

DRAGON SPORT NEWS

the Emagazine for Dragon Boaters world-wide
Incorporating Dragon Boat International Newsletter
"An Independent Voice for Dragon Boat Sport"

Nov 2021 Issue No.16.

Winter Edition



IDBF 30 Years Anniversary & Council News: EDBF News & Euro Cup: Men's Breast and Prostate Cancer: AIMS Congress.



PICTURE FOCUS ON THE SAMAL DRAGONS

Samal Dragons Dragon Boat Club and the Dragon Kids Crew, age range from 7 to 12 years old, from the Balet Babak District, Samal Island, the Philippines. Front cover and below.



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Above: 2008. First IDBF Race Officials & Coaches Training Course in Tehran.

Left: May 2002, IDBF Executive Committee meets with Mr HE Zhenliang, IOC Member and Patron of the Three Gorges Rally.

Back Row (L to R). Mason Hung, Liu Ji, Manfred Russ, Christiana Russ, Dave Cogswell, Adrian Lee.

Front Row (L to R). Mr Wei, Yuki Hajime, Mike Haslam, He Zhenliang, Zhang Faqiang

Below: 1995. Traditional Dragon Boat at the Opening Ceremony of the 1st IDBF World Championships, Yueyang, China. Photo, courtesy of Claudio Schermi.



THE IDBF OLIVER JESTY NATIONS CUP

The Nations Cup was donated by Oliver J Cock MBE, (Oct 1911-Oct 2007) the Founding President of the British Dragon Boat Racing Association, for Representative Teams competing in the Premier Division at a World Nations Championship. The gold-plated trophy is 71cm (25 inches) in height. Points are awarded for a Team's final position in the Premier Division's, Open, Women and Mixed Classes over the 200m, 500m & 1000m race distances. The Premier Team with the highest combined points total is the winner of the Nations Cup.

The Nations Cup Winners

1995 China	2009 China
1997 Indonesia	2011 United States
1999 Germany	2013 China
2001 Canada	2015 Canada
2003 Canada	2017 China
2005 China	2019 Thailand
2007 United States	2021 not awarded





IDBF's 30th ANNIVERSARY – THE DRAGON BOAT BIG BANG !

WELCOME to this Edition of Dragon Sport News, the independent E-magazine that keeps you informed about Dragon Boating world-wide, with news and views on all aspects of the Sport.



To celebrate the 30th Anniversary of the founding of the IDBF, this issue of DSN looks back at those thirty years, with extracts from IDBF Minutes and articles from the various magazines and newsletters that I and others have been responsible for over the years, plus stories from the IDBF Members and those most closely involved in the sport. We especially include articles from the Breast Cancer Paddlers community, probably the fastest growing area of Dragon Boating, under the guidance of the International Breast Cancer Paddlers Commission (IBCPC) an IDBF affiliated commission.

We also look back to before the 'Dragon Boat Big Bang', to the earlier days of the Dragon Boat Festival in Hong Kong, to which the Tourist Association added an international dimension with the Hong Kong International Races in 1976, to promote Hong Kong around the world. In Dr Leila Ataei's Sports Science pages we cover Prostate Cancer in Men and give an EDBF Anti-Doping update.

Due to the continuing effect of COVID 19 and the restrictions on travel etcetera imposed by various governments, the 15TH IDBF World Nations Championships, scheduled for Hong Kong, this November, to mark the 30th anniversary of the IDBF's founding in Hong Kong on 24th June 1991, had to be cancelled. **The IDBF Members Congress, which would have taken place during the 2021 World Championship's week, will now take place as a Zoom-based congress on the 4th of December 2021.** *Mike MacKeddie-Haslam. DSN Editor*

Who, Where, When and Why ?



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DRAGON SPORT NEWS Magazine (DSN)

DSN is published by
ALPHA SPORT ASSOCIATES

34 Central Avenue, North Bersted
Bognor Regis, West Sussex,
England, UK. PO21 5HH
Tel: + 44 7910 200 331

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THE BIG DRAGON BOAT BANG – MODERN SPORT RACING

It could be said that the formation of the IDBF in June 1991, was the 'Big Bang' in the world of Dragon Boating, with the fuse being lit by the first Hong Kong International Races (HKIR). Until that time dragon boat racing had been confined mainly to Southern China, taking place once a year during the traditional dragon boat festivals, with similar types of Traditional Boat Racing being common in South East Asia. These festivals were very much local affairs.

There were no 'sporting' contests between dragon boat crews, that the western world would recognise as a sport and no formal dragon boat associations to govern the festival races or lay down common racing rules for them. So had been the case for over 2300 years in China until 1975, when the then Executive Director of the Hong Kong Tourist Association, John Paine and the Chairman of the Hong Kong's Fishermen Association, Philip Lai discussed Dragon Boat Racing as a way of promoting Hong Kong as a tourist venue, with the added attraction of an associated festival of Chinese culture.

They decided to hold the first HKIR in 1976, with a crew from the Japanese City of Nagasaki invited to race. Thus, it was that Dragon Boating as a competitive, rather than a traditional activity was born. This event marked the beginning of the modern era of Festival Racing and John Paine and Philip Lai should rightly be called the 'Fathers' of this era.

Following the regional success of the HKIR, the Tourist Association decided to start a world-wide campaign of promoting Dragon Boating overseas, as a way of attracting more and more tourists to Hong Kong with the intention of making the dragon boat a symbol of the city. Thus, it was that in 1980 wooden boats were sent to London and raced on the River Thames as part of the Chinese Festival in London. Hearing about these boats I had them moved to Nottingham where I raced them as one of the side events at the 1981 World Sprint Canoe & Kayak Championships.

At that time, I was totally unaware of the history and culture of dragon boating or about the HKIR but racing them, along the same lines as we did for Sprint Canoeing, seemed a good idea to me and so I held the first formal Dragon Boat Races in the UK during the Nottingham World Championships. After the event the International Canoe Federation (ICF) showed little interest in developing Dragon Boating as a 'sport' but encouraged me to do so, if I wanted to and thus the acorn for Sport Dragon Boating was sown

The first thing I did was to form the Dragon Boat Racing Club of Great Britain in 1985 and I then founded the British Dragon Boat Association in 1987. I made my first trip to the HKIR in 1988, with the BDA National Champions. The Hong Kong Races were a real eye opener. Having spent years in England trying to get sponsors and the media interested in Sprint Kayak Racing, with very little success, Hong Kong by contrast, was a city spending money on a festival sport, as part of a worldwide effort to promote tourism through Dragon Boating.

Early in 1988, before going to Hong Kong, I had asked Kent Hayden-Sadler, the HKTA's European Director, based in London, if the HKTA would set up a meeting of crews during the 1988 HKIR, to discuss the formation of an International Federation for Dragon Boating. That meeting took place on the 25th June 1988, in the New World Hotel, Hong Kong. Bob Wilson, Chairman of the Hong Kong Festival Races and President of the newly formed Hong Kong Rowing Association, was the Chairman for the meeting.

Following the Hong Kong meeting I returned to the UK deep in thought by the HKIR, with its multitude of sponsors; international press attention, wall to wall TV coverage in Hong Kong and with spectators numbering over 100,000 watching the races. I came home and inspired by what I had seen and determined to develop Dragon Boating on an international basis. With the BDA established the next move was to help the HKTA to spread dragon boating into Europe and this we did over the next three years resulting in the founding of the European Federation in 1990.

With regard to a world governing body for the sport, a further two conferences of interested groups, were held in Hong Kong in 1989 and 1990, leading to the foundation of the IDBF on the 24th of June 1991 and then the Asian DBF in 1992.

From the small acorn of 1981, when the ICF had failed to realize the potential of Dragon Boat Racing as a global paddle sport, the small Oak Tree had begun to grow ten years later in Hong Kong, the birthplace of both modern Festival and Sport Racing. At the foundation meeting of the IDBF, Bob Wilson was elected as the first IDBF President and I was elected as its first Secretary-General. The Big Bang had started. What happened next (and before) I cover in detail in my book *Racing the Dragon - the first 40 years*, which I plan to publish early in 2022, as both an E book and in hard copy.

Mike MacKeddie-Haslam
IDBF Founder and Honorary President.

THE DRAGON BOAT – HISTORY AND CULTURE

MAREK CHŁOPEK



The Dragon Boat Race – A Very Special Chinese Tradition

The Dragon has a very symbolic meaning for the Chinese. A classic dragon has the head of an ox; a deer's antlers; the mane of a horse; the body and scales of a snake; the claws of an eagle and the tail of a fish. The Dragon rides the clouds in the sky and commands the wind, mist and rain.

The Dragon Boat is deeply embedded in China's 'Dragon' culture, with each Boat having an ornately carved dragon's head at the Bow and a tail in the Stern. The Hull is painted with the Dragon's scales. The paddles symbolically represent the claws. In Traditional Festivals the boat designs and crew numbers can vary from 10 up to 50 or more paddlers, plus of course the Drummer and Helm.

The races are a colourful spectacle, with at least two boats competing against each other over distances from 200 to 2000 metres and above. Not only are strength, endurance, and skill important but teamwork and harmony of purpose. In ancient China the Dragon Boat was used for religious purposes as a way of appeasing the rain gods. Later Qu Yuan, the great warrior poet, committed suicide in the river Mi Lo, as a protest against the political corruption of the day. To commemorate his sacrifice the people began to organize Dragon Boat Races in his memory. Since that time nearly 2500 years ago, Dragon Boat Racing has become a major part of Chinese culture, representing patriotism and group integrity.



Dragon Boating today – A Modern Sport and Recreation too – the IDBF way

In 1976 the Hong Kong Tourist Association (now Tourist Board) staged the first Hong Kong International Races (HKIR), to mark the Dragon Boat Festival celebrations held there and around Southern China, on the Fifth Day of the Fifth Moon. The 1st HKIR are recognised by dragon boaters worldwide, as the start of the 'Modern Era' of Dragon Boat Racing.

The HKIR developed into an annual festival of enormous success and impressive press pictures of the Hong Kong Races went around the world. Crews who competed in the HKIR went home and some started their own Clubs and n Dragon Boat Associations. Until the International Dragon Boat Federation (IDBF) was formed in 1991, the HKIR were the 'unofficial club crew world championships' of the sport. Today the IDBF, the EDBF (European), the ADBF (Asian) Federations'; the Dragon Boat Federation of Africa and the Pan American Federation govern Dragon Boating as a 'sport' in nearly 90 countries, world-wide.

Dragon Boat Sport – People Packed and Exciting!

IDBF Sport Racing there are generally 18-20 paddlers per Standard size Dragon Boat and 8-10 paddlers in the Small Boat, plus a drummer and a helm (Steerer).

Dragon Boat Competitions, under the IDBF and its Continental Federations have developed into a serious, high-performance, competitive sport. European Championships, Asian Championships and Pan American Championships, are well established and Championship Medals are hard to come by and well deserved. A whole new ethos and different set of racing values has developed from the Hong Kong International Festival Races.

Today, 30 years after the IDBF was established, the numbers of participants show the truly impressive development of modern Dragon Boat Sport. With over 40 million participants in China; over 300,000 in the UK and Europe, at least 90,000 each, in Canada and the USA and many thousands in Africa, Australia and New Zealand; Dragon Boat Sport, under its governing bodies is now a vibrant, well developed and independent paddle sport.



Dragon Boating – the mass participation paddle sport for all ages and abilities.

As well as Sport Racing, Dragon Boat Associations have helped to develop the Festival Racing side of Dragon Boating too. Many Festival Races are successful due to the number of crews that enter just for the fun and excitement of the event. One of the advantages of Dragon Boating is that you can form a Festival Crew (or fun team, as they are sometimes known) and with little experience and knowledge, quickly become competitive in a Dragon Boat. A lot of Festival Crews come from the 'corporate market' and compete in Festival Dragon Boat Racing because it is also a social event and a team building

activity in which the strengths and abilities of employees are soon apparent. The growth in the Festival Racing scene has been enormous and there are now event organising companies world-wide, whose sole purpose is to organize dragon boat festival races each year. This is particularly true in Canada and the USA, where Sport Racing Crews also race in the Festival Races.

Dragon Boating is the mass participation paddle sport of today, with an ancient past and a very bright future. Not yet an Olympic sport but heading that way fast. There is no other paddle sport in which 22 people work together to create a Team result rewarded through the efforts of the whole crew, rather than a few individual performances. This harmony of purpose can only be achieved in the boat, learning to be a complete crew and developing the team spirit and understanding necessary to work together, as one unit, for the common good

Attractive to the corporate market and as a 'community activity' it is also a high-performance sport for elite standard athletes. This ability range in a team sport full of tradition, culture and social interaction is highly desirable in today's world. Dragon Boating is a sport and recreational activity that can be pursued by everyone and anyone of all abilities and at every level of competition. That is the greatness of Dragon Boating. ***Be part of it !***



NEWS FROM THE IDBF & AIMS ELECTIONS



15th IDBF World Dragon Boat Racing Championships, Hong Kong.

The IDBF Council in considering the ongoing implications of COVID-19 on our Championships decided that the 15th IDBF World Dragon Boat Racing Championships (WDBRC), due to be held in November 2021 in Hong Kong, China should be cancelled. The Hong Kong Organising Committee (HKOC) were also in total agreement with the cancellation of the Championships.

The Council, in making their decision unanimously agreed that the safety and welfare of athletes and everyone involved was paramount. A replacement event was considered but the continued risk to the health and safety of the athletes, race officials and everyone involved would still be present at another location.

Prior meetings with IDBF members (national dragon boat federations) and the IDBF Executive Committee, were also held to keep everyone informed on the status of the Championships and the impact of the virus. Concerns raised by member federations included:

- Restrictions on travel arrangements vary around the world and can be imposed by national governments at short notice - these decisions are outside the control of the IDBF or the HKOC
- Several countries who participate in every WDBRC indicated that restrictions by their own government prevent them from taking part
- The vaccine rollout worldwide is patchy, with the young less likely to receive the vaccine.

This year is the 30th Anniversary of the IDBF and the Hong Kong China Dragon Boat Association. It was particularly sad that in the 30th year of the formation of the IDBF that we could not return to the birthplace of the modern sport of dragon boat racing to celebrate on the water all the amazing skills of teamwork that make our sport so exciting.

Hosting the World Championships in Hong Kong would have been of a cultural and historical significance - a salute to the home of modern-day dragon boat racing. The IDBF would like to wholeheartedly thank the HKOC for their hard work, dedication, and commitment in the preparation of the Championships. We look forward to returning to Hong Kong in the future.

The situation with the pandemic has had a significant impact on our sport throughout the world. Other than this year's WDBRC being cancelled, the European Dragon Boat Federation also decided to cancel their 2021 European Nations Championships for similar reasons. The Asian Dragon Boat Federation and Pan American Club Crew Championships have also been postponed.

Despite these interruptions to our sport, let us at least celebrate the Olympic Games and Para Olympics which were held in Tokyo this year, a year later than planned because of Covid-19 and remember the excellence, perseverance, and solidarity that the Olympic Games brings to sport.

As the world governing body of a sport that is seeking recognition by the International Olympic Committee, we have provided Olympic level leadership to the development of Dragon Boat sport since 1991. We aspire to be part of the Olympic family. We will continue to build our sport and prove that we are the organisation to represent the millions of paddlers around the world to pursue their Olympic

Let us all hope that in 2022, the world will fully re-open and that we can all meet each other again in person again **in Sarasota during 18-24 July 2022 for the next Club Crew World Championships**, when we can once again celebrate the remarkable skills of the athletes and teams involved. In the meantime, I hope that everyone will remain safe and healthy.

Mike Thomas. IDBF President



AIMS CONGRESS - ELECTIONS TO THE AIMS COUNCIL – late news flash.

Congratulations go to Mike Thomas on being elected to the AIMS Council (Board of Directors) at the AIMS Congress held via zoom on Tuesday 9th November 2021. Mike takes over as an AIMS Director from Mike MacKeddie-Haslam, one of the founders of AIMS, who will still be involved in AIMS in a different capacity. Alan Van Caubergh continues as an AIMS Internal Auditor until the next AIMS Congress in St Petersburg, Russia in May 2022.

Other people elected to the AIMS Council were: - **President, Stephan Fox;** 1st Vice President, Theo Panagiottis; both re-elected. New post of 2nd Vice President, Julie Gabriel; Secretary-General, Gerhard Zimmermann; Treasurer Izawa Ke, both re-elected and five Council Members (Directors) including Mike Thomas. The other four Directors elected were Helen Lundberg, Gaston Parage, Sabine Shanahan and Marius Vizer Jr. (See also separate AIMS article).



CONGRATULATORY MESSAGE FROM SEBASTIAN COE - President of World Athletics.

Patron, The British Dragon Boat Racing Association.

As the Patron of the British Dragon Boat Racing Association – the BDA, one of the founding federations of the International Dragon Boat Federation (IDBF) in 1991, I feel privileged to offer my congratulations to the IDBF, on behalf of the BDA, for thirty years of successfully developing Dragon Boat Sport at world level.

BDA Officials have been instrumental in leading the IDBF, especially Mike Haslam, Mike Thomas and the late David Cogswell, during the Federation's formative years and BDA athletes have competed for Great Britain in every IDBF World Championships held since its formation, winning Gold, Silver or Bronze Medals in every race category.

I know that it is the ambition of Dragon Boat Racers world-wide, to see Dragon Boat Racing in the Olympic Games under the guidance of the IDBF. As the President of World Athletics and former Chairman of the British Olympic Association, I wish the IDBF the very best in this endeavour and send my best wishes to the IDBF for thirty years of success.

30th IDBF ANNIVERSARY CELEBRATION AND HALL OF FAME INDUCTIONS

Due to the COVID-19, the IDBF's 30th Anniversary Celebrations, scheduled to take place in Hong Kong at the 2021 World Nations Championships had to be cancelled. **Despite this a zoom meeting marking the anniversary was held on Sunday 7th November.** To watch the zoom presentations and in full, go to <https://www.facebook.com/idbf.dragonboat.sport>.

IDBF Hall of Fame. The highlight of the proceedings was the citations for the first members of the IDBF Hall of Fame, read out by Sue Holloway, the Chair of the Selection Committee. Those inducted were: - **Lui Jin Dong** (Chn); **Julie Doyle** (Ire); **Mike MacKeddie-Haslam** (Gbr); **Kamini Jain** (Can); **Peter Jarosi** (Hun); **Kevin McFadden** (Usa); **Don McKenzie** (Can); **Bob & Peggy Morro** (Usa); **John Taylor** (Aus); **Mike Thomas** (Gbr); **Bob Wilson** (Hkg); The actual awards will be presented at the 2022 Club Crew World Championships in Sarasota

The celebration started with a Welcome Address from IDBF President, Mike Thomas, followed by a Lion Dance performed by members of the Chinese Youth League from Sydney, Australia.

Bob Wilson, the IDBF Founding President, then spoke about how in 1976 the Hong Kong Tourist Association (HKTA), with the help of the Fishermen's Society organised the first International Races (HKIR) to help promote Hong Kong as a tourist destination. In 1978, as the President of the Hong Kong Rowing Association, Bob introduced a more sport centred race programme to the HKIR and by 1985, the event had grown considerably, with other Festival Races being introduced in Penang, Singapore and Macau.

Mike MacKeddie-Haslam, the IDBF Founder and Honorary President, spoke of moving 3 wooden boats sent to London by the HKTA, to Nottingham in 1981, where he raced them as a supporting event at the ICF World Flat Water Canoeing Championships.

Mike suggested to the International Canoe Federation (ICF) that they develop Dragon Boating, as a Sport. The ICF Board did not want to do that but gave Mike their support to develop it. In 1995, Mike started to race the boats in the UK and then in 1987 he formed the British Dragon Boat Racing Association.

In 1988 he asked the HKTA to arrange for a meeting of crews at the HKIR to discuss the idea of an International Federation and went on to establish the European Federation in May 1990. **Bob Wilson recalled that in June that year**, a meeting of crews in Hong Kong, agreed to form an International Federation for Dragon Boating and in 1991, the IDBF was formed, with Bob being elected as its first President and Mike as the first Secretary-General.

In talking about the 30 years of the IDBF's development, from the time he took over in 1994 from Bob Wilson, as the head of the IDBF, until his own retirement from the President's Office in 2015, Mike recalled the many events and places that the sport had taken him to and of the many facets of development and progress achieved by the voluntary officials that governed the IDBF. He felt most strongly that the friendships forged by working together as a team, was the reason for the strength, depth and success of the IDBF family today.

Mike Thomas in looking forward, spoke of the need to the continue the development of the sport on a global basis, encourage participation, organise high quality events, maintain the heritage of Dragon Boating and ensure respect and inclusiveness for all in our sport. He spoke of the challenges to be met, the first being to gain IOC recognition within the next few years. **In his closing address Mike thanked Belinda Chung** the zoom organiser and the many volunteer officials who had helped her and also those who give so much of their time and energy to the Sport.



Welcome



International Dragon Boat Hall of Fame 2021



ATHLETES



COACHES



OFFICIALS



LEADERS

IDBF - the World Governing Body of Dragon Boat Sport



Lu Jindong 路金栋
China
Developer



Mike MacKeddie-Haslam
Great Britain
Developer



Mike Thomas
Great Britain
Developer



Peter Jarosi
Hungary
Developer



Don McKenzie
Canada
Developer



Jonathon Taylor
(posthumous)
Australia
Developer



Robert Wilson
Hong Kong, China
Developer



Julie Doyle
Ireland
Developer



Bob and Peggy Morrow
USA
Developer



Kamini Jain
Canada
Athlete



Kevin McFadden
USA
Athlete

IDBF - International Dragon Boat Hall of Fame

The International Dragon Boat Hall of Fame aims to recognise and celebrate the outstanding achievements of the men and women who have made a significant contribution to the sport of dragon boat. Whether it is their excellence on the water or their efforts behind the scene, they have demonstrated their commitment to building our sport and inspired others to achieve their best.

NOVEMBER 2021, IDBF COUNCIL MEETING

In the Blasts from the Past section, you will find extracts from the minutes of the first IDBF Council Meeting held in Hong Kong, on xxxxxx. The 42nd meeting of the IDBF Council was held as a zoom meeting. How far the IDBF has travelled in its development, over the 30 years since that first Council meeting, can be gauged by the DSN summary extracts of reports from the IDBF Officers, Continental Federations and Commission Chairholders, given to the Council on 13th November 2021.

Reports from the President and Secretary-General



In his report IDBF President, Mike Thomas, observed that the last time the Council had met in person was in August 2019 in Pattaya. Since then, four Zoom virtually meetings had been held, three of which had focused on issues to do with Covid and, regrettably, the need to cancel Championships.

Due to the reduced income resulting from these cancellations, the Executive Committee, unfortunately, had to conclude the IDBFs' Administrators, contract and the IDBF has now returned to being managed completely by voluntary officials. With regards to IOC recognition, he informed the Council that all applications had been put back by the IOC, until 2022, which would be 6 years since the IDBF's last application.

With regard to the IDBF Congress, scheduled for the 4th of December, on zoom, the President told the Council that a large number of nominations had been received for election to the Council, including 8 nominations for the 5 Vice-Presidents positions, as well as more than 2 candidates for the Chairholder of each IDBF Commissions.

With multiple bids also received to host IDBF World Championships in 2023 (2), 2024 (3) and 2025 (4), plus the reports to be made to the IDBF Members, he proposed holding the Congress in two parts. **Part 1, Reports and elections and Part 2, Championship Bids.** This was agreed by the Council and the date for Part.2 of the 2021 Congress, set for the 15th of January 2022, on zoom.

Peter Tang, IDBF Secretary-General advised the Council that enquiries or applications for IDBF Membership had been received from Panama, Malaysia and Finland, which the Council approved for ratification by the Members Congress. The meeting considered and discussed Council proposals for amendments to the IDBF Statutes and Bye Laws, which would be put to the Congress on 4th December 2021 for adoption.



Reports from the IDBF Affiliated Commissions



Meri Gibson, President of the International Breast Cancer Paddlers Commission (IBCPC) was pleased to inform the Council that as at 1st November 2021 the IBCPC had 270 teams, in membership, across 32 countries. This represented some 10,000 individual paddlers, with a 21% growth in countries and an 18% growth in teams.

New countries included: Cyprus, China, Fiji, Malaysia, Philippines and Romania. South America still continues to grow, she reported, with Argentina going from 9 teams in 2019 to 17 teams in 2021 and Brazil from 4 teams to 9 teams. Both are still growing rapidly. Meri concluded that the growth in Europe was steady, Germany has gone from 4 to 9 member teams and even in mature markets like the USA and Canada, new teams were being formed.

International Ice Dragon Boat Federation (IIDBF) an affiliated IDBF Association, report to the Council, from the IIDBF President, Lou Zhongy, recorded that Ice Dragon Boat Sport had widely developed around the world since 2015 and that in 2021 a virtual Ice Dragon Boat Festival was held in Ottawa, Canada, which was a huge success. In addition, local ice dragon boat races were held in Shenyang, Inner Mongolia, Heilongjiang Province in China.

In 2022 Alberta, Ottawa and Montreal in Canada, Italy and France are planning to hold ice dragon events and in China local races will be held in Harbin, Shenyang and Duolun. France is organizing a snow and ice dragon boat festival on 22nd of January 2022, in the Aux Le Bains area.



Reports from the Continental Federations

ADBDF. Due to the COVID-19 pandemic, all events in 2020 & 2021 have been suspended, including the Olympic Council of Asia's planned Asian Beach Games, Asian Youth Games and other Asian based events. The 2020 Asian Dragon Boat Championships have been postponed to 2022 at same venue in Hong Kong, China

The ADBF was actively engaged with the construction of the dragon boat venue for the 2022 Hangzhou Asian Games, together with the Olympic Council of Asia and Hangzhou Asian Games Organizing Committee. The ADBF and the CDBA are now busily preparing for the actual event, making steady progress with the Organizing committee of the Games, communicating and completing the work necessary for ensuring a successful event.

EDBF. Claudio Schermi, President.



In September/October 2021 many European Nations held their National Championships and the first Euro Cup Races were held in Belgrade in September and the second in Cyprus in October. The third and last round of the Euro Cup will be held in Dubai, 9/11 December. We did all that was possible to hold an EDBF Championships this year but to protect the health of our Athletes Kiev was postponed until 2022, when we plan to hold the next European Nations Championships.

Thanks to our online activities, such as the EDBF Forum (5th December 2020) and the 30th Anniversary of the EDBF on 5th May 2020, we continued to receive funds from our sponsors and balanced our costs. At the end our funds are all there as they were before the pandemic, including our reserves. **The challenge facing our sport now, is to react and be prepared for all possibilities but with only one commitment: #RESTART.**

PANAM Fed. Franco Sui Chong, President.

Dragon Boating in the Pan American Region suffered a complete shutdown of its activities in 2020. Dragon Boat Canada cancelled its National Championships 2021 but will use the results of the 2019 Championship, to allocate entries for the 2022 IDBF CCWC. Only in the last few months have the restrictions been lifted and in August Canada resumed Dragon boating. Large festivals have been held in Montreal and Vancouver, under strict Covid protocols. **The USA held a very successful National Championship in Sarasota, Florida**, this year as a lead up to the IDBF Club Crew Worlds in July 2022.



Panama was only allowed to resume the sport in October 2021. However, the PACCC 2021, due to be held in Panama City, has been postponed to March 2023. Panama will be sending a BCS Team to Sarasota and will stage its Annual Chinese New Year Dragon Boat in February 2022.

Puerto Rico have been allowed to practice but because of the economic effect of the pandemic, clubs have been very slow in returning to the water. Lake Carrillo, south of the island, is experiencing low water levels. As a result, Puerto Rico's Annual Dragon Boat event will be held in San Juan, February 2022. Interest in IDBF Paradrags, has spurred Puerto Rico in sending a Paradrags Team to Sarasota.

Trinidad & Tobago Teams have still not been able to practice. This is a result of the low vaccinate rate and Government's shut down of all beaches and water activities. **Argentina, and Brazil**, were given provisional IDBF Membership in late 2020, bringing the Pan American Federation's membership to 7 countries and the PADBF can now boast of a presence in all 5 regions of the Americas. **Talks are being held to introduce the sport in Jamaican and St. Lucia in the Caribbean, Mexico in Central America, Chile, and Peru in South America.**

Oceania DBF. Noel Anderton, President



Auckland, New Zealand, ran training over the winter 2021 (which is April to August in the southern hemisphere). So did Christchurch and Tauranga. In the last few weeks, two regattas have been run under our Level 2 conditions which means a maximum of 100 people can take part in an event. Tauranga and Masterton have run one-day springtime events (in the last few weeks) and Christchurch will run a similar event.

Meanwhile, administrators have been putting the lockdowns and restrictions to good use. For example, AusDBF have reviewed dozens of their processes and documents and NZ Race Officials are creating job descriptions and briefing material to help bring our ROs up to National then international standard. Australia and New Zealand have been finding that physical isolation has seen a substantial move to digital technologies, such as Zoom. I would argue that this has made us all more "connected". For example, NZ regional organisers are running regular "club delegates" meetings online and are opening-up regular communications up and down the organisation.

Reports from the IDBF Commissions



Competition & Technical Commission (C&TC). *Mel Cantwell, Chairholder (Australia)*

In her report to the Council, Mel said that the C&TC had worked on producing an IDBF World Nations Championships Results Handbook from 1995 to 2019. The Handbook contains results for every single final in every single category since 1995, in addition to medals tallies and fastest times recorded.

Work was also undertaken on producing an IDBF Club Crew World Championships Results Handbook from 1996 to 2018. This was about 80% complete and the data was currently being checked before it is released. In addition, a rewrite of the IDBF Championship Handbook, was also being undertaken which is due for completion and release by the end of the year.

With COVID over the last 2 years, events around the World have been non-existent, with the rollout of vaccines 2022 is looking positive for events to start occurring again. I would encourage Event Organisers all over the world to consider being part of the 'IDBF FESTIVAL PROGRAM' the benefits to the program and application to have your event endorsed by the IDBF can be downloaded from the IDBF website at <https://www.dragonboat.sport/recognised-festivals>.

Para Athletes Commission (Para Dragons). *Nigel Bedford, Chairholder (Great Britain)*

In his report Nigel Bedford, Chairman of the Para Athletes Commission (Para Dragons) in highlighting the work of his commission, said that despite the COVID-19 pandemic, they had been able to continue to develop support for Paradrasons and to update the Rules for Paradrason Racing. The support work had included publishing a "Guide to Coaching Paradrasons" in April 2021, which provides considerations and tips to everyone in the sport about how to coach Paradrason members of a team.



Members of the Commission had separately participated in a number of virtual 'lockdown' seminars designed to assist the Dragon Boat community in understanding the Rules for Racing and to generate discussion about how best to coach Paradrasons. The Commission has supported the development of Paradrason frameworks within several national federations and the development of a specific Paradrason 'page' on the IDBF website is due to be launch soon.

Looking forward, Nigel informed the meeting that a commitment of the Para Athletes Commission (PAC) was to ensure that the 2022 CCWC in Sarasota will provide a welcoming environment for Paradrason teams and that Paradrason Racing there is competitive, rewarding and, above all, inclusive.

The PAC will develop further online resources for those involved with Paradrasons at any level (athletes, coaches, officials, carers, and friends and families) as well as broadening and deepening the understanding of IDBF's work with Paradrasons, among international and national sports bodies and other agencies. However, Nigel felt that the most important thing was to ensure that our sport continued to welcome, encourage, and facilitate Paradrason participation at all levels.

Medical & Sports Science Commission (M&SCC). *Bridget Walter, Chairholder (Switzerland)*



Bridget reported that work on WADA Compliance has continued to meet the last few requirements. The main areas of focus have been on Education and Intelligence & Investigations. As part of Intelligence & Investigations, the IDBF is required to have secure Whistleblower access and we have obtained WADA permission to use their *Speak Up!* Link, for this, which should soon be available from the IDBF Website. Education is an area that the IDBF and all National Federations need to focus on

The new WADA Prohibited List has been published and will come into effect on 01.01.2022. This can be viewed on the IDBF Website. There are a few changes which may well apply to some of our athletes so athletes who require a TUE should check the changes that have been made.

The IDBF, in compliance with WADA, have made it a mandatory requirement for all PREMIER athletes to complete the International Level Athlete module before being registered for a World Championships.

The Anti-Doping section of the IDBF Website has been brought to the main menu bar, allowing easier and quicker access. The expansion of the section continues. Areas to be included are AD Education with articles and links and a Newsletter Archive.

Sport for All Commission. *Chairholder, Tom Joseph (India)*

The most important aim of the Commission is to encourage and support the effort of sharing the health and social benefits to be gained by all members of society through regular physical activities. This can be achieved through cooperation with International Federations, National Federations and a wide range of other recognized partners.

The Commission had planned various events during the 2021 IDBF 30th Anniversary Celebrations in Hong Kong. Various kinds of Traditional sports and Dragon marathons were in the making, which we now expect to perform at Sarasota in 2022



Reports from the IDBF Commissions - continued

Youth Commission. Acting Chairholder, *Wendi Zhou (Canada)*



Wendi informed the meeting that In 2020 and now in 2021 the Youth commission organized the IDBF's participation in the United Through Sport (UTS) Virtual Youth Festival. Many paddlers took part, including nearly 20 athletes from Australia, Canada, and the United States, several of who went as far as the semi-finals. **Looking ahead, the commission has several priorities as it moves forward.** The most important being the recruitment and engagement of youth athletes. The first step is increasing the presence of youth on IDBF social media by showcasing younger athletes and promoting dragon boat's image as a fun and engaging sport. This is important for youth as to many people; dragon boat has gained a reputation as an "older person's sport".

Another project is the creation of a youth resource package that includes a webpage with guidelines for building and running youth teams and attending Championship events, providing mentorship of new coaches and clubs and hosting a series of webinars to support these developing youth teams and coaches.

Marketing & Media Commission (M&MC). Chairholder, *Belinda Chung (Australia)*

In her report Belinda highlighted the projects undertaken by the M&MC for the IDBF's 30th Anniversary, such as the launching of a range of Anniversary merchandise in partnership with Regatta Sports and creating an anniversary logo, **30th Anniversary Celebration events, in 2021, have included** hosting a one-hour livestream event via Facebook Live and Zoom, a video production of videos of the online Lion Dance celebration, held in Sydney, Australia and a compilation of Happy 30th Birthday messages from paddlers celebrating around the world.



The new IDBF Hall of Fame was promoted through IDBF News, social media, the Longzhou Newsletter and through the production of the Hall of Fame presentation deck, for the online celebration announcement. **The M&MC organised the IDBF's first webinar on Eventbrite, featuring and promoting Paradrage Racing.** The IDBF Longzhou newsletter was published 5 times and the number of IDBF News subscribers increased by 17.6% and Facebook followers by 19%. A revamped IDBF website is scheduled to go live in early 2022

A 30th Anniversary, lavishly illustrated coffee table style book, is being produced containing a summary history of the sport, including memories from every Worlds and Club Crew Championships and interviews with notable dragon boat individuals. The coffee table book is due for release from April 2022



Athletes Commission. Chairholder, *Sue Holloway (Canada)*

Sue reported that the Athletes' Commission had created a survey to determine issues of interest and importance to international dragon boat athletes. A summary of the results is tabulated below

1.	Support for the Athlete's Commission being involved in any proposed rule changes was extremely high - 89% of Respondents thought that it was either very important or extremely important that this be done
2.	There was general support for countries being allowed to race in both large and small boats - 74% thought there should not be restrictions on whether countries can do this.
3	Gender verification was quite important to athletes - 53% thought it was either very important or extremely important. Comments were mixed as to how this should be done but the issue is definitely of importance to athletes.
4	Our athletes generally feel safe from harassment and abuse at regattas - 90% felt safe or very safe at IDBF regattas and 93% felt safe or very safe at local regattas.
5	Whether a whole crew should be stripped of medals if a member is found to have committed a drug offence gave mixed results , 46% thought the whole crew should be stripped of their medals, 38% thought the punishment should be restricted to the particular athlete and 17% were unsure.
6	Most athletes aren't concerned about the size of the regatta (just 29% were concerned or very concerned) but they were extremely interested in the location of the regatta (53% were concerned or very concerned) and the date of the regatta (48% were concerned or very concerned).
7	Most people thought our age categories were about right (63% were comfortable as they are with a close number of the balance believing there were either too many or too few);
8	Splitting the regatta up so that Juniors/U24 racing was held at a different time and location to Prems/Seniors gave mixed results - equal numbers believed it was a good and a bad idea.
9	Athletes were generally comfortable with the communication of the results of protests, crew list submission, marshalling, length of race days, the number of training days, award ceremonies and the quality of the Athlete's village.



IDBF OFFICERS & HONORARY APPOINTMENTS

1991 - 2021



PRESIDENT

Mike Thomas (Gbr) 2016

PRESIDENT OF HONOUR

Madam Xiao Min (Chn) 2014

IDBF FOUNDER & HONORARY PRESIDENT

Mike MacKeddie-Haslam (Gbr) 2017

HONORARY PRESIDENTS

Lu Jin Dong (Chn) 1991 Bob Wilson (Hkg) 1995
Lui Ji (Chn) 2001 Zhang Faqiang (Chn) 2009

SECRETARY-GENERAL

Peter Tang (Mac) 2015

PREVIOUS PRESIDENTS

Bob Wilson (Founding) (Hkg) 1991-1993
Mike Haslam (Gbr) 1993-1994
Lui Ji (Chn) 1995-2001
Zhang Faqiang (Chn) 2001-2009
Madam XIAO Min (Chn) 2009-2013
Mike Haslam (Gbr) 2014-2015

PAST EXECUTIVE PRESIDENT

Mike Haslam (Gbr) 1995-2013

PREVIOUS SECRETARY-GENERALS

Mike Haslam (Gbr) 1991-1993
Mason Hung (Hkg) 1993-2003
Li Jie (Chn) 2004-2005
Lei Jun (Chn) 2006-2007
Hu Jianguo (Chn) 2008- 2015

PREVIOUS TREASURERS

Donald King (Hkg) 1991-1998
David Cogswell (Gbr) 1999- 2011
and Honorary Life Member 2011-2019.

VICE-PRESIDENTS

Raymond Ma (Hkg) 2013
Matt Smith (Can) 2013
Peter Jarosi (Hun) 2017
Julie Doyle (Ire) 2017
Fan Guangsheng (Chn) 2017

HONORARY LIFE MEMBER

Paul Henderson (Can) 2007

TREASURER

Alan Van Caubergh (Nld) 2012

PREVIOUS VICE PRESIDENTS

Yen Yao (Tpe) 1991-2001
Tang Chee Yuen (Sng) 1991-1996
Massimo Guerrieri (Ita) 1991-1999
Qiu Yucai (Chn) 1993 -1996
Wang Xiaolin (Chn) 1997 -2003
Ronald Wong (Gbr) 1997-1999
Manfred Russ (Ger) 1999 -2005
Philip Lai (Hkg) 1999-2001
Hajime Yuki (Jpn) 2001- 2003
Adrian Lee (Can) 2001-2005
Mason Hung (Hkg) 2003-2013
Benjamin Ramos (Phi) 2003-2009
Bob Morro (Usa) 2005-2013
Claudio Schermi (Ita) 2005-2017
Ahmed Donyamali (Irn) 2009-2013
Ginny O'Hare-Perrin (Usa) 2013-2017
Ji Yunxi (Chn) 2013-2017



EURO NEWS – NOVEMBER 2021



The EDBF, the first international federation for dragon boating, was established in 1990, a year before the IDBF and formally constituted at a meeting held, in the Haze winkle Water Sports Centre, Mechelen, Belgium, on Saturday 5th May 1990.

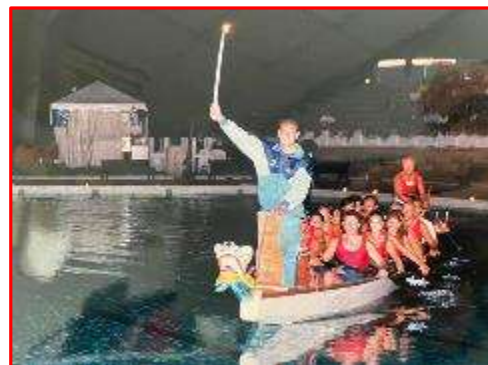
Representatives from the Netherlands, Italy, Sweden, the United Kingdom and Germany, the *Founder Members*, were in attendance, with written support for the proposed EDBF Constitution coming from Denmark, Finland, Norway and Switzerland. Messages of support were received from Belgium, Hungary, Ireland, Poland and Portugal. Today, the EDBF has 23 Full Members and development links with 14 other Countries in Europe.

DRAGON BOAT RACING IN THE MEDITERRANEAN GAMES ?

Davide Tizzano has been elected as the International Committee of the Mediterranean Games' (CIJM) new President and Heraklion in Greece has been confirmed as host city for the 2023 Mediterranean

Beach Games. Davide is a two-time Olympic Champion (1988 and in 1992) and he is no stranger to Dragon Boating either, having carried the torch and lit the flame at the Opening Ceremony of the European Dragon Boat Championships in 1998 and at the WCC 2002, both held in Rome EUR.

Davide is still involved today in Dragon Boating with a Festival Crew in Rome. Dragon Boat Racing in the Mediterranean Games?. With EDBF Members in Spain, France, Malta, Italy, Greece, Cyprus, Turkey, Israel, Egypt and interest in the past from Countries in North Africa too. Why not !!? **Pictures.** Left.: Davide with EDBF President, Claudio Schermi, Oct 2021. Above: Rome 1998. See the EDBF Face Book page for Davide's recent interview.



DIARY DATES: 14th EDBF European Nations Championships, Kiev, Ukraine from 24th - 28th August 2022.
EDBF Members Congress Monday, 29th August 2022.

2021 EDBF MEMBERS CONGRESS – ELECTIONS RESULTS.

President: Claudio Schermi (Ita) 2nd term.

4th Vice President: Anna Sokratous (Cyp)

Treasurer: Maura Dezi (Ita) 2nd term.

Sports Medicine, Psychology & Science Commission.

Chairholder: Dr. Dusko Spasovski (Srb)

Vice-Chair: Dr. Leila Ataei (Cyp)

The Congress agreed that where a commission has more than one nomination, that the second placed person would be invited to act as Vice Chair of the commission and appointed by the EDBF Council.

Competition & Technical Commission.

Chairholder: Andries Boneschansker (Nld)

Vice-Chair: Djordje Pavlovic (Cyp)

Marketing & Media Commission *

Chairholder: Michela Scacchetti (Ita)

Vice-Chair: Christian Tänzer (Ger)

Women's Athletes Commission.

Chairholder: Paola Pochesci (Ita)

Vice-Chair: vacant, not appointed

Youth Commission.

Chairholder: Oleksii Morgun (Ukr)

Vice-Chair: Vice-Chair: vacant, not appointed

Member's Representatives elected to the EDBF Council (5 in total from 6 nominations)

British DBRA; German DBA; Serbian DBF; Swedish DBA; Ukraine DBF.

EDBF Members Representative to the Council & Executive: Andy Menzies (Gbr)

* The vote was tied at the Members Congress (7 to 7). The subsequent Executive Committee final vote of seven members, was Michela Scacchetti (Ita) – 3 votes, Christian Tänzer (Ger) – 2 votes. There was one abstention.

2021 EURO CUP RACE SERIES

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 Dragon Boat Festivals and race for points and medals, whilst also scoring Euro Cup Points for their Country.

Due to COVID-19 no Euro Cup Races were held in 2020 but this year races were held in Belgrade and Limassol in September and a third race is scheduled for Dubai on Friday 10th and Saturday 11th December 2021 – see below.

BELGRADE EURO CUP RACE - CREW PLACINGS IN EACH COMPETITION CLASS

Club Crews (13)	Cntry	Standard Boat 500m		Standard Boat 200m		Small Boat 500m					Small Boat 200m				
		Opn	Mxd	Opn	Mxd	Opn	Wm	Mx	Snr A Wm	Snr A Mx	Opn	Wm	Mx	Snr A Wm	Snr A Mx
Vulturi	Mol	1	-	-	-	1	-	1	-	-	2	-	1	-	-
Moscow Drgs	Rus	2	-	1	6	5	-	2	-	2	4	-	3	-	2
NB Timisoara	Rom	3	2	4	2	-	1	3		3	-	2	4	-	5
Flash Drgs	Ser	4	-	2	-	DQ	-	-	-	-	6	-	-	-	-
Beodragons	Ser	5	4	3	-	6	5	6	3	DQ	7	5	-	4	7
Britannic Drgs	Gbr	-	1	-	1	3	-	-	1	1	5	-	-	1	1
Motion	Ser	-	3	-	3	2	3	-	-	4	3	1	2	3	3
Cyprus Sharks	Cyp	-	5	-	5	7	4	5	-	-	8	4	-	-	-
Cyprus Crew	Cyp	-	-	5	-	-	-	-	-	-	-	-	5	-	-
Ada Drgs	Ser	-	-	-	4	-	2	4	2	-	-	3	DQ	2	4
Lim Spartens	Cyp	-	-	-	7	-	-	7	-	-	9	-	6	-	6
Raging Mufions	Cyp	-	-	-	-	-	6	-	4-	-	-	6	-	-	-
Dajak Banja Luka	Srp	-	-	-	-	4	-	-	-	-	1	-	-	-	-

Under 24 Sml Bt Opn 500m. 1. Flash Drgs (Ser). 2. NB Timisoara (Rom). 3. Beodragons (Ser)

Under 24 Sml Bt Opn 500m. 1. Flash Drgs (Ser). 2. NB Timisoara (Rom). 3. Beodragons (Ser)

Junior A Sml Bt Opn 500m. 1. Vulturi (Mol). 2. Motion (Ser). 3. Beodragons (Ser)

Junior A Sml Bt Opn 200m. 1. Vulturi (Mol). 2. Motion (Ser). 3. Beodragons (Ser)

BCP Sml Bt Wmn 500m. 1. Pink Ladies 1. 2. Pink Ladies 3. 3. Pink Ladies 4. 4. Pink Ladies 2.

LIMASSOL EURO CUP RACE - CREW PLACINGS IN EACH COMPETITION CLASS

Club Crews (12)	Cntry	Standard Boat 500m		Standard Boat 200m			Small Boat 500m				Small Boat 200m			
		Opn	Mxd	Opn	Wmn	Mxd	Opn	Wm	Mx	Snr A Mxd	Opn	Wm	Mx	Snr A Mxd
Moscow Drgs	Rus	1	-	1	-	-	2	-	3	1	4	1	6	1
Kaiser Team	Ukr	-	1	-	-	1	1	1	1	-	2	-	DQ	-
Emirates DBC	Uae	-	-	2	-	-	3	-	-	-	3	6	5	-
Lim Spartens	Cyp	2	-	3	4	2	-	-	-	3	1	2	-	2
Typhoon Tigers	Gbr	3	-	4	-	4	4	-	5	-	6	-	1	-
Cyprus Sharks	Cyp	-	2	-	1	3	-	2	-	4	5	4	7	4
Vienna Ada Ds	Aut	-	-	-	2	-	-	-	-	-	-	-	-	-
Raging Mouflons	Cyp	-	-	-	3	-	-	-	-	-	-	3	-	-
Incredible Drgs	Cyp	-	3	-	-	5	-	-	-	-	-	-	-	-
Vienna Police	Aut	-	-	-	-	-	-	3	4	2	-	7	4	5
Ada Dragons	Ser	-	-	-	-	-	-	-	-	5	-	5	2	3
Mala Flotilia	Ukr	-	-	-	-	-	-	-	2	-	-	-	3	-

The best placed crew from each country, in each Premier Competition Class, gain Euro Cup points.

EURO CUP POINTS SCORING SYSTEM

Std Boats	Places in competition class										Sml Boat	Places in competition class									
Countries	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	Countries	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
Two (2)	2	1									Two (2)	2	1								
Three (3)	4	2	1								Three (3)	3	2	1							
Four (4)	6	4	2	1							Four (4)	4	3	2	1						
Five (5)	8	6	4	2	1						Five (5)	6	4	3	2	1					
Six (6)	10	8	6	4	2	1					Six (6)	8	6	4	3	2	1				
Seven (7)	12	10	8	6	4	2	1				Seven (7)	10	8	6	4	3	2	1			
Eight (8)	14	12	9	7	5	3	2	1			Eight (8)	12	10	7	5	4	3	2	1		
Nine (9)	16	14	12	9	7	5	3	2	1		Nine (9)	14	12	10	8	6	4	3	2	1	
Ten (10)	18	16	14	12	9	7	5	3	2	1	Ten (10)	16	14	12	10	8	6	4	3	2	1

EURO CUP RESULTS POINTS – BELGRADE.

Premier	Std Boat 500m			Std Boat 200m			Sml Boat 500m			Sml Boat 200m			Total
Classes	Opn	Wmn	Mxd	Opn	Wmn	Mxd	Opn	Wmn	Mxd	Opn	Wmn	Mxd	
Cyp	-	-	1	1	-	2	1	1	1	2	1	1	11
Gbr	-	-	6	-	-	8	4	-	-	3	-	-	21
Mol	6	-	-	-	-	-	8	-	6	8	-	6	34
Rom	2	-	4	2	-	6	-	3	3	1	2	2	25
Rus	4	-	-	6	-	1	2	-	4	4	-	3	24
Srp	-	-	-	-	-	-	3	-	-	10	-	-	13
Ser	1	-	2	4	-	4	6	2	2	6	3	4	34

EURO CUP RESULTS POINTS – LIMASSOL.

Premier	Std Boat 500m			Std Boat 200m			Sml Boat 500m			Sml Boat 200m			Total
Classes	Opn	Wmn	Mxd	Opn	Wmn	Mxd	Opn	Wmn	Mxd	Opn	Wmn	Mxd	
Aut	-	-	-	-	-	-	-	1	3	-	1	4	9
Cyp	2	-	1	2	2	2	-	2	1	6	4	1	23
Gbr	1	-	-	1	-	1	1	-	2	1	-	10	17
Rus	4	-	-	6	-	-	3	-	4	2	-	2	21
Ser	-	-	-	-	1	-	-	-	-	-	2	8	11
Uae	-	-	-	4	-	-	2	-	-	3	3	3	15
Ukr	-	-	2	-	-	4	4	3	6	4	6	6	35

EURO CUP OVERALL POINTS TABLE

Premier Classes	Belgrade Race		Limassol Race		Dubai Race	Total Points	Placing
Boat Type	Std	Sml	Std	Sml			
Austria	-	-	-	9		9	10
Cyprus	4	7	9	14		34	=5
Great Britain	14	7	3	14		38	3
Moldova	6	28	-	-		34	=5
Romania	14	11	-	-		25	7
Russia	11	13	10	11		45	=1
Serbia	11	23	1	10		45	=1
Srpska Republic	-	13	-	-		13	9
Ukraine	-	-	6	29		35	4
United Arab Emirates	-	-	4	11		15	8



2021 EUROPE CUP RACE DUBIA
WATERFRONT MARKET, DUBAI
9th-11th DECEMBER 2021



The Waterfront Market is a community-friendly venue located in the heritage area of Dubai. Located in the heart of the city, the waterfront market represents a fusion of traditional Emirati Souq and the multicultural spirit of the city. Several local Dragon Boat events have been hosted at this venue. **There are over 60 teams from 12 countries registered to compete. There are still places available but capacity is limited.**

REGATTA COURSE: The regatta course and technical facilities will comply with EDBF standards.

RULES OF RACING: IDBF Rules of Racing, Edition 8.1 – Effective Jan 24, 2020; Rules of and the IDBF Competition Regulations, Edition 8 – Effective Jan 1, 2020, will be used for the competition. Please make sure you familiarize yourselves with these rules which can be found on the IDBF website (www.idbf.org).

PERSONAL SAFETY: All paddlers are expected to be able to swim 50m in light clothing unaided or as a minimum be water competent in cold water. All experienced international paddlers will not be required to wear a PFD, however, Siren Dragon Boat will have a sufficient supply of PFDs if required. Crews compete entirely at their own risk and must be "Fit to Race" under the IDBF Competition Regulations.

INSURANCE: We raise your attention to ensure that everyone has his/her own personal insurance with sport activity supplement and COVID-19 included. For detailed information regarding COVID-19 in the United Arab Emirates, please visit: <https://www.mohap.gov.ae/en/AwarenessCenter/Pages/COVID19-Information-Center.aspx>

SMALL BOAT – RACING CLASSES			
Premier	Open	Women	Mixed
Competition Classes	250 m	250 m	250 m
	500 m	500 m	500 m

MIXED CREW REQUIREMENTS: Small Boat Combination – minimum of four (4) and a maximum of five (5) paddlers of each gender. Drummer and helm can be of either gender.

DATE	ACTIVITY	TIMINGS
Thur 9 th December	Training Session & Sightseeing	Exact timings to be agreed based on the number of crews registered
Fri 10 th December	Opening Ceremony Races over 500m and 250m Celebration Party	
Sat 11 th December	Races over 500m and 250m	

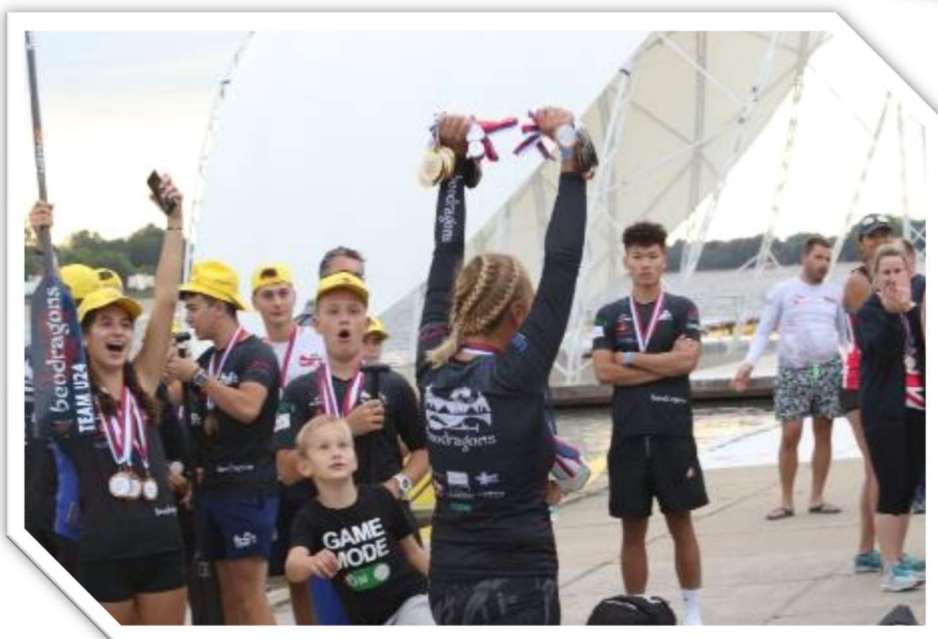
ENTRY & DEADLINE DATES. Confirmed Entries & €100 Admin Fee Deposit as soon as possible !
 Final Named Entries 15th November. Entry Fee Balances 1st December

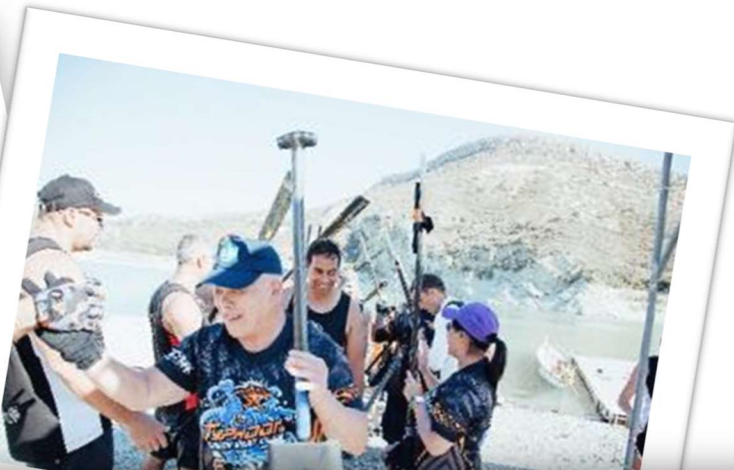
ENTRY FEE: Entry Fee of €30 plus EDBF Registration Fee of €5 = €35 per person. A €100 deposit will be required per crew with the Confirmed Entry. The Organizing Committee will issue an invoice / receipt upon request.

HOTEL ACCOMMODATION at various price ranges in. APARTHOTEL ADAGIO DUBAI DEIRA www.adagio-city.com: Wyndham Dubai Deira; Days By Wyndham Dubai Deira and Super 8 – reservations@wyndhamdubaideira.com Include: Dragon Boat Euro Cup as subject line.

**Further Information on all aspects of the Dubai Euro Cup Race – email: fiona@sirenevents.com
 or UAEdragonboat@gmail.com**

2021 EURO CUP RACES – BELGRADE.
MEDALS and MORE MEDALS

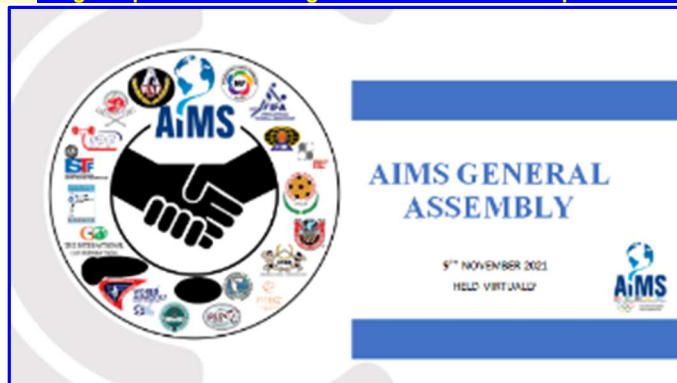




**2021 EURO CUP
RACES
LIMASSOL.**

**NOT THE
WINNING - THE
TAKING PART !!**





STEPHAN FOX RE-ELECTED AS THE PRESIDENT OF AIMS.

The AIMS General Assembly took place on the virtual platform with one main agenda point being the AIMS Council re-election from the period of 2021-2025. President Fox, who has been leading AIMS since 2015, made an extensive report highlighting the achievements of AIMS over the past 5 years.

AIMS has become a credible and respectable member of the Olympic family receiving full IOC recognition as an IF umbrella body for sports striving towards Olympic recognition in 2020. President Fox further stated in his report this year six of the AIMS members have received full recognition at the 138th IOC General Assembly in Tokyo in July this year, namely, **World Lacrosse; International Sambo Federation; International Cheer Union; International Federation Icestock sport; World Association of Kickboxing Organisations and the International Federation of Muaythai Associations.**

In his report Stephan said that this accomplishment was productive and was as a result of close cooperation with the IOC, President Thomas Bach and the IOC Sports Department to ensure that the same vision and mission for the benefits of the sports and their athletes are achieved. Also in his speech, he said *'it is the aim of every sport to get recognised by AIMS and it is the aim of every sport to leave AMS again toward IOC recognition'*



GAISF/SportAccord President, Raffaele Chiulli gave a welcome speech thanking the **AIMS Members** for their continued contribution as recognised members of GAISF. Stephan Fox thanked President Chiulli for all his support over the years, as well as thanking SportAccord Managing Director, Nis Hatt for their close cooperation in helping AIMS members to be visible within SportAccord.

Stephan then thanked the outgoing Council for all their contribution over the years and the cooperation towards the success of AIMS, namely **Karl Weiss, Robert Keller and Mike Haslam** and said that the AIMS Council looks forward to a continued cooperation with the IOC, GAISF and SportAccord, placing their athletes at the centre of all their doings. **AIMS strongly believes in the power of working together towards positive change and cooperation is the key to success, he concluded.**



UNITED THROUGH SPORTS and the WORLD VIRTUAL YOUTH FESTIVAL

United Through Sports (UTS), founded in 2017 is, the international entity formed under the umbrella body, the Alliance of Independent Recognised Members of Sport (AIMS). AIMS is one of the 5 umbrella bodies fully recognized by the IOC and the Global Association of International Sports Federations (GAISF).



UTS was formed as a united step towards creating more inclusive and equal sporting events for Non-Olympic sports as well as Olympic, Paralympic and the Special Olympics.

The UTS community has experienced rapid growth, sparking a global movement placing youth in all their diversity at the centre, right where they should be.

The foundation of UTS is based on 4 key values, **Inclusion, Equality, Non-Discrimination and Peace Promotion** and the goal of UTS is to bring people, organisations, NGOs, Governments and Cities together through sports to empower youth so their voices are heard and action is taken to support them.

The UTS World Virtual Youth Festival was innovative during the pandemic, bringing together over one hundred organisations for the benefit of the youth of the world. The festival promotes inclusion, non-discrimination and equality. After the first successful UTS World Virtual Youth Festival 2020 held in Bangkok, Thailand, the Kingdom of Saudi Arabia will host the UTS World Virtual Youth Festival 2021.

It will take place from 20-27 November with the participation of over 100 international federations and organizations from around the world with hybrid workshop and conference to take place in Riyadh.

President of the Saudi Arabian Olympic Committee and OCA Vice President, HRH Prince Abdulaziz bin Turki al Faisal, said, *"The kingdom is dedicated to developing the skills of youth through sport, education and culture and this unique festival connects youth of all abilities across the world."*

Part of our mission is to ensure that despite the global pandemic, there is a significant increase of youth activity and sport engagement across Saudi Arabia."

"Our united aim is to encourage the participation of over 30,000 children from around the world in this virtual festival, in 17 different events. The kingdom is proud to be the official host, reaching out from Riyadh to the world."

Stephan Fox, President of United Through Sports, shared his enthusiasm and said: *"This event was originally intended to provide opportunities for young people of all abilities and social backgrounds during the pandemic. But what we have learnt is that even after the pandemic, this event is an important contribution in combining all young people in the spirit of sport."*

You do not need passports, visas or air tickets, as we are all united on a virtual platform"



UTS WORLD VIRTUAL YOUTH FESTIVAL OPENS REGISTRATION

This year the world's only virtual youth festival has brought over 100 international and national federations as well as sport affiliated organisations together. The festival is an opportunity for all youth to have a chance to shine on an equal platform in a variety of ways. The event includes 5 competitions: Max Fit, Aero Fit, Talent, IPC Inclusive Challenge and the SOI Unified Fitness Challenge.

The Max Fit competition tests core strength and endurance; Aero Fit requires artistic and rhythmic elements with a performance by pairs. The Talent competition is extremely popular, inviting youth to showcase their unique talents and abilities. The fifth competition, the Special Olympics Challenge., enables youth with and without an intellectual disability to participate in a global competition and will be paired together as a team who attempt to reach their own personal best across three exercises.

We invite all youth under 18 of all abilities, to join the fun competitions towards a healthy and active lifestyle from across the 5 continents. Our aim is to encourage the participation of over 30,000 children from around the world in the festival, which will include 17 different events.

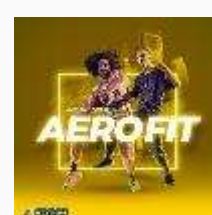
The CEO of United Through Sports, Julia Govinden stated, "Each organisation has nominated their own Youth Ambassadors who stand to represent their organisations and sport. The Covid-19 pandemic has affected everybody and we don't intend to go back, we look forward. We adapt not only to learn but to do better together."

The competitions can be watched on the virtual platform and registration is open at: Riyadh2021@unitedthroughsports.com This platform is accessible to the public and youth can access this website to view all competitions, launch and closing ceremonies which are all youth performers, the medal ceremonies, upcoming world sports events and meet the inspiring UTS Youth Ambassadors, who stand to make a united call to action for more inclusion, equality and non-discrimination.

For the first time during the virtual festival, you can explore an innovative and informative virtual exhibition with major cities and international sports organisations showcasing their next exciting projects and events.

To find out more visit: www.unitedthroughsports.com or to discuss email admin@unitedthroughsports.com.

Follow the festival fun on [Instagram](#), [Facebook](#), [YouTube](#), [Twitter](#) and [Linkedin](#) or use #United4thefuture where the spotlight shines on our youth, the future.



ICF ELECTS A NEW PRESIDENT.

What could that mean for Dragon Boat Sport ?

Germany's Thomas Konietzko has been elected as the new President of the International Canoe Federation, receiving more than 90 per cent of the votes, on the day he also celebrated his 58th birthday. DSN and I send him our sincere congratulations.

Thomas replaces Spain's Jose Perurena, a personal friend of mine, for over 40 years, who is standing down after 13 years as ICF President. The ICF Congress overwhelmingly supported a motion to appoint Mr Perurena an Honorary ICF President.

In his acceptance speech Thomas Konietzko praised the work of the outgoing President and pledged to build on Mr Perurena's legacy. But he also warned not all expectations will be possible. He said "I already know we cannot meet all our expectations, because there are so many different interests in our federation".

"The diversity of our disciplines is our greatest strength but our diversity is also our biggest challenge, because so many different interests have to be taken into account, and that is why we all have to stand united". "My vision for the future of our federation is to achieve together the best for our sport, united in our vision. For this we need all our stakeholders, we need all of you".

In other election results, China's Aijie Liu was elected as the ICF 1st Vice President and Argentina's Cecilia Farias and Spain's Lluís Rabaneda, were also elected as Vice-Presidents, while Italy's Luciano Buonfiglio was re-elected as the ICF's Treasurer.

For the full voting results see - www.canoeicf.com. The 2022 ICF Congress will be held in Pattaya, Thailand, where the last IDBF World Nations Championships were held.

These elections herald in a new ICF Board and it is to be hoped that they will want to work in a positive way with the IDBF concerning International Dragon Boating and the IDBF's application for recognition by the International Olympic Committee.



In this context we know that Thomas Konietzko, Aijie Liu and Cecilia Farias have supported the development of our Sport by the IDBF and its Continental Federations in the past and it is to be hoped that this support will continue now that they head up the ICF Board.

It is interesting to note that whilst new chairholders of the canoe sprint, slalom, marathon, wild-water canoeing, canoe polo, freestyle, ocean racing and paracanoe committees were elected, that there was no such election for the ICF Dragon Boat Committee.

Maybe this is an indication of which direction ICF Dragon Boating is going. Given that COVID-19 has ensured that no ICF Dragon Boat events have been held for the past 2 years and that prior to that the success of any ICF Championship has been limited, perhaps now is the time, politically, diplomatically, and practically, for the new ICF President and his Board, to call time on ICF Dragon Boating and work through the IDBF for those ICF members who want to take part in our wonderful sport.

There is no doubt, in my mind, that if the ICF were to indicate to the IOC that they are no longer in opposition to the IDBF but see the IDBF as a partner paddle sport within the Olympic Movement, that the IOC would respond in a positive way by recognising the IDBF as an IOC International Federation.

Mike MacKeddie-Haslam.



Pictures and election results courtesy of Planet Canoe.

MEN GET BREAST CANCER TOO – AND PROSTATE CANCER. A COMBINED ALL CANCER CREWS FUTURE ??

MARK O'CONNOR'S, BREAST CANCER STORY.

IBCP Men's BCS Ambassador

Article courtesy of the IBCPC Newsletter "Keep Abreast with IBCPC"

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

I saw my GP in early September and was referred to the breast cancer clinic in the Cork University Hospital, Ireland, where I met a consultant named Professor Redmond who examined me and sent me straight off for a mammogram. Once I had the mammogram, he asked me would I mind having a biopsy while I was there. The biopsy results took a week to return so I was asked to return on the following Friday. At this stage I was getting worried but was none the wiser what was coming down the line.

Tina and I returned on the following Friday for my appointment with the consultant and it seemed like we were kept waiting for an eternity. When we learnt the devastating news that I had breast cancer, I was totally gobsmacked and Tina became hysterical. When the doctor examined me, I asked, "what's the plan" and he said, "we can operate on the following Thursday". **I wasn't waiting a minute longer and I asked if he would cut it out then and there?**

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

My consultant physician told me about ARC house. It's a place for people going through cancer treatments where you can receive counselling, massages, and other treatments to help you deal with what you've been through. My counsellor there suggested to me that there was an open day being held for dragon boating on the 22nd of September 2012 and she thought it would be good for me to try it out as I previously had a great interest in sports.



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

So, roll on to October 2016 and Deborah Bonner contacts me and asks if I would mind giving a speech in Solis Castle in Donegal about male breast cancer and its effects on me.

The theme of the night was "Real Men Wear Pink". This is where the idea for the Wild Atlantic Warriors was spawned with Deborah, Lisa Power and myself. So, we approached our own clubs with the idea and subsequently had our first meeting in February 2017. Then Florence became a dream come true for the Wild Atlantic Warriors and so began the work of trying to get everyone together for training sessions etc and get ready for Florence 2018. It was truly amazing to be in Florence with all my friends, team-mates and new friends.

I'm a happier, healthier and better person for my introduction to Dragon boating. One gift breast cancer gave me, is knowing how precious life is, and the different attitude I take to life every day in trying to live it to the full, along with all the amazing people I've met along the way, through dragon boating. My motto is "if in doubt, check it out", that's what doctors are there for and early detection and intervention is the key. Also keep looking forward as looking back is only for parking cars. **Paddles up, Mark.**

THE MALE BREAST CANCER COALITION (MBCC) <https://malebreastcancercoalition.org>

When the IBCPC ran a further newsletter article about Mark O'Connor being appointed as their Male BCS Ambassador the response was overwhelming. So many positive comments about the appointment and the man to represent other male BCS. One of those comments came from the Male Breast Cancer Coalition. Who even knew that this existed?

Below are extracts from their Website and Facebook page

The male breast cancer coalition (MBCC) a global not-for-profit patient advocacy organisation brings men diagnosed with breast cancer together to educate the world about male breast cancer.



Breast cancer does not discriminate when diagnosed with breast cancer at age 24 Bret Miller promised his surgeon that no man would ever feel alone when hearing the words, "You have breast cancer". After a close friend's husband was diagnosed with breast cancer, Cheri began her mission to end the stigma and feelings of abandonment associated with a male breast cancer diagnosis. As a result of a connection made on Facebook, together Brett and Cheri formed the **Male Breast Cancer Coalition in 2014**.

The MBCC shares the journeys of male breast cancer survivors from all around the world and honours lives lost in an "in Memoria" section. They connect and support men and their families around the globe. They visit schools and universities to teach students that every individual is his/her own best advocate for their bodies, and they attend major breast-cancer conferences to increase their knowledge of current studies, research, and treatments available. They participate in events around the country to raise awareness of breast cancer in men.

MEN HAVE BREASTS TOO is an ongoing series about breast cancer in men. Produced by The Male Breast Cancer Coalition, the MEN HAVE BREASTS TOO series includes short documentaries with men who have been diagnosed with breast cancer, the latest news and information about male breast cancer from medical experts, stories from family members of survivors and men lost to the disease, the impact genetic mutations have on men and their families and much more.

When it comes to the world of breast cancer, men must navigate obstacles within a predominantly female group. From mammograms to treatment and beyond, men face challenges with their breast cancer diagnoses unlike they do with other diseases. Until we educate everyone, including the medical community about the need for more testing and clinical trials for men, we must continue the conversations relating to breast cancer in men. MEN HAVE BREASTS TOO now, [and always. @MHBT MBCC: #MenHaveBreastsToo: MenHaveBreastsToo.com](https://www.menhavebreasts.com)



COLONEL ROY S. ADAMS. OCTOBER 2019

After serving 33 years in the military, including three tours in Viet Nam, I thought I had been through it all. But; when I was told I had breast cancer in June of 2012 you could have knocked me over with a feather!

I immediately went into denial. What do you mean cancer! Not me! I'm a hard-nosed retired "Full Bird Colonel!"

This kind of stuff doesn't happen to us! Well, guess what guys, it does!

DAVID AGGETT. JUNE 2020

Forty-nine-year old David is a retired vet. He was diagnosed with breast cancer in December 2015. In May 2017, David discovered the cancer had spread to his lungs.

"Just under four years ago, I found a tiny lump smaller than a pea under my right nipple after I got crushed and bruised by one of my patients, a dairy cow. So began a rollercoaster year. First surgery, a mastectomy plus the lymph nodes removed from my armpit This was followed by 5 months of chemotherapy, a month of radiotherapy and finally starting 10 years of hormone therapy.

On the plus side, during chemo I didn't have to shave for months – brilliant!





Dr Leila Ataei's

MEDICAL & SPORTS SCIENCE CORNER

E-mail: Leila.Ataei1983@gmail.com

Leila is the Vice-Chair of the EDBF Medical & Sports Science Commission.



Dr Leila Ataei is a lecturer and researcher in Sports Medicine & Physiology, specialising in Exercise, Diet and Nutrition. Having obtained her first PhD in Iran, she completed her Doctorate in Sport Science, in 2021, at the University of Nicosia in Cyprus, where she now lives. In Iran, she spent 3 years studying medicine, including being a front-line medic following a major earthquake 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, concerning fitness in trained athletes and sedentary people.

MEN & PROSTATE CANCER - BE AWARE, BE WARNED – YOUR FAMILY NEEDS YOU.

SYMPTOMS, TREATMENT AND EXERCISE

Declaration: "The content of this article is only to raise the awareness regarding prostate cancer and introducing general exercise and diet advice. If you've decided to start an exercise and diet plan, check in with your doctor first. "Every man is different and, as a result, routines and goals should vary based on your current health. Your primary care provider can help you set realistic goals, refer you to an exercise and diet specialist who can support you in maintaining both prostate and overall health."

OVERVIEW: Prostate cancer is an abnormal growth of cells in the prostate gland and a common type of cancer within the male population. The risk of prostate cancer increases with age. It's most common after 50. The risk of prostate cancer may be higher in men with family history of the cancer and a very strong family history of breast cancer or genes that increase the risk of breast cancer (BRCA1 or BRCA2). Men who are obese, diabetic, and have high blood cholesterol levels are more at risk of the cancer. In these people, the cancer is more likely to be more aggressive and more likely to return after initial treatment.

Around 1 in 9 men will be diagnosis with prostate cancer during their lifetime. However, only 1 in 41 of patients die as a result of the cancer, because it usually develops relatively slowly and is treatable in its early stages. The early stage of prostate cancer often has no symptoms and can only be detected by screening. Screening involves a blood test that measures levels of PSA (Prostate Specific Androgen).

High levels of this hormone suggest that cancer may be present. In general, PSA levels is age related and can rise the older a person is but a PSA level, above 4.0 ng/mL is considered suspicious.

Repeating a PSA test is normally suggested to improve the accuracy of any abnormal result. Research by Riffenburgh et al., showed an average increase levels of PSA 0.75 ng/mL a year should be consider as an early indicator of prostate cancer when a total PSA result is between 4.0 and 10.0 ng/mL.

Recently a new test for the detection of prostate cancer has been approved by the USA Federal Drugs Agency. This test is a simple blood test that combines three tests in one and is known as PHI (Prostate Health Index). PHI test shown to be more efficient at prostate cancer detection. Because this test is very new, it is possible some physician has not heard of it yet. So, if you are interested in the test, talk with your doctor and discuss your risk, and how to use the information from the test.

SYMPTOMS: There may be no signs or symptoms in early stages but men who do experience them may have



- Difficulty starting and maintaining urination and painful urination
- A frequent urge to urinate, especially at night (more than once)
- Blood in the urine or semen
- Pain or discomfort when sitting if the prostate is enlarged

Advanced prostate cancer can involve the following symptoms:

- Bone fracture or pain especially in the hips, thighs, or shoulders
- Back pain, General tiredness,
- Edema, or swelling in the legs or feet
- Losing weight without any reason and changes in bowel habits

TREATMENT: Treatment varies depending on the stage of the cancer and includes the surgical removal of the cancer, Radiation Therapy, Androgen Suppression Therapy (AST), High-Intensity Focused Ultrasound (HIFU), Cryotherapy and Chemotherapy. AST is a very common and highly effective therapy for slowing prostate cancer growth. However, it causes many side effects, including muscle and bone loss, weight gain, increased risk of cardiovascular disease and type 2 diabetes. Exercise is well-established as medicine to reduce all these side effects.

EXERCISE AND PROSTATE CANCER: Generally, the beneficial effect of exercise routines to enhance physical and emotional health, improve cardiovascular function, weight management, maintaining muscle and bone strength, etc., can directly combat the potential side effects of hormonal prostate cancer treatment (AST).

Therefore, following an adequate exercise regime, could have a crucial impact on prostate health in accelerating the treatment or preventing recurrence. Additionally, exercise reduces blood sugar, which lowers insulin and consequently inflammation levels. As obesity, insulin and inflammation increase the risk of prostate cancer, exercise can reduce the chance of developing the cancer or deteriorating the disease.

Exercises to Consider. Because prostate cancer treatments may cause sarcopenia, that change the ratio of fat-to-muscle, it is important that a fitness routine emphasizes aerobic capacity and strength training. Together these can help to improve cardiovascular fitness, muscle mass, bone density and lessen body fat.

AEROBIC EXERCISES: It is recommended that adults should get at least 150–300 minutes of moderate-intensity aerobic activity or 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate and vigorous-intensity activity during the course of a week.

For men with prostate cancer Aerobic exercises such as walking, jogging, and swimming are important and helps to burn calories while maintaining a healthy weight, therefore it can help to reduce the aggressiveness of prostate cancer by reducing the risk of developing obesity. However, men with prostate cancer should avoid prolonged bicycling because of the pressure the seat puts on the perineal area, which is between the scrotum and the anus.

Bone health is also important for prostate cancer patients, especially during hormone therapy. Regular weight-bearing training and exercises such as stair climbing can help to prevent bone loss.

References: Riffenburgh, R., Amling, C. Use of early PSA velocity to predict eventual abnormal PSA values in men at risk for prostate cancer. Prostate Cancer Prostatic Dis 6, 39–44 (2003). <https://doi.org/10.1038/sj.pcan.4500614>. Loeb S, Catalona WJ. The Prostate Health Index: a new test for the detection of prostate cancer. Ther Adv Urol. 2014;6(2):74-77. doi:10.1177/1756287213513488

EDITOR: It was by chance that in 2008 I was talking to a Dragon Boat friend who told me about his ongoing treatment for Prostate Cancer. I knew very little about this cancer and he had not mentioned it before. He said he had not experienced any symptoms but the cancer had been picked up by his doctor on a routine health check. Being of the same age group I decided to ask my own doctor about Prostate Cancer but was not concerned so did nothing until my annual medical when my doctor suggested he checked my prostate gland and have a biopsy taken.

The result of the biopsy revealed that I had cancer 'on the margin of my prostate gland' and surgery followed in 2009. For the next 4 years my PSA readings were extremely low but then started to rise again and so I underwent radiation treatment in 2013, which again resulted in almost undetectable PSA readings but in 2019, my PSA level started to move very slowly upwards again, a 'creeping PSA' my doctor told me and it is still 'creeping' today. **The lesson for men to learn is, do not be reluctant to talk about prostate cancer in your daily life and do have a check-up, no matter how fit or healthy you feel you are.**

Mike Mackeddle-Haslam

STRENGTH TRAINING: Due to the prostrate location, cancer treatment can damage the surrounding tissues, including the pelvic floor muscles. To reduce the side effects of treatment and improve urinary function, men who are undergoing prostate cancer treatment should keep their pelvic floor strength level up.

Kegel exercises have been shown to improve pelvic floor strength and are great for men with prostate cancer because they can help to control incontinence without medication or surgery. A Kegel exercise is performed by contracting the pelvic muscles, holding the contraction for approximately 5 seconds, and then relaxing. To build up your pelvic floor strength, repeat this motion about 20 times per session and 3-5 times per day. Take a 5-second break between each repetition.

EXERCISE PRECAUTIONS: Always consult your doctor before you begin an exercise programme. Prostate cancer and its treatments may cause specific side effects that require you to modify your exercise regime. Always monitor your energy levels and adapt your exercises accordingly. If you've been diagnosed with osteoporosis, ask your doctor which weight-bearing exercises are safe for you to strengthen your bones. **Patients with bone metastases have a higher risk of a fracture** and should do the exercises with a low risk of falling.

Peripheral neuropathy is a common side effect of cancer treatment that involves numbness, loss of sensation, tingling, and pain in different areas of the body. It may be hard to hold weights during strength training and is safer to use tubing or bands with handles.

Patients with cardiopulmonary issues have weakened heart muscles or an irregular heartbeat and should begin their exercise programme under medical supervision. Cancer treatment may cause neutropenia, that increase the risk of infection, due to a reduction of white blood cells. It is recommended to avoid exercising in crowded places like gyms, which have not be cleaned regularly.

Pelvic Floor Strengthening Exercises





PINKY CHEF CORNER

Roasted Sweet Potato & Carrot Soup



Serves 4



Preparation and cooking time: Prep: 15 min. Cook: 35 mins

Nutrition per soup serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
419	19g	8g	45g	27g	10g	11g	0.9g

Sweet Potatoes Nutrition Facts and Health Benefits

Sweet potatoes are mainly composed of carbs. Most of the carbs come from starch, followed by fibre. This root vegetable is also relatively low in protein but they are an excellent source of beta carotene, vitamin C, and potassium. They are also a decent source of many other vitamins and minerals.

Sweet potatoes are rich in many plant compounds, such as beta carotene, chlorogenic acid, and anthocyanins and are likely to be healthier than regular potatoes with a lower GI, more fibre and large amounts of beta carotene. Sweet potatoes may have a variety of benefits, including improved blood sugar regulation.

Potential Downsides: Sweet potatoes are widely considered safe but may increase your risk of kidney stone formation due to their oxalate content.

Ingredients	PREPARATION
500g sweet potatoes, peeled and cut into chunks 300g carrots, peeled and cut into chunks 1 red pepper, de-seeded and cut into chunks 3 table spoons of olive oil 2 onions, finely chopped 2 garlic cloves, crushed 1 table spoon of smoked paprika 1 table spoon of grated ginger 1l vegetable stock 100ml crème fraîche, plus extra to serve	STEP 1 Heat oven to 190C/170C fan/gas 5. Put the 500g chunked sweet potato, 300g chunked carrots, pepper, onion and garlic on a large baking tray. Sprinkle with the paprika, and seasoning, then drizzle with the oil. Toss together. Roast for 30 mins or until beginning to brown or until caramelized and tender. STEP 2 Meanwhile, put the remaining 1 tbsp olive oil in a large deep saucepan and fry 2 finely chopped onions over a medium-low heat for about 10 mins until softened. STEP 3 Add 2 crushed garlic cloves and 1 TBS grated ginger and stir for 1 min before adding 1l vegetable stock. Simmer for 5-10 mins until the onions are very soft, then set aside. STEP 4 Once the roasted vegetables are done, leave to cool a little, then transfer to the saucepan and use a hand blender to process until smooth. Stir in 100ml crème fraîche, a little more seasoning and reheat until hot. STEP 5 Serve in bowls topped with a swirl of crème fraîche and a good grinding of black pepper.



EDBF MED COM - ANTI-DOPING UPDATE

From

Dr Leila Ataei Vice-Chair of the EDBF Medical & Sports Science Commission



I believe education is a core component of any anti-doping programme. Our duty as a continental federation is not only to focus on testing and policing the sports anti-doping policy but we need to raise awareness of the dangers of taking drugs and supplements, by educating our athletes, their coaches and our officials, at all levels. It is every one's duty to stop drug cheats from being involved in our Sport.

As Vice-Chair of the EDBF Medical and Sport Science Commission (Medcom), I would like to focus on this area to prevent intentional and unintentional anti-doping rule violations. I feel that anti-doping education has been lacking in dragon boating, with very little being done about it so far.

As a sport scientist I would like to regularly publish information on banned drugs and their possible side effects and hold online workshops about this and anti-doping education, as well as anti-doping information linked to performance coaching in conjunction with the new EDBF Coaching Development and Awards Panel.

I plan to start a Med Com campaign linked to the World Anti-Doping Agencies (WADA) International Standard for Education (ISE) 2021 code and its requirements. My long-term plan is to invite Anti-doping experts from WADA to our events to share different experiences and learn more.

To start the ball rolling, I invite all paddlers, coaches and officials who are involved in our sport to take a moment to visit the following website:

<https://adel.wada-ama.org/learn>

The WADA website provides education programmes for athletes at all levels. You can take different free anti-doping courses and learn about different aspects of the WADA anti-doping programme.

If you have any questions, you can contact me directly by email at: Leila.Ataei1983@gmail.com

The World Anti-Doping Agency (WADA) was established in 1999 as an international independent agency composed and funded equally by the sport movement and governments of the world. Its key activities include scientific research, education, development of anti-doping capacities, and monitoring of the [World Anti-Doping Code \(Code\)](#) – the document harmonizing anti-doping policies in all sports and all countries.



THE CODE

The World Anti-Doping Code is the document that brings consistency to anti-doping rules, regulations and policies worldwide



THE PROHIBITED LIST

Updated annually, the List identifies the substances and methods that are prohibited to athletes in- and out-of-competition.

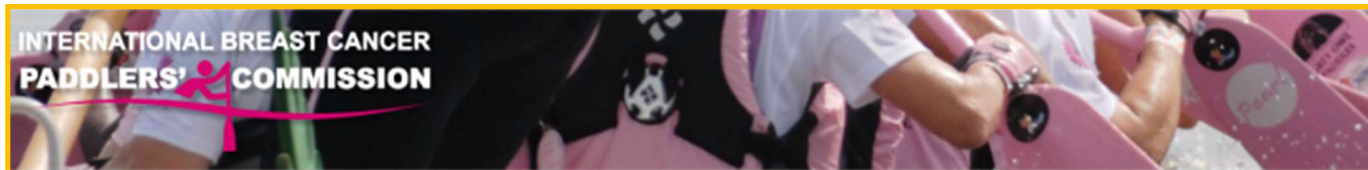
SPEAK UP! Help us protect the clean athlete and the integrity of sport. Every time someone steps forward with information on doping, we move closer to a clean and fair playing field for all.

We know that coming forward with sensitive information is a big decision – one that you would not enter into lightly. We applaud the courage and conviction required to raise concerns about cheating.

You have chosen to put your trust in us and we take this very seriously. This website is a secure way for you to report activity that you think goes against anti-doping rules.

Whether you decide to open a secure mailbox, or provide us with your contact information, everything you tell us is strictly confidential.

The *Speak Up!* reporting tool is available on the App Store and Google Play



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".



LETTER FROM THE PRESIDENT

Even though so many teams are still not back on the water, that has not stopped the activities continuing virtually and programmes and team numbers building. We are seeing phenomenal growth in **Brazil through the drive and fortitude of Cleusa Alonso** and also in **Argentina** led by our two national representatives there. It has been astounding to watch this activity and growth and you can read more about this in the rest of the newsletter.

We are always very happy to share information about events anywhere globally, however we must stress that right now you err on the side of caution when considering travelling nationally, but more importantly internationally. The IDBF World Nations Championships due to be held in Hong Kong in November 2021 were cancelled, due to the continuing Covid-19 situation. The IBPCP has a seat at the IDBF council table and I was personally involved in the many months of meetings that lead to this final decision.

I can tell you it is not a decision that was made easily, other location options and venues were explored however none of these options were any better than Hong Kong and each still entailed quarantine regardless of the location. Dragon Boating is a self-funded sport and it was felt it was unfair to the athletes to have to cover not only their travel costs but also the costs of quarantine along with the isolation that they would incur in Hong Kong and that this would have had a negative impact on their mental well-being. We feel deeply disappointed for all those athletes who trialled in their countries and especially those breast cancer paddlers who most recently went to the USA trials in July.

Before I sign off, I would like to again applaud all the volunteers for their important work. Words are insufficient to express the thanks for this important work, so instead I will send you all much Love (Arohanui). **Meri Gibson**



NEWS FROM ARGENTINA from Lia del Prado, IBCP National Rep.

First, the very good news that 5 new groups have joined the IBCPC.

The new teams are: Quilla Rosa. Santa Fe: Asociación Civil Nahuel Rosa de Bote Dragón (Rio Negro): Guerreras Rosa del Viento (Santa Cruz); Mongüen Kawen Rosa (Rio Negro) and Rosa del Mar.

Another wonderful news is the Invitation that has been sent to me from the Ministry of Social Development, Secretary of Sports and Recreation of the Province of Santa Cruz, to participate in a talk advising what the IBCPC is, what it is dedicated to, and to promote the IBCPC by-line that, "Exercise is Medicine" and also the recreational sports practice of the Dragon Boat in our country. I will be doing this as a representative of the IBCPC. There will also be a virtual training for 4 Saturdays **"Life in Pink Project"**.

Training cycle **"Life in pink project - dragon boat"**.

The Ministry of Social Development, through the Secretary of State for Sports and Recreation, invites all to participate in the training cycle "Life in pink-dragon boat" which promotes the sport of women survivors of breast cancer. sense the gender and sports area of the provincial entity and in conjunction with the organization Base Bariloche de Bote Dragon and Fundación Nahuel Rosa, to be held in 4 virtual meetings.

With the aim of providing theoretical and technical bases for the knowledge and practice of the dragon boat discipline, the proposal for members of the sports community will be held in four sessions throughout August.

During the course the speakers will address topics such as:

- the history and culture of this sport
- The therapeutic practice of the dragon boat and its benefits for rehabilitation
- institutional aspects and technical and regulatory notions.

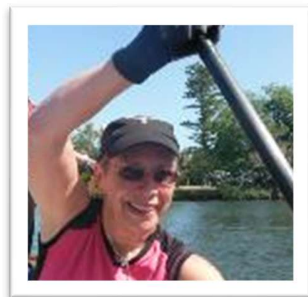
**NEWS FROM COLOMBIA** from Ruth de Castro, Cartagena de Indias.

Almost three years ago, on October 7th, 2018, Catalina Palacio established **Dragon Boat Colombia Foundation in Cartagena**. The organization's purpose is to connect all women in Colombia that would like to change their lifestyle after surviving breast cancer. Paddling and sharing their stories went hand in hand. And as result, a big group of women were 'bitten by the dragon' and embarked on this adventure. Sadly, in July 2019, we lost Catalina to breast cancer. However, her legacy lives on, in both the hearts and minds of all the survivors she inspired.

Late last year, we are celebrated our 2nd anniversary. We had a lot of activities and experiences that we shared with other BCS Dragon Boat teams around the world. The 'Rock Stars with Cancer' was an interesting subject from oncologist Dr Haroldo Estrada! We learned how cancer can get even the Hollywood stars, no one is exempt. We enjoyed our 'Cooking in Pink' event with the great Caribbean chef 'AJA CHECHI', as we prepared a delicious pink hummus to commemorate our colour. We also had a conversation with Dr. Ana Casas from Spain, pioneer in BC investigation with three of our Survivors.

In this celebration we had the opportunity to share our BCS stories, we chatted, enjoyed and even met around the boat and went on a pink bike ride with dragon mask and umbrellas, to mark our anniversary in honour of Catalina and Dragon Boat Colombia, two fundamental pillars that guide us in this arduous way. It has been a year full of new challenges but what remains intact is the desire to go out in our dragon boat and overcome adversity. **PADDLES UP, Cartagena Dragons.**



USDBF BREAST CANCER PADDLERS COMMITTEE *an initiative by Betty Solley.*

It's been ten long years and finally **Betty Solley's** perseverance has paid off. With the establishment of a **Breast Cancer sub-committee on United States Dragon Boat Federation (USDBF)**. This is a step in the right direction as these kinds of sub-committees exist under national federations in New Zealand (since 2007), Canada (Linda Kuska heads this up) Australia (in process).

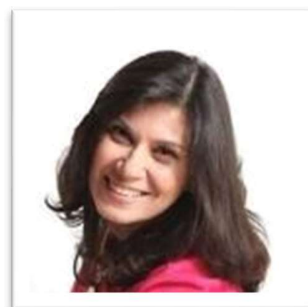
Breast cancer paddlers (BCP) across the United States will now be represented in the new BCP Committee, part of a new venture by the United States Dragon Boat Federation (USDBF). The USDBF has formed a Special Interest Committee to support and grow three groups of dragon boaters: all cancer paddlers (ACP); breast cancer

paddlers (BCP) and Para Dragons (PD), those athletes who have some form of physical, psychological, neurological, sensory, developmental, physical or intellectual impairment.

The BCP committee represents 61 known breast cancer paddling teams across the US, 59 of which are IBCPC members. The committee is composed of breast cancer paddlers representing the four USDBF regions of the country. Betty Solley of Philadelphia, PA is BCP committee chair and the regional representatives are: Linda Dyer of Burlington, VT, Cheryl Lychwick of Fort Dodge, Iowa, JoAnn Moore of Sarasota, Florida and Annette Johnson of Portland, Oregon. The BCP committee is excited to begin work to improve communication among teams and collaborate with the other two committees to grow our sport in the US. You can see the new BCP webpage at <https://www.usdbf.org/who-dragon-boats/breast-cancer-paddlers-bcp/>

Please let us know if your national federation also has a breast cancer paddler sub-committee.

NEWS FROM BRAZIL. *The growth in Brazil has been phenomenal!* **Cleusa Alonso the founder of Remadoras Rosa in Brazil** (Pink Paddlers in Brazil) is determined., dedicated, supportive and very cheerful. She was one of the first Brazilian pink paddlers, even though she lived in Argentina. She has participated in several Breast Cancer dragon boat festivals in Latin and South America and was the first National Representative for Brazil.



She instigated the growth of breast cancer dragon boating in Brazil and is responsible for pink paddling on the Dragon Boat Commission of the Brazilian Confederation of Canoeing (CBCa), which was recently admitted to IDBF as the dragon boat representatives for Brazil. Her strong gratitude in the heart of her passion for the pink dragon boat paddling has contributed to painting pink all over the many and varied regions of Brazil.

Cleusa is also the founder of the new team in Brazil, Forca Rosa (recently joined IBCPC) that will help the team to fly the flag of Pink Paddling in the highest places across the globe to demonstrate that women who have undergone a diagnosis of and treatment for breast cancer can live a full and active life.

There are many Brazilian teams waiting to join IBCPC and we extend our huge congratulations to Cleusa and thank her enormously for all she has done to help to build such a big network of pink paddlers across Brazil.

NEXT IBCPC PARTICIPATORY FESTIVAL - 2026

As we have missed a year due to COVID we thought **Prior to the opening of the bid process** the IBCPC it would be good to let you know that we will be working committee will hold a session (using Zoom) for any through the process of obtaining bids for the next regions/teams/clubs interested in placing a bid to organise **IBCPC event in 2026.** this very special event. This session will be paramount for

For any of you considering organising an IBCPC anyone considering putting in a bid.

Festival, it is time to think about this now. We anticipate This will give you the opportunity to ask questions about the opening the bid process for the 2026 event on the 1st of process, the IBCPC committee and current and past festival October 2022. You will be advised of the time period organisers can share their experiences.

for submitting your bid along with timeframes around site visits, announcements etc.

NEWS FROM SOUTH AFRICA from Eileen van Helden, National Representative.**Amabele Belles, Cape Town, South Africa.**

Since our last update to IBCPC in August 2020, when we were in hard Covid lockdown, a lot has happened, but much has stayed the same. On 3 October 2020, we were back to paddling after a 6-month break but had to observe strict safety measures: a symptom questionnaire, temperatures taken and registration before each session; keeping one metre apart while on the jetty; masks to be worn until we were actually paddling and no drummer allowed since they face the stroke pair!

We could have a maximum of 10 paddlers sitting in a zigzag pattern on a normal 20-seat boat, which is quite a good workout! The minimum for boat safety was 8 paddlers and this made for tight number planning. This strict protocol led to cancelled sessions when we did not have enough paddlers for a particular session and to disappointed paddlers when we had over 10, so a subset of the team only got a half-session on the water. Then the second wave of Covid led to the second cessation of paddling from mid-December 2020 to the end of January 2021.



Back to paddling in February and then in March, as if Covid wasn't enough, the Waterfront experienced a minor natural disaster. A pair of humpback whales happened to be chasing a shoal of mackerel past the harbour entrance and the shoal took a sharp right turn into the harbour to escape. Sadly, those waters did not have enough oxygen to support the extra fish numbers, and there was a mass die-off. This caused a further depletion of oxygen, leading to an expanse of sterile, milky turquoise coloured water that took months to clear. So, we had to find another paddling venue, and moved to Century City in Cape Town, home to a huge shopping mall and a network of freshwater canals around natural wetlands and manmade islands forming a bird sanctuary.

In July this year, the country went into the third Covid wave and we stopped paddling..... again. We have now come full circle back to the situation in August 2020 and our only team activity is bailing the rain-water out of the boats!

We look forward to the end of the current wave and we still have a strong sense of being part of a team, mainly thanks to our WhatsApp chat group, but we all miss paddling dreadfully.

NEW COUNTRY ENQUIRIES - MEXICO AND TRINIDAD

Mariana Lascano of Los Mochis, Sinaloa, Mexico contacted the IBCPC to request information about starting a breast cancer paddling team in Mexico. She is President of a nonprofit organization in Los Mochis, and while her group currently has access to tandem kayaks, she is interested in finding out more about dragon boating.

Further to this the subject of a team in Mexico was discussed at the recent IDBF Council meeting. It was agreed that Franco Siu Chong, President of PanAm Dragon Boat Federation would have a conversation with BCS people in Mexico as Franco was looking for an organization that has the capability, organization, influence and interest in starting **Dragon Boating in Mexico, not only for BCS teams but a sport for all.**

Franco has also linked up with a BCS organizer, Michelle O'Keefe, and encouraged her to start a BCS team in Trinidad. The ladies are so thoroughly excited and had only one practice. before the government came and banned all team sports. We are sure that post Covid lockdowns they will be back on the water and we will be welcoming another new country to our IBCPC family.

THE CHINESE CONNECTION. A successful strategy in the new territories in the Americas, has been to link up with an influential Chinese Organization which has the respect of the Chinese Community and an ear with the Embassy of the People's Republic of China. The Chinese government is keen in promoting Chinese Culture in overseas Chinese communities. Dragon Boating can be used as a cultural and sporting contribution of the Chinese diaspora to the adopted country where they live.

CULTURE CORNER

THE DRAW OF THE DRAGON BOAT FESTIVAL - by Chow How Ban.

Article reproduced from the Shanghai Daily News, 12 December 2000

Southern China is where the dragon boat festival originated from and Jiangmen City in southern Guangdong province, has many teams in its villages today, that continue the tradition of dragon boat festival races.

Each of the 14 villages in the Shitou area has its own dragon boat team. Every year they take part in the grand dragon boat festival at the river mouth, to preserve their centuries-old legacy. Shitou, about 100km from the provincial capital of Guangzhou and residents depend on the river for transport and irrigation resources. Many villagers rear fish in ponds in their backyard and plant both vegetables and fruits to make ends meet.

The dragon boat festival is more than just a tradition in the village. It is the passion and pride of the 8,000 villagers who grew up being involved in one way or another in the annual event that is held in conjunction with Duan Wu Jie (Dumpling Festival). In 2008, the races attracted 12 crews, each with 30 paddlers and drummers in its narrow long boat decorated with a dragon's head and tail. The spectators at the grandstand cheered the crews on, while others in boats near the riverbanks, showed respect for the crews by splashing water from the river.

On the 8th of June 2020, the village burst into life with some 30,000 spectators and the descendants of people from the village, who had returned from Macau, Hong Kong, Taiwan and Malaysia, gathering on the riverbanks to watch the gruelling races. Preparations usually start a week before the event, when the crews decorate their boats and train every evening after their daily work, while fellow villagers surround the boats by the river to support them and during the racing, womenfolk prepare dinner in the area near their ancestral Temple.

Besides participating in the dragon boat races, the villagers also make zongzi (rice dumplings) and give offerings to honour the ancient Chinese patriot Qu Yuan. Every village in Shitou has its own dragon boat "with its own characteristics, history and interesting stories," said village head Chen Nianben. "we have managed, during the races, to welcome home our overseas counterparts and show our good values like unity, teamwork and diligence."

The dragon boat tradition in the village has been passed down the generations and can be traced through the existence of the Jie Long Bridge, built more than 300 years ago during the Qing Dynasty".

Malaysian, Chan King Choong, was part of Lianhou village's team when he returned to his ancestral home several years ago. "I asked the village committee if I could participate, as I would really love to get a taste of the rich traditions of my ancestral village. "I had my hands on the drum. It was tough racing the boat as it required a great deal of coordination from all the team members," he said.

Chan loves the festive mood during the traditional celebration and makes it a point to bring his family back to the village to celebrate the event with other villagers. Secondary school student Huang Shaojun, 16, who lives in Jiangmen City, followed her parents back to their hometown to support the event this year (2020), said she was thrilled by the spirited display of the teams.

"My parents wanted me to learn more about the meaning of the dragon boat culture and Duan Wu Jie, which is a popular festival in the Chinese calendar. I think the dragon boat teams competed very hard. Their performance show-cased Chinese culture and they placed friendship above everything else"

When the racing is over, the weary participants return to their village to feast on a grand spread with the rest of the villagers. Descendants of people from the village, such as Chan and spectators watching the races donate money to the village committee to sponsor their team and organise the annual dinner.

The village head said several overseas corporations and individuals had contributed donations in money and kind to the village to make the event a success.

"We have to thank a Hong Kong businessman for building a proper viewing platform for this year's race. Within the next three years, we will have better facilities for the race and our Hong Kong and Macau counterparts have given their commitment to make the event even grander," Chen said.



DRAGON BOATS FOR PENANG.**HISTORY CORNER**

South China Morning Post Jun 5, 1979. All Extracts courtesy of ProQuest Historical Newspapers:

HONGKONG will take part in an international dragon boat race in Penang early next month. The chairman of the Tourism Development Committee of Penang, Mr Khalid Ahmad bin Sulaiman, yesterday told a press conference here, that the international event, Penang's first, will be held on the 8th July. He said Hongkong and other Southeast Asian countries have been invited to take part.

"So far Hongkong and Singapore have promised to send teams but Thailand and Japan won't be able to come because they will have similar events during that week," he said. Mr Khalid Ahmad said Penang's first dragon boat races were held in 1956 to celebrate the 100th anniversary and the accord of city status to the municipality of Georgetown, the capital. *"The races were revived 10 years later as part of the Pesta Pulau Pinang (Penang Festival) held annually throughout December and have remained as one of the highlights of the festival since 1970".* Initially, the races were confined to teams from local companies, associations and Government departments. But they have attracted a lot of foreign interest lately.

From this year, Mr Khalid Ahmad said a separate water festival has been created for July to help spread the state's festive programme. Dragon boat races will be the main feature. *"By picking July Penang also hopes to form a circuit with other countries holding similar races, such as Singapore in May and Hongkong in June".*

The festival will, as in previous years, be held in Gurney Drive, Penang. Penang teams will first compete for local honours. The winners of these events will race against overseas teams in the Governor's Challenge Trophy Race. To make it a truly colourful festival, a variety of water sports like canoe racing and water skiing will be held. Mr Khalid Ahmad said, *"one of the major aims of the festival is to foster good will among Asian countries".*

US GETS 3 DRAGON BOATS. *South China Morning Post Jul 21. 1979*

International dragon boat racing took on a new dimension when three Hong Kong made dragon boats were sent from Hang Hau, in the New Territories, to Seattle in America. The boats, complete with traditional dragon heads and tails and other trimmings, are the first hand-made dragon boats to go to North America. Two of them will compete in organised dragon boat races on the Puget Sound in Seattle on September 16.

The Hongkong Tourist Association's San Francisco office, headquarters of its American representation, is already closely involved with dragon boat racing in California. The city of Oakland was the first overseas team to indicate its intention to send a team to the 1980 International Dragon Boat Races in Hongkong in June and preparations are already underway. In last year's international races, teams came from Nagasaki in Japan, Penang and Singapore. This year, on June 3, a record number of six international teams came from Hawaii, Nagasaki, Macau, Penang, Singapore and Papua New Guinea.

OLD FATHER THAMES TO GET MOON CAKES. *South China Morning Post. Feb 2.1980*

HONGKONG is selling itself in a big way this year. Not satisfied with taking our garments for display in Dusseldorf in April, we're going to export the Mid-Autumn Festival to London this year

Nor will it be just the Mid-Autumn Festival but all Hong Kong's major festivals rolled up into one. There will be dragon boat races on the Thames, lion and dragon dances, Chinese theatre and puppet theatres, a lantern parade, arts and crafts, including visits by Hong Kong craftsmen, topped off by a magnificent fireworks display.

The venue for this exciting festival will be Battersea Park, just across the river from the West End, and it is to be held on two days, September 20-21, the nearest dates co-incident with the Mid-Autumn Festival (September 23 in the Hongkong calendar). As the Chief Public Affairs Officer in the Hong Kong Government's London office, Mr Ronald Boxall, said, "It will be two days of Chinese jollification. "We chose this time because it is a good time to do things in London. The weather is still warm and clearly it will be a big draw, not only for British people and tourists but particularly for Chinese residents in Britain."

The dragon boat races are unlikely to rival the Oxford and Cambridge boat race which takes place on the Thames shortly before Easter, but three dragon boats will be shipped to London following the Dragon Boat Festival in Hong Kong on June 17.

THE UPS AND DOWNS OF THE DRAGON MEDIA WORLD by Henning Wiekhorst.

In Dragon Boating there has never been much of a specialist media. From the early 1990's, Mike Haslam published Newsletters, on behalf of the IDBF, as a hard copy, sent by post but mainly as a PDF named "Dragon Boat International" (DBI) via e-mail. Later an independent paper-magazine, "Dragon Boat World" (DBW), started to be published in Canada and that is how it was in the early 2000s. As far as I know, when I set up "Dragon Boat Net" (DBN) in 2006, as a website for the sport world-wide, it was the first independent online media for Dragon Boating.



DBN's success brought it to the attention of the IDBF and as a result "Dragon Boat Net" was asked to take over the failing "Dragon Boat World". My initial answer was "No". However, I finally decided to publish my own magazine and came to an arrangement with the IDBF to include the DBI Newsletter, within it.

The arrangement with the IDBF ensured independency and journalistic freedom of my part of the actual magazine but did not allow any content changes to the inserted IDBF-Newsletter. Finally, the new magazine "Dragon Boat World International" (DBWI) came out in January 2008 and was published quarterly until 2010.

In 2007 Creative Dragon Works became a media-partner for the IDBF and I produce a video and other marketing material to promote dragon boating, in support of the IDBF's application for membership of the General Assembly of International Sport Federations (GAISF). In early 2008 became responsible for the IDBF website and created the idbfworldchamps-site, which in 2009 delivered live-race-results from the World Champs in Prague.

Dragon Boat Media - IP based TV failed! From its beginning "Dragon Boat Net" also produced self-made videos and in 2007, I was asked to consider a partnership with "The Dragon Boat Channel" also named, "Dragon Boat TV" (DBTV). This was new and had been set up as an IP-based television system covering dragon boat sport.

DBTV were confident that they could raise a lot of sponsorship and advertising money. I had some doubts, not because of a lack of positive thinking but being realistic about what could be achieved. About 6 months later, I stopped hearing from DBTV. Nobody was reachable anymore and the complete thing went down - Silence! The IDBF was quite disappointed that another tool for promoting dragon boat sport had gone, so I offered to build up "Dragon Boat World Television", in conjunction with Dragon Boat World Magazine.

DBW-TV was meant to be a video platform, offering some additional broadcasting. I started to work on it and the DBW-TV website was soon set up.

It was developing quite well but suffered the same death as Dragon Boat World Magazine. Due to the financial crisis at the time sponsors and advertising dried up and I had to find a full-time job. I had to admit to not having done any better than the others, result - Silence!

Dragon Boat Media - The Crash: 2011 was the big crash-year for dragon boat media. All in a sudden all the media had gone! The IDBF or let us say Mike Haslam, as the IDBF President, continued producing the DBI Newsletter, which was sent to readers as a PDF via e-mail. When he retired as President in 2015, Mike started to publish privately an independent e-magazine named "Dragon Sport News" (DSN), which he continues to publish.

When I returned to a full-time job in 2011, my intention was to keep publishing DBWM but this proved to be impossible because of the high workload it takes. However, in April 2018 I started to publish the magazine again but this time as a mobile-device-friendly PDF, via e-mail, that could be downloaded from Dragon Boat Net free of charge. To mark the magazine's new era the look was changed and so was the name to "The Dragon Boat World's Magazine".

The magazine soon gained growing popularity until the Covid shutdown. Now in 2021 I am taking the time to modernize the website, my aim now is to keep archived reports, articles and information about dragon boating available, as well, of course, publishing actual news and helping to promote the wonderful sport of dragon boating. Although there are no printing costs or postage with an e-magazine, everything else remains the same. Believe it or not, one of the biggest problems as a magazine publisher, is getting stories, news and content in general.

Getting information from the Federations is more difficult now than before. They all have their Social Media channels and in fact have become competitors to the independent media. Social media outlets have become very popular too and are making it difficult for magazines to create any income. To keep it short, making a magazine for dragon boating simply doesn't pay off, it actually costs the publisher money to do it. That's the simple truth but I am talking about independent media dedicated to the sport of Dragon Boating - not about Dragon Boating in the media.

DRAGON BOAT INTERNATIONAL NEWSLETTER

"NEWS FROM DRAGON BOAT SPORT"



THE SINGAPORE DRAGON BOAT ASSOCIATION

NATIONAL TEAM TRAINING FOR THE 2022 ASIAN GAMES

Hangzhou, China, 21st to 23rd September 2022

In a bid to qualify for the Hanzhou Asian Games in China, the Singapore National Dragon Boat Team (Nteam) has been given the go ahead by the relevant authorities to embark with Full Crew Training.

This is to prepare the team in achieving qualification targets for the Games. The Asian Games is the highest major international sport event that dragon boat features in (the other being the Southeast Asian Games). With dragon boat not yet being in the Olympics, this is the biggest honour and accolade for Singapore dragon boat.

Full Crew Training will allow the team to train as per pre-COVID conditions of having multiple members in groups (i.e., a full crew of 12 athletes in the DB 12 Dragon Boat). The conditions will extend to group land training as well.

The Team shall be subjected to very stringent SMM both in and out of training as set out by MOH, SportSG and SDBA. One of the many conditions that NTeam crew members are required to partake is the Regular Routine Tests (RRT), conducted on a weekly basis. On the water, the team will be identified by the "NTeam" label on the sides of their boats. Singapore Jiayou!



THE BRITISH DRAGON BOAT RACING ASSOCIATION

In November 2023 the 11th Gay Games will take place in Hong Kong. For the first time ever Dragon Boat Racing will be an event!

Although it is the 'Gay' Games, being gay is not a prerequisite! The event is open to anyone, but participants need to be aware that there will be a certain amount of glitter and glam! 🌈👑

Nigel Bedford from **Hurricanes Dragon Boat Club** and Tim Smith from **Thames Dragon Boat Club** want to get the ball rolling by ascertaining the level of interest from our BDA community in potentially joining in. They have asked that anyone interested in either helping to organise a team(s) and/or participating to fill out a quick questionnaire: <https://www.surveymonkey.co.uk/r/5MMTXLM>. For more event information go to: <https://gghk2022.com/en/>

THE WORLD'S LARGEST INCLUSIVE SPORTS, ARTS & CULTURE EVENT!

HONG KONG 3-11 NOVEMBER 2023

As one of the largest global events of its kind, the Gay Games, first held in 1982, brings together diverse groups of people to experience moments of joy through a unique combination of sports, arts, culture, fun and community. With *Participation, Inclusion, Personal Best™* as key founding principles, everyone (aged 18 and above) is welcome to participate in and support the Games regardless of sexual orientation, gender identity, ethnicity, religion, age, ability, or background. Participating athletes and artists range from professional to recreational.

Now in its 11th edition, Gay Games 11, Hong Kong 2023 (GG11HK), representing the first Gay Games in Asia, will take place 3-11 November 2023. Over 9 fun-filled days, we are excited to feature competitions across 36 sports, including Dragon Boat Racing for the first time.

In addition, a rich calendar of Arts & Culture programming, a vibrant Festival Village and unforgettable Opening/Closing Ceremonies, will be part of the Games. Under the theme of "Unity in Diversity", GGHK looks forward to welcoming up to 12,000 participants, 75,000 spectators and 3500 volunteers from 100+ countries around the world and aims to create a safe, supportive, and fun environment for all with memories and inspiration that will last a lifetime in Hong Kong, Asia and beyond.



IRELAND



THE IRISH DRAGON BOAT ASSOCIATION

It was with great pleasure that the IDBA welcomed Medb's Dragon Warriors and Tir Chonail Warriors to the world Dragon Boat family in May 2021. Both teams are located in the Northwest of Ireland, so it is really promising to see the sport developing well there

My name is Clodagh Flynn, and in November 2020, I put a post on Sligo Cancer Support Facebook page looking for fellow Cancer Survivors and their supporters to join me in creating Sligo's first Dragon Boat Club. I was taken aback with the response and messages of good luck from clubs in Ireland and overseas...and now 'I' am 'WE' and 'WE' are gaining momentum!!

Medb's Dragon Warriors are named after the Warrior Queen Medb who looks over her beautiful Sligo from atop of the Knocknarae mountain. We have fought our battle and are now ready for some fun! In what has been a very difficult time for everyone, the generosity of people with donations, and local businesses with sponsorships, is astounding. We have had offers of equipment, coaching and advice from our neighbours, Donegal Dragons and Gráinne Mhaol Dragons.



The Nore Dragon Paddlers from Kilkenny got in touch before Christmas and have gifted us a Dragon Boat! The boat was originally gifted to them by the Plurabelle Paddlers when they were starting up, and we hope that in the future we will be able to gift it on again to another new club. I told my club members that Santa had come early! We are privileged and honoured to be a part of this Dragon Boat Community, and we eagerly look forward to meeting you all in the future. We might even be able to tempt you to join us in Sligo.



Tir Chonail Warriors are a new dragon boat club on the picturesque Meenachurrin Lake. Our club was established in 2020 by three breast cancer survivors and a great committee, with thanks to Julie Doyle who put us in contact with the Plurabelle Paddlers from who we purchased our first boat. This got us on the water last year albeit for a short time.

The club now consists of around 30 members, both male and female, cancer survivors and supporters who are both experienced and novice paddlers. The Club's ethos is participation with input from all club members to contribute and make the club a safe and comfortable environment where democracy and mutual respect are key factors.

We are open to new members at all times for anyone who would like to give it a go. For more information please contact me (Kathy Burke) on 0879 140 180. You can check us out on Facebook "Tir Chonail Warriors"

Historical Note: Tir Chonail is another name given to the County of Donnagal. Meaning Conall's land or territory, 'Tir' being territory. This name historically only referred to the west of the county. The Conall in question, was sometimes referred to as Conall Gulban and was a son of Niall of the Nine Hostages.

Article courtesy of the IDBA May 2021 Newsletter

RACING THE DRAGON - THE FIRST 40 YEARS

Due to Covid-19 and many other commitments, it is now my aim to publish '*Racing the Dragon*' by mid-2022, as both an Ebook and in hard copy. 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 and I will reserve you a copy. Prices will be kept low, dependent on the type of copy. I expect this to be the range of 10 to 50 Usd.

EBook Electronic Copy – text plus limited pictures

Printed Hard Copy – fully illustrated pictures



AUSTRALIAN DRAGON BOAT FEDERATION AUSSIE NEWS CLIPS

Congratulations to Jon Taylor who was posthumously inducted into the IDBF inaugural Hall of Fame in the Developer Category. The announcement was made on Sunday 07 November 2021 IDBF 30th Anniversary online celebration. Absolutely fitting for JT to be included. He was a legend and we, the dragon boat community, here in Australia are richer for his efforts. Gone but never forgotten.



OUTBACK PADDLE REGATTA FESTIVAL

Thank you to all of those who came to the 2021 Outback Paddle Regatta, we are excited to announce we had over 1,000 through the gates!! We also have some fantastic photos which we will be putting up shortly. In the meantime here is a quick snap !

MOUNT BEAUTY DRAGON BOAT CLUB Victoria - 7th November 2021

Fantastic sessions today. Solid training session followed by easy going come and try for our new paddlers. See yourself in the boat? So good to have some new paddlers in the boat our little team is growing, so why not try a dragon pass and join us?



COOMERA DRAGONS – Gold Coast, Queensland.

Come and Try Dragonboat paddling in the morning 6:15am arrival for 6:30am start for a 1-hour session prior to our club training. Bring water, hat, towel and change of clothing! As our paddle winning members shirt says: "I know it won't be easy but I know it will be worth it"

Coomera Dragons are a family orientated club with a long history of developing youth in our sport, promoting the future paddlers of Dragonboat racing in Queensland.

Our club is a welcoming and fun yet competitive team of paddlers of all ages and experience. We look forward to seeing where our first season leads us. Join us fortnightly on a Sunday morning at 6am for Bootcamp at the Coomera Lake, open to all wanting to improve their fitness.



The NZDBA is the national body for the sport of Dragon Boating in NZ, known as the "peak sporting body". The members of the NZDBA are the following Regional Dragon Boat Associations: [Auckland](#) Dragon Boat Association; [Waikato](#) Dragon Boating and Waka Ama Association; [Eastern Region](#) Dragon Boat Association; [Central Region](#) Dragon Boat Association; [Aoraki](#) Dragon Boat Association.



GERMAN DRAGON BOAT ASSOCIATION - DDV

DDV NATIONAL TEAM – PREPARING TO DEFEND THE EDBF NATIONS CUP

Whilst the 2022 Club Crew World Cup in Sarasota, in July, is now a major highlight for our club's and their training schedules, many of our elite athletes have applied for the DDV National Team and have participated in their first training camps.

Their goal is to participate in the EDBF European Nations Championship in Kiev, which will take place from the 24th to 28th August 2022 will be held on the Obolon - a small side arm of the Dnepr.

Our National Team crews have been very successful at Championships all around the world, over the past few years, winning many Gold, Silver and Bronze medals in all the Racing Classes and the hope is that this success will continue in Kiev, especially because at the 2018 European Championships, in Brandenburg, Germany the National Team won the most medals overall and won the EDBF Nations Cup, which they seek to repeat in Kiev.

The DDV National Team cycle covers a two-year period and includes competing in an IDBF World Nations Championships, as well as the European Nations Championships. The present cycle includes Kiev 2022 and the IDBF World Nations Championships in 2023.

The present cycle officially started with a selection training camp in February 2021, in Berlin, for the EDBF Championships. However, due to the Covid 19 pandemic, both the EDBF Nations and the IDBF Club Crew Championships were cancelled in 2020 and 2021. Nevertheless, the current National Team crews, in the different categories have kept in touch regularly with different training methods.

The normal training pattern will now be restarted for the 2022 and 2023 Championships, with various training camps and competitions as well as a paddling tests in the boat. The focus of the training camps is on paddling technique and team building. From the total number in the National Team, crews are formed by age group and gender to race in the different competition classes.

The crews then work on further training routines until the actual event. Interested competitors (paddlers, drummers and steerers) can now apply by using the online form at <https://forms.gle/jvyy1rnHpLGmanLQ9>.

First time applicants are also invited to trial for the National Team and find out for themselves whether their abilities meet the requirements of the Team and if it is the right step for them. Training effort and willingness to learn new things and join a team are good pre-requisites.

The Crew Coaches for each racing class will contact all applicants and inform about the next steps to take. The next Crew Trials, based around endurance and strength tests, will take place in February 2022, at the Performance Centre of the SC Berlin-Grünau, Sport Promenade 3.

For further information and to contact a crew coach of the racing class you are interested in, visit the DDV 'National Team' web site. If you have any questions, contact the National Team coordinator Rainer Remke at teammanager@drachenboot.de.



DRAGON BOAT BLASTS FROM THE PAST



The 1st IDBF World Cup, which concluded on the 12th of June 2014 was as a monumental experience for all concerned with more friends made, more relationships forged, more lessons learnt and more experiences remembered. **Jason Chen – Singapore, IDBF Race Officials Secretary.**

YICHANG, 3 GORGES RALLY - 42km RACE DOWN THE YANGTZE RIVER.

At least 80,000 spectators watched crews from 4 Continents, Asia, Europe, North America and Australasia, race over 500m, in Yichang City at the start of the 3 Gorges Rally on 1 May 02 and many millions joined them through the TV coverage broadcast nationally, live on China Television. The next day, following a visit to the massive dam that is being constructed to hold back the mighty Yangtze River, the crews raced a full 42 kilometres down the Yangtze, in the third race in a series which began in 1992 and has since proved to be a great hit with dragon boaters from around the world. Crews set off at timed intervals and the fastest crew overall wins, so no one can be sure, until after the last crew has finished, who the winners are. Having raced in the first Rally, when the distance was nearer 80 Ks, this is an experience not to be missed. 2003 will be the last chance to try it, so don't miss it! MJH . [IDB Aug 2002](#)

EXTRACTS FROM THE 1ST & 2ND IDBF COUNCIL MEETING – JUNE 1991 & JUNE 1992, IN HONG KONG

The 1st Council meeting held on 24th June 91, immediately after the Foundation Congress, appointed the Continental Representatives; discussed the roles of the Commission Chairholders and a design for an IDBF logo; decided on Member's subscriptions and agreed that the IDBF should be registered in Hong Kong, if necessary.

At the 2nd Council meeting held on 11th June 1992, Merk Hauck, (Chair of Regatta & Tech Com) reported that the draft of Racing Rules & Regulations had been formulated in co-operation with David Blackley and circulated for comments. The Council approved members of the Race Officials Commission- Mike Thomas and Yang Degeng; the Regatta Com, Alberto Scotti, and He Leming; the Media Com, John Warren and the Marketing Com, Alan Smythe, Yuji Hajime, Jock Wishart and Lim Chien Aun.

The Sec-Gen, Mike Haslam, reported that the Bye-Laws as drafted, dealt mainly with the duties of the IDBF Officers; the Commissions' Chairholders and members; the IDBF logo and the disciplinary actions the IDBF could take.

The President, Bob Wilson, reminded the Council that the Bye-Laws were subsidiary to the Statutes and subject to the approval of the Council. They could be amended at any time. The Racing Rules & Regulations were subject to approval by the Congress and, once approved, remained in force for a minimum period of 4 years. The Council adopted the Bye-Laws.

After discussion on various amendments, the Council endorsed the IDBF Competition Regulations and Racing Rules, for approval at the Members Congress. The Council approved the principle that World Championships should be introduced from 1995 and held once every two years. This would be put to the Congress for endorsement.

The Sec-Gen reported on a proposal for a World Cup competition received from Fabio Masi. It was agreed that the Executive Com would investigate and finalize the format and rules for a World Cup. The Council agreed that the official wording and title of the IDBF, should be shown in Chinese in addition to English on official communications. It was agreed that the IOC and GAISF should be informed of the IDBF's existence and sports organisations informed of the IDBF Rules & Regulations.

HKIR – BACK IN THE HARBOUR FOR 2002

For the first time in nearly 10 years the HKIR (Hong Kong International Races) were held this year in Victoria Harbour and not on the Sha Tin River Regatta Course.

The return of the HKIR to its traditional location, well almost this year the races were held on the other side of the harbour, almost opposite the old site, was both welcomed by all concerned and more costly to the Organising Committee to stage. Mainly due to the barges and cargo lighters that shelter the racing course from the harbour shipping traffic. Early reports indicate that good racing and some boat sinkings were enjoyed by all and that HKIR will remain there for 2003 at least.

From International Dragon Boat Aug 2002

MORE ADMIN SUPPORT FOR THE IDBF

Mr WANG Xiaolin, President of the Chinese Dragon Boat Association, announced to the recent meeting of the IDBF Executive, that the CDBA, as part of its continuing support of the IDBF, was pleased to nominate one of its staff members to act as an Administrative Secretary, in support of IDBF Secretary-General, Mason HUNG.

This generous offer was most welcomed by the Executive Committee and will serve to improve and enhance communications and information between the IDBF and its membership. The Administrative Secretary will be based in Beijing, working from the offices of the CDBA, which will effectively provide the IDBF Secretariat in the future, a role previously carried out through the good offices of the former Hong Kong Tourist Association.

The Secretariat will remain under the control of Mason Hung in Hong Kong where the IDBF Headquarters will also remain, for the foreseeable future

From International Dragon Boat Aug 2002

NEWS FROM THE IDBF COMMISSIONS

Sharifa Khan, Chair of the M&MC (Marketing and Media Commission) reported on the brochure recently produced to promote the IDBF, with outside organisations and appraised Council of the sponsorship of the World Championships.

Mike Thomas, Chair of the C&TC (Competition & Technical Commission) said that the lack of qualified Race Officials needed to be addressed and reported that the C&TC would organise training and assessment courses for National and IDBF Race Officials on request to the Race Officials Secretariat. Contact Bryan Hartley on bryanhartley@tiscali.co.uk

Bob McNamara, Acting Chair of the (M&SC), Medical & Sports Science Commission informed Council that the IDBF Anti-Doping Policy had been revised and that it was proposed to raise the acceptable blood alcohol level from zero tolerance to one of 0.10g/L, in line with that acceptable for driving a motor Vehicle.

From DB International Jan 2005.

DRAGON BOAT INTERNATIONAL – OCT 2008.

IDBF President Zhang Faqiang was delighted to inform the Council that with effect from this year the Chinese Government have made the Double Fifth Dragon Boat Festival Day a Public Holiday throughout China.

President Zhang also met with Hein Verbruggen, GAISF President in Beijing before the Olympic Games. Frank and fair ideas were exchanged on the role of the IDBF. Mr Verbruggen's view was that the IDBF should concentrate on developing Dragon Boat Sport on a wider basis now that it was the GAISF Member with specific responsibility for Dragon Boating.

DSN CALENDAR OF DRAGON BOAT SPORT & FESTIVAL RACES

Issue 8: NOVEMBER 2021 - DECEMBER 2022

Given the different restrictions in Countries due to corona virus, you should check with the organiser concerned, to confirm that the event listed in this calendar, will take place on the date shown, therefore,

ALL EVENTS SHOWN SHOULD STILL BE CONSIDERED AS PROVISIONAL – EUROPE & ASIA DATES TBN

	Championships - International & National	All Races shown use IDBF Racing Rules or rules adapted from them. Championships are held under IDBF Competition Regs.
	Local Races & Events	
	Festival Races	(P) = Provisional Date or Venue
	International Regattas & Regional Champs	
	Multi Sports Games & Boating Events	

All events and dates shown as at 1st November 2021. TBN = To Be Notified. TBC = to be Confirmed

NOVEMBER 2021	Event Details	Venue	Country	Contact Details
06 Nov 2021	Lake Hernando Dragon Boat Festival	Hernando, FL	USA	www.panamdragonboat.com
07 Nov 2021	Western Region DB Regatta, Lake Canobolas	Nashdale NSW	Australia	www.dbnsw.org.au
13 Nov 2021	Pan Am Sport Regatta, By-Pass Canal	Tampa FL	USA	www.panamdragonboat.com
14 Nov 2021	DBWA Grand Prix 1 - Champion Lakes Centre	Armadale, WA	W Australia	www.dragonboatingwa.asn.au
20 Nov 2021	Miami DB Festival, Key Biscayne	Miami FL	USA	www.gwndragonboat.com
20-21 Nov 2021	Singapore Regatta, Water Fest – 200m, WSC	Kallang Basin	Singapore	www.sdba.org.sg
21 Nov 2021	Ballart Regatta, Lake Wendouree.	Ballarat, Victoria	Australia	www.dragonboatvictoria.com.au
27-28 Nov 2021	Singapore Regatta, Water Fest – 200m, WSC	Kallang Basin	Singapore	www.sdba.org.sg
27-28 Nov 2021	DBNSW Regatta Series – Race 1	Point Wolstoncroft	Australia	www.dbnsw.org.au
DECEMBER 2021	Event Details	Venue	Country	Contact Details
05 Dec 2021	Melbourne Regatta, Wharf Hotel.	Melbourne, Victoria	Australia	www.dragonboatvictoria.com.au
12 Dec 2021	Aoraki 10s, Childrens Bay. RSO Aoraki	Aoraki	New Zealand	www.nzdba.co.nz
12 Dec 2021	DBNSW Regatta Series – Race 2. Int Regatta Ctr	Penarth, Sydney	Australia	www.dbnsw.org.au
12 Dec 2021	DBWA Grand Prix 2 - Champion Lakes Centre	Armadale, WA	Australia	www.dragonboatingwa.asn.au
12 Dec 2021	Round 4 - 20s, 500 & 2000, Aquatic Res, Bower Rd	West Lake, SA	Australia	www.dragonboatsa.com
JANUARY 2022	Event Details	Venue	Country	Contact Details
08-09 Jan 2022	2 nd DB Indoor Cup, Swim Pool, Europa Sports Park	Berlin	Germany	www.drachenboot.de
16 Jan 2022	DBNSW Regatta Series – Race 3. Rodd Point	Dobroyd	Australia	www.dbnsw.org.au
16 Jan 2022	Round 5 - 10s, 200 & 2000, Scullers Reserve	West Lake, SA	Australia	www.dragonboatsa.com
16 Jan 2022	DBWA Grand Prix 3 - Champion Lakes Centre	Armadale, WA	W Australia	www.dragonboatingwa.asn.au
21-23 Jan 2022	Cross Border Champs. Gateway Lakes, Lemke Rd	Wodonga, Victoria	Australia	www.dragonboatvictoria.com.au
30 Jan 2022	Aoraki Open Regatta. RSO Aoraki	Kerrs Reach	New Zealand	www.nzdba.co.nz
30 Jan 2022	Round 6 - 20s, 200 & 2000, Aquatic Res, Bower Rd	West Lake, SA	Australia	www.dragonboatsa.com
FEBRUARY 2022	Event Details	Venue	Country	Contact Details
05 Feb 2022	Puerto Rico Dragon Boat Festival, Lake Cerrillos	Ponce	Puerto Rico	www.puertoricodragonboat.com
05 Feb 2022	Gippy Gallivant, Thompson River	Sale, Victoria	Australia	www.dragonboatvictoria.com.au
05 Feb 2022	Forza Twilight Regatta, Forza Boat Storage Shed	Forza, WA	Australia	www.dragonboatingwa.asn.au
05-06 Feb 2022	Sydney Lunar Fest Races, Cockle Bay, Dar Harb	Sydney NSW	Australia	www.dbnsw.org.au
12 Feb 2022	Be Loon 8km Challenge Race, Lake Jindabyne	Jindabyne, NSW	Australia	www.dbnsw.org.au
12 Feb 2022	7 th Aquarius Indoor Cup, Aquarius Leisure Pool	Borken	Germany	www.drachenboot.de
19 Feb 2022	Pink Dragons Regatta, Victoria Harbour Docklands	Victoria	Australia	www.dragonboatvictoria.com.au
19-20 Feb 2022	Lunar New Year Festival, Vic Harbour Docklands	Victoria	Australia	www.dragonboatvictoria.com.au
19-20 Feb 2022	Flowing Festival DB Challenge, Lake Jindabyne	Jindabyne, NSW	Australia	www.dbnsw.org.au
20 Feb 2022	DBWA Grand Prix 3 - Champion Lakes Centre	Armadale, WA	W Australia	www.dragonboatingwa.asn.au
20 Feb 2022	Round 7 - 10s, 500 & 2000, Aquatic Res, Bower Rd	West Lake, SA	Australia	www.dragonboatsa.com

MARCH 2021	Event Details	Venue	Country	Contact Details
05 Mar 2022	Shellharbour Festival - DB Regatta, Skiway Park	Oak Flats, NSW	Australia	www.dbnsw.org.au
06 Mar 2022	Round 8 - 20s, 500 & 2000, Aquatic Res, Bower Rd	West Lake, SA	Australia	www.dragonboatsa.com
06 Mar 2022	DBNSW Regatta Series – Race 4. Rodd Point	Dobroyd	Australia	www.dbnsw.org.au
06 Mar 2022	Sec Schs Canterbury Champs.RSO Aoraki	Lake Rue	New Zealand	www.nzdba.co.nz
11-14 Mar 2022	Moomba 2022 Festival, Yarra River	Melbourne	Australia	www.dragonboatvictoria.com.au
12 Mar 2022	South Island DB Champs. RSO Aoraki	Lake Hood	New Zealand	www.nzdba.co.nz
19 Mar 2022	Auckland Regional Champs. RSO ADBA	Lake Pupuke	New Zealand	www.nzdba.co.nz
19 Mar 2022	Victorian State Champs Nat Water Sports Centre	Carrum, Victoria	Australia	www.dragonboatvictoria.com.au
20 Mar 2022	Auckland Secondary Schools Champs. RSO ADBA	Lake Pupuke	New Zealand	www.nzdba.co.nz
20 Mar 2022	DBWA State Championships, Champion Lakes	Armadale, WA	Australia	www.dragonboatingwa.asn.au
25-27 Mar 2022	New Zealand Championships, Lake Karapiro	Waikato	New Zealand	www.aoraki-dragons.co.nz
26-27 Mar 2022	Great Lakes Pearl River Regatta, Elizabeth Reserve	Forster, NSW	Australia	www.dbnsw.org.au
26-27 Mar 2022	South Australia States Days, AM Ramsay Course	Ramsay, SA	Australia	www.dragonboatssa.com.
27 Mar 2022	WA Dragon Boat Festival	Freemantle, WA	Australia	www.dragonboatssau
APRIL 2022	Event Details	Venue	Country	Contact Details
05 -10 April 2022	Australian Nat Champs, Ramsey Rowing Course	West Lakes, SA	Australia	www.dbnsw.org.au
09 Apr 2022	Inverness Dragon Boat Festival	Inverness, Florida	USA	www.panamdragonboat.com
19-23 Apr 2022	PanAm Spring Trg Camps, Little Harbour, Ruskin	Tampa, Florida	USA	www.panamdragonboat.com
23 – 30 Apr 2022	Australian Masters Games, Champion Lakes	Perth, WA	Australia	www.dragonboatingwa.asn.au
30 Apr 2022	NSW State Championships, Int Regatta Ctre	Sydney NSW	Australia	www.dbnsw.org.au
30 Apr 2022	Tampa Bay International Dragon Boat Festival	Tampa, Florida	USA	www.panamdragonboat.com
30 Apr - 1 May 2022	Kalang Rvr Drgs Regatta, Bellinger River Sailing Clb	Urunga, NSW	Australia	www.dbnsw.org.au
MAY 2022	Event Details	Venue	Country	Contact Details
TBC May 2022	Madison County Chamber Dragon Boat Regatta	Madison County	USA	www.gwndragonboat.com
01 May 2022	Region v Region Regatta, Int Regatta Ctre, Penarth	Sydney, NSW	Australia	www.dbnsw.org.au
02 May 2022	WA DB Festival, Fishing Boat Harbour	Freemantle, WA	Australia	www.dragonboatingwa.asn.au
15 May 2022	Fairway Gorge PC, Super Sprints, Vancouver Island	Victoria, BC	Canada	www.fgpaddle.com
21 May 2022	Columbus Asian Festival Dragob Boat Race	Columbus, Ohio	USA	www.gwndragonboat.com
21 May 2022	Sarasota International Dragon Boat Festival	Sarasota, Florida	USA	www.panamdragonboat.com
JUNE 2022	Event Details	Venue	Country	Contact Details
June 2022 TBN	Tim Horton Ottawa, DB Festival Races	Ottawa	Canada	www.gwndragonboat.com
June 2022 TBN	Toronto International DB Festival Races	Toronto Ctre Island	Canada	www.dragonboats.com
04 June 2022	Independence Dragon Boat Regatta	Philadelphia, PA	USA	www.panamdragonboat.com
04-05 June 2022	Pickering DB Festival, Bruce Handsome Park	Pickering, Ont	Canada	www.pdbc.ca
11 June 2022 TBC	Lachine Knockout DB Races	Lachine, Quebec	Canada	www.22dragons.com
11 June 2022	Festival of the Fox DB Races, Pottawatomie Park	St Charles, IL	USA	www.dragonboatsorts.com/events
11 June 2022	Paddle for Pink Dragon Boat Festival	Lake Mercer, NJ	USA	www.panamdragonboat.com
11 June 2022	FGPC, Gorge Festival, Vancouver Island	Victoria, BC	Canada	www.fgpaddle.com
11 June 2022	Fanshawe DB Festival	London, Ontario	Canada	www.gwndragonboat.com
12 June 2022	Mississauga Dragon Boat Festival	Mississauga, Ont	Canada	www.gwndragonboat.com
18 June 2022	Hope Chest Buffalo-Niagara Dragon Boat Festival	Buffalo, NY	USA	www.panamdragonboat.com
27 June 2022	Belleville Lake DB Festival	Belleville MI	USA	www.gwndragonboat.com

JULY 2022	Event Details	Venue	Country	Contact Details
01 July 2022	Rusty Dragons Canada Dry Regatta, Toronto Isl	Toronto, Ont	Canada	www.gwndragonboat.com
02 July 2022	18 th Hameln Dragon Boat Fun Regatta	Hameln	Germany	www.drachenboot.de
09-10 July 2022	Warnemunde Dragon Boat Festival, Alter Strom	Rostock	Germany	www.drachenboot.de
10 July 2022	Sarasota International DB Festival	Sarasota FL	USA	www.gwndragonboat.com
11 July 2022	GWN Sport Regatta, Marilyn Park	Toronto, Ontario	Canada	www.gwndragonboat.com
14 -17 JULY 2022	IDBF World Club Crew Championships.	Sarasota, FL	USA	www.dragonboat.sport
23 July 2022	Rowan County DB Festival	Salisbury, NC	USA	www.panamdragonboat.com
30 July 2022	Chicago International DB Festival	Chicago	USA	www.gwndragonboat.com
AUGUST 2022	Event Details	Venue	Country	Contact Details
Aug 2022 TBN	Lake Bemidji DB Festival	Lake Bemidji MN	USA	www.gwndragonboat.com
Aug 2022 TBN	Starbuck DB Festival, Lake Minnewaska	Minnesota	USA	www.gwndragonboat.com
05-07 Aug 2022	Vancouver Island Int DB Fest, Gorge Waterway	Victoria, BC	Canada	www.fgpaddle.com
06 Aug 2022	Woodstock Rotary DB Festival,	Woodstock, Vermont	Canada	www.gwndragonboat.com
06 Aug 2022	Richmond Int DB Festival	Richmond, BC	Canada	www.gwndragonboat.com
13 Aug 2022	Chautauqua Lake DB Festival	Chautauqua Cty, NY	USA	www.panamdragonboat.com
20 Aug 2022	Riverfront DB & Asian Festival	Hartford CT	USA	www.gwndragonboat.com
20 Aug 2022	Oriental DB Festival	Oriental NC	USA	www.panamdragonboat.com
20 Aug 2022	Northern Nevada Int DB Festival	Navada	USA	www.gwndragonboat.com
24 - 28 Aug 2022	EDBF European Nations Championships	Kiev	Ukraine	www.edbf.org
27 Aug 2022	Dragon Boat Race for Literacy	Chicago, IL	USA	www.panamdragonboat.com
SEPTEMBER 2022	Event Details	Venue	Country	Contact Details
10 Sept 2022	Great River Race, River Thames	London	England	www.greatriverrace.co.uk
10 Sept 2022	Dunebrook DB Festival	La Porte PA	USA	www.panamdragonboat.com
10-11 Sept 2022	Tim Horton's GWN DB Challenge, Marilyn Bell Pk	Toronto, Ontario	Canada	www.gwndragonboat.com
17 Sept 2022	Stratford Rotary DB Festival	Stratford, Ontario	Canada	www.gwndragonboat.com
17 Sept 2022	Mercer County DB Festival	West Windsor, NJ	USA	www.gwndragonboat.com
17 Sept 2022	Dragons & Bacon Fest, Lake Erie Shores & Island	Ohio	USA	www.gwndragonboat.com
17-18 Sept 2022 TBC	Quebec DB Cup, 200, 500, 2000m	Montreal QC	Canada	www.22dragons.com
24 Sept 2022	Rotary Club of Peachtree City DB Festival	Peachtree City, GA	USA	www.panamdragonboat.com
OCTOBER 2022	Event Details	Venue	Country	Contact Details
01 Oct 2022	Philadelphia International Dragon Boat Festival	Philadelphia, PA	USA	www.panamdragonboat.com
15 Oct 2022	Orlando Int DB Festival	Orlando, Florida	USA	www.gwndragonboat.com
22 Oct 2022	6 th Dove-Elbe LD Race & 2 nd Pink Paddler Race	Hamberg-Allermohe	Germany	www.drachenboot.de
22 Oct 2022	Suncoast International DB Festival, Nat B Park	Sarasota FL	USA	www.panamdragonboat.com
NOVEMBER 2022	Event Details	Venue	Country	Contact Details
05 Nov 2022	Lake Hernando Dragon Boat Festival	Hernando, FL	USA	www.panamdragonboat.com
19 Nov 2022	Hot Water Games, Indoor Pool, Gr.Dreesch	Schwerin	Germany	www.drachenboot.de
DECEMBER 2022	Event Details	Venue	Country	Contact Details
03 Dec 2022	Pink Paddle Power, Wharf Hotel.	Melbourne, Victoria	Australia	www.dragonboatvictoria.com.au



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the Emagazine for Dragon Boaters world-wide

"The Independent Voice of Dragon Boat Sport"



wear a face mask
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public transport

Keep social
distancing and
'Stay Safe'

Don't forget to wash
your hands regularly