more interest in the Dragon Boats, than the Canoe Champs ! I could see that there was something very different about Dragon Boating. Simply put it was easy to do, very social and certainly attractive to the media !

1981. After the Championships, in a report to the ICF, I suggested that Dragon Boat Racing was something worth looking at and developing as a new discipline of Canoe Sport.

My report was politely ignored and so I arranged for the boats to go to the Exeter Maritime Museum, who were looking for traditional boats to exhibit.

In 1982, I went to Germany for two years to continue my career in the British Army and when I came back to the UK, I decided to follow up on the Dragon Boats. Having heard nothing more from the ICF, for almost three years, I asked again if there was any interest in developing Dragon Boat Racing, as an ICF discipline.

The answer was "No," as the ICF President, at that time (Sergio Orsi) said that whilst Dragon Boating was obviously a water craft, paddled in the style of a Canoe, it was not Canoe Sport and in the opinion of the ICF Board, could never be considered as a competitive discipline of the ICF. However, the ICF President told me that if I wanted to develop Dragon Boat Racing, as its own sport, then the ICF would give advice and a helping hand if requested to do so.

1985. As the Hong Kong Tourist Association (HKTA) owned the wooden boats, I contacted the HKTA's European Director, Kent Hayden-Sadler, in London, with a view to getting the wooden boats back from Exeter, to see what could be done to develop dragon boating in the UK.

During 1985, with the wooden boats back in Nottingham some crews began racing the dragons and having fun, at Canoe Racing Regattas at the National Water Sports Centre, I formed the Dragon Boat Racing Club of Great Britain, affiliated it to the British Canoe Union (BCU) and started to develop the Sport in the UK.

Around 1986, the boats were moved again, when Mike Thomas (who took over in from me as the IDBF President, in 2016) asked if he could use them in a development programme for under-privileged kids, at Shadwell Basin, in the London Docklands. I was very happy about this and the wooden boats were duly moved back to London.

In 1987, with the backing of the BCU, I founded the British Dragon Boat Racing Association (BDA) from the three or four crews that had raced regularly in Nottingham and registered the BDA with the UK sporting authorities.

That year, a friend of mine, Chris Ballieu, (an Olympic Medallist) from the Amateur Rowing Association (ARA) told me that there was a problem with the attractiveness of his London event, as Rowing was not visually spectacular or a spectator sport (just like Canoe Racing). **Chris asked me if I could do something with the dragon boats.**



As a result the 'Wooden Dragons' were moved from Shadwell to London's Serpentine Lake in Hyde Park, where they were raced in the first BDA National Championships, part of the Westminster Serpentine Regatta. The ARA had close ties with the Hong Kong Rowing Association and had been sending crews to the Hong Kong Races for about 5 years.

I made a deal with the ARA that the winners of the 1st BDA Championships at the Serpentine event, would receive the invitation to the Hong Kong Races from 1988 onwards and so the first BDA Championships were a contest between crews from Rowing Clubs and Canoe Clubs with a few novice Dragon Boat crews thrown in. Not surprisingly, a crew from the Elbridge Canoe Club, won that first Championship and the trip to Hong Kong.

FROM NATIONAL TO GLOBAL - *The Dragon Awakes and the Politics Arrive*

1988. Still not knowing very much about Dragon Boat traditions, culture, racing rules or any other Dragon Boat history, I went, with the help of the HKTA, to the Hong Kong Races, with the BDA Crew.

There I met Mason Hung, who later became the IDBF Secretary-General and then an IDBF Vice President. Mason was the HKTA Manager in charge of promoting Dragon Boating to overseas countries, as part of a Marketing Campaign.

I also met Robert Wilson from the HK Rowing Association, who became the first IDBF President and Philip Lai, Chairman of the HK Fishermen Association, who became the IDBF's first President of Honour.

Having now learned about the history and culture of Dragon Boat Racing and seeing that Hong Kong was a City actually spending money on Dragon Boat Racing, as part of a worldwide effort to promote tourism. With massive media and TV and spectators numbering over 100,000 watching the racing, my eyes were opened to the possibilities of Dragon Boating as a modern Sport

Whilst in Hong Kong a meeting of crews at the International Races was held, to discuss the formation of an International Dragon Boat Federation (IDBF) and a further meeting agreed for the following year.

I returned to the UK deep in thought and inspired by what I had seen in Hong Kong. I knew that the sport couldn't be developed with only the three wooden boats available in the UK.

Even worse, the teak boats were tremendously heavy, long and difficult to transport and difficult to get in and out of the water too.

My thoughts turned to making fibre-glass boats in the UK but building them as a 'split boat' like they do in Rowing, by producing the hull in two halves, so that they fitted onto a small trailer for ease of transportation and then put together again before racing them.

As the decade closed at the 1989 Hong Kong Races, a Steering Committee was set up to take the idea of an International Federation for Dragon Boating forward, under the guidance of Bob Wilson, with his Rowing background and experience and myself with a background and experience in Canoeing.

This meant finding a boat maker who could make a mould, which involves quite some cost, and who then could make the actual boat.

1989. In response to an article I had written about the developing sport, a boat builder friend of mine, Chris Hare, responded that he would be willing to make the boat if I could find the finance. I spoke to HKTA's Kent Hayden-Sadler in London and he raised the funds for the project from Hong Kong and helped obtain HKTA's permission to copy one of the original wooden boats already in the UK.

The intention was to preserve the spectacular and colourful design of the boat and the ancient traditions of Dragon Boating.

Thus it was that the Hong Kong style of wooden dragon boat became the 'parent' of the first UK fibre-glass boats and subsequently the base specification for the IDBF Standard Racing Dragon Boat used today worldwide.

The step of making fibre-glass boats wasn't a significant technical change, as there were also fibre-glass boats existing with the Fishermen in Hong Kong, at that time but the technical development of the IDBF Spec Dragon Boat since then, has always ensured that the traditional hull design of the Hong Kong Boat, has been maintained.

Internationally things had begun to develop rapidly during the period 1987 to 1991, with Independent Dragon Boat Associations being formed across Europe from Sweden in the North to Italy in the South. Boats made in England, by Chris Hare, were sent to Denmark, Italy, Germany and the Netherlands, with the help and finance from the HKTA.

Dragon Boat Associations and dragon boat festivals were also established in Canada, the USA, Singapore, Penang, New Zealand and Australia.

During this period I organised races in Europe and founded the European Dragon Boat Federation (EDBF), with 5 Countries



1991. In June 1991, following the foundation of the European Federation (EDBF) in 1990, the IDBF was founded in Hong Kong by 12 Dragon Boat Associations including China. A further 4 Countries attended as observers and in 1992 the Asian Dragon Boat Federation (ADBF) was founded.

The ICF was advised of the IDBF's formation and received the support of the ICF President, Sergio Orsi. During the next few years, as the EDBF Chairman and IDBF Secretary-General, I was instrumental in formulating and publishing the EDBF & IDBF Statutes and Bye-Laws; Competition Regulations and Rules of Racing. I also instigated the development and adoption, by the Sport, of IDBF Technical Specifications for Dragon Boats and Paddles.

In 1993 the EDBF organised Dragon Boating as an invitation Sport in the World Games, held in the Hague, the Netherlands that year.

1995. This development work culminated in the **1st World Dragon Boat Racing Championships being held in Yue Yang China**, by which time IDBF Membership had expanded to 30 members on 5 Continents.

During the period 1996 to 1998 the IDBF first applies for recognition from the IOC and formal inclusion in the World Games and continues to organise, develop, promote and administer the sport.

Continental Champs are held in Europe and Asia and World Championships, for both Nations and Clubs, are held in Vancouver, Hong Kong and Wellington.

"The Political Road Map"

In 1998, Ulrich Feldhoff, from Germany, is elected as the new ICF President.

As the then IDBF Executive President, I wrote to him suggesting that the IDBF & ICF should meet to discuss ways of working together as partner paddle sports.

Feldhoff agrees and written correspondence is exchanged between us but in April 1999, the ICF Board unilaterally announces that dragon boating is now a discipline of ICF Canoeing. The game has fundamentally changed !

2002. The IDBF and ICF meet in Mediation at the CAS, on 25th April 2002 but the mediation process is not successful. In August, that year, as the IDBF EP, I invited the ICF to sign a CAS Arbitration Agreement, as the preferred way of resolving the ongoing situation but *the ICF is against this and in September adopts ICF Dragon Boat Racing Competition Rules for its own Members (copied from the IDBF Rules and Regulations) and the Asian Canoe Confederation (ACC) announces that the first ACC Dragon Boat Championships will be held in 2003.*

The IDBF continues with its application for GAISF Membership and IOC recognition for the sport and then, surprisingly, in December 2002, the ICF suggests, that as an alternative to CAS Arbitration, representatives from both IFs, should meet once again to discuss the issues between them.

The IDBF, without prejudice to future CAS Arbitration or litigation, agreed and a Joint Meeting was arranged for 22 February 2003, in Amsterdam.

In January 2000, following earlier correspondence in 1999, the IDBF applies for Membership of the General Association of International Sports Federations (GAISF).

The ICF objects to the IDBF Application on the grounds that dragon boating was canoeing and that therefore the IDBF was interfering in ICF affairs.

I make the point to GAISF that the ICF had never been interested in Dragon Boating and arrange for a meeting between the ICF and IDBF. **At that meeting, the ICF suggested that the IDBF should disband and become the ICF Committee** for Dragon Boat Racing.

This was not acceptable to the IDBF and so I proposed Mediation on the matter through the Court of Arbitration for Sport (CAS) in Lausanne.

The ICF Board agreed to CAS Mediation but meanwhile tables a motion to the ICF Congress, to formally adopt dragon boat racing as a discipline of canoeing.

The next seven years sees intense political activity, over the governance of the Sport, as the ICF attempts to become the only recognised world governing body for Dragon Boating by claiming it as a 'canoeing discipline'

The ICF develops its own Dragon Boat Champs, which it promotes as the Sport's 'World Championships', without any reference to the organisation that developed and is already the acknowledged world authority for Dragon Boating – the IDBF.





"Joint Agreement". The Meeting in Amsterdam results in a draft Joint Agreement of understanding and co-operation being formulated for further discussion by a Joint Working Committee (JWC) which would look at ways of bringing together the Structure and Administration of the two International Federations.

The first meeting of the JWC, held in Madrid, in May 2003, finalizes the Joint Agreement and agrees further points of mutual co-operation to be discussed and progressed during the period ending December 2004. The 2nd meeting of the JWC is held in Stansted UK, in October and many areas of interest and co-operation are discussed. *Subsequently*

the ICF side refused to accept the meeting minutes and withdraws from the JWC. No further meetings are held, until 2018, when the ICF suggests that the two Federations' should meet to discuss the issues between them.

In April 2005, the IDBF Application for GAISF Membership is finally put before the GAISF Annual General Assembly, having been held back for 2 years due to the ICF's influence within the GAISF Secretariat but the IDBF does not gain the required number of votes.

The ICF organises the self titled 1st ICF 'World Champs' in Germany, in opposition to the actual IDBF World Champs held in Berlin.

However, in September 2005, **the Olympic Council of Asia (OCA)** accepts into membership the Asian Dragon Boat Federation (ADBF) as the IDBF Continental Federation responsible for Dragon Boating in Asia. Dragon Boating is also included in both the East Asian Games and South East Asian Games under IDBF Rules and Regulations.

" Formal Recognition of the IDBF "

In early 2006, the GAISF Council re-confirms the IDBF as the World Governing Body for Dragon Boating, but despite fulfilling the Membership criteria, the IDBF again fails, by 3 votes, to gain Membership at the GAISF Annual General Assembly. *In Oct 2006 under IDBF patronage the 1st Breast Cancer Paddlers Championships are held in Singapore.*

2007. In April 2007 at the GAISF Annual Assembly, held in Beijing, **the GAISF Members ratify the GAISF Council ruling that Dragon Boating and Canoeing are two different sports** and reject a claim by the ICF that they are already de facto, the GAISF Member for Dragon Boating.

The IDBF is voted into Membership by the GAISF Annual General Assembly. *The IOC acknowledges and accepts the GAISF decisions concerning the IDBF.*

2008. The IOC Sports Department state in a letter to the Philippines National Olympic Committee (PNOC) that the only IOC Olympic International Federation engaged in Dragon Boating is the ICF. This is a matter of fact and not a statement about the Sports governance.

The PNOC interprets this letter to mean that the ICF not the IDBF, is the IOC recognised world governing body for Dragon Boat Sport, which is clearly not the case,

In December that year, a Court of Arbitration for Sport (CAS) Opinion given to the ICF, confirmed that, as a GAISF Member, the IDBF was the only World Governing Body for Dragon Boating and that equipment made to IDBF Specifications and IDBF Regulations are used by all organisations, including the ICF.

The ICF does not make the CAS opinion public and does not inform the IDBF of this ruling.

2009. Despite the CAS Opinion, the World Games Association allows the ICF to organise Dragon Boating as a demonstration Sport at the 2009 World Games in Taiwan.

The ICF fails to get the 12 Nations required for the Dragon Boat Races. 9 ICF Members with 250 competitors attend, despite holding an ICF Club Champs in Japan the week beforehand, which was also sparsely attended.

"IOC Application" At this time, despite all the attempts by the ICF to subsume Dragon Boating as a 'Canoeing' discipline, a letter from the IOC Sports Department, to the IDBF acknowledges the 2007 GAISF ruling and invites the IDBF to submit an application for recognition as an IOC International Federation.

As a result, the 1st IDBF application for recognition as an IOC International Federation is submitted that year.

In 2010, Dragon Boat Racing, held under the IDBF Rules & Regulations, is included in the Asian Games for the first time **The Dragon Boat Races attract the highest television audience of all the Sports in the Games.**

Over 3000 participants take part in the 7th IDBF Club Crew World Champs in Macau, the highest number in a CCWC to that date.



“ The Royal Dragon Boaters” In July 2011, HRH The Prince of Wales, Duke of Cambridge and the Duchess of Cambridge, both Dragon Boaters, especially ask to have a Dragon Boat Race organised for them during their tour of Canada.

IDBF Member, Dragon Boat Canada, organise the race, at which I officiate and start the ‘Royal Dash’ over 100m. The European Club Championships are held in the Ukraine with 1200 participants. *The European Canoe Association Dragon Boat Champs scheduled for Duisburg, in Germany, are cancelled due to a lack of entries.*

2012. The 2nd IDBF application for IOC recognition is submitted. IDBF Membership reaches 72 Countries and Hong Kong hosts the 8th IDBF Club Crews World Champs, 236 Clubs from 21 Countries compete with nearly 5000 participants.

“The Royal Paddle Pass”



In June 2012, fourteen Dragon Boats, organised by the British Dragon Boat Racing Association (BDA) take part in HM Queen Elizabeth’s Jubilee Pageant, on the River Thames, in London.

Hong Kong hosts the 8th IDBF Club Crews World Champs, with nearly 5000 participants, the highest ever in World Championships, at that time. Asian and European Nation Championships are also held with a total of 3200 athletes

By 2013, IDBF Membership stands at 78 Countries & Territories, with 45 IDBF Affiliated Dragon Boat Festivals around the world and over 180 events on the IDBF Calendar. 16 Boat Builders and 36 Paddle Makers hold IDBF Licences to produce dragon boats and paddles.

The 11th World Nations Championships are held in Szged, Hungary, with 3000 participants and the European Club Champs in Hamburg, Germany, attracts 1200 participants.

The ICF Championships scheduled for the Ukraine are cancelled due to a lack of entries.



2014 The 1st IDBF World Cup is held in Fuzhou, China. The top 12 Nations from the 2013 IDBF World Nations Championships are invited to compete. Over 3 days of racing, **330,000 spectators at the event and 8 million viewers on China Central TV’s Channel 5 – the Sports Channel, watch the races.** In September the IDBF Club Crew World Champs, held in Ravenna, Italy, attract almost 6000 participants and IDBF Membership reaches 80 Countries.

2016. The 3rd IDBF application for IOC recognition is submitted and, as a Member of the Alliance of Independent Recognised Members of Sport (AIMS) within the GAISF, the IDBF is accepted by the IOC, as an International Federation, which as part of the ‘Olympic Family’ follows the ideals of and commitments to, the Olympic Charter.

2018. IDBF Club Crew World Champs take place in Hungary with over 6000 participants, the highest number ever for a Club Crew World Championships.



The Asian Canoe Confederation (ACC) holds an Asian Dragon Boat Championships in China. In March 2018 at an ICF Board Meeting, ICF Vice-President, Thomas Konietzko, tells the Board that ICF had to position itself to be the body looking after all forms of sport involving a paddle and needed to embrace all sports involving a paddle facing forwards, He then outlined ways in which this should be achieved by mainly subsuming other paddle sports under the ICF.

2019. The EDBF Club Championships held in Seville, Spain, attract around 1500 participants, whilst the IDBF 14th World Nations Championships, held in Thailand, attracts nearly 4000 participants, from 30 Countries, the highest number ever for a World Dragon Boat Championships. *The IOC postpones its recognition process for AIMS members.*

At the IDBF Members Congress the delegates approve the IDBF formal complaint, laid before the GAISF and the IOC Ethics Committee against the ICF and the IDBF President states that in view of the ICF’s continuing incursion into Dragon Boating, any further discussions concerning co-operation with the ICF, would not be in the IDBF’s interest.

The ICF again copies the IDBF and holds its first World Cup in China. The ICF Club Crew Championships are held in Kiev with around 1200 participants, mainly coming from the Ukraine and Eastern European Countries.



NEW SILK ROAD INT'L DRAGON BOAT FESTIVAL TRAKAI, LITHUANIAN

Belt & Road News Leisure Pursuit Reporting Desk, CGTN & China Daily

TRAKAI, Lithuania -- New Silk Road International Dragon Boat Festival kicked off on Saturday 13th July 2019, in Trakai, a famous lake resort over 30 km west of the Lithuanian, Capital Vilnius.

Altogether 13 teams from China, Lithuania, Germany, Poland and Latvia competed in a the dragon boat racing, which was a main part of the two-day event before hundreds of local residents, visitors and Chinese nationals in Lithuania.

"Bearing in mind China's long history and splendid cultural heritage, dragon boat racing is increasingly appealing to more and more people around the world," said Shen Zhifei, the Chinese Ambassador to Lithuania, expressing the hope that the festival will help promote cultural exchanges, and deepen the friendship among peoples along the Silk Road.

This year marks the 70th anniversary of the founding of People's Republic of China. The festival is also dedicated to the celebration of the anniversary, Shen added.

At the opening ceremony, Kornelija Tiesnsyte, Lithuanian Vice Minister of Education, Science and Sport, said that sports is a cross-culture phenomenon, which allows people to see different cultures while also competing in sport.

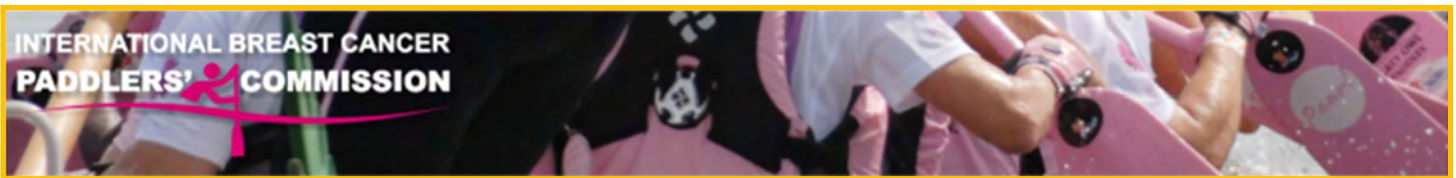
"Dragon boat racing is a sport which unites people, helps build the team to cooperate and follow the rules. It is really a good example for everyone," the vice minister added.

Hosted by Lithuanian Dragon Boat Federation and co-sponsored by China Dragon Boat Association, this is the first time that Lithuania has an event like this.

"We are a combined team from Lithuania and Poland and we are huge fans of this sport. We love paddling and we always have strong desire to win," Olga, a member of the joint team for dragon boat racing, told Xinhua.

Participants compete during the International Dragon Boat Festival on Galve lake in Trakai, Lithuania, [Photo/IC]





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 an Affiliated Commission of the International Dragon Boat Federation (IDBF).*

Articles courtesy of the IBPCP Newsletter "Keep Abreast with IBPCP".

IBPCP PARTICIPATORY FESTIVAL, 28th MARCH-3rd APRIL 2022 – LAKE KARAPIRO, NEW ZEALAND

The IBPCP Dragon Boat Festival is held every 3 to 4 years under the auspices of the International Breast Cancer Paddlers' Commission. The festival is an international non-competitive participatory event for breast cancer paddler teams who engage in Dragon Boat activities as post breast cancer diagnosis rehabilitation. For the first time since the establishment of IBPCP in 2010, the festival will take place in the southern hemisphere in New Zealand.



The New Zealand 2022 festival will involve a selection of teams from the current 240 IBPCP member teams, from 30 countries across all continents (other than the Antarctic). The New Zealand Festival will be above all a social occasion in which New Zealand will welcome 4000 to 5000 people from all over the world. The participants are mainly women between the ages of 20 and 80 who will meet to take part in the exciting Dragon boat races, paddling together on the beautiful facility at Lake Karapiro, Cambridge, New Zealand. *Registration opens 31st March 2020.*



From the desk of IBPCP President Meri Gibson. On a personal note, it was with great pleasure that my team Abreast of Life celebrated their 20th anniversary on the weekend of the 5th October. It was fantastic catching up with past paddlers and hearing the tales of the adventures we have all been on. It was tinged with sadness too as I tracked down one particular past paddler who left the team about 9 years ago. When I found her, sadly she advised me that she had two weeks to live at best.

My goodness that threw me into such a tail-spin, I could not get it out of my mind, as we had just lost that day to day connection. Sadly she passed away 13 days later, just 4 days after our celebrations. Even though we get on with our lives and live each moment fully, the fragility of life is always foremost in our minds. Take care of each other and enjoy all that the mixture of seasons brings to your daily lives

The IBPCP is more than happy for teams to encourage their members on the more competitive side of paddling. Often this is a natural course for many of us. It is also important to note that the IBPCP mission is that we must ensure all our breast cancer paddlers are catered for.

These include the novice, the experienced who don't want to compete, those who are less fit, who still want to paddle with other BC friends, and those who want to be more competitive. All should have a seat in the boat for paddling with their team but some groups do struggle with this concept – if you have some experiences on how you cater for all your paddlers, please share this with other "Pink Paddlers" groups.



2019 IDBF World Nations Championships & Congress, Pattaya, Thailand Along with the IBPCP treasurer, Janice Melville (sweep extraordinaire), I was very fortunate to be a member of the New Zealand Senior B Women's Small Boat crew to compete at the recent IDBF World Nations Championships held in Thailand.

Only one crew per country, per competition is eligible to enter a championship and this one was the biggest World Nations event to date with 930 entries from 30 countries this equated to 3582 athletes and supporters. Over the 5 days of the event there was over 43 hours of racing, that was 361 races in total, and an incredible 151 finals. I was also lucky to be on the IDBF protocol team, presenting many of the 8582 medals.

The IDBF Congress meeting held on the 23rd August 2019, was a full day's meeting with many matters to be discussed. I was the Chief Scrutineer for the voting at the Congress meeting. I was also thrilled to be appointed an Associate Vice President of IDBF at the Congress meeting. I am really pleased to represent all of the IBCPC paddlers at the IDBF meetings. We have a strong and relevant voice at the Council table.



The World Championships in Thailand were intense and raced under unrelenting heat and humidity, No one can run an event without officials and there were 60 international race officials supervising the event. This was a massively logistical exercise and one that was executed with great precision.

I am so humbled by the opportunity to represent both my country, at such a high level and also IBCPC at the IDBF Council table. I never dreamed when I was diagnosed with breast cancer almost twenty years ago that I would be competing at this level of any sport, let alone this one. Strange as it may seem, I am very grateful for the adventure that I have been on and for the experiences I get to live as part of this awesome sport of dragon boat paddling. *Paddles Up ! Meri.*

DRAGONES ROSAS LA PLATA – LA PLATA, ARGENTINA. *By Cleusa Alonso, Jenny Bolatti, Alejandra Ezquero, Nancy Garcia, Gabriela Garcia, Ana Di Marco y Carmen Urtizberea.*

Our group was formed in the City of La Plata, Province of Buenos Aires, Argentina in September 2013 by responding to an invitation through a Facebook page whose goal was to bring together women with a history of breast cancer, to form a team to paddle on a dragon boat. The group gradually expanded with the aim of raising awareness in the fight against breast cancer and supporting each other, knowing that we spoke the same language.



We were members of the first team of Argentina and of Latin America too, and in Feb 2016 we were part of the first IBCPC outreach held in South America, in the City of Tigre, Province of Buenos Aires, Argentina.

From that moment, we understood the importance and benefits of paddling for breast cancer survivors.

On 27th September 2018 the paddling team Dragones Rosas La Plata was created with the desire for the growth of the group and more women to join. The first participation of the team as such was in the Colombia IBCPC outreach in the City of Cartagena, Colombia. At present, we continue working to raise awareness, and we paddle in the river of La Plata, spreading a message of awareness and personal achievement. *"There is life after breast cancer".*



THE NEW DRAGON AND ITS LAUNCH IN BUENOS AIRES.

From Jessica Trump. "We Had A Dream"

Once upon a time there was a small pink paddling team named Rosas del Plata, born in 2015 in Buenos Aires. Their mantra was: we will have a dragon boat someday, sometime. Years went by: saving in a foreign currency to buy and import a dragon boat from China was getting more and more complicated in Argentina. No sponsors appeared and we made big efforts to collect money.

We participated in the IBCPC Participatory Festival in Florence in July 2018 and were the only team that didn't own a dragon boat (we trained in outriggers or canoes). Instead of feeling disappointed, that encouraged us to work harder. And finally we managed to buy our "baby dragon" which arrived from China to Buenos Aires last month.

All the team members voted for the dragon boat's name. And the winner was... "Reina del Plata" (Queen of the Silver River) Words don't come easily to explain our feelings when we paddled for the first time in our dragon boat on 8th of September 2019, on the River Tigre.

This was the same river where, in 2015, we paddled for the first time as a team. That Sunday morning, we were so excited that we could barely sleep the night before. Was it real or were we still dreaming? But when we placed our "queen" in the water and she began to dance, we had no doubt that we could hear ABBA's song, "you are the dancing queen".

Now a new chapter begins. There are many more dreams to achieve. Let's go for them.

PINK PADDLERS NEWS FROM AROUND THE WORLD

THE 2019 "PINK PADDLER" SEASON IN EUROPE *by Cecilia Picchi, Florence Dragon Lady Litt.*

During the spring months European teams participated in local and national festivals. The summer season started with Drachenboot Cup Ost, Vienna, Austria (in June 2021 a BCP category will be included) and the season continued with opportunities for paddling abroad in Spain, France and Ireland.



The 18th European Club Crew Championships were held in Seville, Spain in July and included a BPC division. Eight teams entered from Germany, Sweden, Great Britain and host Spain. For most of the teams it was their inaugural or first official race, so there was much anxiety and many expectations in the air. Congratulations to Pink Dragonistas Hannover, who won gold in the 200, 500 and 2000m. We all know that in our movement we are all in the same boat and we have arrived together at the most important goal against breast cancer. **After the presentations, all the teams remembered those who lost their breast cancer battle and those who are battling still.**



PINK LIONESS IN VENICE CELEBRATED THEIR 10TH ANNIVERSARY

On Saturday 14th September Pink Lioness in Venice celebrated their 10th anniversary with a memorable reception at their clubhouse, Reale Canottieri Bucintoro, in the unique venue at Le Zattere in front of the Giudecca Canal. **Teams came from all over Italy to pay homage to the Lionesses.** Not only good wishes from teams, but also an encouraging message from the City Administration that recognizes the Lioness as an important rehabilitation identity in the Venetian context, recalling the special participation of Lioness's dragon boat in the main paddling events held all over the year on the Grand Canal. We are used to seeing it from a tourist's view point or during Vogalonga weekend, but the Lioness gave us the opportunity to get to know it from within.



Three crews had the privilege of arriving by dragon boat from Mestre, crossing the lagoon and then entering, with a special permit for the event, in the canals up to the Grand Canal, a route not so different from the Vogalonga, but in a completely different context, that is three pink dragon boats among vaporettos and taxi-boats, goods barges supplying bars and restaurants, as well as an ambulance boat recalling a city normality. Concentration, determination and a bit of foolishness for the 3 steerers who masterfully drove the boats to the destination, an experience that will remain unforgettable in their hearts.

The celebrations for the tenth anniversary and this special relationship between Venice and water, enhanced by the Lionesses, lead us to observe that the BCS movement had a greater growth throughout this area than the rest of Italy: Watch Pink Lioness in Venice photo album <https://www.bucintoro.org/10-anni-pink/nggallery/page/1/>

A QUICK UPDATE FROM IRELAND. In August this year and situated right at the top of Ireland's Wild Atlantic Way in Donegal Town, you'll find the Donegal Dragons, who hosted their 3rd regatta. Here in a small town, of about 4000 people on the northwest coast, there is a very enthusiastic group of paddlers from BCS to supporters and a grandpa of 78.

BCPs from all over the world: France, Australia, Canada and the UK visited Donegal, paddled and raced on the waves of the Atlantic Ocean and loved every minute of it. New paddling pals were made for life,

September brought the Dublin regatta and visiting BCS from Canada, France and the UK, as well as all the local clubs. It was a great gathering of BCPs over two days. One week after the Dublin regatta, a few paddlers travelled to Nottingham in England to the 1st BCS event hosted at the BDA championships. We got to paddle with the composite crew called the Pink Royals managed by Wendy Grose from Pink Champagne. This, hopefully will become an annual event for BCS teams.

Moving on to October we had a fabulous weekend of Paddling and Pink which was hosted by Nore Dragons in Kilkenny. This was an uplifting, happy, lively and most inspirational event this 2019 season.



PINK WARRIORS, PANAMA

We are the first Dragon Boat paddling team in Panama. Pink Warriors was founded in April 2019; as an initiative of the Panamanian Chinese Association, who had recently competed internationally and found out that there was a paddling category for breast cancer survivors. Our goal is to inspire very person who has been diagnosed with breast cancer, that exercise is medicine.

The spirit of effort, teamwork, competitiveness and support, is our goal every day and we live it in our training sessions. We have even discovered a new meaning of what it is to live, and we want to share it with every person.

Just two months after forming our team, the Pink Warriors competed on July 27 and 28, at The 5th Dragon Boat Festival in Panama, against invited teams from Colombia and Argentina in the Cancer Survivors category, winning Gold in the 200m and Silver in the 500m & 1000m.

Our organization aims to motivate people to exercise and to lead a healthy and active life, while supporting cancer survivors and their families.

FRANCE - 'DESCENT OF THE THREE CASTLES'. In France, along the River Loire between Orléans and Angers, surrounded by magnificent castles and natural forests, the French team of Dragon Ladies Lo.Ve (LOire & Vienne) went paddling for a week surrounded by a completely different atmosphere from the clamour of the race venues we are used to



'Descent of the three Castles'

From 7 to 11 August 2019, saw 32 BCS women immersing themselves in a 250km dragon boat trip in the full glory of nature, paddling together without stress, alternating songs and convivial moments, sleeping in tents and preparing meals together, respecting healthy nutrition and life-styles.



FIRST GERMAN PINK CUP IN WIESBADEN SCHIERSTEIN, GERMANY. *Swantje Scharge, Pink Ladies Wiesbaden*

It was amongst the lovely scenery of the river Rhein, and with the mountains of Taunus in the background, that eight pink teams from all over Germany paddled for the first time in the Harbour of Wiesbaden-Schierstein.

This event took place following an invitation to race 200m and 1000m. Pink Ladies Wiesbaden were even able to paddle in two small boats due to their six newbies.

Early in the morning when the sun rose over the beautiful river Rhein all of the pink ladies arrived at the WV Schierstein, and renewing friendships was the first order of the day. The races started with the 1000m with all teams giving their best – followed by the 200m. There was much fun and a great deal of laughter as everyone enjoyed their day together

Whilst the Aschaffenburg; Schlossdrachen; Ruhrpottboot, Pink Ladies Wiesbaden Schierstein crews took the medals, we all agreed that everyone was a winner on the day as they felt so lucky to be able to participate at this great event and paddle in the dragon boat for life!

This first edition of the Pink Deutschland Cup was organised by the DKV (Deutsche Kanu Verband) and Wassersportverein, Wiesbaden Pink Ladies. In Germany some pink teams are members of DKV, whilst others are members of the German Dragon Boat Federation (DDV).

The DDV teams are members of the IDBF as are IBCPC Member teams. We sincerely hope that those teams that are not IBCPC member teams, will soon be joining IBCPC

DRAGON BOAT INTERNATIONAL NEWSLETTER
"NEWS FROM DRAGON BOAT SPORT"

AUSTRALIA.

AUSTRALIAN DRAGON BOAT FEDERATION



The AusDBF Historical Committee has been working hard over recent months researching and collating information to celebrate the 25th Anniversary of the Australian Championships. The committee are working on producing a commemorative coffee table book for the occasion.

The coffee table will predominantly feature information on AusChamps and each Member State, but so that the clubs don't miss out, the Historical Committee has worked with revSPORT to create a historical site page on the club's website. Clubs will be able to go in and record their own club history with links attached to the online commemorative book. If your club does not have a website powered by revSPORT, then please forward the information through for inclusion refer to the Memo#0027 for detailed information <https://www.ausdbf.com.au/comms/ausdbfmemos/>

The Australian Dragon Boat Federation, would like to congratulate David Abel on his appointment to the position of Auroras Head Coach for the 2020-21 Campaign. David has extensive coaching and paddling experience. He competed as an Aurora in 2013 World Championships and 2014 Asian Championships. In 2015, he was appointed Premier Division Coach for the Auroras. David will be responsible for, but not limited to, the selection, preparation, and competition as well as the post competition review of the Auroras national representative team. The Auroras will be competing in the Asian Championships and World Cup in 2020, as well as the 15th IDBF World Nations Championships in 2021. David will officially take up his new role from 1 February 2020..

GREAT BRITAIN

THE BRITISH DRAGON BOAT RACING ASSOCIATION



The European Dragon Boat Federation (EDBF) recognised Nigel Bedford, from the UK, at the EDBF 2019 Award Ceremony in Milan, on 19th November 2019

Nigel was awarded the Special Projects award for his work in setting up the Paradrasons Category in EDBF competitions which saw the inaugural paradrasons racing in Seville for the EDBF Club Crews Competition 2019. Nigel is also the Chairman of the IDBF Paradrasons

Commission and responsible for formulating the Paradrasons Rules and Regulations for Dragon Boating.



2020 BDA NATIONAL LEAGUE – RACE.1.
LIVERPOOL, SUNDAY 26TH APRIL

Hosted by Amathus DBC.

To be held at the Liverpool Water Sports Centre, Queens Dock, Mariners Wharf, Liverpool, L3 4DG..

There is no parking directly at the centre, that space is reserved for the crew camp area this year. **Parking is on Mariners Wharf for the Water Sports Centre.**

If you continue past the centre and go around the corner you will come to the back of the marina where boats will be launched at the Coburg Dock Boat Ramp and there is further pay & display car park adjacent to the marina, at £5 for 12 hours.



Race. 2 Exeter- 9th May; Race.3 Worcester-7th June; Race.4 Milton Keynes – 13th June; Race.5 London LRC – 28th June; Race 6 Nottingham 26th July; Race.7 Wath-upon-Deerne – 9th August; Race.8 Surrey Quays – 6th September. Results from 6 out of 8 events will count for National League points. For the 2020 season there will be some exciting format changes, as well as the different racing disciplines that will take place at each event

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PENANG DRAGON BOAT REGATTA
13th & 14th JUNE 2020

PENANG INTERNATIONAL DRAGON BOAT FESTIVAL
5th & 6th DECEMBER 2020



DRAGON BOAT INTERNATIONAL NEWSLETTER

CANADA. 2019 CANADIAN DRAGON BOAT SEASON *from Linda Kuska, London, Ontario, Canada*

Dragon Boating in Canada, with our 10 Provinces and 3 Territories, which extend from the Atlantic to the Pacific and Northward towards the Arctic Ocean, cover almost 10 million square kilometers, making Canada the second largest country, by total area, in the World. With such a large country, our dragon boat season varies greatly.

You have the West Coast of Canada able to paddle for most of the year. You have the Northern and Eastern Canada able to paddle in late May, at the earliest and off the water in September, with the Southern part of the Provinces getting in a good 6 months on the water.

With hundreds of Dragon Boat Festivals in Canada, each year, there are plenty of choices each and every weekend to participate in. Breast Cancer Survivor Teams too have plenty of opportunity to participate in festivals and BCS Flower Ceremonies ! But our paddling season has come to an end, dragon boats have been put away for the winter and we are spending more time off the water and inside the gym !



DRAGONBOAT CANADA HALL OF FAME

At the Canadian National Championships, held in Regina, Saskatchewan, in July 2019, the first inductees were introduced into the newly formed **Dragonboat Canada Hall of Fame** - sponsored by Hornet Watersport. It is fitting to acknowledge these amazing individuals for their contributions to the sport in both Canada and Worldwide. **Congratulations Andrea Dillion** (above), Pictured left to right:- **Sue Humphries; Matt Smith; Jim Farintosh; Mike Kerkmann Dr. Don MacKenzie** (not present)



THE PHILIPPINES

PHILIPPINE DRAGON BOAT FEDERATION



The 2020 Chinese New Year Dragon Boat Festival, in Manila Bay, on 26th January, was a resounding success, not just because we finished the races on time, nor because we had a nice, gargantuan LED screen to show photo finish results but more importantly, because the teams with hundreds of athletes were generally happy enjoying a safe, quality dragon boat race of the PDBF.

A big "thank you" to our sponsors and partners: the Chinese Embassy, Spurway Enterprises, PEMCOR, Manila City, Philippine Coast Guard, and the National Parks Development Committee.

Special thanks to MMDA and MOP too, for being so accommodating of PDBF's requests. This race would not have been possible as well, were it not for the dedicated race officials and volunteers and very cooperative participating teams within and outside PDBF. We look forward to serving you again next race.

The PDBF warmly congratulates its member, the Philippine Air Force Dragons for winning three gold and one silver medals in the recent Penang International Dragon Boat Festival, in Malaysia last December 7-8, 2019.

With more than 1,600 athletes from 14 countries and 62 teams, the Philippine Air Force Team did not disappoint and definitely made the country proud.

They successfully represented the Philippines in one of the biggest international dragon boat tournaments in the region.





3rd ANNUAL DRAGONS AT THE DOCKS RAISES OVER €350,000 FOR DUBLIN SIMON COMMUNITY

On August 29th 2019 1,000 participants in 78 teams battled it out in order to raise vital funds for the Dublin Simon Community and other local charities. We are to delighted to say Dragons At The Docks 2019 raised over €350,000! Kennedy Wilson emerged as the overall winner on the day with construction firm BAM and lawyers, William Fry taking second and third places respectively.

Since its inception three years ago, the event has raised more than €893,000, with 75% of the funds going to the Dublin Simon Community, and the balance being distributed to local charities within the Grand Canal Dock area. More than €12,000 of the funds raised this year came from the “Dunk Your Boss” event, in which the chief executives of a number of sponsors received a soaking.



Dublin Simon Community Chief Executive, Sam McGuinness thanked all those involved in this year’s event, saying: “We are honoured to be the charity partner of Dragons at the Docks and are overjoyed with its success this year.

This crucial event has made a life-changing impact, closing doors on homelessness for good by providing permanent, safe homes for 15 people. This year, the funds raised will acquire 10 more homes. A total of 21 apartments and houses have been acquired and 25 people provided with permanent, safe homes as a direct result of Dragons at the Docks.”

TRINIDAD & TOBAGO DRAGON BOAT FEDERATION



MEET OUR CLUBS:

The Excellent Stores Titans Dragon Boat Racing Club (“Titans”) is a non-profit club dedicated to the growth and development of Dragon Boating in Trinidad & Tobago.

Titans seeks to foster a safe and positive environment for its members to develop active lifestyles, team spirit and healthy competitive mind-sets.

Titans compete in the premier (adult) and junior (U16 and U21) categories with plans to expand into the seniors’ (45+) categories in the near future.

In 2010, Titans were invited by the International Dragon Boat Federation to participate in the 1st Commonwealth Dragon Boat Championship Race in Penang, Malaysia and the 7th Club Crew World Championship where the team won Bronze medals.

In 2011, the Titans competed in the Pan American Club Crew Championships in Tampa, Florida, winning Gold, Silver and Bronze medals in various categories. In 2014 and 2015, Titans competed in World Club Crew Dragon Boat Championships in Italy and the Pan American Club Crew Championships in Ontario, Canada respectively.



As the local and international Dragon Boat Racing landscape continues to grow and evolve, Titans seek to adopt and dominate it by following the club’s motto “Always Humble, Always Hungry”.

Social Media Handles: Facebook - Excellent Stores Titans Dragon Boat Racing Team.
Instagram - @wearetitans_tt Twitter - @wearetitans_tt



'DRUM BEAT'

Where You Have Your Say About Your Dragon Boat Sport



THE RELATIONSHIP BETWEEN THE IDBF AND ICF IN DRAGON BOATING

By Mike Thomas, IDBF President

I hope that you will find this article informative and interesting. It will consider the dispute between the International Dragon Boat Federation (IDBF) and the International Canoe Federation (ICF) concerning the organisation of our sport. The disagreement occurs because the ICF are trying to control and organise our sport in multi-sport games including the Olympics. In the 1980s the then President of the ICF (Sergio Orsi) recommended that the sport of dragon boat racing should be developed independently as it was not a canoe sport. It was this reluctance of the ICF to develop the sport that led to the formation of the IDBF in 1991 with 12 founding members from four continents. The worldwide success of dragon boating and the success of the IDBF produced a change of attitude in the ICF who decided that dragon boating was a discipline of canoeing. The disagreement between the two Federations had begun.

Joint Agreement. In the early part of the new millennium the IDBF sought recognition from the Global Association of International Sport Federations (GAISF) and had discussions with the ICF about the organisation of our sport, as a result, in 2003 the IDBF and the ICF signed a joint agreement with a key point that the best way to deliver dragon boat services for ICF members was for them to take part in IDBF Championships. In 2005 the Olympic Council of Asia recognised the Asian Dragon Boat Federation as the governing body of the sport in Asia. Also, in 2005 the ICF launched their own Dragon Boat Championships in Germany - the joint agreement of 2003 was broken.

GAISF ruling – IDBF recognised. At the GAISF General Assembly in Beijing 2007, the GAISF Members confirmed that dragon boating and canoeing were two different sports and the IDBF was voted into GAISF membership. These were both very important decisions. (*Ed: a two different Sports ruling that the ICF have consistently ignored.*)

In 2008 during a court case in Hungary over control of the Sport there, a document from the Court of Arbitration for Sport (CAS) was presented which stated that as a member of GAISF the IDBF was the only world governing body of the sport.

With the acceptance as a member of GAISF and the advisory opinion of CAS there can be no dispute that the IDBF is the World Governing Body of the sport of Dragon Boating. Yet the ICF and National Canoe Federations continue to claim they govern the sport and have created major problems in countries such as the Philippines and Egypt.

International Olympic Committee recognition. The IDBF were invited to apply for recognition by the International Olympic Committee (IOC) in 2009 and submitted its first application. A second was submitted in 2012 and a third in 2016. In 2019 every sport seeking recognition were told they must apply again as the application procedure is being revised and will open again in 2021. It is important to note that all recent discussions with the IOC concerning recognition have focussed on the issues with the ICF

Development of dragon boating as we know it. It has been the IDBF (under the leadership of my predecessor Mike MacKeddie-Haslam) that has led the development of the sport from the 12 countries in 1991 to the 80 plus who today participate but also in many other ways including: the rules; boat and paddle specifications; the development of festivals worldwide; introduced the small boat to enable new and developing countries to participate in the international arena; created new competition classes in the spirit of Sport for All to ensure that the whole community can participate in World Championships. **Is the ICF trying to 'wash ride' on the success of IDBF?**

The ICF held their first Dragon Boat Championships for nations in 2005 and have held championships ever since. In 2018 in Atlanta the ICF had approximately 900 participants from 11 countries similar in size to the first IDBF Championship in 1995 where 820 participants from 14 countries competed. The most recent IDBF Championships in Thailand, 2019, had 3345 participants from 30 countries, so the question is "Are the ICF Dragon Boat Championships making a significant contribution to the development of our sport" ?

The ICF continue to break agreements as recently as last year for the Asian Games where it had been agreed by everyone that IDBF rules were to be used, only for it to be changed to ICF rules.

The IDBF is not the only International Federation in dispute with the ICF, since they decided unilaterally that all paddle sports, where you face forward, are canoeing such as Stand-Up Paddle boarding and Rafting, to name but two.

Finally, it is clear from recent discussions with the ICF that they wish to be the leader and organiser of all paddle sports in multi-sport games, including the Olympics. Although talks have taken place between the IDBF and the ICF over the last two years it seems further discussions will be unlikely to provide a beneficial outcome, therefore the 2019 IDBF Member's Congress agreed a policy of non-cooperation with the ICF to be adopted by all IDBF Member Countries & Territories.

I am saddened that this disagreement has arisen but intend to find a solution in the best interests of athletes of the dragon boat community of the IDBF, so that our athletes can access multi-sports games competitions at the highest level.

Reproduced from Longzhou – the Official IDBF Newsletter

CULTURE CORNER

THE DRAGON BOAT FESTIVAL DATES & CUSTOMS

Dragon Boat Festival



The 2020 Dragon Boat Festival (Duan Wu Jie) falls on the 25th June, when Chinese people can enjoy three days off work, from June 25th to 27th.

The Dragon Boat Festival starts from the beginning of the 5th lunar month and Dragon-boat Racing, which is a collective competition and eating Zongzi are the most common folk customs during Dragon Boat Festival. In the beginning of the 5th lunar month, the Dragon Boaters who will paddle the Dragon Boats start their training and people in China prepare reed leaves, sticky rice and other ingredients to make Zongzi.

Eating Zongzi. Zongzi, the festival food, is made from glutinous rice with various fillings and wrapped in reed leaves. Usually, jujubes are added into rice in northern China; but in southern areas, bean paste, meat, ham, yolks could be wrapped together with rice into Zongzi; there are other fillings too.

Originated from the Spring and Autumn Period (770 - 476 BC), Zongzi had really developed into a festival food during the Warring States Period (475 - 221 BC), when the great poet Qu Yuan committed suicide by drowning himself in a river. He was a patriotic poet of the Chu State, and gave his life to the state rather than surrender to other kingdoms.

To protect his body from becoming fish's dinner, people fed the water creatures with Zongzi. Since then, eating Zongzi has been kept as one of the most important Dragon Boat Festival traditions. Wormwood and calamus are also hung on the windows and doors to avoid diseases and bad luck. Children wear coloured silk with red, yellow, blue, white and black on their ankles and wrists to ward off evil and diseases.



Zongzi Sold in the Local Markets

The Dragon Boat Festival Dates change every year. As the festival is based on the Chinese Lunar Calendar and always falls on the fifth day of the fifth lunar month, the "Double Fifth", it means that the date in the Gregorian calendar, used in the Western world, changes every year.

Dates of the Chinese Dragon Boat Festival Day (2020 – 2040)

Year	Dragon Boat Race Day	Festival Period
2020	Thursday 25 th June 20.	25 th – 27 th
2021	Monday 14 th June 21	12 th – 14 th
2022	Friday 03 rd June 22	03 rd – 05 th
2023	Thursday 22 nd June 23	22 nd – 24 th .
2024	Monday 10 th June 24	08 th – 10 th
2025	Saturday 31 st May 25	May 30 th – 01 st June
2026	Friday 19 th June 26	19 th – 21 st
2027	Wednesday 9 th June 27	07 th – 09 th
2028	Sunday 28 th May 28	May 27 th – 29 th
2029	Saturday 16 th June 29	16 th – 18 th
2030	Wednesday 5 th June 30	03 rd – 05 th
2031	Tuesday 24 th June 31	22 nd – 24 th
2032	Saturday 12 th June 32	11 th – 13 th
2033	Wednesday 01 st June 33	May. 30 th – 01 st June
2034	Tuesday 20 June 34	18 – 20
2035	Sunday 10 June 35	09 – 11
2036	Friday 30 May 36	May.30 – 01 June
2037	Thursday 18 June 37	18 – 20
2038	Monday 7 June 38	05 – 07
2039	Friday 27 June 39	27 – 29
2040	Thursday 14 June 40	14 – 16

DRAGON BOAT FESTIVAL TRADITIONS – TOP THINGS TO DO

Dragon Boat Festival traditions are various as the festival has developed for thousands of years. What are the most important traditions in China? Here are some other things to do during the festival, in addition to watching Dragon Boat Racing on the Double Fifth!

1. Drinking Realgar Wine. Soaking Realgar in wine and drinking Realgar Wine is an old Dragon Boat Festival tradition. Realgar is a traditional Chinese medicine. It is said viper and other poisonous creatures are afraid of Realgar. On the lunar fifth, people will drink Realgar wine to drive evil things away and to wish for a healthy life.

2. Hanging Calamus and Wormwood. When the festival is coming, hanging calamus and wormwood is practiced in many places of China. It is believed that they can help avoid bad luck and diseases. Generally these two herbs would be hanged on their door frame. People would also use them to make Dragon Boat Festival decorations and wear them, for aroma and health.

3. Wearing Perfume Pouches. A Pouch is one of the most popular Dragon Boat Festival decorations worn by Chinese people. Filled with vanilla and other herbs, it is a kind of convenient medical thing to drive germs away. People also wear them to pray for good luck, to enjoy the pleasant fragrance, and to prevent diseases.

4. Wearing a Five-coloured String Bracelet Wearing five-colour string bracelets is also a Dragon Boat Festival custom. The five colours, green, red, white, black and yellow, are the lucky colours in ancient China. Parents would let children wear the five-colour string bracelets on wrists for a wish of long and healthy life. As unique Dragon Boat Festival decorations, the five-colour string bracelets together with perfumed pouches are a popular trend during the festival.

5. Bathing in Herbs Waters. Another Dragon Boat Festival tradition is bathing in herbs water. It is believed that the Dragon Boat Festival day is when the herbal medicines have their best effect. Boiling the herbs, especially calamus and wormwood, with water, people would take an herbs water bath to prevent diseases. On the other hand, an herbs bath is also useful to wipe away bad luck

6. Picking Herbs at Noon. Herbs are reputed to have the best medical effect during the Dragon Boat Festival, especially at noon on that day. Therefore, people, especially people in rural areas near a mountains, would go into the mountains to pick herb. Gradually it developed into a Dragon Boat Festival custom.

7. Rolling and Eating Eggs Eating chickens or ducks or goose eggs is an important Dragon Boat Festival custom. In the morning of Dragon Boat Festival, the village elders in north-east China, roll boiled eggs on the bellies of their children, shell the eggs and let the children eat them, which they believe could protect children from stomach-ache.

8. Boiling Garlic. Garlic is a kind of seasoning as well as Chinese medicine, which has a function of sterilization. Meanwhile, eating cooked garlic can help clear gastrointestinal toxins and dredge blood vessels. People in most regions of China would boil and eat new garlic for health in the morning of Dragon Boat Festival

Dragon Boat Racing is one of the customs of the Dragon Boat Festival in China and an important sport and entertainment project in China too. Many Dragon Boat Races are held throughout China each year.

The China Longzhou Tournament is the top dragon boat race series with the highest level and the biggest rewards. In 2019, there were eight races in total, held between March and December 2019, in Wanning (Hainan), Changsha (Hunan), Yancheng (Jiangsu), Fuzhou (Fujian), Jianyang (Sichuan), Nanjing (Liuhe), Hechuan (Chongqing) and Lingshui (Hainan).



Three other major International Dragon Boat Races held annually, in China, are the [Guangzhou International Dragon Boat Races](#), which attracts more than 100 dragon boat teams.

The "Qu Yuan Cup" Miluo River International Dragon Boat Race, held in Yueyang, Hunan. Miluo River is the birthplace of dragon boat sport. The "Qu Yuan Cup" Races M Race were held first time in 2018 to celebrate the Dragon Boat Festival; commemorate Qu Yuan and to provide an opportunity for dragon boat enthusiasts to explore the origin of dragon boat culture and promote the development of dragon boat racing.

The China-ASEAN International Dragon Boat Tournament, held on the Yongjiang River, Nanning, Guangxi, is a traditional event during the Dragon Boat Festival which lasts one day and has been successfully held for the last 15 years.

DSN CALENDAR OF DRAGON BOAT SPORT & FESTIVAL RACING 2020

Issue 1: JANUARY - DECEMBER 2020

	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 & Regional Champs	
	Multi Sports Games & Boating Events	

All events and dates shown as at 1st September 2019. (P) = Provisional. TBN = To Be Notified

JANUARY 2020	Event Details	Venue	Country	Contact Details
12 Jan 2020	NSW State Championships, Int Regatta Ctre	Sydney NSW	Australia	www.dbnsw.org.au
18 Jan 2020	Indoor Cup	Minden	Germany	www.drachenboot-liga.de
25-27 Jan 2020	Mile High Regatta, Rd 6.Rocky Valley Lake.	Falls Creek, Vic	Australia	www.dragonboatvictoria.com.au
25 Jan 2020	Indoor Cup	Cottbus	Germany	www.drachenboot-liga.de
26 Jan 2020	Aoraki Open Regatta, Lake Pegasus	Pegasus, Akaroa	New Zealand	www.nzdba.co.nz
27 Jan 2020	Auckland Anniversary Day Regatta, Viaduct Hbr	Auckland	New Zealand	www.nzdba.co.nz
FEBRUARY 2020	Event Details	Venue	Country	Contact Details
01 Feb 2020	Mindarie Dragon Boat Event, Mindarie Marina	Mindarie WA	Australia	www.dragonboatingwa.asn.au
01-02 Feb 2020	Sydney New Year Races, Cockle Bay, Dar Harb	Sydney NSW	Australia	www.dbnsw.org.au
08 Feb 2020	Forza Dash for Cash, Forza Boat Storage Shed	Bunbury WA	Australia	www.dragonboatingwa.asn.au
08 Feb 2020	Regatta Series, Rd 7, Chinese New Year Races	Victoria Harbour. Vic	Australia	www.dragonboatvictoria.com.au
08 Feb 2020	Dragon Boat Egypt, River Nile Int DB Races	Cairo	Egypt	www.dragonboategypt
15 Feb 2020	Indoor Cup	Furstenwalde	Germany	www.drachenboot-liga.de
16 Feb 2020	Akaroa 10s Event, Childrens Bay	Akaroa Harbour	New Zealand	www.nzdba.co.nz
22 Feb 2020	Pan Am Sport Regatta, By-Pass Canal	Tampa, Florida	USA	www.panamdragonboat.com
23 Feb 2020	DBWA Regatta 4 – Champion Lakes Centre	Armadale, WA	Australia	www.dragonboatingwa.asn.au
23 Feb 2020	Indoor Cup	Leipzig	Germany	www.drachenboot-liga.de
29 Feb 2020	Bei Loon 8k Challenge Race, Bayview	Sydney NSW	Australia	www.dbnsw.org.au
29 Feb 2020	Indoor Cup	Neubrandenburg	Germany	www.drachenboot-liga.de
MARCH 2020	Event Details	Venue	Country	Contact Details
07 Mar 2020	Anna Maria Island Dragon Boat Festival	Bradenton, Florida	USA	www.panamdragonboat.com
07 Mar 2020	Shell Harbour Festival of Sport, Skiway Park	Oak Flats NSW	Australia	www.dbnsw.org.au
07 – 08 Mar 2020	Victorian State Championships, Gateway Lake	Albury, Wodonga Vic	Australia	www.dragonboatvictoria.com.au
07-08 Mar 2020	Wellington Dragon Boat Festival	Wellington	New Zealand	www.dragonboatfestival.org.nz
08 Mar 2020	Secondary Schs Canterbury Champs. Lake Rua	Auckland	New Zealand	www.nzdba.co.nz
14 Mar 2020	South Island DB Championships	Lake Hood	New Zealand	www.nzdba.co.nz
14 -15 Mar 2020	Auckland Seniors & Schools Champs, Kilarney Pk	Christchurch	New Zealand	www.nzdba.co.nz
14-15 Mar 2020	Century Race 100m, Passion Wave	Jurong Lake Park	Singapore	Sdba.org.sg
21 Mar 2020	Gippy Dragon Boat Gallivant, Lake Gutheridge	Port of Sale, Vic	Australia	www.dragonboatvictoria.com.au
22 Mar 2020	Brave Hearts DBC Regatta, Gateway Lake, Albury	Wodonga	Australia	www.dragonboatvictoria.com.au
22 Mar 2020	DBWA State Championships, Champion Lakes	Armadale, WA	Australia	www.dragonboatingwa.asn.au
22 Mar 2020	The Dragon Run, 10 km, Carlow Town Park	Graiguelcullen, Carlow	Ireland	www.dragonboat.ie
27-28 Mar 2020	New Zealand Championships, Lake Karapiro	Nr Hamilton	New Zealand	www.aoraki-dragons.co.nz
28 Mar 2020	Inverness Dragon Boat Festival	Inverness, Florida	USA	www.panamdragonboat.com
28-29 Mar 2020	DBNSW Race Series – Race 4, Pt Wolstoncroft	Pt Wolstoncroft, NSW	Australia	www.dbnsw.org.au
APRIL 2020	Event Details	Venue	Country	Contact Details
04 Apr 2020	Berlin Island Cup 8.5km & DB Half Marathon	Berlin	Germany	www.drachenboot-liga.de
05 Apr 2020	ESL Schools Dragon Boat Regatta	Trinidad	Trinidad & Tobago	www.trinidad & tobago DB federation

08-13 Apr 2020	Australian Championships, Int Regatta Ctr	Sydney NSW	Australia	www.dbnsw.org.au
18 Apr 2020	USFHK Dragon Boat Champs, Sml Boat 200m	Shing Mun River	HK China	www.hkcdba.org
17-19 Apr 2020	3 rd Surigaoc Int Dragon Boat Festival,	Surigaoc City	Philippines	surigaocitydbfestival@gmail.com
18 Apr 2020	Miami Dragon Boat Festival	Miami, Florida	USA	www.gwndragonboat.com
18 Apr 2020	Rocky Point Dragon Boat Festival	Tampa, Florida	USA	www.panamdragonboat.com
19-25 Apr 2020	PanAm Spring Trg Camps, Little Harbour, Ruskin	Tampa, Florida	USA	www.panamdragonboat.com
24-26 Apr 2020	3 rd Tbilisi Int DB Festival, Rustavi Park	Tbilisi	Georgia	EM: Georgiadragons.club@gmail.com
25 Apr 2020	Tampa Bay International Dragon Boat Festival	Tampa, Florida	USA	www.panamdragonboat.com
26 Apr 2020	British National League – Race.1	Liverpool	England	www.dragonboat.org.uk
MAY 2020	Event Details	Venue	Country	Contact Details
02 May 2020	11 th Inter-Schools DB Champs, Sml Boat 200m	Shing Mun River	HK China	www.hkcdba.org
03 May 2020	63 rd Festival of Sport Sml Drg Boat Races 100m	Shing Mun River	HK China	www.hkcdba.org
03 May 2020	Fishing Boat Harbour DB Festival, FB Harbour	Freemantle, WA	Australia	www.dragonboatingwa.asn.au
03 May 2020	Athy DB Regatta, River Barrow, Emily Square	Athy, Co Kildare	Ireland	www.dragonboat.ie
05 May 2020	Dragon Boat Races Konigswusterhausen	Konigswusterhausen	Germany	www.drachenboot-liga.de
09 May 2020	Neuruppin Dragon Boat Regatta	Neuruppin	Germany	www.drachenboot-liga.de
09 May 2020	Dragon Boat Races Minden 'old ride'	Minden	Germany	www.drachenboot-liga.de
09 May 2020	Madison County Chamber Dragon Boat Regatta	Madison County	USA	www.gwndragonboat.com
09 May 2020	British National League – Race.2	Exeter	England	www.dragonboat.org.uk
09 May 2020	St Jude-Ducan Williams Dragon Boat Festival	Memphis, TN	USA	www.panamdragonboat.com
09 May 2020	Keraia House Boat Race, Carlow Town Park	Graiguecullen, Carlow	Ireland	www.dragonboat.ie
09 May 2020	Charleston Dragon Boat Festival	Charleston	USA	www.gwndragonboat.com
16 May 2020	Castle Cup	Dresden	Germany	www.drachenboot-liga.de
16 May 2020	Dragon Boat Cup, Berlin-Kopenick	Berlin	Germany	www.drachenboot-liga.de
16 May 2020	Sarasota Int DB Festival	Sarasota, Florida	USA	www.gwndragonboat.com
16 May 2020	Clermont DB Festival	Clermont, Florida	USA	www.panamdragonboat.com
16 May 2020	Charlotte DB Festival	Charlotte, NC	USA	www.panamdragonboat.com
16-17 May 2020	DFW DB Festival	Dallas, Texas	USA	www.panamdragonboat.com
17 May 2020	Salford Dragon Boat Festival	Salford	England	www.racethedragon.com
17 May 2020	Columbus Asian Festival Dragob Boat Race	Columbus, Ohio	USA	www.gwndragonboat.com
19 May 2020	Buddha Day's & Multicultural DB Races, Fed Sq	Victoria	Australia	www.dragonboatvictoria.com.au
23 May 2020	Dragon Boat Races Havelberge	Havelberge	Germany	www.drachenboot-liga.de
23 May 2020	Dragon Boat Cup, Waren / Murtitz	Murtitz	Germany	www.drachenboot-liga.de
23 May 2020	Defi En Barque DB Races, Bolvin Lake	Granby QC	Canada	www.22dragons.com
23 May 2020	Long Circuit Dragon Boat Race	Trinidad	Trinidad & Tobago	www.trinidad & tobago DB federation
23-24 May 2020	3rd Barcelona Int DB Festival & Euro Cup Race	Barcelona	Spain	www.barcelonadragonboatfest.com
23-24 May 2020	Stanley Dragon Warm Up Races – 200 & 250m	Stanley Beach	HK China	www.dragonboat.org.hk
24 May 2020	Fairway Gorge PC, Super Sprints	Victoria	Canada	www.fgpaddle.com
29 May 2020	National Inter Schools, All Divisions + NCC –200m	Marina Bay	Singapore	www.sdba.org.sg
29-30 May 2020	Greater Moncton DB Festival	Moncton NB	Canada	www.22dragons.com
30 May 2020	Fresh Start DB Challenge, Ipswich Marina	Ipswich	England	www.racethedragon.com
30-31 May 2020	Dragon Boat Cup, Lubeck	Lubeck	Germany	www.drachenboot-liga.de
31 May 2020	Toronto Women's Dragon Boat Festival	Toronto	Canada	www.dragonboat.ca
30-31 May 2020	DBS Marina Int Regatta – 200m	Marina Bay	Singapore	www.sdba.org.sg
JUNE 2020	Event Details	Venue	Country	Contact Details
05-06 June 2020	Dragon Boat Regatta Furstenwalde	Furstenwalde	Germany	www.drachenboot-liga.de
05-07 June 2020	Dragon Boat Cup, Cologne	Cologne (Koln)	Germany	www.drachenboot-liga.de
06 June 2020	Chicago Southland DB Festival	Chicago	USA	www.gwndragonboat.com
06-07 June 2020	Pickering Dragon Boat Festival	Pickering, Ont	Canada	www.pdbc.ca
06 June 2020	Dragon Boat Regatta Cottbus	Cottbus	Germany	www.drachenboot-liga.de

06 June 2020	Echo Dragon Boat Races, Surrey Docks WSC	London	England	www.racethedragon.com
06 June 2020	Defi DB Races, AMCAL	Montreal QC	Canada	www.22dragons.com
06 June 2020	Independence DB Regatta	Philadelphia, PA	USA	www.panamdragonboat.com
06 June 2020	Mt Dora Paddlefest	Mt Dora, Florida	USA	www.panamdragonboat.com
06 June 2020	Lachine Knockout DB Races	Lachine, Quebec	Canada	www.dragonboat.ca
06 June 2020	Dragon Boat Festival Dobbertin	Dobbertin	Germany	www.drachenboot-liga.de
07 June 2020	British National League – Race.3	Worcester	England	www.dragonboat.org.uk
07 June 2020	Chester Dragon Boat Festival	Chester	England	www.racethedragon.com
07 June 2020	Barrow Dragon Boat Regatta, Carlow Town Park	Graiguecullen, Carlow	Ireland	www.dragonboat.ie
12-13 June 2020	Neuhausen Water Festival	Neuhausen	Germany	www.drachenboot-liga.de
13 June 2020	Dragon Boat Cup, Neubrandenburg	Neubrandenburg	Germany	www.drachenboot-liga.de
13 June 2020	Peterborough Dragon Boat Festival,	Peterborough, Ont	Canada	www.dragonboatfestivals.co.uk
13 June 2020	Dragon Boat Festival Greifswald	Greifswald	Germany	www.drachenboot-liga.de
13 June 2020	Paddle for Pink DB Races, West Windsor	Princeton, NJ	USA	www.panamdragonboat.com
13 June 2020	Rotary Club, Edgbaston DB Challenge	Birmingham	England	www.racethedragon.com
13 June 2020	Peterboro Dragon Boat Festival, Thorpe Meadows	Peterborough	England	www.dragonboatfestivals.co.uk
13 June 2020	Fanshawe DB Festival	London, Ontario	Canada	www.gwndragonboat.com
13 June 2020	British National League – Race.4	Milton Keynes	England	www.dragonboat.org.uk
13 June 2020	Kankakee Valley Dragon Boat DB Festival	Kankakee, IN	USA	www.gwndragonboat.com
13 June 2020	Arlington DB Festival	Arlington, Texas	USA	www.panamdragonboat.com
13 June 2020	Fairway Gorge DB Festival – 500m	Victoria BC	Canada	www.fgpaddle.com
13-14 June 2020	Penang Dragon Boat Races	Penang	Malaysia	www.penangdragonfestival
13-14 June 2020	Istanbul Mayis Dragon Boat Festival	Istanbul	Turkey	www.dragonfestivali.com
14 June 2020	Mississauga Dragon Boat DB Festival	Mississauga, Ontario	Canada	www.gwndragonboat.com
19 June 2020	Dragon Boat Cup, Essen	Essen	Germany	www.drachenboot-liga.de
19 June 2020	Dragon Boat Races Oranienburg	Oranienburg	Germany	www.drachenboot-liga.de
19-21 June 2020	Concord Pacific DB Festival	Vancouver	Canada	www.dragonbobc.ca
20 June 2020	Hope Chest Buffalo-Niagara DB Festival	Buffalo, NY	USA	www.panamdragonboat.com
20-21 June 2020	29th Toronto International DB Festival Races	Toronto Ctre Island	Canada	www.gwndragonboat.com
20-21 June 2020	TobagoDragon Boat Festival	Trobago	Trinidad & Tobago	www.trinidad & tobago DB federation
27-28 June 2020	Izmir Dragon Boat Festival	Izmir	Turkey	www.dragonfestivali.com
18 June 2020	London Construction Ind DB Challenge, West Res	London N4.	England	www.dragonboatfestivals.co.uk
19-21 June 2020	Hong Kong International DB Races	Venue TBC	HK China	www.hkcdba.org
20 June 2020	Big Blue DB Festival	La Crosse, WI	USA	www.panamdragonboat.com
21 June 2020	Really Helpful Club DB Challenge, Park Lake	Wimbledon, London	England	www.racethedragon.com
25 June 2020 TBC	Macau International DB Races	Nam Van Lake NC	Macau, China	www.
25 June 2020	Sun Life Stanley International DB Races, 270m	Stanley Beach	HK China,	www.dragonboat.org.hk
26-28 June 2020	Bradford Dragon Boat Festival, Roberts Park	Bradford	England	www.racethedragon.com
27-28 June 2020	Tim Horton Ottawa, DB Festival Races	Ottawa	Canada	www.gwndragonboat.com
27 June 2020	Dragon Boat Races Wintersdorf	Wintersdorf	Germany	www.drachenboot-liga.de
27 June 2020	Milton Keynes DB Festival, Willen Lake	Milton Keynes	England	www.dragonboatfestivals.co.uk
27 June 2020	Chicago Dragon Boat for Literacy	Chicago, IL	USA	www.panamdragonboat.com
27-28 June 2020	Eglisau Dragon Boat Festival	Eglisau	Switzerland	www.dragonboat.ch
JULY 2020	Event Details	Venue	Country	Contact Details
04 July 2020	Dragon Boat Festival Strausberg	Strausberg	Germany	www.drachenboot-liga.de
04-05 July 2020	Montreal DB Challenge	Montreal QC	Canada	www.22dragons.com
05 July 2020	19 th Sun Life Stanley Short Course Races – 200m	Stanley Beach	HK China	www.dragonboat.org.hk
05 July 2020	Dragon Boat Races Erfurt	Erfurt	Germany	www.drachenboot-liga.de
05 July 2020	KWF DB Festival, Leeds Castle, Maidstone, Kent	Maidstone	England	www.racethedragon.com

10-12 July 2020	Nanaimo DB Festival	Victoria BC	Canada	www.fgpaddle.com
11 July 2020	17 th Dragon Boat Friendship Cups – 300m Std Bt	Shing Mun River	HK China	www.hkcdba.org
11 July 2020	Dragon Boat Races Hall	Hall	Germany	www.drachenboot-liga.de
11 July 2020	Northwich River Festival DB Races, River Weaver	Northwich	England	www.racethedragon.com
11 July 2020	Milwaukee Dragon Boat Festival	Milwaukee, Misconsin	USA	www.panamdragonboat.com
11 July 2020	St Georges de Beauce Annual DB Races	St Georges QC	Canada	www.22dragons.com
11 July 2020	GWN Sport Regatta, Marilyn Park	Toronto, Ontario	Canada	www.gwndragonboat.com
15-19 July 2020	14th EDBF EUROPEAN NATIONS CHAMPS,	Kiev (Kyiv)	Ukraine	www.edbf.org
16 July 2020	Greater Green Bay DB Festival	Green Bay, WI	USA	www.panamdragonboat.com
18 July 2020	H2O The Dragon Boat Festival	Amos QC	Canada	www.22dragons.com
18-19 July 2020	Singapore DB Festival (incorp PM Cup) – 500m	Marina Channel	Singapore	www.sdba.org.sg
24-26 Jul 2020	Canadian National Champs, Flat Water Centre	Welland ON	Canada	www.dragonboat.ca
25 July 2020	Fire Services Dept DB Races, Sml/Std Boat 200m	Shing Mun River	HK China	www.hkcdba.org
26 July 2020	Auxiliary Medical Service Races, Sml/Std Bt 200m	Shing Mun River	HK China	www.hkcdba.org
25-26 July 2020	Pesta Sukan – 200m & 2km	Marina Channel	Singapore	www.sdba.org.sg
26 July 2020	British National League – Race.6, River Trent	Nottingham	England	www.dragonboat.org.uk
25 July 2020	Rowan County DB Festival	Salisbury, NC	USA	www.panamdragonboat.com
25 July 2020	Chicago International DB Festival	Chicago	USA	www.gwndragonboat.com
AUGUST 2019	Event Details	Venue	Country	Contact Details
1 Aug 2020	Norfolk Dragon Boat Festival	Norfolk VA	USA	www.panamdragonboat.com
01 Aug 2020	Richmond Int DB Festival	Richmond, BC	Canada	www.gwndragonboat.com
01 Aug 2020	4 th Donegal Dragons DB Regatta, Nth West Coast	Donegal	Ireland	www.dragonboat.ie
01 Aug 2020	Lake Bemidji DB Festival	Lake Bemidji MN	USA	www.gwndragonboat.com
01 Aug 2020	Werberlinsee Dragon Boat Races	Werberlinsee	Germany	www.drachenboot-liga.de
02 Aug 2020	Nottingham Riverside Festival, Victoria Emb.	Nottingham	England	www.dragonboatfestivals.co.uk
03-04 Aug 2020	Get Active Singapore Races - Sports Hub WSC	Kallang Basin	Singapore	www.sdba.org.sg
To be Confirmed	10 th Hong Kong Indoor Dragon Boat Champs	To be notified	HK China	www.hkcdba.org
06-09 Aug 2020	18th Padang Int Dragon Boat Festival	Padang	Indonesia	www.padangdragonboatfestival
07-09 Aug 2020	Victoria Dragon Boat Festival	Victoria, BC	Canada	www.fgpaddle.com
08 Aug 2020	Waterford DB Festival	Waterford, NY	USA	www.panamdragonboat.com
08 Aug 2020	Chautauqua Lake Dragon Boat Races	Chautauqua Lk NY	USA	www.gwndragonboat.com
08 Aug 2020	White Bear Lake DB Festival	White Bear Lake MN	USA	www.panamdragonboat.com
08 Aug 2020	Starbuck DB Festival, Lake Minnewaska	Minnesota	USA	www.gwndragonboat.com
08 Aug 2020	Oriental DB Festival	Oriental NC	USA	www.panamdragonboat.com
08 Aug 2020	Woodstock Rotary DB Festival,	Woodstock, Vermont	Canada	www.gwndragonboat.com
08 Aug 2020	Rawdon DB Festival Races 250 & 500m	Rawdon QC	Canada	www.22dragons.com
09 Aug 2020	British National League – Race.7,	Wath upon Dearne	England	www.dragonboat.org.uk
09 Aug 2020	Boston Dragon Boat Races, Withway Country Pk	Boston, Lincolnshire	England	www.racethedragon.com
15 Aug 2020	Minocqua DB Festival	Minocqua WI	USA	www.panamdragonboat.com
15 Aug 2020	River Front & Asian DB Festival	Hartford, CT	USA	www.gwndragonboat.com
15 Aug 2020	Habitat DB Festival	Gadsden AL	USA	www.panamdragonboat.com
18 Aug 2020	Northern Nevada Int DB Festival	Navada	USA	www.gwndragonboat.com
22 Aug 2020	Lake Andrea DB Fest	Pleasant Prairie WI	USA	www.panamdragonboat.com
22 Aug 2020	Colorado Springs DB Festival, Prospect Lake	Colorado Springs	USA	www.gwndragonboat.com
22 Aug 2020	Dragon Boat Races Kremmen	Kremmen	Germany	www.drachenboot-liga.de
22 Aug 2020	Steveston DB Festival	Steveston BC	Canada	www.dragonbobc.ca
23 Aug 2020	Reading Dragon Boat Festival	Reading	England	www.readingdragonboatfestival.co.uk
24-30 Aug 2020	12th IDBF CLUB CREWS WORLD CHAMPS	Aix Le Bains	France	www.idbf.org
29 Aug 2019	Dragons At The Docks, Grand Canal Dock	Ringsend, Dublin	Ireland	www.dragonboat.ie
28-30 Aug 2020	Dragon Boat Cup	Dortmund	Germany	www.drachenboot-liga.de

30 Aug 2020	Dragon on the Lake DB Festival, Lake Orion	Lake Orion MI	USA	www.gwndragonboat.com
31 Aug 2020	Sando Independence Regatta	Trinidad	Trinidad & Tobago	www.trinidad & Tobago DB federation
SEPTEMBER 2020	Event Details	Venue	Country	Contact Details
01 Sept 2019	Tees Dragon Boat Festival, River Tees WSC	Stockton	England	www.teesdragonboatfestival.co.uk
03 Sept 2020	Dragons At The Docks, Grand Canal Dock	Ringsend, Dublin	Ireland	www.dragonboat.ie
04-06 Sept 2020	Dragon Boat Cup Minden	Minden	Germany	www.drachenboot-liga.de
05 Sept 2020	Great River Race, River Thames	London	England	www.greatriverrace.co.uk
05 Sept 2020	Dragon Boat Races Wintersdorf	Wintersdorf	Germany	www.drachenboot-liga.de
06 Sept 2020	British National League – Race.8, Surrey Quays	London	England	www.dragonboat.org.uk
06 Sept 2020	St Catherine's Hospice, DB Festival, Tilgate Park,	Crawley, Sussex	England	www.racethedragon.com
07-08 Sept 2019	GWN Dragon Boat Challenge, Western Beach	Toronto, Ontario	Canada	www.gwndragonboat.com
12 Sept 2020	Wirral Headway, DB Festival, Marine Lake	West Kirby	England	www.racethedragon.com
12 Sept 2020	Cambridge Dragon Boat Festival, River Cam	Cambridge	England	www.dragonboatfestivals.co.uk
12 Sept 2020	Dunebrook DB Festival	La Porte PA	USA	www.panamdragonboat.com
12 Sept 2020	Rostock Autumn Dragon Boat Races	Rostock	Germany	www.drachenboot-liga.de
12 Sept 2020	Louisville DB Festival	Louisville KY	USA	www.panamdragonboat.com
12-13 Sept 2020	Tim Hortons GWN DB Challenge, Marilyn Bell Pk	Toronto	Canada	www.gwndragonboat.com
12-13 Sept 2020	Dublin Int DBoat Regatta, Grand Canal Dock	Ringsend, Dublin	Ireland	www.dragonboat.ie
12-15 Sept 2020	ICF Members DB Champs, Bilawali Lake	Indore	India	www.canoecf.com
13 Sept 2020	Tees Dragon Boat Festival, River Tees WSC	Stockton-on-Tees	England	www.racethedragon.com
19 Sept 2020	Mercer County DB Festival	West Windsor, NJ	USA	www.gwndragonboat.com
19 Sept 2020	Stratford Rotary DB Festival	Stratford, Ontario	Canada	www.gwndragonboat.com
19-20 Sept 2020	Quebec DB Cup, 200, 500, 2000m	Montreal QC	Canada	www.22dragons.com
19-20 Sept 2020	Istanbul Haziran Dragon Boat Festival	Istanbul	Turkey	www.dragonfestivali.com
19-20 Sept 2020	British National Championships. NWSC	Nottingham	England	www.dragonboat.org.uk
26 Sept 2020	Synergy DB Race Series	Hollywood FL	USA	www.panamdragonboat.com
26-27 Sept 2020	San Diego Dragon Boat Race	San Diego CA	Singapore	www.usdbf.org
26 Sept 2020	Greater Triangle Area DB Festival	Rayleigh NC	USA	www.panamdragonboat.com
26 Sept 2020	SDBA-AustCham DB Challenge 5km & 10km	Marina Reservoir	Singapore	www.sdba.org.sg
26 Sept 2020	Rotary Club of Peachtree City DB Festival	Peachtree City GA	USA	www.panamdragonboat.com
26 Sept 2020	Ankara Dragon Boat Festival	Ankara	Turkey	www.dragonfestivali.com
OCTOBER 2020	Event Details	Venue	Country	Contact Details
03 Oct 2020	Dragon Boat Cup, Strandbad, Berlin-Weissensee	Berlin	Germany	www.drachenboot-liga.de
03 Oct 2020	Philadelphia International DB Festival	Philadelphia PA	USA	www.panamdragonboat.com
10-11 Oct 2020	CBL Chinese Arrival Dragon Boat Festival	Trinidad	Trinidad & Tobago	www.trinidad & tobago DB federation
17 Oct 2020	Dragon Boat Triathlon Berlin 500,1000m, 2.5km	Berlin	Germany	www.drachenboot-liga.de
17 Oct 2020	Orlando Int DB Festival	Orlando, Florida	USA	www.gwndragonboat.com
24 Oct 2020	Suncoast International DB Festival	Sarasota FL	USA	www.panamdragonboat.com
NOVEMBER 2020	Event Details	Venue	Country	Contact Details
TBC Nov 2020	Western Region DB Regatta, Windamere Dam	Cudgegong, NSW	Australia	www.dbnsw.org.au
01-05 Nov 2020	14th ADBF Asian Dragon Boat Championships	Kwun Tong Prom	HK China	www.hkcdba.org
06-08 Nov 2020	21st Hong Kong International DB Champs	Kwun Tong Prom	HK China	www.hkcdba.org
07 Nov 2020	Lake Hernando DB Festival	Hernando FL	USA	www.gwndragonboat.com
21 Nov 2020	Pan Am Sport Regatta, By-Pass Canal	Tampa FL	USA	www.gwndragonboat.com
21-22 Nov 2020	Singapore Regatta, Water Fest – 200m	Sports Hub WSC	Singapore	www.sdba.org.sg
DECEMBER 2020	Event Details	Venue	Country	Contact Details
05-06 Dec 2020	Penang International Dragon Boat Festival	Penang	Malaysia	www.penangdragonfestival
06 Dec 2020	11 th Hong Kong Half Marathon DB Champs	Shing Mun River	HK China	www.hkcdba.org

DRAGON SPORT NEWS

the Emagazine for Dragon Boaters world-wide

"The Independent Voice of Dragon Boat Sport"



NEWS FROM DRAGON BOAT SPORT

IDBF Members – Australia, Canada, Gt Britain, Iran, Malaysia, Egypt, Senegal, New Zealand and Spain.

FEATURES

IBCPC Pink Paddlers News.

Seniors Section – Developing Senior Racing

CULTURE CORNER

History of the Dragon Boating in Japan.

KNOW HOW - SPORTS SCIENCE CORNER

Abdominal Exercises – Tighten the Stomach, Fight the Fat.

PICTURE GALLERY

Dragon Boat Sport in action. Excitement in Uganda.

EDITORIAL

Year of Change. AIMS Recognition

FEATURES

*Irish Women's Mayor's Award
London Hong Kong Regatta*

NEWS & INFORMATION

*2017 European Club Crew Champs
AIMS Role & President's Message
2017 World Nations Championships
StandUp Paddle Dispute*

CALENDAR OF DRAGON BOATING

*Events and Festivals from June 2017 to
December 2017. Pages; 22 and 23.*



FEATURES

*Secrets of a Club's Success
Millions Raised for Charity
Corporate Cup Another Success*

NEWS FROM DRAGON BOAT SPORT

*IDBF Members –Gt Britain, New Zealand,
Puerto Rica, Canada, Philippines, Uganda, Iran,
Spain, Korea, Hungary.*

KNOW HOW - Sports Science Corner

*Beta Blockers, Motivation,
Health & Exercise, Going Nuts !*

SPECIAL FEATURE

Background to BCS Dragon Boating