

# DRAGON SPORT NEWS

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

*"An Independent Voice for Dragon Boat Sport"*

Cover Photograph by Henning Wiekhorst

May 2020 Issue No.12. SPECIAL EDITION



Happier Times from 2008. Now we have to keep apart by "2 METRES OR MORE"

The more we self isolate, the sooner we will be back on the water

Keeping the coronavirus COVID-19 at Bay. IDBF World Champs News. EDBF 30<sup>th</sup> Birthday & Blasts from the Past



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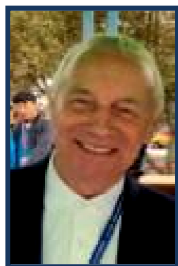
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## The International Dragon Boat Fraternity

"The Voices of Dragon Boaters World Wide"

**Fraternity:** *A group of people sharing a common interest, friendship and mutual support within a group.*



**In sport as a whole, the democratic representation** of those who take part or are interested in being involved in, or with a particular sport, is through electing individuals to committee based organisations within their particular Sport, who then represent them within their own Sport and with other sports and multi-sport organisations and can be held to account at Annual or Bi-Annual General Meetings or Asemblies.

**This means that a few individuals get elected to 'govern' their sports,** at National and International level, make policy decisions, organise and administer their own sports events and where Continental and World Championships' are concerned, select and approve National Teams and approve competitions. However, this traditional system does not, by-enlarge, seek the opinions hear of the vast majority of people who actually participate in their sports but rely on committees and commissions for 'feedback' from the grass roots of their sports, which mixed results.

**In this modern high tech, social media driven world of today, is this traditional system of representation, communication and governance within sport, really effective or indeed, in many respects, out-of date.**

Having been involved at all levels within sports, both Olympic and Non-Olympic for over 50 years and having held office in these sports; attended countless annual general meetings and multi-sports conferences worldwide, I have to say that, in my view, the 'elected representatives' system is not very good at listening to the opinions of those practising their sports and in some sports 'communication', with the 'grass roots', is almost non-existent but today, through social media channels people can communicate directly with all those involved in their sports and for our Sport, in this way, we can enhance the culture, traditions and independence of Dragon Boat Racing, as a modern 21<sup>st</sup> Century sport.

**As a new 'Modern Sport'** as opposed to an ancient 'Chinese Tradition,' we should make sure that our elected representatives communicate with us effectively but especially before making policy decisions on our behalf.

**We can all do this through IT and the social media,** as a way of expressing views and opinions on our Sport's development and governance, especially during this unprecedented time of the COVID-19 pandemic.

**As a voice for all Dragon Boaters,** you can influence the views, policies and decisions of our elected representatives, 'the tip of the iceberg' and ensure that they are fully aware of and in touch with the views and opinions of the Sport's 'large iceberg', that they have been elected to serve.

**The IDBF & EDBF Councils' are presently reviewing** all the locations for their (our) Championships in 2021, 2022 and maybe also 2023, due to the postponement of all Championships in 2020, due to the coronavirus (see separate reports from the IDBF and EDBF).

**Now really is the time** for our elected representatives to hear the voice of the paddlers, so that when the IDBF and EDBF Member's Congresses' next meet, to decide on such important matters, that the National Representatives know what the silent majority really want in relationship to our Sport's development and our Continental and World Championships, after COVID-19.

**Mike MacKeddie-Haslam . DSN Editor.**  
"A Dragon Boater of the IDBF".

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## MEDICAL & SPORTS SCIENCE ADVICE

with particular focus on the coronavirus – Article 2.

by Dr. Leila Ataei

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*Dr. Leila Ataei is a lecturer and researcher in Sports Medicine & Physiology, specialising in Exercise, Diet and Nutrition. Having obtained her Phd in Iran, she is currently completing her Doctorate in Sport Science, at the University of Nicosia in Cyprus, where she now lives. Previously in Iran, she spent 3 years studying medicine, including being a front line medic following a major earthquake in the region, before switching to biochemistry and then completing her Master's degree in Sport Physiology. Leila's present focus is on Sport Medicine and Anti-Doping issues, especially concerning fitness in trained athletes and sedentary people, of all ages and their recovery regimes*

**There's no greater time to focus on your health and general life-style than today.** Taking steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly, as well as getting adequate sleep are part of a well balanced and healthy life-style. Staying up to date with recommended immunizations and having regular medical screening tests, are also important aspects of looking after your general health, especially as you get older.

**In Article 2 of my series about the coronavirus COVID -19, I cover how to boost your immune system** and be better prepared to fight the virus should you be unlucky enough to get it. **With the help of my special colleague Pinky the Scientist, Article 2, also gives advice on diet, exercise and keeping healthy at any time.** **Leila.**

## KEEPING THE CORONAVIRUS (COVID-19) AT BAY

**During this time of the COVID-19, pandemic, home is your sanctuary,** the one place you want to be sure is virus-free. But if you have to go outdoors, what are the best practices for decontaminating your things when you return home? Does everything, smart phones, wallets, money and keys, need to be washed ?

**"We are all swimming through an invisible swamp of bacteria, viruses, fungi and parasites,"** said Dr. Stephen Berger, co-founder of the Global Infectious Diseases & Epidemiology Network in Tel Aviv, Israel. "Those bookshelves and pictures on the wall are teeming with ugly microbes. Not to mention your cellular phone, wristwatch, eyeglasses and everything else in your world. The list of objects which could potentially be contaminated is endless," he said.

**That does not mean that everything you take outdoors needs a biohazard scrub-down upon return,** Berger added. "The good news is that you are in no danger from most of this," said Berger. "And you have no reason to compulsively avoid, or even clean, every object in your personal world. With one exception: your own hands!" Why? Because when it comes to COVID-19 infection risk, "the true culprit here is your own hands."

**Which is not to say that inanimate objects don't pose any risk. They do,** said Berger and guidelines from the U.S. Centres for Disease Control and Prevention, recommend that people do clean their phones and electronics, either following the manufacturers' guidelines or by using wipes or sprays containing at least 70% alcohol.

**Money is a good example of the problem,** Berger noted. "Few people realize that money is -- as our mother told us many times -- 'dirty.' Several researchers have demonstrated an amazing variety of bacteria, parasites and other living things on paper bills. Whilst not specifically focusing on COVID-19, studies have shown that European paper money --- made of cotton fibre -- is vulnerable to microbial contamination. (Coins, which are 75% copper in Europe, are less so.) However, "the solution is not to throw your money away, or wash it in detergent," Berger said. Nor does it mean spraying your keys down with Lysol. Instead, he suggested, the solution is "caution and hygiene."

**The current COVID-19 pandemic is caused by a virus.** "That virus will infect you through your nose or mouth, in most cases because somebody coughed -- or perhaps only breathed -- within a few feet of you," Berger said. "Perhaps that same somebody coughed into his hand, or toward a nearby object, or simply opened a door. Later that day, you shake that hand, touch that table or grasp that doorknob or you use your own contaminated hand to eat a snack," he explained.

**The potential risk is that you then get infected,** and "for the next week or two, the virus is multiplying in your system," he added. "In terms of COVID-19, 'caution' involves strict attention to avoiding potential sources of disease," said Berger, practicing social distancing. "While 'hygiene' must include careful and repeated hand-washing, antiseptics and chemical wipes are fine. **But simple soap and water also does the job."**

## DOES BEING INFECTED WITH COVID -19 MAKE YOU IMMUNE?



**Pinky Scientist says.** The virus that causes COVID-19 was only discovered a few months ago, so there is still a lot to learn about it. We know that our body makes anti-

bodies after an infection that can, after recovery, fend off re-infection for months or even years afterwards but as COVID-19 is a new virus, medical scientists don't yet know how long anti-bodies will stay in the human body after this specific viral infection has been contracted.

Studies are now needed to find out if those people who recover from COVID-19 are immune and how long that immunity might last. After the SARS outbreak, one study showed anti-bodies lasted for up to 3 years.

Studies from Middle East Respiratory Virus (MERS), another infection caused by a coronavirus, showed that anti-bodies can be found in the body for about a year, so it is highly likely that the anti-bodies our body makes to combat the COVID-19 virus will provide immunity for a period of time.

The level and time period of immunity can also depend on how an individual's immune system responds, so there is a lot more still to be learnt about immunity after being infected by COVID-19.



## WHAT YOU CAN DO TO HELP KEEP YOURSELF FIT AND SAFE.

**The body's natural defence against infections and disease is the immune system but what exactly is the immune system** and how can we increase its effectiveness to fight a new threat to the body, such as Coronavirus – Covid-19

**THE IMMUNE SYSTEM.** The immune system is made up of a complex network of cells, molecules, tissues, and organs, which work together to protect the body, when a infection or disease gains entry to the body. Each of these plays an important part in how the immune system works and its function as a whole. There are two branches of the immune system, the **innate immune and the adaptive systems.**

The **innate immune system** provides a general defence against common bacteria, viruses, or other disease causing microorganism, such as fungi and parasites, whilst the **adaptive immune system** targets specific threats and learns how to launch precise responses against viruses or bacteria which the body has already come into contact with.

These systems work together for 24 hours a day, to protect your body from unwanted microorganisms. However, when a completely new virus appears, like the Covid-19 virus, then the body's natural immune

## CAN YOU GET REINFECTED AFTER YOU HAVE RECOVERED FROM COVID -19?

**Pinky Scientist says.** Some reports have started to emerge from China and South Korea, about people with mild symptoms of COVID-19, who have recovered but later tested positive for the virus again but that these individuals showed no symptoms and had not infected their family members.

The Korean Centres for Disease Control have also recorded dozens of people who have tested positive after recovery. So is it possible to be re-infected.

As yet, the situation is not clear or proven. A positive test after recovery could be detecting left over virus that may still be present but is not causing infection. For those people who became positive after recovery, it may be that the infection was lingering in their bodies at lower levels and then re-emerged or it could mean that prior negative test were a false negative, because, for example, the swab may not have captured viral particles during the testing process.

Research is continuing on this issue but from what is known about the body's ability to fight off viruses, it is highly unlikely that a person that has recovered from COVID-19 and made anti-bodies will become re-infected in such a short period of time.

system has little or no defence against it and this is the problem that medical scientists world-wide are trying to solve, by developing a vaccine that will protect the body against Covid-19.

The immune system is an extremely complex defence network that researchers are still trying to understand and much remains unknown about how the system functions. Myths and unproven stories about it abound, which have been exploited by commercial enterprises. Two such immune system myths are:-

**Myth 1.** *Getting more than the recommended dietary allowance of a vitamin or mineral will improve your immune system.* To date, there is no evidence that taking extra amounts of any vitamin will improve your immune system.

**Myth 2.** *Many vaccines have health risks.* Nearly everything we do involves some level of risk, for example, the chance of drowning, when taking a bath, has been put at 1 in 840,000 and the odds of being killed in a car accident is estimated at 1 in 6,700. The risk of a serious reaction from a vaccine is small by comparison, at 1 in a million for the likes of tetanus, for example, very small compared to the risk associated with taking a bath or going for a car ride.

## WHAT YOU CAN DO TO IMPROVE YOUR IMMUNE SYSTEM



**Pinky Scientist says.** During this time of the Covid-19 pandemic, whilst there are currently no scientifically proven direct links between lifestyle and an enhanced immune function, healthy-living strategies are a good way to start giving your immune system the upper hand. Eating a nutritionally balanced diet is of the utmost importance in helping to protect and strengthen your immune system and keeping it strong and healthy.

**Eat Healthy.** The gut and the immune system are absolutely inter-connected. When things are right in the gut, then so to is the immune system. It is not surprising therefore, that eating healthy foods leads to a healthy gut and in turn to a healthy immune system that can help fight off infection faster. Try to include a variety of colours in your food choices, as this is a good way of getting key vitamins and nutrients into your diet. On the other hand, try to limit your intake of meats, processed foods, and fried foods, which tend to be inflammatory.

The *Mediterranean diet*, may be one of the healthiest diets in the world, as studies have shown that such a diet with the addition of taking a daily Vitamin D supplement, can help to increase the number of T cells in the immune system.

**Every part of your body functions better when strengthened by a healthy-living regime** and when it comes to overall immunity, ensuring your gut remains healthy is vital as the gut is responsible for protecting against infection, supporting metabolism, promoting healthy digestion and assisting in the absorption of essential nutrients.

Imbalances in gut bacteria can adversely affect your immune system's responses and can result in chronic inflammation, increasing your susceptibility to viruses. So fuelling your body with the correct gut-friendly foods can improve your body's immunity and benefit your digestive health, as well as your general wellbeing.

In addition to gut-friendly foods, such as kefir, kombucha, live yogurt, oats, artichokes, garlic and chicory root, including the following in your diet plan can improve your overall health in both the short and long terms.

- **Fruit and Vegetables.** *Increase your intake of fruit and vegetables.* The more varied the better. Brightly coloured fruits and vegetables increase your intake of antioxidants, phytochemicals and essential vitamins and minerals.
- **Fibre.** *Increase your intake of fibre.* Choose wholegrain carbohydrates (brown rice, rye, oats, wholegrain pasta and bread) as opposed to white refined carbohydrates.
- **Fats.** *Include healthy fats such as* fish, avocado, seeds, nuts and essential oils such as flaxseed, olive, walnut or rapeseed.
- **Drinks.** *Remain hydrated with water,* unsweetened beverages, herbal, fruit or green teas.
- **High Fat & Sugar.** *Try to avoid, as much as possible,* high fat and sugary foods such as confectionery goods, pastries, sugary cereals and cakes.
- **Salt Intake.** *Reduce your salt intake and avoid,* if possible, processed foods and ready-made meals.
- **Alcohol.** *Limit alcohol consumption,* that is, drink in moderation and don't smoke.

## HOW TO BOOST YOUR IMMUNE SYSTEM DURING THE COVID-19 PANDEMIC



**Physical Active.** Go for a run or just take a walk but keep a social distance from each other. Do some gardening. Try some work out videos. Do some weight training exercises and/or paddling exercises but certainly find ways of getting your body moving, one way or another, every day to keep your immune system in good shape.

Exercise helps decrease your chances of developing heart disease and keeps your bones healthy and strong.

**Physical activity can give your immune system a huge boost** in many different ways. Exercise increases your body's production of antibodies and T-cells, making them circulate more rapidly.

**Exercise, on a regular basis,** also helps to expel toxins from your body and lowers your body's stress hormones, including adrenaline, giving your immune system additional strength.

**Sweating is also good for your immune health** as the body reacts in a similar way to a fever. Sweating raises the body temperature and helps it to kill pathogens.

**A recent study said that people who spend at least 2 hours per week** outdoors are more likely to report that they are physically and psychologically in good health. It is not known exactly if or how exercise increases your immunity to certain illnesses. There are several theories but none of them have been proven.

**Regular exercise is certainly good for you but don't overdo it.** Do not exercise more just to increase your immunity. Heavy, long-term exercise, such as marathon running and intense gym training could even cause harm. Studies have shown that people who follow a moderately energetic lifestyle, such as riding a bike regularly or taking daily 20-30 minute walks, benefit the most from sticking to a regular exercise programme.

**Cycling.** Biking is a powerful cardio workout, as it gets your heart rate up almost as much as running and burns up a lot of calories but it is also gentle on the body. It doesn't put a lot of stress on joints, which helps if you're getting into shape or have joint problems. Going for a bike ride is an ideal outdoor workout but if you have a stationary bike or indoor trainer, then you can cycle at home.

Either way, bike riding is a great workout for your legs, especially your quads and hamstrings and your body's core will get stronger from biking too. Even if you haven't ridden a bike for years, you can get back to it right away and should you be overweight, then biking is a good option because it's not a weight-bearing activity and is an activity that doesn't put stress on your joints.

### **Is It Good for Me If I Have a Health Condition?**

**In an article by Dr. Michael Smith**, he says that because biking is a low-impact exercise, it's ideal if you have arthritis in your hips, knees, and ankles or you're recovering from a joint injury. Plus, it helps build stronger leg muscles, providing more support for your joints, which lessens pain.

If you have back problems, it's fine to include biking in your routine, but you need to find another form of working out that strengthens your core and makes you more flexible.

Looking to drop some pounds to help manage diabetes, high blood pressure, high cholesterol, or even heart disease? Biking is a great addition to your cardio routine that will also make your heart stronger.

**Dr Smith, concludes his article by advising that if you're pregnant**, focus on indoor cycling. A stationary bike provides stability so you don't fall. If you were an intense cyclist before getting pregnant, you should be able to continue that during your pregnancy. **Check with your doctor to be sure.**

**Other Things to do.** If you are not in a position to be as active as you would like to be or maybe recovering from a physical injury, *then keep your mind active* by reading books or learn a new language.

*Maybe try writing a book or even your memoirs.* Put pen to paper or start typing on your laptop. Writing down your impressions and feelings during the CoVID-19 pandemic can help you to process your thoughts and emotions more efficiently and reduce stress levels.

**Stay in touch** with friends, family, colleagues and people you may have lost touch with, via phone call, email, or Skype, Whatsapp etc. This can help fight feelings of depression, helplessness, and reduce your stress levels.

Whatever your personal situation, make sure you are up to the challenges to come, both physically and mentally, by taking steps to strengthen your immune system. Don't push yourself to the brink physically or emotionally. Finally, there is no strong evidence to prove that taking immune supplements along with exercising lowers the chance of illness or infections.

**Get Enough Sleep.** Sleep and the immune system are also closely linked, as sleep reboots your mind and body and thus your immune system. A lack of sleep causes the body to produce more stress hormones, like cortisol and adrenaline, which not only keeps you awake but also stresses the immune system itself.

In one study, researchers found that getting at least 7 hours of sleep per night can make you 4 times less likely to catch a cold compared with less than 6 hours per night.

**How much sleep you need varies according to your age. The Sleep Foundation recommends 7 to 9 hours of sleep for young adults and adults (18-64 years), and 7 to 8 hours of sleep for older adults (≥ 65 years).**

### **SOCIAL DISTANCING MEASURES ARE:-**

1. *Avoid contact with someone who is displaying symptoms of COVID-19.*
2. *Avoid non-essential use of public transport where possible.*
3. *Work from home, where possible. Your employer should support you to do this.*
4. *Avoid large and small gatherings in public spaces, cafes, restaurants, leisure centres and similar venues, as infections spread easily where people gather together to socialize.*
5. *Avoid gatherings with friends and family. Keep in touch using phone, internet, social media etc.*
6. *Use telephone or online services to contact your doctor's surgery or other essential services*

**Everyone is strongly advised to follow these measures as much as possible and to limit face-to-face interaction with friends and family, particularly if you are over 70, have an underlying health condition.**

# How the Immune System Works

## Lymph Nodes

Small glands located throughout the body that filter bacteria, viruses—even cancer cells—which are then destroyed by special white blood cells. Also the site where T cells are "educated" to destroy harmful invaders in your body

## Appendix

Thin tube about 4 to 6 inches long in the lower right abdomen. The exact function is unknown; one theory is that it acts as a storage site for "good" digestive bacteria



## Thymus Gland

Small gland situated in the upper chest beneath the breastbone. Functions as the site where key immune cells (T cells) mature into cells that can fight infection and cancer

## Spleen

Organ located to the left of the stomach. Filters blood and provides storage for platelets and white blood cells. Also serves as a site where key immune cells (B cells) multiply in order to fight harmful invaders

## Bone Marrow

Soft, sponge-like material found inside bones. Contains immature cells that divide to form more blood-forming stem cells, or mature into red blood cells, white blood cells (B cells and T cells), and platelets



It is my intention to publish '*Racing the Dragon*' by the end of 2020 as an Ebook but also in hard copy. I would also like to serialize the book electronically, in the coming months. If you are interested in receiving a copy of the book in any of the formats shown below then please drop me an email at [mikehaslam@aol.com](mailto:mikehaslam@aol.com) and I will reserve you a copy. Prices will be kept low, dependent on the type of copy- ranging from approx 1 Usd to 25 Usd.

**Racing the Dragon, the first 40 Years – Publishing Format**

**Serialized Copy – text only**

**EBook electronic Copy – text plus limited pictures**

**Printed Hard Copy – fully illustrated pictures**






  
 european dragonboat federation
   
*Anniversary*
  
**30**
  
 1990 - 2020

**5<sup>TH</sup> MAY 19.30 CET**
  
**ZOOM PARTY**
  
 (ZOOM ROOM 9996299580)
   
 WE REQUEST THE PLEASURE OF YOUR COMPANY TO
   
 TOAST THE 30TH ANNIVERSARY OF THE EDBF.

There will be a brief speech by each of our former Presidents – Mike Mackeddie-Haslam and Alan van Caubergh and a closing speech by our current President, Claudio Schermi.

Julie Doyle – EDBF Secretary General

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**Claudio Schermi, President,  
European Dragon Boat Federation**

### **THE BIRTH OF THE EDBF**

*taken from the August 2000 EDBF Marketing & Media Newsletter by Bernd Riegrel*

The history of the European Dragon Boat Federation starts in June 1989, when the European participants in the Hong Kong DB Festival heard of the proposals from Mike Haslam, Chairman of the British Dragon Boat Association, to create a regional organisation to co-ordinate the activities of dragon boat associations in Europe.

In October of the same year, on the occasion of the Westminster Serpentine Regatta, in London, the European Steering Group was created with the participation of representatives from Germany, Great Britain, Italy, the Netherlands and Switzerland.

In the following weeks representatives from Norway and Sweden joined the group. In May 1990 the members of the group were invited to participate in a meeting held in Mechelen, Belgium, during an Int Dragon Boat Regatta organised by Mike Haslam, which was hosted by the Royal Belgium Canoe Association, as part of their Int Canoe Regatta, at the Hazewinkle Watersports centre.

The European Dragon Boat Federation (EDBF) was officially founded by the representatives from the following European Nations: Italy, the Netherlands, Sweden, United Kingdom and West Germany, with written support for the proposed EDBF Constitution coming from Denmark, Finland, Norway and Switzerland.

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### **THE EARLY YEARS**

At the EDBF Foundation Meeting in Mechelen, on Sunday 5<sup>th</sup> May 1990, Mike Haslam was elected as the EDBF Founding Chairman, Cosmo Ombre as Vice-Chairman (Netherlands) and Fabio Masi as Sec General (Italy). In the races Swedish crews from Malmo and Kungälv won the majority of the medals.

Just over two years later in September 1992, also at the Hazewinkle Course, the EDBF held its first European Club Crews Championships. Clubs from seven European Countries took part, with Malmo (Sweden) and Basle Beider (Switzerland taking the Gold Medals in the Open 250m and 500m respectively. The Women's Champions were Toma Marta (Italy) and the Mixed Champions were Wuppertal (Germany).

From 1992 until 1996 the Club Crews Champs were held every year until 1997. Since then they have been held every two years on odd years, from 1999, to match in with the IDBF Club Crew Champs held on even years. During these formative years, German crews dominated the Medals, with Schwerin, Wuppertal and Kurpfalz Dragons sharing all the 250m and 500m Gold Medals, except for 1994 when the Vikings (Denmark) took the Open 250m Gold.

## EDBF BLASTS FROM THE PAST

**Extracts from the minutes of early EDBF Executive Committee meetings reveal how the EDBF developed in the early 1990s.** At the 1<sup>st</sup> Executive Meeting, in March 1991, it was agreed to adopt the paddle specification introduced by the British Association (BDA), as the maximum size of paddle allowed at EDBF controlled events. At the second meeting it was reported that both the Netherlands and Switzerland had ordered Dragon Boats through the EDBF Boat Scheme, which had earlier been adopted from the BDA scheme, developed in the late 1980s.

**There was a discussion on ways to get an EDBF Boat Mould based on the continent of Europe,** in order that more boats could be produced to meet the increase in demand that was expected in the next few years. The BDA were looking at the same problem in the UK and felt that it may be possible to combine objectives by producing a mould for European use.

**Birger Rind** reported that it was now critical for the Danish DBC to procure a Dragon Boat. Membership was declining because of a lack of a boat. Whilst the Club had some funds towards the cost of a boat, it was not sufficient to buy a new one. Merk Hauck (BDA) agreed that BDA would help the Danish DBC by providing boats for an event in Silkeborg, which it was hoped may attract a potential boat sponsor. The BDA also agreed to look at the possibility of selling a BDA fleet boat to Denmark at a low cost.

**1991 EURO CUP.** Three International Races had qualified for the 1<sup>st</sup> Euro Cup competition for European Nations, namely in Mechelen, Belgium, Oslo, Norway and London, England. Crews from eight countries had competed across the three events. Sweden had topped the points table to win the inaugural Euro Cup, with the Netherlands in second place and Great Britain third. The full results of the 1991 Euro Cup were as follows:-

Race Location	Mechelen	Oslo	London	Total	Position
Sweden	305	285	-	590	1
Netherlands	285	-	295	580	2
Great Britain	295	-	275	570	3
Norway	-	275	265	540	4
Switzerland	-	-	285	285	5
Belgium	275	-	-	275	6
Germany	-	265	-	265	7
Finland	-	255	-	255	8

### 10<sup>th</sup> ANNIVERSARY OF THE EUROPEAN DRAGON BOAT FEDERATION

**On the 12<sup>th</sup> & 13<sup>th</sup> August 2000, the best European Dragon Boat Teams gathered in Malmo, Sweden for the 3rd European Nations Championships, to paddle for top honours in European Dragon Boating but what made that weekend so special was that the EDBF celebrated its 10<sup>th</sup> Anniversary that year.**

**The Malmo Championships were the first of the new century** for the EDBF but Dragon Boat Racing had a long history in Malmo, where the first Dragon Boat Festival was held in 1984, some 6 years before the EDBF was founded and 4 years after the first Dragon Boat Races in the UK were held on the River Thames in London, as part of the Hong Kong in London, Chinese Festival.

**The 1<sup>st</sup> European Nations Championships,** as opposed to the Club Crew Championships, were held in Silkeborg, Denmark in 1996, jointly with the Club Crews. **As with the Clubs Champs,** the German National Team swept the medals board.

**In 1987 there was again a joint European Nations and Club Crews Championships' held in Duisburg, Germany.**

At the 3rd European Nations, held in Rome on 5<sup>th</sup> & 6<sup>th</sup> September 1998, Germany again dominated but both Great Britain and Italy won Silver Medals and the time gap between Silver and Gold had closed considerably.

**As the EDBF entered the new millennium and celebrated its 10<sup>th</sup> Birthday,** it could look back on a decade of competitive success and development. 15 Countries were in EDBF Membership and more new members were on the horizon.

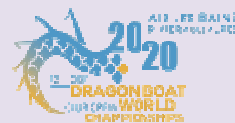
**With European Crews winning Gold, Silver and Bronze Medals** at both the IDBF World Nations and Club Crews Championships' in 1998 and 1999 and with an estimated participation base of nearly 200,000 people taking part in Dragon Boating across Europe, annually, the future was bright for both the EDBF and the Sport as a whole.

## 12th IDBF CLUB CREW WORLD CHAMPIONSHIPS AIX LES BAINS, FRANCE WILL NOT BE HELD IN 2021



### IDBF NEWS RELEASE

Date: 02 May 2020



## DECISION ON CHAMPIONSHIPS SCHEDULE

An IDBF Council meeting was held on Friday, 1 May 2020 to consider the effects of COVID-19 on our future championships. The IDBF Council unanimously decided that:

- The 12th IDBF Club Crew World Championships (Aix-les-Bains, France) is officially cancelled
- No Club Crew World Championships will take place in 2021
- The current championships schedule from 2021 onwards remains the same:
  - 2021 - World Nations Championships - Hong Kong, China.*
  - 2022 - Club Crew World Championships - Sarasota, USA and*
  - 2023 - World Nations Championships - Seville, Spain.*

The IDBF Executive has been meeting weekly since mid-March to consider the different views gathered from athletes, national federations, and championship organisers during a six-week long consultation process. We acknowledge that any decisions made will not satisfy everyone.

The IDBF recognises and appreciates all the hard work, time and effort that the French Organising Committee has put in over the last few years and will gladly welcome them to re-bid for a future date. The situation with the pandemic has severely impacted sporting events worldwide with many being cancelled. Unfortunately, this year's Club Crew World Championships could not take place for the same reasons.

We hope that these decisions will enable everyone to move forward and focus on the future.

Let us all hope that the dragon boat family worldwide will be able to get back on the water soon and enjoy our passion for the sport. Please keep safe and continue to follow the advice of your government.

Mike Thomas  
IDBF President

**HOUSTON – WE HAVE A PROBLEM !** The decision by the IDBF Council to cancel the postponed 12th CCWC entirely, will come as a surprise to many Clubs around the world, who had anticipated that the event would be re-scheduled for France in 2021.

The French Organising Committee have already told crews that they will not get their Admin Fee deposits back, (because the Org Com has already spent them) which is a bigger shock to the Clubs, as the IDBF budget system is designed to ensure that deposits are not spent in advance of the actual event.

It seems likely that some sort of litigation may now follow between the Clubs and the Org Com over getting their Deposit monies back in respect of both the Admin Fees and Hotels that had already been pre-booked, not to mention air fares ! Indeed the IDBF itself may be in a similar position.

The EDBF at its last Council meeting minuted the possibility of the Junior World Nations Champs being held in conjunction with the 2021 Kiev European Nations Championships and with regard to the 2021 European Clubs Champs, that these could replace the CCWC in France, if the IDBF decided not to hold the postponed 2020 CCWC in France, or at all.

As the 2020 CCWC has now been cancelled completely, the option by the EDBF to hold their 2021 CCC in France, a month or two before or after Kiev, must surely be a serious discussion to have internally and with the Aix Les Bains Organising Committee and the Junior Worlds in Kiev (or even France) become a possibility too, as the 2021 World Nations Champs, in Hong Kong, which are scheduled for November, fall outside of the school holiday period.

**A LOOK BACK AT THAILAND 2019.**

*by Bai Pai, the Blue Elephant Mascot, Pattaya Thailand.*



**"I've been dragon boating ever since the Thailand national team brought me on as one of their own in August 2019.** I was super excited when they asked me to join their team. I was nervous at first and a little too big to fit the boat, but I caught on quickly and I was able to make great friends! Because of my great memory, I was able to memorize everyone's names pretty quickly.

**I was ecstatic when I heard** that the International Dragon Boat Federation (IDBF) was going to stage the 14th World Dragon Boat Racing Championships in my hometown of Pattaya-Rayong, Thailand. I asked them if they needed help with the race. To my surprise, the Organising Committee asked me to be their official mascot! I was so thrilled!

**My favorite memory was** the opening ceremonies at Sukhawadee House in Naklua Beach. It was so entertaining to see every country around the world come together as new friends for dragon boat! During the week of the championships, I was able to watch a lot of races!



**I'm so proud of everyone,** but especially proud of my teammates on the Thai national team. They worked hard to get many gold medals that week. I hope I'll be able to go to the next IDBF world championships with the Thailand team!"

*Editor. And so say all of us ! Hong Kong 2021 ??*



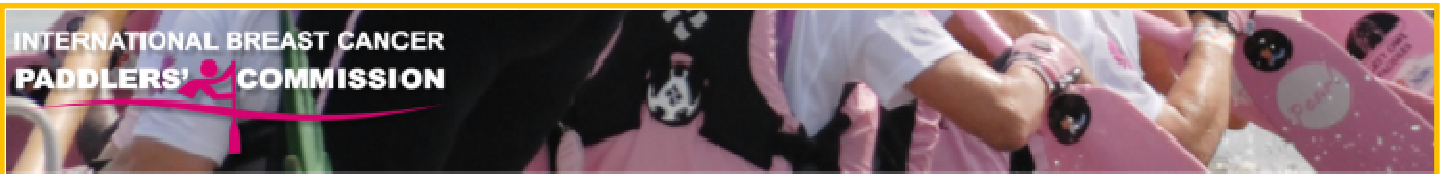
**TEAM INDIA AT THE 14<sup>th</sup> WORLD CHAMPIONSHIPS, PATTAYA, THAILAND, 2019**

Indian Dragon Boat Team - Under the Leadership Life President, Shri Surjit Singh Bajwa & Sec-Gen, Shri K.S Regi & Treas, Shri Anup Choudhary

Pictures: Vickas Kumar



Dragon Boating. " More than a Sport – a Tradition "



The primary goal of the **International Breast Cancer Paddlers Commission (IBCPC)** 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 IBCPC is an Affiliated Commission of the International Dragon Boat Federation (IDBF).*

*Articles courtesy of the IBCPC Newsletter "Keep Abreast with IBCPC".*

## **HANDS ACROSS THE WATER. FRIENDSHIPS RENEWED THROUGH BREAST CANCER PADDLING.**

*An article from Matilde Yahni, Rosas, del Plata, Tigre, Buenos Aires, Argentina.*

**Jeanette Bauermeister was from Bahia, Brazil.** She had short blonde hair, a big smile, and was a good student with a great sense of humour. We got along very well, we sat together and I remember reading with her "To Sir With Love" and "A Tale of Two Cities" in Senior I, Northlands high school, Buenos Aires, Argentina.

**One day, in Senior III, she disappeared.** We knew nothing about her: maybe she had transferred schools or went back to Brazil? Forty years went by. Last November 15th I was in Neuquen in LR19 dragon boat festival for **PINK PADDLERS**.

It was a Latin American festival: teams from Chile, Brazil, and many provinces in Argentina, including us: "Rosas del Plata", from Buenos Aires. The queue was long, we were all waiting for lunch to be served: a huge paella that looked very tasty. My team was standing behind one of the Brazilian teams: UAMAMA

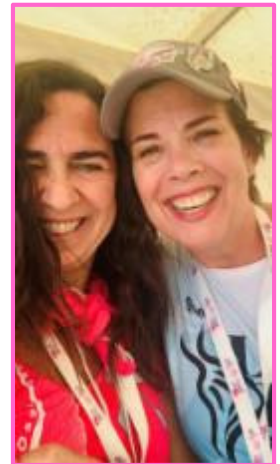
**Suddenly, someone called her name out loud and she answered.** I recognized her voice right away, her big smile and I had a look at her badge confirming my suspicion. It was her. **I stood in front of her and asked: "Who am I?"**

**She was stunned, looked at my badge and read my name.** A long warm hug, full of emotion, followed. All the ladies around us, were intrigued by these two friends laughing and crying with joy.

Jeanette lives in São Paulo. She had breast cancer and recovered just as I did. She is the captain of a breast cancer survivors team, just as I am. She is an Old Northlander alumni, just as I am.

**40 years had gone by. Mountains do not meet, people do.** Jeanette promised to come next October (2020) to Buenos Aires, to celebrate with us the 100th year anniversary of our school, Northlands. It will be quite the celebration !!

*Matilde Yahni, Old Northlander'82, Captain of Rosas del Plata.*



## UPDATE ON SPANISH BCP TEAMS IN SPAIN

By Cecilia Picchi

**Establishing Breast Cancer Paddlers Teams in Spain** was first discussed during the Dublin Festival but my good friend Maxi and I were doubtful about it due to the reticence of the Spanish ladies to publicly disclose their oncological experience.

**Now in 2020, there are 11 teams and 2 others being formed.** This highlights the importance of involvement, perseverance in presenting the benefits of our practice, because we find that every time we break the wall of reticence, women share a world of rehabilitation through socialization, fun and sharing a common past, that together, is more lightly lived.

**The 2019 European EDBF Championship in Seville** led to the involvement of new teams in this city area: Seville, Malaga and Cadige.

**We want to extend a warm welcome to all the new Spanish teams** and hope that soon the friendship will become even tighter by them becoming members of the IBCPC and that they can share with us the magnificent experience that is being prepared in New Zealand for 2022.

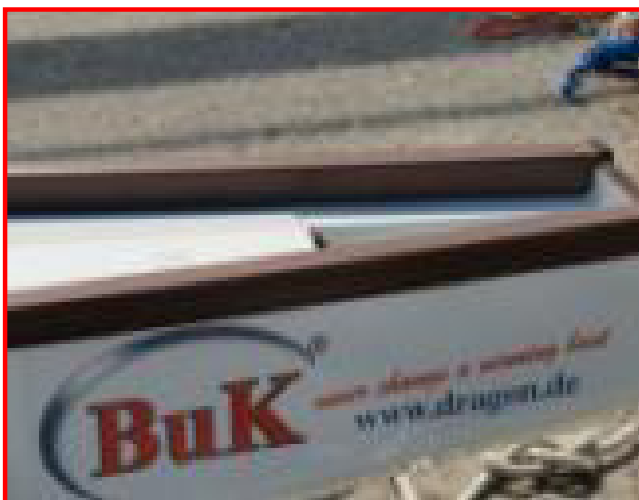


### SHOPPING

The IBCPC is very fortunate to have an exclusive merchandise relationship with Hornet Water Sports.

They have some fantastic IBCPC branded merchandise for sale such as paddles, seat pads, gloves, paddle bags and so on.

See [IBCP Merchandise](#)





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## **DRAGON BOAT INTERNATIONAL NEWSLETTER**

### **"NEWS FROM DRAGON BOAT SPORT"**

#### **ISRAEL AKKO DOLPHINS – Gal Indyk.**

I thought it would be nice to send out this special clip showing our unique practice with 50% of the paddlers BLINDFOLDED too, it may give other Dragon boat coaches and paddlers another creative and fun method of work on team work, communication and rhythm of paddling. I most defiantly recommend it...it was so fun/enjoyable and so efficient in regards to learning and improving the teams abilities.



I think it's also a nice to note that this team is a really special group of people. Akko Dolphins is a mixed group of paddlers of all religions and backgrounds (just like the city of Akko itself) - a mixed population all in one of the most ancient port city in the world.

In the group was have, Jewish, Muslem, Christian and Druze paddlers, all so happy to work together and enjoy each-others friendship on the beach, in the boat, eating in the restaurant and in life itself. It was the most unique practice we have ever had and for sure we will do it again.

[https://www.youtube.com/watch?v=b20MURDvLiQ&feature=youtu.be&fbclid=IwAR2lhqXbZ5e2zkYPV4iNoL-LxluAEOrdK\\_76u5fKTaJU5Kb0xYHLP9NsS3c](https://www.youtube.com/watch?v=b20MURDvLiQ&feature=youtu.be&fbclid=IwAR2lhqXbZ5e2zkYPV4iNoL-LxluAEOrdK_76u5fKTaJU5Kb0xYHLP9NsS3c)

#### **GREAT BRITAIN**

#### **THE BRITISH DRAGON BOAT RACING ASSOCIATION**



**BDA Events.** The BDA regrets to announce that as well as cancelling **Liverpool on 26<sup>th</sup> of April** and **Exeter on 9<sup>th</sup> May** we are also now cancelling **Worcester on 7<sup>th</sup> June, Milton Keynes on 13<sup>th</sup> June** and **London Royal Albert Dock on the 28<sup>th</sup> June.**

With the latest three events to be cancelled, this means that five out of our eight League events will now not take place and leaves us no choice but to declare **the 2020 BDA Club and Racing Leagues null and void.**

**The remaining League fixtures;** Nottingham in July, Wath-upon-Deerne in August and London Surrey Docks in September we still plan to hold at this time, but they will no longer count towards league positions. These three fixtures will be reviewed again on the 11<sup>th</sup> May

As well as the three remaining fixtures, and the National Championships in September the BDA is also looking at alternative options and ideas on how we can generate some excitement for clubs and paddlers.

**More information will be provided in due course.**

#### **IRELAND**

#### **IRISH DRAGON BOAT RACING ASSOCIATION**



In late January 2020 we ran the first ever IDBF Race Officials Grade 1 training in Dublin with IDBF tutor, Paul Griffiths from the UK. Eleven of the regular faces you see at the Irish regattas were put through their paces including a written exam. All passed the exam with flying colours with some needing a little more practical experience before they can earn their qualification.

As qualified International Race Officials they will now be included on the international register and be invited to officiate at EDBF and IDBF European and World events.

In February the IDBA ran a free Water Safety Awareness Course in Carlow to help upskill the knowledge within our dragon boat clubs. Clubs in attendance included: Dublin Vikings, Plurabelle Paddlers, Lagan Dragons, Limerick Dragons, Shannon Dragons, Slaney Purple Paddlers, Carlow Dragons, KACC Dragons, Waterford Dragon Warriors and the IDBA.



*Left: Testing Out Cannister Operated Buoyancy Aids*

*Right: Practise With Throw Bags*





## “CONJECTURE ABOUT THE OLYMPIC GAMES”

Courtesy of 'Around the Rings' Magazine

*Your best source of news about the Olympics is [www.aroundtherings.com](http://www.aroundtherings.com), for subscribers only.*

### VACCINE NEEDED TO ENSURE TOKYO OLYMPICS *by Gerard Farek*

The President of the Japan Medical Association says “it would be exceedingly difficult” for Tokyo to host the Olympics and Paralympics in 2021 without a coronavirus vaccine. Yoshitake Yokokura, speaking at an online press briefing held by the Foreign Correspondents’ Club of Japan in Tokyo on Tuesday 28<sup>th</sup> April 2020, stopped short of saying his group would oppose the Games being held if there is no vaccine.



“We cannot make that judgment based on the situation in Japan but we need to have the global situation of the COVID-19 infections as the key point,” Yokokura said through a translator.

“Even if the situation in Japan has improved of course we also have to consider the situation at that time of other continents and if there is indeed an ongoing contagion.” Yokokura said he believes that Japan’s current nationwide state of emergency, set to run through May 6, won’t be lifted completely by then. Infections are rising in some areas despite the emergency measures. **A total of more than 13,000 cases have been reported** by local governments in Japan, with 375 people killed by the coronavirus.

**Tokyo 2020 President Yoshiro Mori, in an interview published on Tuesday**, said the Games could not be postponed a second time because of the pandemic. Mori told *Nikkan Sports* that the Games would be cancelled if the coronavirus was not under control in time for the rescheduled dates.

**He did express confidence that the Olympics would go ahead come July 23, 2021.** “The Olympics would be much more valuable than any Olympics in the past if we could go ahead with it after winning this battle. We have to believe this otherwise our hard work and efforts will not be rewarded,” Mori was quoted as saying in the interview.



### REJECT BEIJING WINTER OLYMPICS ? - ATR OPED

**Chinese culpability in the coronavirus pandemic could mean pressure to pull the 2022 Winter Olympics from Beijing.** An eyewitness to the 1980 U.S. boycott against the Soviet Union says China may have to pay a price if there’s a determination that officials failed to disclose the threat posed by the illness.

**Mike Harrigan represented the U.S. Olympic Committee** for all government relations issues when President Jimmy Carter demanded that the U.S. boycott the 1980 Olympics in Moscow over the Soviet Union’s invasion of Afghanistan.

Harrigan conceived and directed the President’s Commission on Olympic Sports (1975-77) which formed the basis for the Amateur Sports Act of 1978. Harrigan says pulling the Games from Beijing should be a decision shared by all the nations of the world which have suffered from the virus:

The greatest fear of the authoritarian government of China is failing to keep its people happy and this is why it has permitted certain levels of capitalism and free trade to flourish in the country. It may also explain why the Chinese government appears to have minimized the spread of the coronavirus in China.

**The Chinese government seeks to promote an extremely positive image of itself** before the community of nations; it does not want, in any way, to be forced to “save face” before the rest of the world. Is this why it has “covered up” its actions concerning the virus and has not readily cooperated with nations seeking information concerning its original spread. It is in this context that the community of nations must decide what to do to discipline the Chinese government for its actions.

An initiative to pull the 2022 Olympic Winter Games from Beijing appears to be the best option to achieve reconciliation and if there are coronavirus vestiges alive in China in 2022, moving the Games will protect athletes from affliction. With 22 months before the start of the Olympic Winter Games, the key question is whether there is a site that can be ready to host the Winter Games? Probably yes – if the IOC acts quickly. The world wide community of nations, governments, NOCs, and athletes, all which have suffered so greatly from Chinese government actions regarding the pandemic should demand that the IOC remove the Olympic Winter Games from Beijing and appoint a successor host.

## DSN CALENDAR OF DRAGON BOAT SPORT & FESTIVAL RACING 2020

### Issue 4: MAY - DECEMBER 2020

*Given the world pandemic caused by the coronavirus it is assumed that most if not all Dragon Boat events until July will have been cancelled or postponed. You should check with the organiser concerned, if you wish to go to any off the events scheduled for May and June 2020.*

**All events shown for June and July should now be considered as Provisional dates.**

	<b>Championships - International &amp; National</b>	All Races shown use IDBF Racing Rules or rules adapted from them. Championships are held under IDBF Competition Regs.
	<b>Local Races &amp; Events</b>	
	<b>Festival Races</b>	
	<b>International Regattas &amp; Regional Champs</b>	
	<b>Multi Sports Games &amp; Boating Events</b>	

(P) = Provisional Date or Venue

**All events and dates shown as at 30<sup>th</sup> April 2020. (P) = Provisional. TBN = To Be Notified**

MAY 2020	Event Details	Venue	Country	Contact Details
09 May 2020	British National League – Race.2 <b>CANCELLED</b>	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	www.trinidad & tobago DB federation
<b>23-24 May 2020</b>	<b>3rd Barcelona Int DB Festival &amp; Euro Cup Race</b>	<b>Barcelona</b>	<b>Spain</b>	<b>www.barcelonadragonboatfest.com</b>
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
<b>30-31 May 2020</b>	<b>DBS Marina Int Regatta – 200m</b>	<b>Marina Bay</b>	<b>Singapore</b>	<b>www.sdba.org.sg</b>
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 CANCELLED	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	Graigucullen, 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 CANCELLED	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
<b>13-14 June 2020</b>	<b>Penang Int Dragon Boat Races</b>	<b>Penang</b>	<b>Malaysia</b>	<b>www.penangdragonfestival</b>
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
<b>20-21 June 2020</b>	<b>29<sup>th</sup> Toronto International DB Festival Races</b>	<b>Toronto Ctre Island</b>	<b>Canada</b>	<b>www.gwndragonboat.com</b>
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
<b>19-21 June 2020</b>	<b>Hong Kong International DB Races</b>	<b>Venue TBC</b>	<b>HK China</b>	<b>www.hkcdba.org</b>
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
<b>25 June 2020 TBC</b>	<b>Macau International DB Races</b>	<b>Nam Van Lake NC</b>	<b>Macau, China</b>	<b>www.</b>
<b>25 June 2020</b>	<b>Sun Life Stanley International DB Races, 270m</b>	<b>Stanley Beach</b>	<b>HK China,</b>	<b>www.dragonboat.org.hk</b>
26-28 June 2020	Bradford Dragon Boat Festival, Roberts Park	Bradford	England	www.racethedragon.com
<b>27-28 June 2020</b>	<b>Tim Horton Ottawa, DB Festival Races</b>	<b>Ottawa</b>	<b>Canada</b>	<b>www.gwndragonboat.com</b>
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
28 June 2020	British National League – Race.5 CANCELLED	RA Docks London	England	www.dragonboat.org.uk
<b>JULY 2020</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>
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 <sup>th</sup> 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 <sup>th</sup> 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	<a href="http://www.racethedragon.com">www.racethedragon.com</a>
11 July 2020	Milwaukee Dragon Boat Festival	Milwaukee, Misconsin	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
11 July 2020	St Georges de Beauce Annual DB Races	St Georges QC	Canada	<a href="http://www.22dragons.com">www.22dragons.com</a>
11 July 2020	GWN Sport Regatta, Marilyn Park	Toronto, Ontario	Canada	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
<b>15-19 July 2020</b>	<b>14<sup>th</sup> EDBF NATIONS CHAMPS. - POSTPONED,</b>	<b>Kiev (Kyiv)</b>	<b>Ukraine</b>	<b><a href="http://www.edbf.org">www.edbf.org</a></b>
16 July 2020	Greater Green Bay DB Festival	Green Bay, WI	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
18 July 2020	H2O The Dragon Boat Festival	Amos QC	Canada	<a href="http://www.22dragons.com">www.22dragons.com</a>
18-19 July 2020	Singapore DB Festival (incorp PM Cup) – 500m	Marina Channel	Singapore	<a href="http://www.sdba.org.sg">www.sdba.org.sg</a>
<b>24-26 Jul 2020</b>	<b>Canadian National Champs, POSTPONED</b>	<b>Welland ON</b>	<b>Canada</b>	<b><a href="http://www.dragonboat.ca">www.dragonboat.ca</a></b>
25 July 2020	Fire Services Dept DB Races, Sml/Std Boat 200m	Shing Mun River	HK China	<a href="http://www.hkcdba.org">www.hkcdba.org</a>
26 July 2020	Auxiliary Medical Service Races, Sml/Std Bt 200m	Shing Mun River	HK China	<a href="http://www.hkcdba.org">www.hkcdba.org</a>
25-26 July 2020	Pesta Sukan – 200m & 2km	Marina Channel	Singapore	<a href="http://www.sdba.org.sg">www.sdba.org.sg</a>
26 July 2020	British National League – Race.6, River Trent	Nottingham	England	<a href="http://www.dragonboat.org.uk">www.dragonboat.org.uk</a>
25 July 2020	Rowan County DB Festival	Salisbury, NC	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
<b>25 July 2020</b>	<b>Chicago International DB Festival</b>	<b>Chicago</b>	<b>USA</b>	<b><a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a></b>
<b>AUGUST 2019</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>
1 Aug 2020	Norfolk Dragon Boat Festival	Norfolk VA	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
<b>01 Aug 2020</b>	<b>Richmond Int DB Festival</b>	<b>Richmond, BC</b>	<b>Canada</b>	<b><a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a></b>
01 Aug 2020	4 <sup>th</sup> Donegal Dragons DB Regatta, Nth West Coast	Donegal	Ireland	<a href="http://www.dragonboat.ie">www.dragonboat.ie</a>
01 Aug 2020	Lake Bemidji DB Festival	Lake Bemidji MN	USA	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
01 Aug 2020	Werberlinsee Dragon Boat Races	Werberlinsee	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
02 Aug 2020	Nottingham Riverside Festival, Victoria Emb.	Nottingham	England	<a href="http://www.dragonboatfestivals.co.uk">www.dragonboatfestivals.co.uk</a>
03-04 Aug 2020	Get Active Singapore Races - Sports Hub WSC	Kallang Basin	Singapore	<a href="http://www.sdba.org.sg">www.sdba.org.sg</a>
To be Confirmed	10 <sup>th</sup> Hong Kong Indoor Dragon Boat Champs	To be notified	HK China	<a href="http://www.hkcdba.org">www.hkcdba.org</a>
<b>06-09 Aug 2020</b>	<b>18th Padang Int Dragon Boat Festival</b>	<b>Padang</b>	<b>Indonesia</b>	<b><a href="http://www.padangdragonboatfestival">www.padangdragonboatfestival</a></b>
07-09 Aug 2020	Victoria Dragon Boat Festival	Victoria, BC	Canada	<a href="http://www.fgpaddle.com">www.fgpaddle.com</a>
08 Aug 2020	Waterford DB Festival	Waterford, NY	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
08 Aug 2020	Chautauqua Lake Dragon Boat Races	Chautauqua Lk NY	USA	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
08 Aug 2020	White Bear Lake DB Festival	White Bear Lake MN	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
08 Aug 2020	Starbuck DB Festival, Lake Minnewaska	Minnesota	USA	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
08 Aug 2020	Oriental DB Festival	Oriental NC	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
08 Aug 2020	Woodstock Rotary DB Festival,	Woodstock, Vermont	Canada	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
08 Aug 2020	Rawdon DB Festival Races 250 & 500m	Rawdon QC	Canada	<a href="http://www.22dragons.com">www.22dragons.com</a>
09 Aug 2020	British National League – Race.7,	Wath upon Dearne	England	<a href="http://www.dragonboat.org.uk">www.dragonboat.org.uk</a>
09 Aug 2020	Boston Dragon Boat Races, Withway Country Pk	Boston, Lincolnshire	England	<a href="http://www.racethedragon.com">www.racethedragon.com</a>
15 Aug 2020	Minocqua DB Festival	Minocqua WI	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
15 Aug 2020	River Front & Asian DB Festival	Hartford, CT	USA	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
15 Aug 2020	Habitat DB Festival	Gadsden AL	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
18 Aug 2020	Northern Nevada Int DB Festival	Navada	USA	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
22 Aug 2020	Lake Andrea DB Fest	Pleasant Prairie WI	USA	<a href="http://www.panamdragonboat.com">www.panamdragonboat.com</a>
22 Aug 2020	Colorado Springs DB Festival, Prospect Lake	Colorado Springs	USA	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
22 Aug 2020	Dragon Boat Races Kremmen	Kremmen	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
22 Aug 2020	Steveston DB Festival	Steveston BC	Canada	<a href="http://www.dragonbobc.ca">www.dragonbobc.ca</a>
23 Aug 2020	Reading Dragon Boat Festival	Reading	England	<a href="http://www.readingdragonboatfestival.co.uk">www.readingdragonboatfestival.co.uk</a>
<b>24-30 Aug 2020</b>	<b>12<sup>th</sup> IDBF CCWC - CANCELLED</b>	<b>Aix Le Bains</b>	<b>France</b>	<b><a href="http://www.idbf.org">www.idbf.org</a></b>
29 Aug 2019	Dragons At The Docks, Grand Canal Dock	Ringsend, Dublin	Ireland	<a href="http://www.dragonboat.ie">www.dragonboat.ie</a>
28-30 Aug 2020	Dragon Boat Cup	Dortmund	Germany	<a href="http://www.drachenboot-liga.de">www.drachenboot-liga.de</a>
30 Aug 2020	Dragon on the Lake DB Festival, Lake Orion	Lake Orion MI	USA	<a href="http://www.gwndragonboat.com">www.gwndragonboat.com</a>
31 Aug 2020	Sando Independence Regatta	Trinidad	Trinidad & Tobago	<a href="http://www.trinidad &amp; Tobago DB federation">www.trinidad &amp; Tobago DB federation</a>
<b>SEPTEMBER 2020</b>	<b>Event Details</b>	<b>Venue</b>	<b>Country</b>	<b>Contact Details</b>

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

**WE WISH YOU ALL WELL AND KEEP SAFE FROM HARM**

# DRAGON SPORT NEWS

the Emagazine for Dragon Boaters world-wide

"The Independent Voice of Dragon Boat Sport"



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

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*Seniors Section – Developing Senior Racing*

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## KNOW HOW - Sports Science Corner

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## SPECIAL FEATURE

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