

DRAGON BOAT INTERNATIONAL

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The World Governing Body of Dragon Boat Sport – Full Member of SportAccord the Union of International Sports Federations

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國際龍舟聯合會
INTERNATIONAL DRAGON BOAT FEDERATION



www.idbf.org

“Dragon Boating - More than a Sport, a Tradition “

A LOOK BACK AT THE 2013 WORLD CHAMPS – MEMORIES OF SZEGED



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

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

3.

ADELAIDE CONFIRMED TO HOST CLUB CREW WORLDS IN 2016 BUT 2017 WORLD NATIONS CHAMPS STILL TO BE DECIDED. MOSCOW OR ROTTERDAM !!

DATES FOR RAVENNA 2014 CLUB CREW WORLDS CHANGED

Delegates at the 14th IDBF Congress in Szeged, Hungary on 29th July 2013, faced a dilemma when it came to choosing the Host Federation for the 2017 World 'Nations' Dragon Boat Championships!



Before the Congress, three intentions to bid for the event had been received from the Netherlands, Poland and Russia but Poland then indicated that they would not bid after-all and as both the Russian and Netherlands bids were provisional ones neither federation had a full presentation to put before the Congress.



After some debate the Congress Delegates agreed that the two candidates would be given 12 months in which to prepare a full bid for the IDBF Council to consider in Ravenna, Italy during the 2014 CCWC and that the Council would then make the final decision on the venue the 2017 Worlds.



For the 2016 Club Crew Worlds, bids had been made by Korea and Australia but Korea had subsequently withdrawn.

After watching a presentation from the Australian Dragon Boat Federation the Congress awarded the **2016 Club Crew World Championships to Adelaide** but with the proviso that if at all possible, the dates for the event would be during a school holiday period so as to allow Junior Crews to participate..



Claudio Schermi, President of the Italian Dragon Boat Association and Representatives from Ravenna, updated the Congress on the preparations being made for the 2014 CCWC and asked the Congress to agree to a change in the previously notified dates for the Championships, from late August in the high season for tourists to September, which was the low season. After discussion about the proposed dates, the Congress agreed a change from August to the 3-7 September 2014, when the accommodation costs to crews would be much lower than in the high season of August.

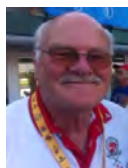
For full details of Ravenna 2014 see separate article in this Issue of DBI.

LIVE WEB TV COVERAGE OF DRAGON BOATING IN SZEGED IDBF LINKS UP WITH BELIEF PRODUCTION GROUP

The World 'Nations' Championships in Szeged, saw the continuing development of the IDBF web TV, following on from the success of the coverage of the Hong Kong, Club Crew Worlds in 2012.

With five days of continuous coverage of the racing, plus linking interviews, medals ceremonies and a live chat room, a new bench-mark was well and truly set in Szeged and over 50,000 viewing hours were clocked up during the Championships.

Produced for the IDBF by the Belief Group, using TV cameras and personnel provide by a local web streaming company, the innovation of an over-head flying camera gave great pictures off the start and of the crews racing, following them down the course in close up, from start to finish and projecting the races on to the giant video screen, at the same time, for spectators to watch too.



*Murray Jones
Commentator*

Race commentary by Murray Jones and linking interviews by Richard Smith, coupled with the backroom production skills of Phil Keeler ably assisted by lively Windsor Wong in the chat room, resulted in some entertaining and very professional coverage of the World Championships.

You can watch recorded highlights of the Szeged Worlds via the IDBF website at www.idbf.org or through www.idbfdragonboat.tv where you can also watch other IDBF library videos or directly through the New York based Live Stream web company at www.Livestream.com. Scroll to the Latest Videos and/or the Library Section of IDBF TV and click on the appropriate icon.



Richard Smith - Presenter



Phil Keeler - Producer





2013 THE YEAR OF THE SNAKE. EDITORIAL by Mike MacKeddie-Haslam.

WELCOME to DBI the IDBF in-house magazine. The highlight of 2013, the Year of the Snake, was undoubtedly the outstanding success of the World Nations Championships held in Szeged, Hungary, in late July.

Congratulations all round go to Peter Jarosi and the Szeged Organising Committee, of the Hungarian Dragon Boat Federation (HDBF) and their volunteers, for their first class organisation and to Mike Thomas and his dedicated band of IDBF Race Officials, who made the complicated and lengthy race programme run so smoothly 'on the day'.

A very successful European Club Crew Championships was also held in Hamburg in August, organised by the German Dragon Boat Association (DDV) and with a team of IDBF Race Officials led by Alan Van Caubergh, the EDBF Chairman.

The Dragon Boat was again featured in the South East Asian Games but as a 'traditional boat', this time. The races were under the supervision of IDBF Race Officials, led by Dick Lim (Penang DBA) who was the Chief Official for the event.

Off the water, IDBF Officials have run Coaches and Race Officials course for IDBF Members in Europe and visited various Countries new and old to Dragon Boating, offering help and advice on developing the Sport. Development boats have been sent to Romania, Serbia and Uganda. With the IDBF now compliant with the World Anti Doping Agencies, Anti-Doping Code, Bridget Walter has taken on the role of the IDBF Anti-Doping Commissioner and has set up the IDBF Elite Pool of Athletes, for out of competition testing.

Changes at the top of the sporting world tree has seen a new IOC President and a new Sportaccord President elected, with Thomas Bach taking over as the IOC President and Marcus Vizer succeeding Hein Verbruggen at the helm of Sportaccord.

Looking forward to 2014 and the Year of the Horse, the Asian Nations Championships will be held in Macau and then the world's best Dragon Boaters will compete in a new and exciting event, the IDBF World Cup, which will be held in China, in June. In July the Czech Republic will host the European Nations Championships and in September the world's best paddlers will return to Europe for the Club Crew World Championships in Ravenna, Italy. With the Breast Cancer Survivors holding their Participatory Festival in Sarasota, USA in October and with many International Races on the IDBF Calendar, there is much Dragon Boating to take part in and enjoy in 2014.

IOC President knows all about our wonderful Dragon Sport



The new IOC President Thomas Bach, meets up with the IDBF EP, Mike MacKeddie-Haslam, IDBF Treasurer, Alan Van Caubergh (L) and IDBF Vice-President, Claudio Schermi (R) at the recent Sportaccord conference held in Lausanne, Switzerland in early November.

Mr Bach was pleased to meet the IDBF Delegation and said he had heard a lot about "your wonderful sport of Dragon Boating" and how the Sport had developed so much over the past few years.

He wished the IDBF well and was pleased to learn that our Application for Recognition as an IOC International Federation had been submitted to the IOC Sports Department for progressing.

"You are in good hands, with our Sports Department, they will look after you" the IOC President concluded, as he sipped a glass of wine with the IDBF trio pictured above, who wished him well too.

THE STRENGTH OF THE DRAGON



2013 was a year when Dragon Boat Racers went in force to many of the International Races organised by our IDBF Members, Affiliated Festivals & Event Organisers around the world.

Paddlers from nearly 50 IDBF Members competed internationally during the year.

The World Dragon Boat Racing Championships held in Szeged, Hungary, saw a record number of Countries & Territories competing, with just over 3000 participants from 28 IDBF Members going to Szeged.

Unfortunately, late financial difficulties and visa problems meant that four other Countries did not get to Szeged, a situation that needs to be resolved for future events.

Another highlight from the racing year was the EDBF European Club Crew Championships, held in Hamburg, where over 1200 paddlers competed.

IDBF Membership reached Seventy-eight in 2013, with Argentina, Monaco and Qatar joining during the year. As the year ends, a further two applications are being processed from Greece and the Ivory Coast.

We offer a warm welcome to our new IDBF Members and look forward to seeing them 'on the water' in 2014.

With 46 IDBF Affiliates, plus 53 IDBF Boat & Paddle Manufacturers and for 2014 an IDBF Calendar of over 250 competitive events, the IDBF Dragon Boat Family continues to go from strength to strength.

Comment, articles and pictures to: The Editor: 44 Bassaleg Road, Newport, South Wales NP20 3EA. UK

Tel: + 44 (0) 1633 256796. Fax: + 44 (0) 1633 666796. Email: mikehaslam@aol.com

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9th Club Crew World Championships

Ravenna 2014, 3rd – 7th September 2014

Standiana Bacin Regatta Course, Via Standiana 38, Savio di Ravenna, Ravenna, Italy

The Organizing Committee of “the 9th IDBF Club Crew World Championships, RAVENNA 2014”, in conjunction with the Federazione Italiana Dragon Boat (FIDB) and the International Dragon Boat Federation (IDBF), cordially invite Club Crews from around the world to participate in the Club Crew World Championships, which will be held in the Standiana Bacin, Rowing Centre, Ravenna, Italy. The 2014 CCWC races will take place from the 3rd-7th September 2014, over distances of 200m, 500m and 2000m. The Championships will be conducted under IDBF Competition Regulations and Rules of Racing.

PROVISIONAL ENTRIES. All participating Clubs are required to return their **Provisional Entries**, via their sanctioning IDBF Member Organisation, by email to wdbrcentry@idbf.org by no later than **WEDNESDAY 8th JANUARY 2014**.



Situated within ten minutes from the center of Ravenna, and near to the historic places of San Vitale church and Galla Placidia, the Standiana Basin is 12km from Ravenna centre and is well placed to allow you to visit local sites of interest after the day's racing. Mirabilandia, one of the most famous amusement parks in Italy, is within the area of the park.

Trips away from Standiana Lake

It is possible to organize excursions from the lake to local points of interest in the afternoons after racing has finished: Gradara Castle, Montefeltro Castles, Wine production area

GETTING THERE. Airports: Venice Airport – 144 km; Bologna Airport – 80 km; Forlì Airport – 40km; Rimini Airport – 52km. **Main Trains:** From Bologna (1 hour) From Rimini (1 hour). **By Road:** A14 highway from Bologna; E45 from Rome and Forlì.



Many of the hotels on the Adriatic coast are near to the Standiana Basin Rowing Centre which has, in the past hosted several events with a large number of athletes. All the hotels are not more than 10 km from the basin and are situated in the Lido Adriano, Lido di Savio, Milano Marittima and Cervia.

Accommodation and Transport requirement requests should be addressed to the Ravenna 2014, Organising Committee Travel Agency at commerciale@treemmeviaggi.com with a copy to commerciale2@treemmeviaggi.com

VISAS. Italy is within the Schengen Area and Visas issued by one of the Members States are valid in Italy. The Schengen visa validity is for up to 90 days. Applications have to be submitted at least three (3) months before the day of arrival in the Schengen area. Information on which Countries need visas and application forms can be obtained from the website of the Italian Foreign Ministry web site - **Ministero degli Affari Esteri** - http://www.esteri.it/visti/home_eng.asp and click on to the Documents required for a SPORTS COMPETITION Invitation from CONI (Italian National Olympic Committee) or Competent Italian Sports Federation.

RAVENNA 2014 CCWC - DIVISIONS, RACING & COMPETITION CLASSES & ENTRY CONDITIONS

The Divisions, Racing and Competition Classes that will be contested are listed below, **Both Standard and Small Boat Championships are on offer with the Small Boat Races primarily aimed at new Clubs on the international stage** but also at older Clubs with only a small number of paddlers available for a particular Racing Class. Classes may be combined in the early rounds of competition but the Grand Finals will be separate. Each IDBF Member may sanction up to 5 different crews per Competition class – one crew only per Club.

A Club can enter Standard or Small Boat Crews or both in all Racing Classes **but for a Club to enter both a Standard and Small Boat crew in the same Divisional Racing Class** or competition, the paddlers in the Small Boat Crew must be **different paddlers** from those used in the Standard Boat crew - including reserves, **with the exception of Mixed Crews**.

Mixed Crews Exception. A Club may enter an Open Standard Boat and also a Women's Small Boat Crew or vice versa, in any Racing Class when there are less than 18 paddlers of either sex available to race. In these cases the same Small Boat paddlers can **also race in a Standard Boat Mixed Crew but NOT in a Small Boat Mixed Crew**.

BCS Crews; All Cancer Survivors Crews (ACS) and Paradrasons (Adaptive Paddlers Crews) will race in Standard Boats in their respective Divisions over 200 and 500m. There will be no 2000m races for Paradrasons' but BCS Crews may race in a Women's 2000m and ACS in an Open/Mixed 2000m. **BCS/ACS/ADP Standard Boat crews will not count against the 5 crews per IDBF Member** but BCS/ACS crews wishing to race in a Small Boat - see also information on BCS/ACS/ADP Entries below, must be sanctioned by their IDBF Member and will count towards the 5 crew maximum.

Double rostering of paddlers between Divisions is discouraged. Helms and Drummers may be used across the Divisions (subject to the rules for Juniors and Seniors) but the Race Officials will **NOT** delay races for Helms/ Drummers to transfer between crews.

Standard Boat (22 Racers) (Mixed Crews = min of 8 and max of 12 female paddlers)

Division	Premier Racing Class	Senior A Racing Class	Snr B (GDs) Racing Class	Snr C (SDs) Racing Class	18-23 (U24s) Racing Class	Jnr A and B Classes	BCS/ACS/ADP Divisions
Open	200,500m, 2k	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200m, 500m
Women	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200m, 500m
Mixed	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200, 500m, 2k	200m, 500m

Small Boat (12 Racers) (Mixed Crews = min of 4 and max of 6 female paddlers)

Division	Premier Racing Class	Senior A Racing Class	Snr B (GDs) Racing Class	Snr C (SDs) Racing Class	18-23 (U24s) Racing Class	Junior A & B Racing Class	BCS/ACS/ADP Divisions
Open	200, 500m, 2k	200, 500m, 2k	200, 500m	200, 500m	200, 500m	200, 500m	200, 500m
Women	200, 500m, 2k	200, 500m, 2k	200, 500m	200, 500m	200, 500m	200, 500m	200, 500m
Mixed	200, 500m, 2k	200, 500m, 2k	200, 500m	200, 500m	200, 500m	200, 500m	200, 500m

Age Regulations: Note: The Drummer in a Senior Crew and the Helm (Steerer) in a Junior Crew do not need to conform to the relevant age limits shown below. **Premier Classes** – minimum age is 12 as at 1 June 2014, no maximum age limit.

Senior A (Master Dragons) Age 40 or over, **Senior B** (Grand Dragons) – 50 or over, **Senior C** (Silver Dragons) – 60 or over, **Junior A** (Young Dragons) – Under 18 but 12 or over. **Junior B** (Teen Dragons) – Under 16 but 12 or over as of 1 June 2014.

18-23s (U24s) – aged 18 to 23 inclusive. **All age groups, ages shown above are as at 01 June 2014.**

Standard Boat: 4 crew members may be 16-17 years old & 2, 24-25 years old. **Small Boat:** 3 crew may be 16-17 and 1 aged 24-25.

Outline Programme: The programme is provisional and is to assist crews with their planning. Competing crews are advised to arrive in Ravenna no later than Monday 1st September 2014 but crews arriving earlier will be catered for.

Sun 31 Aug 2014	Crews arrive and Register in Ravenna	Thu 04 Sep 2014	Racing 200m – all Mixed Champs + Small Boat Open & Women's Champs
Mon 01 Sep 2014	Crews training – Regatta Course.	Fri 05 Sep 2014	Racing 200m Open and Women's Standard Boat Championships
Tue 02 Sep 2014	Crews training – Regatta Course. AM. Race Officials Meeting. PM Crew Managers Meeting.	Sat 06 Sep 2014	Racing 500m - all Mixed Champs
Wed 03 Sep 2014	Racing 2000m Stand Boat Classes Evening - Opening Ceremony	Sun 07 Sep 2014	Racing 500m All Open & Women's Standard & Small Boat Championships Evening - Celebration Dinner
		Mon 29 July 2013	Crews Depart

11TH IDBF WORLD DRAGON BOAT CHAMPIONSHIPS IN SZEGED?**CANADA, CHINA OR THE USA – WHO WOULD TAKE THE PREMIER DIVISION 'NATIONS CUP' ?**

The 'Nations Cup' the premier trophy of the IDBF World Dragon Boat Racing Championships, was again a closely fought contest in Szeged, with Open, Women's and Mixed Crews, in both the Standard and Small Boats all counting for points over the Premier 1000m, 500m and 200m race distances.

Before the start of the Standard Boat Open 500m Grand Final it was a close run thing with only six points, separating China and Canada, who had won all three Gold Medals in the Premier Standard 2000m Championships on Day 1.

26 points were up for grabs in the Open 500m, would three times winners Canada win the Nations Cup for the fourth time or could the present holders and two times winners the USA push both Canada and China down the points table and grab the title for themselves.

It all came down to the final race of the day, Race number 300 and true to form China stormed down the course to repeat their 200m success, winning the 500m title in a time of 1.53.84, followed by Germany and Canada in the medal winning positions, with USA, the Philippines and Czech Republic completing the finalists in this the 'Blue Ribbon' race of the Championships.

So it was China with 163 points in total, who took the Nations Cup for the third time, equalling the record of Canada, who won consecutively in 2003-2005 but who had to settle for second place with 153 points.

Europe has proved a happy hunting ground for China who last won the Nations Cup in 2009 in the Czech Republic. Their first victory was at the 1st World Championships in 1995.

Disappointment then for defending Champions the USA who finished fourth in the table with 132 points but a powerful display by Germany who were third placed, out of the 26 Nations competing for the Premier Nations Cup, with 133 points.

The Philippines, Czech Republic, Australia, Hungary, Macau and the Ukraine, completed the 'top ten' Premier Nations.

In the Small Boat category Russia and Chinese Taipei shared the Gold medals in the 200m and 500m Championships, with Australia taking both Silver Medals.

In the Premier Women's Championships, Canada retained their top spot trophy, with China second and the USA third. Germany, Australia, Czech Republic and Thailand completing the top six out of sixteen nations

In the Small Boat category it was Thailand's Premier Women who stole the show, by winning both Gold Medals over 200m and 500m, with the Philippines and Chinese Taipei sharing the Silver and Bronze Medals between them. Great Britain finished in fourth place on both occasions followed by Trinidad & Tobago and Puerto Rico.

The U24s Division saw eight Nations competing. Canada again dominated the points table, winning all the Standard Boat Gold Medals, followed by Hungary taking all but two of the Silver medals, they went to Sweden and the Slovak Republic, who also took all but two of the Bronze medals. Sweden and Hong Kong taking the balance.

In the Small Boat category the Australian U24s Women won both Gold Medals over 200m and 500m.

In the Senior Division, sixteen Senior A Nations battled it out for Cup Points. Eleven Senior B Nations and five in the new Senior C class completed the Senior Division line up.

Canada were again dominant across the Division, winning 11 Gold Medals in the process and retaining the Senior Trophy. USA were second, Germany third, then Australia and Ukraine. The Czech Republic and Hungary tied for sixth place.

In the medals hunt, Germany took three Senior A Open Golds and Hungary one, with Canada scooping all but one of the Womens' and Mixed Gold Medals. USA took the other one.

In the Small Boat category Russia and Great Britain shared the Gold Medals, whilst Italy and the Slovak Republic mopped up the Silvers, with the Puerto Rico and USA Women's crews taking the Bronze medals.

Ukraine won all three Senior B Standard Boat Open Gold Medals but dominant Canada took all of the Women's and Mixed Gold Medals. Australia and Russia shared the Small Boat Golds.

In the new Senior C Championships, Australia won five Gold Medals to Canada's four, with both taking the reverse number of Silvers. The USA and Czech Republic shared the Bronze Medals.

Ten Countries contested the Junior Championships, with Canada, China and Hungary taking the top three spots in the Junior Trophy. The Czech Republic, Australia and Poland completed the top six. Canada (7), China (3) and Hungary (1) shared the Standard Boat Gold Medals,

Thailand and Australia took the Small Boat Golds, with Australia also taking the Small Boat Junior B Gold medals and Canada the Silvers.

Thirty three IDBF Members in total entered the Worlds across the Divisions competing in Standard or Small Boats but visa refusals and late financial difficulties resulted in Ghana, French Polynesia (Tahiti), Kenya, Senegal and the United Arab Republic not making the start line. That left 28 Countries and Territories racing in Szeged.

Cyprus, Serbia and Romania were competing for the first time at a World Championships, with Trinidad and Tobago and Puerto Rico crossing the Atlantic to compete in Europe for their first time.



11th IDBF WORLD DRAGON BOAT RACING CHAMPIONSHIPS – SEZGED 2013

IDBF PREMIER DIVISION NATIONS CUP - POINTS TABLE



	COUNTRY	PREM OPEN			PREM WOMEN			PREM MIXED			Total points
		200m	500m	1000m	200m	500m	1000m	200m	500m	1000m	
1	China	26	26	3	16	16	8	26	27	14	162
2	Canada	23	21	4	19	19	6	23	22	16	153
3	Germany	19	23	11	14	13	3	20	18	12	133
4	United States	17	20	6	13	14	5	17	21	19	132
5	Philippines	20	19	5	7	6	dne	21	24	13	115
6	Czech Republic	18	18	8	10	10	2	19	19	DNS	104
= 7	Australia	12	13	dne	12	12	4	16	20	5	94
= 7	Hungary	14	17	2	9	11	1	15	16	9	94
9	Macau	16	16	dne	11	9	dne	13	12	8	85
10	Ukraine	15	15	1	dne	dne	dne	18	17	7	73
11	Great Britain	9	10	dne	5	5	dne	12	13	10	64
12	Chinese Taipei	21	14	dne	6	7	dne	8	7	dne	63
13	Puerto Rico	10	7	dne	3	3	dne	11	11	6	51
14	Poland	dne	11	dne	dne	dne	dne	14	14	11	50
15	Thailand	dne	dne	dne	8	8	11	7	6	dne	40
16	Russia	13	12	dne	dne	dne	dne	6	5	dne	36
17	Hong Kong	11	9	dne	DNS	DNS	dne	dne	15	DNS	35
18	Trinidad & Tobago	8	2	dne	4	4	dne	DNS	9	4	31
19	Cyprus	5	5	dne	dne	dne	dne	9	8	dne	27
20	Switzerland	7	6	dne	dne	dne	dne	5	4	dne	22
21	Japan	dne	dne	dne	dne	dne	dne	10	10	DNS	20
22	Romania	3	3	dne	2	2	dne	4	3	dne	17
23	Norway	6	8	dne	dne	dne	dne	dne	dne	dne	14
24	Iran	4	4	dne	dne	dne	dne	dne	dne	dne	8
25	Serbia	dne	dne	dne	dne	dne	dne	3	2	dne	5
26	Sweden	dne	dne	dne	dne	dne	dne	DNS	1	dne	1

Italy and the Slovak Republic did not compete in the Premier Division Championships

Red Points = Standard Boat Result. Blue Points = Small Boat Result.

Dne = Did Not Enter. DNS = Did Not Start.

11TH WORLD DRAGON BOAT RACING CHAMPIONSHIPS' – SZEGED 2013

STANDARD BOAT - PREMIER DIVISION 1000m, 200m, 500m, 2000m FINALS

STD BOAT PREMIER OPEN 1000m

1.	Germany	3:56.220	gf
2.	Czech Rep	3:57.320	gf
3.	USA	3:57.340	gf
4.	Philippines	3:57.440	gf
5.	Canada	3:57.750	gf
6.	China	3:58.590	gf

STD BOAT PREMIER MIXED 1000m

1.	USA	4:00.020	gf
2.	Canada	4:00.350	gf
3.	China	4:01.170	gf
4.	Philippines	4:01.300	gf
5.	Germany	4:02.790	gf
6.	Poland	4:04.800	gf
7.	Gt Britain	4:09.820	mf
8.	Hungary	4:10.870	mf
9.	Macau	4:11.260	mf
10.	Ukraine	4:13.220	mf
11.	Puerto Rico	4:19.830	mf

STD BOAT PREMIER WOMEN 1000m

1.	Thailand	4:09.210	gf
2.	China	4:09.270	gf
3.	Canada	4:09.360	gf
4.	USA	4:13.450	gf
5.	Australia	4:17.400	gf
6.	Germany	4:18.130	gf

STD BOAT PREMIER OPEN 200m

1.	China	0:43.540	gf
2.	Canada	0:44.140	gf
3.	Chn Taipei	0:45.620	gf
4.	Philippines	0:45.660	gf
5.	Germany	0:45.790	gf
6.	Czech Rep	0:46.770	gf
7.	USA	0:47.590	mf
8.	Macau	0:47.880	mf

STD BOAT PREMIER MIXED 200m

1.	China	0:46.460	gf
2.	Canada	0:47.040	gf
3.	Philippines	0:47.490	gf
4.	Germany	0:48.450	gf
5.	Czech Rep	0:48.520	gf
6.	Ukraine	0:49.530	gf
7.	USA	0:48.140	mf
8.	Australia	0:49.300	mf

STD BOAT PREMIER WOMEN 200m

1.	Canada	0:50.060	gf
2.	China	0:50.760	gf
3.	Germany	0:51.170	gf
4.	USA	0:51.230	gf
5.	Australia	0:51.260	gf
6.	Macau	0:53.670	gf
7.	Czech Rep	0:53.760	mf
8.	Hungary	0:54.710	mf

STD BOAT PREMIER OPEN 500m

1.	China	1:53.840	gf
2.	Germany	1:54.270	gf
3.	Canada	1:55.910	gf
4.	USA	1:56.950	gf
5.	Philippines	1:57.630	gf
6.	Czech Rep	2:00.540	gf
7.	Hungary	2:02.210	mf
8.	Macau	2:03.280	mf
9.	Ukraine	2:03.690	mf

STD BOAT PREMIER MIXED 500m

1.	China	1:56.730	gf
2.	Philippines	1:57.370	gf
3.	Canada	1:57.550	gf
4.	USA	1:58.770	gf
5.	Australia	1:59.420	gf
6.	Czech Rep	1:59.930	gf
7.	Germany	2:02.520	mf
8.	Ukraine	2:03.580	mf
9.	Hungary	2:03.940	mf
10.	Hong Kong	2:04.130	mf
11.	Poland	2:04.200	mf
12.	Gt Britain	2:05.930	mf

STD BOAT PREMIER WOMEN 500m

1.	Canada	2:06.910	gf
2.	China	2:08.270	gf
3.	USA	2:09.260	gf
4.	Germany	2:10.000	gf
5.	Australia	2:10.840	gf
6.	Hungary	2:17.940	gf
7.	Czech Rep	2:15.760	mf
8.	Macau	2:18.510	mf

STD BOAT PREMIER OPEN 2000m

1.	Canada	7:48.920	
2.	USA	7:49.790	
3.	China	7:50.960	
4.	Germany	7:52.240	
5.	Czech Rep	7:52.880	
6.	Hungary	7:57.430	
7.	Philippines	8:05.330	
8.	Ukraine	8:11.570	
9.	Macau	8:22.770	












STD BOAT PREMIER WOMEN 2000m

1.	Canada	8:26.740	
2.	China	8:35.750	
3.	USA	8:36.190	
4.	Australia	8:47.240	
5.	Germany	8:51.130	
6.	Hungary	8:57.300	
7.	Czech Rep	9:06.220	
8.	Macau	9:21.200	



SMALL BOAT - PREMIER DIVISION 200m, 500m and Open 2000m FINALS

SML BOAT PREMIER OPEN 200m

1.		Russia	0.51.680	gf
2.		Australia	0.52.650	gf
3.		Hong Kong	0.52.800	gf
4.		Puerto Rico	0.53.500	gf
5.		Gt Britain	0.53.530	gf
6.		Trin & Tob	0.55.380	gf
7.		Switzerland	0.54.760	mf
8.		Norway	0.55.550	mf
9.		Cyprus	0.55.740	mf
10.		Iran	0.55.790	mf
11.		Romania	0.57.330	mf






STD BOAT PREMIER MIXED 2000m

1.		Canada	7:56.740	
2.		USA	8:00.310	
3.		Hungary	8:07.270	
4.		Czech Rep	8:12.720	
5.		Gt Britain	8:15.690	
6.		Germany	8:19.710	
7.		Australia	8:22.160	
8.		Philippines	8:23.720	
9.		China	8:27.410	
10.		Poland	8:28.930	
11.		Macau	8:38.470	
12.		Ukraine	8:50.290	
13.		Hong Kong	9:01.180	
14.		Japan	9:03.380	
15.		Trin & Tobago	9:30.740	

SML BOAT PREMIER WOMEN 200m

1.		Thailand	0.55.120	gf
2.		Philippines	0.56.260	gf
3.		Chn Taipei	0.57.400	gf
4.		Gt Britain	0.58.340	gf
5.		Trin & Tob	1:00.560	gf
6.		Puerto Rico	1:03.010	gf







SML BOAT PREMIER WOMEN 500m

1.		Thailand	2:24.200	gf
2.		Chn Taipei	2:29.620	gf
3.		Philippines	2:29.890	gf
4.		Gt Britain	2:30.920	gf
5.		Trin & Tob	2:39.780	gf
6.		Puerto Rico	2:44.860	mf
7.		Romania	3:04.710	mf

SML BOAT PREMIER OPEN 500m

1.		Chn Taipei	2:11.070	gf
2.		Australia	2:15.290	gf
3.		Russia	2:15.580	gf
4.		Poland	2:16.510	gf
5.		Gt Britain	2:17.910	gf
6.		Hong Kong	2:27.310	gf
7.		Norway	2:20.730	mf
8.		Puerto Rico	2:23.030	mf
9.		Switzerland	2:23.150	mf
10.		Cyprus	2:23.530	mf
11.		Iran	2:25.730	mf
12.		Romania	2:30.180	mf










SML BOAT PREMIER MIXED 200m

1.		Chn Taipei	0.50.930	gf
2.		Thailand	0.51.440	gf
3.		Russia	0.53.330	gf
4.		Switzerland	0.56.050	gf
5.		Romania	0.56.370	gf
6.		Serbia	1:01.240	gf

SML BOAT PREMIER MIXED 500m

1.		Chn Taipei	2:08.940	gf
2.		Thailand	2:10.110	gf
3.		Russia	2:14.780	gf
4.		Switzerland	2:18.550	gf
5.		Romania	2:21.450	gf
6.		Serbia	2:33.770	gf

SML BOAT PREMIER OPEN 2000m

1.		Russia	9:04.130	
2.		Gt Britain	9:09.910	
3.		Poland	9:10.730	
4.		Australia	9:12.260	
5.		Iran	9:22.420	
6.		Sweden	9:22.750	
7.		Switzerland	9:34.330	
8.		Trin & Tob	9:34.940	
9.		Puerto Rico	9:41.500	





11TH WORLD DRAGON BOAT RACING CHAMPIONSHIPS' – SZEGED 2013

MEDALS TABLES



STANDARD BOAT

SENIOR A

1.	Canada	7	2	2
2.	Germany	3	1	2
3.	United States	1	4	4
4.	Hungary	1	-	2
5.	Australia	-	3	1
6.	Poland	-	1	-
7.	Ukraine	-	1	-
8.	Czech Rep	-	-	1

STD BOAT PREMIER DIVISION

1.	Canada	5	3	3
2.	China	4	4	2
3.	United States	1	2	3
4.	Germany	1	1	1
5.	Thailand	1	-	-
6.	Philippines	-	1	1
7.	Czech Rep	-	1	-
8.	Chinese Taipei	-	-	1
9.	Hungary	-	-	1

SENIOR B

1.	Canada	7	2	2
2.	Ukraine	4	-	-
3.	United States	-	5	2
4.	Australia	-	2	2
5.	Great Britain	-	1	2
6.	Russia	-	1	-
7.	Germany	-	-	3

U24S DIVISION

1	Canada	4	-	-
2	Hungary	-	2	-
3	Slovak Rep	-	1	1
4	Sweden	-	1	1
5	Hong Kong	-	-	1
6	United States	-	-	1

JUNIOR A

1	Canada	5	2	1
2	China	3	3	2
3	Hungary	1	2	4
4	Australia	-	1	2
5	Czech Rep	-	1	-

SENIOR C

1.	Australia	4	2	-
2.	Canada	2	4	-
3.	United States	-	-	4
4.	Czech Rep	-	-	2

SMALL BOAT

SENIOR A

1	Great Britain	2	-	1
2	Russia	1	-	-
3	Slovak Rep	-	3	-
4	Puerto Rico	-	-	2

SML BOAT PREMIER DIVISION

1.	Chinese Taipei	3	1	1
2.	Thailand	2	2	-
3.	Russia	2	-	3
4.	Australia	-	2	-
5.	Philippines	-	1	1
6.	Great Britain	-	1	-
7.	Hong Kong	-	-	1
8.	Poland	-	-	1

SENIOR B

1	Australia	2	1	-
2	Russia	2	1	-
3	Germany	1	1	-
4	Hungary	1	1	-
5	Italy	-	-	T

T = Trophy Awarded

U24S DIVISION

1	Australia	2	-	-
2	Sweden	1	-	-
3	Canada	-	1	1
4	United States	-	1	1
5	Hungary	-	1	-
6	Trin & Tobago	-	-	1

JUNIOR B

1	Australia	3	-	-
2	Canada	-	2	-
3	Hungary	-	-	T

T = Trophy Awarded

JUNIOR A

1	Thailand	2	-	-
2	Australia	-	2	-
3	Germany	-	-	1
4	Great Britain	-	-	1



11th EDBF EUROPEAN NATIONS CHAMPIONSHIPS

Water Sport Centre Račice - Czech Republic 25th – 27th July 2014



Organised by the Czech Dragon Boat Association in conjunction with the European Dragon Boat Federation, the 11th EDBF European Nations Championships will be held from 25th to 27th July 2014 at the Račice Water Sport Centre - the location of the 2009 IDBF World Championship.

Racice Venue. The regatta course and whole complex has recently been renovated and is like brand new! Racing will be in six lanes, each a minimum of 12m wide, with photo finish and computerized results processing provided at the finish tower. There is also a large grandstand for spectators overlooking the Finish Line, with parking places in the area behind.

Location. Situated to the north of Prague it takes about 30 minutes by car from Prague, on the new highway, to the Regatta Course. A shuttle service between the official Teams' accommodation and the regatta site will be organized and accommodation will be available both in Prague and in the Račice area.

Opening. The opening ceremony will take place at the race venue before the start of the races on 25th July 2014 but there will be a VIP reception for official representatives and **an opening party for all participants on the evening of Thursday 24th July 2014.**

The Races. The championship will be conducted according to the IDBF Competition Regulations and IDBF Rules of Racing over the race distances of 200m, 500m and 2000m. Each country may enter one crew per nation, per competition class. IDBF International Race Officials and Czech National Officials, under the direction of an IDBF Chief Official and a Jury nominated by the EDBF Executive Board, will be responsible for the conduct of the races.

IDBF Spec Standard and Small boats will be provided by the Championship organizers. Competing crews may use their own paddles provided that they confirm to the IDBF Paddle Specification 202a.

Races will be offered in Standard or Small Boat for the following Racing and Competition Classes. EDBF Members may compete in the Standard or Small Boat but not in both in the same competition classes with the exception that where a country has entered Small Boat Open and Women's crews, they can compete in the Standard Boat Mixed competitions but not the Small Boat Mixed competitions.

Class	Premier	Seniors A (1) 40+	Seniors B (1) 50+	Seniors C (1) 60+	Juniors (2)
Open	200m, 500m, 2k	200m, 500m, 2k	200m, 500m, 2k	200m, 500m, 2k	200m, 500m, 2k,
Women	200m, 500m, 2k	200m, 500m, 2k	200m, 500m, 2k	200m, 500m, 2k	200m, 500m, 2k
Mixed	200m, 500m, 2k	200m, 500m, 2k	200m, 500m, 2k	200m, 500m, 2k,	200m, 500m, 2k

(1) **Senior A** over age 40, **Senior B** over age 50 and **Senior C** over age 60 as of 1st June 2014

(2) **Junior A** under age 18 but over 11 and **Junior B** under age 16 but over 11 as of 1st January 2014

In all competitions to qualify for a European Championship status at least four (4) entries from different Countries per competition class are required. Competition Classes with three (3) entries will be given EDBF Championship **status and less than 3 entries, per class, will be classified as demonstration races and could be combined together. Provisional Entries are to be sent to the EDBF by 21st February 2014.**

Outline Programme: The programme is provisional and is to assist crews with their planning. Competing crews can arrive in Prague or Racice, from Monday 21st July 2014 but no later than Thursday 24th July 2014.

Mon 21 Jul 2014	<i>Teams arrive (optional) and Register</i>
Tue 22 Jul 2014	<i>Crew training – Regatta Course.</i>
Wed 23 Jul 2014	<i>Crew training – Regatta Course.</i>
Thu 24 Jul 2014	<i>Crew training – Regatta Course.</i>
	<i>AM. EDBF Board & Council Meetings.</i>
	<i>PM Team Managers Meeting</i>
	<i>Evening - Opening Party</i>

Fri 25 Jul 2014	<i>Opening Ceremony</i>
	<i>Racing 2000m – all Championships</i>
Sat 26 Jul 2014	<i>Racing 200m – all Championships</i>
Sat 27 Jul 2014	<i>Racing 500m - all Championships</i>
Sun 07 Sep 2014	<i>Racing 500m All Open & Women's</i>
	<i>Evening - Celebration Party</i>
Mon 29 July 2013	<i>EDBF Annual General Meeting</i>
	<i>Teams Depart</i>

For information and entries email kim.edbf@xs4all.nl Also see www.dragonboat.cz and <http://www.facebook.com/www.dragonboat.cz>



15th EUROPEAN CLUB CREW CHAMPIONSHIPS, HAMBURG

FOR THE FULL RESULTS FOR ALL COMPETITIONS GO TO www.edbf.org



In the EDBF European Club Crew Championships, held over the weekend of 24-26th August 2013, in Hamburg, Germany's Neckardrachten won the most medals with 9 gold, 6 silver and 3 bronze in the Standard Boat class, with Hannover KC winning 4 Gold Medals in the Small Boat class.

The Czech club Kanoistika Kojetin and Russian clubs Storm Tver and Volga Dragons also showed well, followed by Germany's WSAP. The weather at this weekend's event was perfect, sunny with a light breeze and temperatures in the mid-20s, so paddlers were obviously enjoying themselves at the Allermohle Watersports Centre. The event was well-organized with nearly 1500 competitors and plenty of good racing with old and new friendships being forged.

In total 51 Clubs, with 72 crews competed in the 15th Club Crew Championships from 11 EDBF Members in Austria, Czech Rep, Germany, Great Britain, Italy, Norway, Poland, Russia, Spain, Sweden and the Ukraine.

Premier Open Std Boat 500m Final		
Place	Team	Time
1	Storm Tver	01.51.31
2	Nymburk	01.52.34
3	Zakhidnyi Viter	01.54.42
4	Hochrhein	01.55.51
5	Wansea Dgs	01.55.93
6	Draci Znojmo	0:54.87

Premier Open Std Boat 200m Final		
Place	Team	Time
1	Storm Tver	00.44.56
2	Nymburk	00.44.95
3	Wansea Ds	00.45.37
4	Neckardrachten	00.45.93
5	Draci Znojmo	00.46.06
6	Hochrhein PB	00.46.37

Premier Open Sml Boat 500m Final		
Place	Team	Time
1	Hannover ASp	02.09.04
2	M.Tchaikovsky	02.11.78
3	Pinatar Murcia	02.12.57
4	Uckermark	02.13.59
5	Eaglemountain	02.13.63
6	Schwerin DBV	02.15.64

Premier Mixed Std Boat 500m Grand Final		
Place	Team	Time
1	Neckardrachten	01.57.54
2	Hannover ASp	01.58.20
3	Neubrandenburg	01.59.06
4	Draci Znojmo	01.59.77
5	Prague Select	02.03.18
6	PSV Uckermark	02.05.06

Premier Mixed Std Boat 200m Final		
Place	Team	Time
1	Hannover ASp	00.46.84
2	Neckardrachten	00.47.13
3	Neubrandenburg	00.48.71
4	Prague Select	00.49.04
5	PSV Uckermark	00.49.53
6	Moravian Dgs	00.50.68

Premier Open Sml Boat 200m Final		
Place	Team	Time
1	Hannover ASp	00.53.16
2	M.Tchaikovsky	00.54.73
3	Uckermark	00.54.89
4	Schwerin DBV	00.55.39
5	Eaglemountain	00.55.40
6	Pinatar Murcia	00.56.37

Premier Women Std Boat 500m. Final		
Place	Team	Time
1	Neckardrachten	02.07.25
2	Neubrandenburg	02.10.91
3	PSV Uckermark	02.11.37
4	Kojetin TOK	02.15.15

Premier Women Std Boat 200m. Final		
Place	Team	Time
1	Neckardrachten	00.53.00
2	Neubrandenburg	00.54.17
3	PSV Uckermark	00.55.29
4	Kojetin TOK	00.55.51



Senior A Std Boat Open 500m

Plac	Team	Round 1	Round 2	Round 3
1	Wann Sea	02.02.77	01.58.76	01.57.99
2	Nizhniy Novrd	02.02.27	02.00.13	01.59.54
3	Neckardrachten	02.02.81	02.00.66	02.00.40
4	Spojnja	02.08.66	02.04.09	01.59.56

Senior A Std Boat Open 200m

Place	Team	Round 1	Round 2	Round 3
1	Wann Sea	00.48.14	00.47.41	00.46.92
2	Neckardrachten	00.48.49	00.48.76	00.47.50
3	Nizhniy Novrd	00.48.72	00.48.51	00.47.84
4	Spojnja	00.48.86	00.49.03	00.48.16





EXECUTIVE PRESIDENT LOOKS TOWARDS IOC RECOGNITION



In his report to the 2013 IDBF Members Congress in Szeged, Executive President Mike MacKEDDIE-HASLAM told Delegates that the past two years have been ones of consolidation for the Federation, especially within the world of international sport.

The IDBF was now well established within SportAccord and IDBF Officials had met regularly with the World Anti-Doping Agency (WADA), to ensure that the IDBF became 'Code Compliant'.

As a result the EP was able to inform the Congress that, following a revision of the IDBF Anti Doping Policy to include out of competition testing, the IDBF was now fully compliant with the WADA Code, a pre-requisite for recognition by the International Olympic Committee (IOC).

With regard to IOC Recognition the EP advised Congress that the IDBF Application had been submitted to the IOC Sports Department for consideration and that further meetings with IOC Officials were planned to discuss how the IDBF can address those aspects for recognition that Dragon Boating, as a Sport, does not presently meet. In their latest letter to the IDBF, the IOC Sports Department Officers had said:-

"We appreciate all the effort invested in this application process and we would like to organise a debrief session to provide you with detailed feedback on the aspects that could be improved in your application. We remain at your disposal to discuss the format of the debrief session and we trust that we will be able to work with the IDBF to further advance its development".

The EP felt that the letter was encouraging and showed that the IOC accepts the IDBF's status as the World Governing

The EP informed the Congress that the IDBF Development Boats Scheme in which the IDBF sends Dragon Boats to new and developing Countries, was working well, with donated boats going to Ghana, Uganda, Senegal, Cyprus, the Philippines in the past 2 years and boats in the pipeline for Serbia and other IDBF Members.

Donated Boats and Paddles were also part of the IDBF Partners Scheme with 5 Platinum Partners, 1 Gold Partner and 4 Bronze Partners, registered for 2013, namely

Platinum Partners - Boats: Buk, Champion, Pei Sheng. Paddles: Grey Owl, Braca, Champion.

Gold Partners - Boats: Swift International.

Bronze Partners - Paddles: Burnwater, G Power, Trivium, Swift International.

The EP felt that for the scheme to develop and be maintained, including making sure that the Partners get the benefits due to them from the IDBF, there was a need for a specific IDBF Official to oversee the scheme and work with the Partners directly.

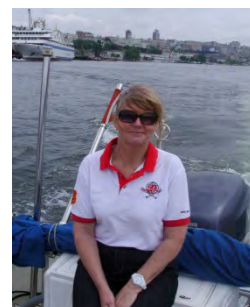
In continuing, the EP said that as a volunteer based organisation, the IDBF does not have enough of its elected officials helping to run the Federation on a day to day basis. Too much work was being placed on the shoulders of too few people and this situation must change if the IDBF was to develop the Sport effectively.

The EP advised the Congress that he had identified some key areas of the IDBF's work, that the Vice- Presidents could undertake to give them a more active and worthwhile role in running the affairs of the IDBF.

Concluding on a personal note the EP thanked the IDBF Members, IDBF Officers, Officials and his many friends and colleagues within the Sport for their kind and comforting thoughts over the past year since the death of his wife Phyll MacKeddie in July 2012, from an unexpected brain hemorrhage that resulted in a cerebral venous thrombosis.

'Phyll', was one of the founding officials of modern Dragon Boating, who had been the Race Secretary for most of the IDBF World Championships since 1999 and the Chief Official at the 2011 World Nations Championships held in Tampa, Florida.

Without such support from the world-wide Dragon Boat Family, the EP said that he would have found it very difficult to have continued with his work for the IDBF.





Franco Siu Chong

MEET A DRAGON BOAT RACING PIONEER by Nasser Khan.

SPOTLIGHT ON THE CHAIRMAN OF THE PAN AMERICAN DRAGON BOAT FEDERATION AND IDBF COMMISSIONER FOR THE CARIBBEAN

Maybe his years at St Mary's College, where he was a member of the 6th Trinidad Sea Scouts were a sign on things to come. Entrepreneur business man **Franco Siu Chong** is a pioneer in the relatively new Sport of Dragon Boat Racing.

Franco first introduced Dragon Boat Racing to Trinidad & Tobago during the Chinese Bicentennial in 2006, when he organised the first Dragon Boat Festival in Williams Bay, Chaguaramas, Trinidad.

The event attracted many crews and paddlers and some 10,000 spectators. It was a phenomenal success, bringing T&T's society together in a healthy sporting activity, which was Franco's intent from the outset.

Franco Siu Chong then founded the Trinidad & Tobago Dragon Boat Federation (TTDBF) and served as its President for two years from 2007 to 2009. The Sport in T&T is based largely in the Chaguaramas Pininsula but comprises of many teams from throughout the country, including Excellent Stores, Aquaholics, Vikings, Peking Ducks, Oarstuck, Paddles to One, Django, Tidal Blitz, Manta Rays, TTIFC Fitness, Pt Fortin Borough Corp, QRC, CIC, Trinity East, Trinity Moka, Fatima, Belmont Boys Secondary, Holy Name Convent, St Joseph College, MLIS, ISPS, South East POS and El Dorado West.

The 2013 Dragon Boat season started on the 13th April with the Inter Schools Regatta, followed by the Corporate Races on the 14th, and a new Dragon Boat Centre has recently found a temporary home just next to the Kayak Centre in Chaguaramas.

The TTDBF is a Member of the International Dragon Boat Federation (IDBF) and in 2010 Franco was appointed as the IDBF's Caribbean Commissioner with responsibility for promoting Dragon Boating throughout the Caribbean and In 2011 he became the Chairman of the IDBF Steering Committee formed to establish the Pan American Dragon Boat Federation (PADBF).

Franco Siu Chong was born in the year of the Water Dragon to Chinese immigrants who owned a shirt factory in Port of Spain. It was here that the young Franco spent his early years. He attended Rosary Boys RC School and St Mary's College in Port of Spain and then the University of Toronto, Canada.

Franco prides himself in the strides that the Sport has taken with a National T&T Team participating in the 2011 World Championships in Tampa, USA and in the 2013 World Championships in Hungary. He describes himself as 'forward thinking', 'success oriented' and 'committed'....Three words beginning with his initials FSC. Long may he be F, S and C for Dragon Boating.

BLAST FROM THE PAST - EXPO 86, VANCOUVER, CANADA



False Creek Racing Club's Dragon Boat Crews ready to race and racing at Expo 86 in Vancouver, Canada over 250m. Six Nations were represented internationally at the Dragon Boat Races held on 8th June 86." Earlier, all 30 False Creek crews got to practice before the city's first annual DB festival on June 14/15 by entering the Expo 86 grounds to get to the boats which were moored at the Marine Plaza. Using Expo performers' entrance passes in order to officially 'go to work' entertaining the crowds at Expo 86', they paddled the boats on both sides of the (brand new at the time) Cambie Street Bridge on False Creek for weeks as part of demonstrating these 'traditional cultural watercraft'. **Adrian Lee, IDBF Historian**

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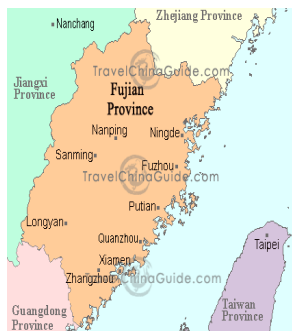




1st IDBF WORLD CUP, FUZHOU, CHINA, 11 and 12th JUNE 2014



Delegates at the 14th IDBF Members Congress in Szeged, approved overwhelmingly the recommendation of the IDBF Executive to establish a new bi-annual world class event, to celebrate the traditional Dragon Boat Festival.



Called the '**IDBF WORLD CUP**' the inaugural event will take place in Fuzhou, China, on the **11th and 12th June 2014**.

Chinese Television – CCTV 5 (Sport) will be the IDBF Media Partner for the event and the **World Cup** will be broadcast in China and through CCTV Sport to a world-wide audience.

Web coverage of the World Cup will also be shown on IDBF TV, through Live Stream, New York.

The top Nations and Territories from the Premier Division at the 2013 World Championships in Szeged and four 'Wild Card Nations' selected by the IDBF, will compete with their representative Teams against Team China, over different race distances over the World Cup days.



It was originally intended to hold the World Cup on the Double Fifth – 2 June 2014 but because the ADBF Champs in Macau scheduled for the 30th May-1st June 14 could not be moved back by a couple of days, to allow Asian Teams to travel to the World Cup for a practice day on 1 June 14, the World Cup dates were changed. Another reason was that CCTV Sport are also covering the FIFA World Cup in Brazil and so scheduling the IDBF World Cup means that, due to the time difference between Brazil and China, CCTV can broadcast 24 hours of live Sports coverage to Asia - Dragon Boating during the day and Football at night!

IDBF 2014 WORLD CUP INVITED TEAMS. The IDBF Members on the Primary List will be invited to send a Team to compete in the 2014 IDBF World Cup. **Teams must confirm by Friday 31 January 2014** whether or not they will compete in the World Cup, with a Mixed Team of 28 (12 Men, 12 Women) + 2 Reserve Racers and 2 Team Officials.

Primary List IDBF Members who DO NOT respond by 31 January 2014, will have their invitation withdrawn and Teams on the Reserve List will be invited to compete in the World Cup instead.

Reserve List IDBF Members are also to indicate, by 31 January 2014 whether or not they can compete, subject to any Primary List Teams not being able to attend the World Cup. All IDBF Members accepting the invitation to take part in the World Cup are expected to compete with their strongest possible Team of Premier Division paddlers.

PRIMARY LIST: Australia; Canada; China; Czech Rep; Germany; Hungary; Macau; Philippines; Ukraine; United States. French Polonesia (Tahiti Neu); Ghana; Great Britain; Russia; Thailand.

RESERVE LIST : Chinese Taipei; Hong Kong; Italy; Indonesia Japan; Poland; Puerto Rica, Trinidad & Tobago

In a special format designed for TV, the World Cup will be contested over 100, 200, 400 and 500m.

The race variations in the World Cup are a 100m round robin 'head to head' Mixed Races in the Standard Boat and 400m Relay Races for Small Boat Men's and Women's crews, racing as a 2 Crew Team in 'head to head' races, each crew racing a 200m leg.

Straight Standard Boat Racing for Mixed Teams, over the normal 200m and 500m racing format will complete the World Cup competitions.

Fuzhou, the hosting City and World Cup Organisers will provide all local transportation, accommodation and food for the competing crews and a travel subsidy, with the International Teams covering the balance of their travel costs to China, sponsors are being actively sought to cover this balance but this is not guaranteed. Teams with potential sponsors who might cover the balance of any travel costs should contact the IDBF to discuss possible promotional returns for a sponsor at the event and with CCTV.



Prize money will be given to all the World Cup Teams on a sliding scale the winning Team receiving the highest amount down to the fifteenth placed Team who will receive the lowest prize money.

The World Cup will be for Premier Mixed Teams in the Standard Boat but Teams will be split into Men's and Women's crews, for Small Boat competitions, therefore a 'Team' will compete in both IDBF Standard and Small Racing Dragon Boats. A Team will be 26 people - 12 Men and 12 Women (10 paddlers, 1 Helm, 1 Drummer) and two Officials.

World Cup Medals will be awarded to the top three (3) Crews in each competition with World Cup Team Points being awarded for all race distances. That is, the Standard Boats will gain points as a complete Team and for the Small Boats the final Team Times, from the Men's and Women's Small Boat crews will give a Team Points score for that competition.

The Team with the highest overall points score at the end of intense top class Dragon Boat Racing, will be the IDBF 2014 World Cup Winners !

To watch racing in Fuzhou City go to XPirits.com 2013 China Dragon Boat Tournament Fuzhou Station ...



INTRODUCING SOME OF IRELAND'S DRAGON CLUBS

BARROWLINE WATERSPORTS – ATHY, CO. KILDARE. Having been a regular team at IDBA regattas, the Barrowline Watersports Club purchased their first boat at the end of April 2013. Spear-headed by a local man, Aidan McHugh the club is now regularly running training sessions on the River Barrow in Athy. Thanks to one of the local pubs Barrowline Watersports are able to store their boat within a few meters of the river.

SUIR-DRAGON PADDLERS - CLONMEL, TIPPERARY. Received their new boat at the end of March and then invited the IDBA to run an IDBF Crew Helm and Foundation Coach Course. Set up with the right skill set the club is going from strength to strength. A big thank you to Dr. Tino Fiuza Constantino, a breast cancer surgeon who has whole heartedly embraced the sport and pushed to get the Clonmel going. Cancer CARE also supported this new breast cancer team by providing funding for their equipment.

WATERFORD DRAGON WARRIORS – WATERFORD. With armfuls of enthusiasm from Marcella Sweeney the Waterford Dragon Warriors are now in full swing. With almost twenty members and funds to purchase the equipment the club will be out on the water in no time at all.

ATHY DRAGON BOAT REGATTA - 5TH MAY 2013. In usual style the local community from Athy, Co. Kildare got well and truly behind this year's event and fielded 12 of the 15 crews in the regatta. With music from the Athy Trad Festival and good weather the crowds came out in their hundreds and certainly made this an event not to miss. Thank you to Waterways Ireland and Outdoor Tourism for supporting this year's regatta.

Below: Left: The Vikings. Right: The Granite House



KILCOCK CANAL FESTIVAL REGATTA – 23RD JUNE 2013. Following an invite to the Kilcock Canal Festival, the Irish DBA packed up their kit and headed off to Co. Kildare to a stretch of the Royal Canal known as "The Harbour". A great little venue for a community based regatta, but unfortunately due to the width of the canal at the finish line the boats were without their heads and tails.

Below: Kilcock Youth



Athy Regatta – top 6 crews

1. Barrowline Cromaboo
2. The Granite House
3. Andersons River Rats
4. Ardscoil Adventurers
5. Ardscoil Scullers
6. The Vikings

Kilcock Regatta – top 6 crews

1. Sphere Gym
2. Celbridge (Strong Arm, Thick Head)
3. Dermott Finn
4. Centra Doolans
5. Sean Brown Londis
6. Kilcock Youth

THE WORLD POLICE AND FIRE GAMES – 1st-10th AUGUST 2013

The World Police and Fire Games is the third largest international multi-sport event in the world and was the largest ever sporting event to take place in Northern Ireland.

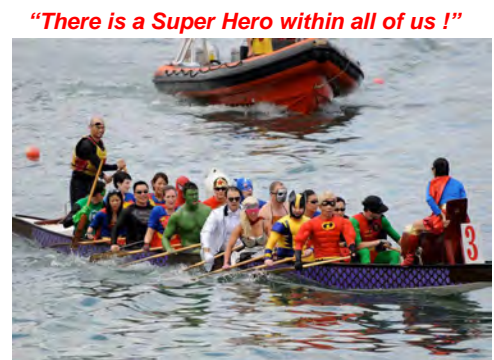
The 2013 Games had more competitors than any previous Commonwealth Games and there were 56 sports, held at 41 venues across Northern Ireland.

Dragon Boating was one of the sports with 3 days of racing over 200m, in both 10 and 20 person boats in men's, women's, mixed and senior race categories. Teams were from Australia, USA, Canada, Finland, Germany, Ireland & Singapore.



IRISH DRAGON BOAT ASSOCIATION

The Rookery, Lisnavagh
Rathvilly, Co Carlow, Ireland
Tel: +353 59 916 1685
Mob: + 353 85 7422902
Email: info@dragonboat.ie





Dubai Marlins- United Arab Emirates, courtesy of Dubai Marlins

DUBLIN DRAGON BOAT REGATTA – SEPTEMBER 2013

In this the “Year of the Gathering”, the 3rd Dublin International Dragon Boat Regatta on once again didn’t disappoint. Saturday was a glorious day with 28 teams battling it out for the various titles.

The Dubai Marlins and the GB Slayers put in outstanding performances and showed the other teams the sort of speeds that could be achieved in these ornate 40 feet long boats. Local breast cancer survivor team, Plurabelle Paddlers also proved that with another year of training under their belt their boat speed had improved once again.

Sunday was quite a different day with very strong gusting winds and intermittent rain-fall. This proved a real challenge for some of the novice teams and due to safety reasons the third round of the Novice Challenge had to be cancelled. However this did not dampen team the spirits with an array of team outfits all vying for the title of Best Fancy Dressed Team.

With the added attraction of Flight Fest on the adjacent River Liffey the crowds came out in their 1000s to watch the racing. **The Dublin Dragon Boat Regatta is definitely proving to be THE event to attend.**

THE 2013 COCA COLA THANK YOU FUND

DBI is delighted to report that, the Irish Dragon Boat Association together with Europa Donna Ireland, a breast cancer advocacy group, was awarded one of the €10,000 grants from the 2013 Coca Cola Thank You Fund. **The Coca Cola Thank You Fund, in its 3rd year, invited not-for-profit, charitable and voluntary organisations from across Ireland to submit a project for consideration for a slice of their €125,000 fund. With ten winners of €10,000 and one winner of €25,000 the Coca “Cola Thank You Fund”** is designed to support projects and initiatives which have a positive impact on the quality of life of communities in the island of Ireland with a specific focus on innovative solutions to help communities be more active and healthy.

Europa Donna Ireland with the Irish Dragon Boat Association will promote physical activity and healthy nutrition for breast cancer survivors as well as other types of cancer survivors, teenagers and the wider community.

The project hopes to improve survival rates of those diagnosed with breast cancer, as well as managing and preventing some side effects of breast cancer treatment, such as Lymphedema, a chronic swelling of the arm. Research in Canada has shown that those treated for breast cancer could avoid or better manage Lymphedema by following a special exercise and dragon boat training programme. This programme will aid people in enjoying an active life and benefit from the psychological support that a breast cancer survivor dragon boat team provides.

Europa Donna Ireland intends to use the dragon boat project to engage with groups throughout Ireland to help eliminate some of the myths and fears surrounding the perception of breast cancer and to validate the message that physical activity is beneficial at all stages of our life. The programme will be delivered in a simple, practical way across Ireland to:-

- 1) Promote the benefits of dragon boating for breast cancer survivors, other cancer groups and generally people of all ages.
- 2) Encourage people to lead a healthy lifestyle and to create a renewed and on-going interest in sport.
- 3) Demonstrate that sport can be fun and that dragon boating is particularly geared to family inclusion.

Europa Donna and the IDBA would like to say a huge thank you to Coca Cola as without their support they would not be in a position to roll out this road show to areas of Ireland where currently dragon boating does not exist. *Tara Byrne – November 2013.*



Julie Doyle, Chair of the IDBA and Tara Byrne at the Coca Cola Thank You Fund Winners Press Launch.

ARTHUR GUINNESS PROJECTS

Plurabelle Paddlers are delighted that their Winter Fitness Training Programme has been selected as one of the winners of the Arthur Guinness Projects 2013.

The Club will receive €45,000 which will go towards buying equipment (O1's, dragon boat paddle machines and weights etc.) which will allow them to train all year round.

The money will also assist in funding an All-Ireland Breast Cancer Survivor Team to train for and compete in the 2014 International Breast Cancer Paddlers Commission (IBCP) Dragon Boat Festival in Sarasota, Florida next October – see separate article in this issue of DBI

The funding will go a long way to help establish dragon boat racing throughout the island of Ireland as a fun sport for those who had a breast cancer diagnosis and encourage them to keep fit and train through the winter months.

If you are a breast cancer survivor and would be interested in being considered as part of this All-Ireland Breast Cancer Survivor Team, please send your details to info@dragonboat.ie and we will then put you in touch. *Marian O'Dea – November 2013.*



PHILIPPINES ARMY REGAINS DRAGON BOAT SUPREMACY OVER TEAM LAKE BUHI ! by cbholganza

In the most awaited rematch between two of the best dragon boat teams in the country the Philippines Army Dragon Boat Team outlasted its arch-rival, Lake Buhi, in a hotly contested 250-meter open final at the 2013 MBC Manila Bay Summer Sea Sports Opening.

It was a neck-to-neck battle at the start, with the Army taking a slim lead at the half way mark. Noted for their strong finishing kick, Lake Buhi tried to pull off a spirited rally at the home stretch. But this time, the Army paddlers had trained even harder and unleashed the stamina necessary to stave off the challenge of their worthy opponents at the finish. Once again, the Army owns the bragging rights to the crown.

Taking the bronze was a vastly improved Philippine Coast Guard (PCG) team, followed by the surprising good Manila Ocean Park (MOP) Paddlers.

For the women's event, the Triton team, composed from different fields of work in Manila, continued to wield its supremacy surprising the better-supported teams in the field and motivated by their love for the sport, Triton consistently challenged the other teams as their results showed. They were followed closely by the PCG and the MOP.

In the mixed races, it was the PCG lording it over the Triton and the MOP. Clearly, PCG, Triton and MOP have the most competitive teams in the dragon boat community today. It is in the showcase open event however, where things are starting to look more and more interesting.

The Army has long dominated the result board in the absence of its perennial rival, the Navy. Recently, however, Lake Buhi had started to mount a challenge. As if to underscore the emergence of Camarines Sur as a real power, Lake Buhi's paddlers have slowly but surely posed a threat to the Army's dominance.



In the 1st leg of the Cobra Regatta Races this year, Lake Buhi finally wrested the crown from the Army ! That set the stage for the rematch, as thousands of dragon boat enthusiasts went to Manila Bay to witness the much-heralded rematch. Many were quick to say that the Army Team was now getting old. Others thought that the Lake Buhi win was a fluke. Everyone in Manila Bay watched with bated breaths.

But the Army came better prepared this time. The earlier loss was so humiliating for them that it provided the challenge to recapture the old passion to win. And win they did, in a most convincing manner. So we have unfinished business It's the Army and Lake Buhi going after each other's necks for now. And this will get even more interesting in the 2nd Cobra-PDBF International Club Crew Challenge in Bohol as the Navy is set to join and compete with the Army, Lake Buhi and the other crown pretenders in the dragon boat kingdom.

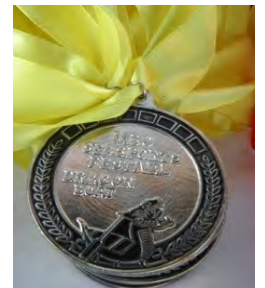
Indeed, this is the exciting event people have been longing to see for years and everyone who's a who's-who in the local dragon boat world will want to witness this.

This is what the Bohol clash is all about. A first-time duel in a long, long time between two tough adversaries. The Army vs the Navy, eyeball-to-eyeball.

The emergence of a new challenger, Lake Buhi, breathing down the necks of the two heavyweights. The parade of new talents from here and beyond. The PCG, bringing in their own national athletes to the fray.

The country's best-of-the-best coming to a single venue to give the sporting world match made in heaven. Not to mention the dangerous SJM of Macau. This is no ordinary race-with-a-smile thing, this is for bragging rights – and that's really all that matters, to be crowned as the champion.

Major sponsors: Bluewater Panglao, SunLife Insurance, Sun Cellular, First Consolidated Bank, Hyundai, and Zoocolate Thrills. Other sponsors are: Bohol Bee Farm, 2Go, Oishi, AMR, Starlite, Truckworld, Eskaya, Ramasola Studios, Egay's of Davao and Island Prints. Their media partners are: Manila Bulletin, Sports Digest, Philippine Star, Business Mirror, Solar Entertainment, Sports Unlimited, Bohol Chronicle, DZRH, DYRD.



DBS Marina Regatta, 7-18 May 2014, Singapore



Jointly organized by the Singapore Dragon Boat Association (SDBA) and DBS Bank, Singapore's biggest water sports festival the DBS Marina Regatta is back!

In 2013, 2,400 participants from 140 teams and 10 countries took part in the DBS Marina Regatta, paddling in the beautiful waters of the Marina Bay. The action on the water was matched by the cheers of 10,000 spectators around the bay.

At the 2014 DBS Marina Regatta on 17/18th May, you can look forward to even more buzz and excitement as more than 150 teams are expected to paddle and Marina Bay will once again be filled with thrills and splashes, plus there will be cash prizes for the top 3 crews in each category shown below totalling close to SGD 200,000. For non-dragon boaters, there will be games, music, food and carnival atmosphere that promises to be fun for all the family.

The eight race categories at the 2014 DBS Marina Regatta are
DBS International Premier Open (22 crew) and Women (12 crew)
DBS Tertiary Open (22 crew) and Women (12 crew)
DBS Corporate Open (12 crew) and Women (12 crew)

Each category comprises both 200m and 500m races,
 There is no restriction on the crew composition for 'Open' categories.

So hurry and register now at <http://www.dbsmarinaregatta.com!>
 Don't miss the chance to paddle against the spectacular backdrop of Singapore's new financial district.

The final date for Entries is 1st March 2013 to the SDBA. Info from www.dbsmarinaregatta.com or email to marinaregatta@dbs.com.



DBS Asia Dragons – Paddling to Win – above and paddling towards MBFC in Marina Bay below left.

Everyone is a Winner !!



27TH SOUTH EAST ASIAN (SEA) GAMES TRADITIONAL BOAT RACES

The 27th SEA Games, Traditional Boat Races were held from 18th to 20th December 13 at Ngaliwe Dam, Nay Pyi Taw, Myanmar, using IDBF type 22 and 12 Crew Dragon Boats. Smaller 5 crew traditional boats were also raced over 500m for Men and Women's crews. Races in both Standard and Small Boats were held for Men's, Women's and Mixed Crews over race distances of 500m, 1000m and 2000m.

Around 300 paddlers from Cambodia, Indonesia, Myanmar, Singapore & Thailand competed in the Games, with the home Team Myanmar winning 17 Gold Medals out of a possible 17 with Indonesia and Thailand taking the remainder with the Jury awarded Cambodia a special Bronze Medal. The full Medals Table was as follows:-



Place	Nation	Gold	Silver	Bronze	Total
1	Myanmar	14	01	02	17
2	Indonesia	02	05	10	17
3	Thailand	01	11	04	16
4	Singapore			01	01
5	Cambodia			01	01
Total		17	17	18	52



Traditional Boat Racing has been a SEA Games sport since 1993, with the exception of 1999, 2001 and 2009. Normally the boats used are Dragon Boats. The next SEA Games will be held in Singapore in 2015 and Traditional Boat Racing will be one of the disciplines. Dick Lim. IDBF Race Officials, Penang Dragon Boat Association.



DATELINE M'BAO SENEGAL – SETTING THE SCENE FOR 2014

Sylvain Munier & Richard Sawhney reporting

Throughout 2013 there has been a large group of mixed athletes training regularly in Mbao.

A dragon boat demonstration was held in Saly - the tourism area of Dakar to the south of Mbao with Club Med, Novotel hotels and lots of things to see and do in the Dakar area.

The objective was to generate enough energy to create a second club in this tourist hot spot. We met with local officials including the mayor and the hotel managers, who are all keen to see Dragon Boating develop in Saly and support an international race in 2014.

The local infrastructure in Saly is on par with any other tourist destination and we would envisage holding two races, one in Saly and the already established races in Mbao.

That way international participants can benefit from the resort hotels and their facilities while still getting the feel for Mbao and the environmental aspects of the area and the projects being undertaken there.

People are very excited to support the International Races and everyone is looking forward to welcoming the international crews to the sandy beaches and warm waters of Mbao, from 1-3 March 2014. Flights go to Dakar International Airport.

Organised by Dragon Boat Attitude, see their website for further information at: <http://www.kayak-sans-frontieres.org/fr/projets/projet-m-bao-2014/infospratiques.html>

See the following link, for a taste of the 2014 Mbao Races, from the video featuring the first International Races in 2011.

<http://www.facebook.com//MAQHxlt3VAQFkWtrCFHQN1yIYMre8y9IVmB3y8QmNb2cw4w/www.youtube.com/watch?v=Yc9hinjNBqw&feature=youtu.be>



NEWS FROM THE JAPAN DRAGON BOAT ASSOCIATION

1ST SMALL DRAGON BOAT CHAMPIONSHIP RACE

Report by Makoto Shobu. Vice Chairman, Japan Dragon Boat Association

The 1st Small Dragon Boat Championship Race was held on Sunday, 8th September 2013 at the professional motorboat stadium located at the Lake Biwa in Shiga Prefecture, just 20 minutes by train from Kyoto.

The Shiga Dragon Boat Association has been organizing the dragon boat races for the last 20 Years using Standard size Hong Kong made boats on the Lake and now over 60 teams from across Japan participate and enjoy the event.



Six years ago, the motor boat stadium and the SDBA agreed to make the best use of the facilities for future development of both parties. Namely, for the motor boat stadium, they wanted to change the image of gambling associated with the stadium and contribute to more profit by improving the image of their sport.

For the Shiga DBA, even though the course distance is only 200m, no other regatta course in Japan can compete with the facilities on offer at the boat stadium, which is equipped with a mega screen and machine controlled flat water conditions. With the beautiful scenery of Lake Biwa as the background, the venue is perfectly beautiful and facilities just ideal, especially for small boat racing.

With this in mind and for the purpose of promoting dragon boat sport in the western part of Japan, the Shiga DBA purchased six (6) small boats at the beginning of 2013, for use at the boat stadium. From this Shiga DBA, in collaboration with the Japan DBA, started the "1st Small Dragon Boat Championship Race", with the winners being eligible for the ADBF or IDBF Championships in 2014.

"Team Isokaze (open)" and "Super Dolphin (women)" won the right to represent Japan at the ADBF Championships scheduled for Macau, China from 30 May- 1 June 2014, whilst Team "Sidorov" from far away Vladivostok in Russia, led by, Mr. Vladimir Bersenev, won the Mixed category races. For 2014 we look to welcome many teams from the IDBF Members to Lake Biwa to enjoy our Small Boat Races and then spend time after the event to go sightseeing in Kyoto, Osaka, and Kobe.

So, why not join us in 2014.



INTRODUCING AN IDBF AFFILIATE FESTIVAL and an IDBF PARTNER BOAT MANUFACTURER

PEISHENG Dragon Boats are manufactured to IDBF Spec by the **Shanghai Peisheng Boat Co**, who use the advanced RTM technology, in their high strength dragon boats. The boats have very smooth surfaces that are resistance to deformation and because there is NO hollow space between the "double hull" water never can get into the boat. So you can be sure that a PEISHENG Dragon Boat will last a long time !



Interested in a PEISHENG Dragon Boat, then contact: kevin@ps-boat.com.

Organised by the Malaysia & Putrajaya DB Associations, together with the strong support from the Putrajaya Corporation and other government ministries, the 2013 Malaysia International Dragon Boat Regatta attracted more than 65 teams, both local and international. **For 2014 the aim is even higher with a target of 2500 participants for the weekend 30 May-1 June 2014.**

INTERNATIONAL BREAST CANCER PADDLERS' COMMISSION

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



MAKING STRIDES by Jane FROST, IBPCP President

2013 has flown by and the 2014 IBPCP Sarasota Festival is fast approaching. We anticipate 4000 paddlers and supporters will be painting the charming city of Sarasota a very bright and happy shade of fuchsia.

One of my highlights this year has been the recruitment of National Representatives for countries that are IBPCP members. Each of our member teams has an IBPCP National Rep who will be liaising with the IBPCP and the member teams.

A list of representatives can be found at www.ibcpc.com An exciting development too has been the stirrings of new teams in Central and South America, as well as the continuing growth of teams in Europe. Remas Rosas is forming in La Plata, Argentina.

This team is not yet on the water but they are having lots of fun planning and partying. There is also interest from Buenos Aires, where the new IDBF Member, the Argentine Dragon Boat Association is based and from Brazil and Puerto Rico, both IDBF Members, where the interest is down to Adriana Bartoli, a very enthusiastic member of the Abreast In A Boat team from Vancouver. Adriana was born in Argentina to an Italian family and came to Canada in 2001 with her husband and twin daughters. She is an aeronautical engineer having worked in the aerospace industry in Italy, Argentina and Canada. *Adriana was diagnosed with breast cancer in May 2012.*

It is so much fun to turn on my computer and wonder who I am going to hear from. One of our newest contacts is "Our Man in Istanbul", Cengiz UNUTMAZ. IBPCP Secretary-Treasurer Jenny YULE and her husband Ken were fortunate to meet Cengiz in Istanbul this summer (see below). Interest is also coming from Qatar and Romania.

To my fellow IBPCP Committee members and their helpers my sincere thanks for the good work you do to make the IBPCP a success and for raising awareness about life after a diagnosis of and treatment for breast cancer

IBPCP PARTICIPATORY FESTIVAL 2014 October 24-26, 2014, Sarasota, Florida, USA, Benderson Park's venue ensures steering ease

By: Paula Jennings, Pink Dragon Ladies, Tampa Bay, Florida

Along with encouraging teammates to hone their steering skills or merely just giving it a try, we would like to ensure the venue is well protected and planned for just this type of challenge! The area where the races will occur is within a harboured pocket of the full length 2200m waterway. The course for the festival will be 500m.



Not only is the race course well protected, the developers have also put a lot of thought in how to minimize any breaking water or wakes, to ensure calm waters and precision racing conditions. Wave attenuators are an offshore system, which eliminates boat wakes and wind driven waves and for anyone creating a personal harbour for the protection of their boats and docks.

In addition to the wave attenuators and protected area, October is one of the two most favourable weather months in Florida! Not only is October cooler and less humid, we have left the traditional summer thunderstorms behind! It's like spring in April all over again!

So if you have any reasons you may not be inclined to test your steering abilities, hopefully knowing the venue waters are protected and designed for just this sort of thing, will put your mind at ease. Don't hesitate to learn nothing like having your

own steer or sweep to see you through practices, drills, the ups and downs of survivorship, and especially race day!

After being open only four months approximately 100 teams registered for the early bird package and Standard **Registration commences on 15 January 2014 with Standard registration balances due by April 1, 2014.** Invoicing will be based on a Team's estimated head count at \$225 per team member and supporter.

If you have a **partial team** planning to attend (6 to 10 paddlers), please contact us now as we already have inquiries about combining partial teams for composite crews. Contact: registration@sarastobcs2014festival.org

Team Crew Member Registration Forms need to be submitted as soon as paddlers are committed to attend the festival. **All team members and supporters must be registered by May 1, 2014** but you are encouraged to register as soon as possible to 'lighten the load' for the Sarasota organizers.

Helm Information: There is plenty of time to train a Helm (steersperson). Remember, all crews need to have a BCS Helm (steerer) and drummer to meet the IBPCP requirement. Also, we are creating a steering pool for those teams not bringing their own Helm.

If you would like to be part of the pool, for more information, please contact committee@ibcpc.com.

IDBF Club Crew World Championships, Ravenna, Italy, 3-7 September 2014.

For those BCS Crews that want a more competitive edge to their Dragon Boating then don't forget that at the IDBF Club Crew World Champs (CCWC) in Ravenna, Italy from 3-7 September 2014, there will be a exclusive BCS Racing Class, plus an All Cancer Survivors Class, and mixed crews to include supporters and family members of Cancer sufferers

"THE WHOLE EXPERIENCE CAN ONLY BE DESCRIBED AS MAGICAL"

By: Jenny Yule, Abreast In A Boat, Vancouver, BC, Canada

Istanbul, a huge city more than 1500 years old, with around twenty (20) million people, straddles two continents separated by the waters of the famous Bosphorus. It was there on a glorious summer evening that I had the delight of joining Pembe Lotus (the Pink Lotus) Turkey's first breast cancer dragon boat team, at its practice.

This is a new team, who have been paddling since April this year and in September they joined 110 teams for their second dragon boat Festival, the Kurumlararasi Dragon Festivali, one of many organised by the Turkish DBA, an IDBF Member.

It was easy to capture the joy and enthusiasm of the team as with the happy chatter of the paddlers and the coach's commands, we glided onto the waters of the Golden Horn. As the sun set into a magnificent red and the calls to prayer resonated around the Golden Horn the whole experience can only be described as magical.

The inspiration and driving force behind Pembe Lotus is its non-paddling captain Cengiz Unutmaz. He is dedicated to the concept of good health through proper diet and exercise, particularly for those recovering from cancer.

Cengiz consulted the American College of Sports Medicine about dragon boating. His use of the College's fitness programme won him the support of the medical profession in Istanbul. In addition to his work with Pembe Lotus he has been invited to speak on a Medical Panel about the significance of dragon boating for breast cancer survivors.

To meet the training needs of his paddlers who live in different parts of Istanbul, Cengiz has two training centres – in an oncology clinic on the European side and the other in a private club across the Bosphorus on the Asian side.

At the club, under the watchful eye of their trainer, I saw some of the Pembe Lotus team members hard at work on one aspect of their training- their individually computer programmed krankcycle. This stationary bike, "peddled" with one's arms and designed to build upper body, cardio and core strength, is programmed to individual fitness and needs.

Regular attendance at the training sessions is requirement of paddling and is approved by the paddlers' doctors. Cengiz's commitment and vision knows no bounds and the delight and enthusiasm of the team both on and off the water speaks for itself.



Jenny Yule - striped T-shirt, with her Turkish friends

ITALIAN DOCTORS PARTICIPATE IN PADDLING EVENT

By: Suzanne Bodner Kingston, Ontario, Canada

In June 2013, Rome's "Pink Butterflies" invited two prominent Italian doctors to join them for a picnic and a paddle in their dragon boat so that they could experience the energy and spirit of "La Forza Rosa".

Dr. Claudio Botti, a surgeon, and Dr. Alessandra Fabi, a medical oncologist, both specialize in tumours of the breast at the Regina Elena National Cancer Institute in Rome.

They both kindly agreed to answer a few questions so that our readers could hear what they have to say about our global breast cancer dragon boating movement and also about the Italian medical community's perspective on this, 10 years after its inception in Italy.

Dr Fabi first became aware of Dr. McKenzie's breast cancer dragon boat project from her own patients who themselves were beginning to hear about the exciting phenomenon started by the intrepid Canadian women in 1996.

Her first thought? Once again, women were showing that they know how to amaze the world, and with "effetti speciali"! With their determination and their creativity health problem became an opportunity to shine.

Neither Dr. Fabi nor Dr. Botti has concerns about the sport causing lymphedema, noting that, especially since the advent of the sentinel node biopsy technique, they rarely see cases of severe lymphedema.



Dr Alessandra Fabi (left) and Dr Claudio Botti (right) in the second seat with Rome's Pink Butterflies

Dr Fabi said that none of her patients who do dragon boating have developed any signs of lymphedema.

According to both doctors, the Italian medical community is starting to embrace the idea that physical activity has an important role to play in both the prevention of breast cancer and its recurrence. But, it seems that there is still much work to be done. **Breast cancer dragon boating, they feel, is an excellent vehicle for awareness.**

Dr. Fabi and Dr. Botti were both very impressed that dragon boating has facilitated a transformation from patient to amateur athlete among the women, accompanied by a growing sense of self-esteem and a positive hopeful attitude towards the future.

DBI WELCOMES THE NEW KID ON THE BLOCK - Dragon Boat Magazine – Visit the iTunes Store to Download it now



DRAGON BOAT Magazine is a bi-monthly publication for all Dragon Boat Paddlers and lovers of the sport of Dragon Boat Racing. We bring you news, results, photos and VIDEOS from Dragon Boat Festivals and Regattas from all over the world. We provide a regular CLUB FOCUS featuring three clubs per issue PLUS news and feature articles.

The magazine is approved by the International Dragon Boat Federation (IDBF) and focuses mainly on IDBF and related events but paddlers from all walks of life are welcome to read and share their Dragon Boat experiences with like minded people worldwide. If you've just finished working or just been paddling ... then take time out, LET IT RUN and enjoy Dragon Boat Magazine! Watch this sport grow in 2014!

Issue 2 OUT NOW! Visit <https://itunes.apple.com/us/app/dragon-boat-magazine/id725296392?ls=1&mt=8> to download your detailed 2014 Festival Planner in the DB Events section.

THE RED DRAGON STORY (circ 2013) – from Murray Jones – Dragon Boater & Race Official Extraordinaire.

As with many stories, it all started a long, long time ago. I attended a fine school the King Alfred, in 1951 to 53 in Ploen in Schleswig Holstein, North Germany. It had excellent facilities and was situated by the Grosser Ploener See, a seven miles by five miles lake. It was on that lake that I gained my first sailing certificate and a life-long interest in water sports. Whilst in Hong Kong in 1968, I saw my first dragon boats and later, in the 70's, tried a bit myself in the Stanley Races.

King Alfred School has a great alumni community and well over 100 gather for annual reunions. The school closed in 1959, but the spirit lingers on. A year ago, a lady from Ploen sent a newspaper clipping to one of our members, showing the Ploener Bucht Wasserfest with pictures of dragon-boats racing on the lake.

Several of the members knew of my interest in dragon boats and made it clear that I should work out the possibility of us forming a team. Eventually we decided that a team of our vintage would be impractical in a boat, with our oxygen bottles, wheelchairs and 'Old Folks' accoutrements! So, it was decided to open team membership to families of school members, down to grandchildren. Thus, after many discussions on the website, we received interest from around the world, from Australia and Brunei to Iceland, Canada and the USA. Dates and availability caused a reduction in the list, but in March 2013 we had our first practice, and introduction to the art of paddling a Dragon Boat.



On a cold day on the River Thames at Runnymede we had some dry land practice and then took to the water, watched by an amazing group of supporters. Gently getting the rhythm and then a bit harder paddling, we moved on to a few practice starts. The team was eager for more. From zero to 'fairly competent' in just an hour was most encouraging. We then settled on a second date in July and had a full-blown practice, with further impressive gains in skill and timing.

After travel and accommodation details were settled, we had a potential team of 20 paddlers. The organisers stipulated that crews were to have their own helms, with a maximum of 16 paddlers.

We called ourselves 'The Red Dragon', after one of the water motor boats from our schooldays and we had just two practices on the lake.

These went very well with improvements all the time and tactics now became the new buzzword. The final practice was very good, with a couple of runs down the course. The boat was balanced and ran very smoothly, and seemed to be quite quick.

We then found out that we were not just challenging a local authority team, as expected but were one of 28 teams racing on the day !. A day started with fine weather and still conditions.

There were four boats in each race and each team raced twice, with the times added together for a general position. The third race was to be in groups with similar times. We came a very creditable second in each of our two races. **However, the wind had become stronger and the open water of the lake became choppy for our third race and the event was halted for an hour as we finished when the squall was truly upon us.**

The times for all four of us in our race were amongst the slowest of the day. We were classed as 18th out of 28 when the times were added together. **Not disheartened, we went out for our last race with determination not to be disgraced.** We led for most of the race, only to be pipped at the post by 0.2 of a second.

However, when the results of the final races were published, we were in fact second fastest over-all, with 1 minute 15.1 seconds for the 250 metres.

Don't forget that there were only 16 paddlers in the boats for each race. The age range of the paddlers in the Red Dragon boat was from 13 to 78 years old, including teenage girls and all were thrilled at the achievement.

Our participation allowed the event to be called the International Ploener See Bucht Fest' for the first time. So, the Red Dragon was not disgraced and the name of King Alfred School was held in high esteem. We retired to a local hostelry where 50 of us sat down to local eats and drinks.

We had wonderful hospitality from the Burgermeister and people of Ploen, and our youngsters joined us on a visit to the old school, now a Bundeswehr Marine Unteroffiziers School. I, for one, had not been back since 1953, and it was a privilege to visit the sailing centre and paddle on the same lake where my love of water-sport was kindled.

This was a most happy experience for me, with smiles and an eagerness to learn producing 'no-where to know how' in a record time. All were entranced by their time in a Dragonboat and some will seek local clubs to carry on their new-found skills. A success for the world family of dragon boats and the family of King Alfred School.





CYPRUS 2013 - A GOOD NEWS YEAR

From Christos Georgiou, CYDBA Chairman

2013 was a good year for Cyprus Dragon Boating. This was the year the CYDBA became a full member of the IDBF, after 5 years of membership and with the help of the IDBF, the CYDBA secured six new Champion Dragon Boats, which all member crews of the CYDBA are using.

The four older IDBF boats that we have used in Cyprus since 2008 were shipped to Uganda, so that our sport can be developed there as well. This circulation of boats is all part of the IDBF Development Programme for new Countries joining the IDBF.

From 1-10 March 2013 the CYDBA hosted IDBF Coaches and Officials Seminars. The courses were successful, with 23 people in total from Cyprus and Serbia receiving certification for coaching and officiating.



SZEGED 2013. On the international scene a Cyprus Team took part in the World Dragon Boat Racing Championships for the first time. The 28-strong team was composed of men and women of all ages (16 to 63) and competed in the Standard Premier Mixed 500m and 200m, Small Premier Open 500m and 200m, Small Senior Mixed 200m and 500m, Small Senior Women 500m and 200m and Small Senior Open 200m.



The racing schedule was exhausting, with some paddlers having had to race as many as nine (9) times throughout each day! Perhaps the racing results would have been slightly better had we entered less racing categories! However all paddlers enjoyed every bit of the racing and were improving with each race, having reached their limits for the first time.

All in all, every member of the team had a great time in Szeged and maintained a positive attitude throughout. Everyone, including the coaches, learned something new about racing, and every race we did was better than the previous one.

We can safely say that our participation in Szeged was an experience which will help everyone grow as paddlers and go a long way towards the further development of our sport in Cyprus.

Sometime in late 2012 Cypriot paddlers communicated to the CYDBA council that they felt they didn't have the opportunity to race often enough on the island. This was a wake-up call and the council responded by organizing, for the first time since we began dragon boating in Cyprus in 2008, three events through the course of the year in Cyprus.

2013 EVENTS PROGRAMME. Our first event, held at the Germasogeia Water Dam on 14th April was the first ever to be held so early in the year, and it proved to be a great success. We had 12 local teams participating, and the racing was completed in a fun and festive atmosphere, leaving everyone happy and satisfied. As always, after the event, the participants had just a 'few drinks' at the Shaka Zulu bar in Limassol, to close the day off on a more relaxed note.

Our second event was a charity race organized on 21st July at the Germasogeia Water Dam, in association with "Funraising," a local charity, which helps children from financially insecure families secure some of the necessities for modern life. The financial crisis has had its toll on Cypriot children too, and so the CYDBA's efforts were well received. Eight local teams took part in the racing, including three which formed specifically for the event. As always, everyone had fun, and the proceeds from the entry fees went to "Funraising."

LIMASSOL INTERNATIONAL RACES. Our third and final event of the season, the 6th Annual "Limassol International Races" were held at the Germasogeia Water Dam on the 20th October 2013. The racing was for open crews but the winning teams had 6-10 women in their boats.

Typhoon (UK) looked best on the water but they found stiff competition from the local crews. In the 500m, the NOA Dragon Riders were a boat length ahead at the finish line, followed by Typhoon (UK) whilst the Famagusta Dragons were another boat length behind Typhoon.



In the 200m final, the NOA Dragon Riders used the tail wind well and dominated the race, finishing 45.46sec after the starter's "go". They were followed by the SCF Eagles in 47.08sec but there was not much between Typhoon (UK) and the Famagusta Dragons. The finish line judges gave their verdict for third and fourth place, with Typhoon third in 48.26sec and the Famagusta Dragons fourth in 48.81sec. The day ended, as tradition mandates, at the Shaka Zulu bar, in Limassol.

For 2014, the CYDBA is planning to organize four main events, a 2k race on 26th January 2014 an open International Regatta on 6th April 2014 (500m and 200m), a charity event on 20th July 2014 (200m races) and the 7th Annual Limassol International Races on 19th October 2014. International crews are welcome to participate in any of our events.

For more information please email cyprusdba@gmail.com or visit our webpage at www.cyprusdba.org. We look forward to seeing you in Cyprus in the not too distant future.

DRAGON BOAT RACING IN PADANG WEST SUMATRA AND SABAH EAST MALAYSIA

11TH PADANG INTERNATIONAL DRAGON BOAT FESTIVAL – 6TH to 9TH JUNE 2013.

IDBF Race Officials, Jenny and Jonathan Mayne from Melbourne, Australia, represented the IDBF Executive President, Mike MacKeddie-Haslam, in Padang City in West Sumatra, Indonesia and then Kota Kinabalu, capital of Sabah, Malaysia on the island of Borneo to see how dragon boat racing has expanded in this part of the South East Asia.



The 11th Padang International Dragon Boat Festival was held on a channel with ample room for four lanes of 800m racing and great access for spectators on either side. Teams came to Padang from Cambodia, Malaysia, Singapore and Australia and their own local teams were well represented.

At a colourful opening ceremony complete with traditional dancing and music, Jonathan and Jenny made a presentation to the Mayor of Padang of a certificate of membership of the International Dragon Boat Federation as an official IDBF Affiliated Festival.



There was also a fair in full swing right alongside the regatta site and the area was packed with activity. In one of the breaks from racing Doug Walsh, a paddler with the Burleigh Fire Dragons on Australia's Gold Coast came to the karaoke stage wowed the audience with a stirring rendition of the Righteous Brothers song, "You've lost that lovin' feeling". Doug has sung professionally in NZ and Australia and paddles dragon boats when-ever he can.



The event commenced with practices on Thursday, local races on Friday from which the winners qualified for the weekend's competition. Once the International racing was underway, Cambodia came out of the starts at over 130 strokes per minute and performed with great finesse with Malaysia very close behind. Many of the local village teams put in great work to take the action right to the visitors.

The two day event concluded in spectacular fashion commencing at 8.00pm in the dark with each of the four dragon boats in the final series lit up with different colour strip lighting. Alongside the finish line a 20 piece band struck up each time a start was given and as the boats approached the finish they would strike up again as fireworks lit the night sky to celebrate each divisional win.

The event was organised by the Padang Tourist Authority and supported by the Governor of West Sumatra, Professor Doctor Irwan Prayitno, the Minister of Youth and Sport, Mr Roy Suryo and the Mayor of Padang, Doctor Fauzi Bahar

ABOUT PADANG. Padang, West Sumatra, is known as the "Land of Minangkabau", the "Land of Paradise on Earth". Padang is also famous for its unique architecture which reflects the story of "the winning bull".

Centuries ago a dispute arose between the people of Padang and those of a region in Java which threatened to develop into violent conflict. Fortunately good sense prevailed and it was agreed that a fight between two bulls would settle the matter.

The opposing forces from Java duly arrived with their massive, fierce bull whereas the people of Padang thought outside the box and produced a young bull that had recently been weaned from its mother.

This caused great mirth among the opposing forces and their fierce bull observed this young bull with complete confusion but when the young bull with razor sharp, steel tipped horns nuzzled in under the huge bull, looking for a mother substitute, suddenly it was all over and Padang and the young bull were victorious.

Buildings large and small throughout West Sumatra have carried the tradition ever since with their roof lines exhibiting the steel tipped horns in celebration of Padang's victory.

28th SABAH INTERNATIONAL DRAGON BOAT FESTIVAL - KOTA KINABALU, SABAH, MALAYSIA

15th to 16th JUNE 2013



This event is held on the sea off Kota Kinabalu over 800 metres. They race 6 lanes and have a great venue for spectators and competitors. We were impressed with the efficiency of the heats and lane allocations. The main events were held on Saturday and Sunday.



The races take place only in the mornings and are over by lunch time, because the tide rolls out and by afternoon it is too shallow for competition.

Neighbouring Brunei fielded several excellent teams and the team from Penang put in a strong performance to make the rest of the teams really have to work hard to achieve a podium finish.

The Sabah International Dragon Boat Festival also hosts a Breast Cancer Survivor division which was supported by one team from Singapore, two from Kuala Lumpur, one from Australia and a home town team from Kota Kinabalu.

These inspirational ladies put on a great show on and off the water.

Singapore ran out winners in this division. These courageous ladies and there supporters are also making a much needed contribution to the recognition and early detection of breast cancer throughout the region where in SE Asia the average first presentation is "stage 3" with all the dire consequences that accompany this late stage diagnosis.

The Sabah International Dragon Boat Festival is sponsored by the local Tourist Authority and enjoys the full support of the Government of Sabah. Accommodation is not expensive and KK boasts friendly people, an amazing market and great restaurants along the sea front and if you choose to climb to the top of world famous Mount Kinabalu, you will witness a fantastic sunrise.

If dragon boating is not exciting enough, white water rafting on the Padas River is a must. Jonathan says. "Do not come to Sabah without taking this tour". The tour picks you up at 5.00am and takes you to a station 2 hours away for a train journey deep into the jungles of Borneo where you are subjected to a thorough safety briefing, kitted out with PFD and helmet and loaded into rafts for the 90 minute tour. The rapids with names like "washing machine" and "cobra" range from grade 2 to 5 and the guides know their stuff well . . . most of the time



Jonathan and Jenny Mayne are IDBF Race officials from Melbourne, Australia and have been involved with Dragon Boats for more than 30 years. Jenny assists in the Secretariat and presentations and Jonathan is the friendly commentator's voice heard at many events around the world.

Pictured left, Jenny & Jonathan Mayne with members of the Pink Victory, Breast Cancer crew back home in Australia



DRAGON BOAT AFRICA – WEST & EAST IN PICTURES

GHANA & UGANDA DB ASSOCIATIONS TAKE TO THE WATER

As part of the IDBF Development Programme, Dragon Boats supplied by IDBF Partners BuK (Germany) and Champion (China) were sent to Ghana on the Africa's West Coast and Uganda on the East, four boats to each Country.

The Ghana BuK Boats were used for the first time in competition in May 2013, when crews from around Ghana enthusiastically contested the races, which also served as the trails to select the paddlers from the various clubs that participated in the national dragon boat championships, to form and train the first ever national team - the Black Dragons.



President of the Ghana Dragon Boat & Rafting Association, Hon. Rex Daniel Wussah, presenting prizes. The District Chief Executive of Ada has also urged the paddlers to take the sport seriously because of the huge benefits they stand to gain from it.

In Uganda, shipping and customs problems delayed the boats from arriving until November 2013 but that did not deter Uganda Dragon Boaters from racing using traditional boats from Lake Victoria. (See full report under IDBF Members News).



With paddles manufactured locally and borrowed buoyancy devices from the rafting companies on the River Nile, 147 competitors raced on the day and nearly 2000 spectators watched the event, held on 1st May 2013. *Pictures by donaldkirya@gmail.com*



To the winners the trophy. Watching on IDBF Race Official Robert Kanusu, who also acted as commentator and local dragon boat expert.



IDBF CALENDAR OF MEMBERS DATES AND AFFILIATED FESTIVALS 2014

www.idbf.org



	Championships - International & National	All Races shown use IDBF Racing Rules or rules adapted from them. Championships are held under IDBF Comp Regs.
	IDBF Members Regattas	
	IDBF Affiliates Festival Races	
	Local Dragon Boat Regattas/Courses	
	Multi Sports Games & Boating Events	

All events and dates shown are as notified on 29th December 2013 - (P) = Provisional. TBN = To Be Notified

Date	Regatta Details	Race Venue	Country	Contact Details
12 Jan 2014	Akaroa Super 12	Aoraki	New Zealand	www.nzdba.co.nz
26 Jan 2014	Cyprus DBA Winter Warm Up Races	Limassol	Cyprus	EM: cyprusDBA@gmail.com
27 Jan 2014	Anniversary Day Regatta (Viaduct Harbour)	Auckland	New Zealand	www.nzdba.co.nz
01 Feb 2014	2nd Annual Puerto Rico Dragon Boat Festival	Lago Cerrillos, Ponce	Puerto Rico	www.puertoricodragon.com
07-09 Feb 2014	Training Camp, Dargaville, Auckland	Kai Iwi Lakes	New Zealand	www.nzdba.co.nz
08-09 Feb 2014	Chinese New Year Races, Darling Harbour	Sydney	Australia	www.dbnsw.org.au
15 Feb 2014	Indoor Dragon Boat Cup, Schwimmhalle	Salzwedel	Germany	www.arendsee-red-dragons.de/
15-16 Feb 2014	Flowing Festival DB Challenge	Skiway Park NSW	Australia	www.dbnsw.org.au
16 Feb 2014	Roosevelt Regatta, Majorie Park Marina	Tampa, Florida	USA	www.panamdragonboat.com
22 Feb 2014	Indoor Dragon Boat Cup, Schwimmhalle	Neubrandenburg	Germany	www.nb-indoorcup.de
22 Feb 2014	Indoor Dragon Boat Cup, Schwimmhalle	Furstenwalde	Germany	www.pneumantdragon.de/
22-23 Feb 2014	Clarence Coast DB Regatta, Lawrence, NSW	Lawrence Mem Pk	Australia	www.dbnsw.org.au
23 Feb 2014	Akaroa Open	Lake Pegasus	New Zealand	www.nzdba.co.nz
01 Mar 2014	3rd Canadian National Indoor DB Champs	Montreal	Canada	EM: director@dragonboat.ca
01 Mar 2014	Indoor Dragon Boat Cup, Schwimmhalle	Namburg	Germany	www.drachenboot-geiseltal.de
01 Mar 2014	Pam Am Sport Regatta, Tampa Bypass Canal	Tampa, Florida	USA	www.panamdragonboat.com
01-02 Mar 2014	Senegal International DB Races	Mbao	Senegal	www.kayak-sans-frontieres.org
02 Mar 2014	Auckland DBA Turns Races – 200m Turns	Westhaven Marina	New Zealand	www.nzdba.co.nz
15 Mar 2014	Lake Hernando DB Festival	Hernando, FL	USA	www.lakehernandragonboat.com
22 Mar 2014	South Island Champs	Lake Hood	New Zealand	www.nzdba.co.nz
22 Mar 2014	Orlando DB Challenge	Orlando, FL	USA	www.usdbf.org/events
22 Mar 2014	Mira Bay DB Festival, 428 Mira Bay Blvd	Apollo Beach, FL	USA	www.panamdragonboat.com
22 Mar 2014	Indoor Dragon Boat Cup, Schwimmhalle	Luchow	Germany	www.dieseeadler.de
22-23 Mar 2014	North Island Champs	Lake Pupuke	New Zealand	www.nzdba.co.nz
22-23 Mar 2014	11th Arizona DB Festival, Tempe Town Lake	Tempe, AZ	USA	www.azdba.com
23 Mar 2014	DBNSW Corporate Regatta	Doboyd Aqua Club	Australia	www.dbnsw.org.au
29 Mar 2014	Bradenton DB Festival	Bradenton, FL	USA	www.panamdragonboat.com
29 Mar 2014	New Zealand Nat Champs - Rotorua	Lake Hood	New Zealand	www.nzdba.co.nz
04 Apr 2014	12 th Central Florida DB Festival, Wooten Park	Tavares, FL	USA	www.cfdragonboat.org
06 Apr 2014	NSW State Championships, Penrith	Sydney	Australia	www.dbnsw.org.au
06 Apr 2014	Cyprus DBA Spring 200, 500m Races	Limassol	Cyprus	EM: cyprusDBA@gmail.com
06-12 Apr 2014	GWN Florida Training Camp	Orlando	USA	www.gwndragonboat.com
12 Apr 2014	Czech Grand Prix West Race. Ash of the Dragon	Prague	Czech Rep	www.dragonboat.cz
12 Apr 2014	Grand Prairie DB Festival	Grand Prairie TX	USA	www.gpdragonboat.com

12 Apr 2014	Walgreens Space Coast DB Festival	Cape Canaveral FL	USA	www.gwndragonboat.com
12 Apr 2014	Berlin Dragon Boat Half Marathon	Berlin	Germany	www.drachenboot-liga.de
15-20 Apr 2014	Australian National Champs, Queensland	Lake Kawana	Australia	www.ausdbf.com.au
25 Apr 2014	St Martin's University DB Festival	Olympia WA	USA	www.usdbf.org/events
26 Apr 2014	Tampa Bay International DB Races	Tampa FL	USA	www.panamdragonboat.com
26 Apr 2014	3 rd Junior League of Tuscaloosa DB Races	Tuscaloosa	USA	www.racedragonboats.com
26 Apr 2014	Birmingham DB Festival	Pelham AL	USA	www.birminghamdragonboat.com
26 Apr 2014	Long Beach Spring Race	Long Beach CA	USA	www.lbdragonboat.com
26-27 Apr 2014	Dragon Boat Festival	Myrtle	Turkey	www.dragonfestivali.com
26-27 Apr 2014	Czech Long Distance Champs, River Morava	Kojetin City	Czech Rep	www.dragonboat.cz
27 Apr 2014	Timisoara DB Festival	Timisoara	Romania	EM: radi@strategicsmi.ro
01 May 2014	Czech Grand Prix East Race, ATC Merkur	Pasohlavky	Czech Rep	www.dragonboat.cz
01 May 2014	Philippines DBF International Club Crew Challenge	Bohol	Philippines	www.pdbf.com.
02-05 May 2014	Ukrainian Championships, Komsomoisk	Poltava Region	Ukraine	EM: ukrdbf@gmail.com
03 May 2014	7th Charleston DB Festival, Ashley River	Charleston, SC	USA	www.dragonboatcharleston.org
03 May 2014	14 th Houston DB Festival, Allen's Landing	Houston, Texas	USA	www.texasdragonboat.com
03-04 May 2014	Urunga (Titivators) DB Regatta, NSW	Burling Sailing Club	Australia	www.dbnsw.org.au
03-04 May 2014	Dragon Boat Festival	Adana	Turkey	www.dragonfestivali.com
03-04 May 2014	Titivators DB Regatta, Bellringer Sailing Club	Urunga, NSW	Australia	www.dbnsw.org.au
04 May 2014	Athy Dragon Boat Regatta	Athy	Ireland	www.dragonboat.ie
04 May 2014	British National League – Race 1	Liverpool	England	www.dragonboat.org.uk
05 May 2014	8th Annual Children's Hospital DB Festival	Chattanooga TN	USA	www.racedragonboats.com
08 May 2014	Czech Grand Prix West Race. River Labe	Steti	Czech Rep	www.dragonboat.cz
09-11 May 2014	Ukrainian Junior Championships (12-18 years)	Kiev	Ukraine	EM: ukdragonboat@mail.ru
09-11 May 2014	Hamburg Harbour Cup Races	Hamburg	Germany	www.hafencup.com
10 May 2014	Dragon Boat Cup Races	Kings Wusterhausen	Germany	www.drachenbootcup.wsv-koewu.de
10 May 2014	9 th Stanley Dragon Warm Up Races	Stanley	Hong Kong	www.dragonboat.org.hk
10 May 2014	Rainer DB Festival, Tacoma	Washington	USA	www.washingtondragonboat.org
10 May 2014	Walgreen's Greater New Orleans DB Festival	Madisonville, LA	USA	www.gwndragonboat.com
10 May 2014	3rd Annual Decatur DB Festival	Decatur AL	USA	www.racedragonboats.com
11 May 2014	Columbus Asian Festival, DB Races	Uptown Ohia	USA	www.gwndragonboat.com
11 May 2014	Constanta Dragon Boat Festival	Constanta	Romania	EM: radi@strategicsmi.ro
13-14 May 2014	DBS Marina Regatta	Marina Reservoir	Singapore	www.sdba.org.sg
15 May 2014	Barrow Dragon Boat Regatta	Barrow	Ireland	www.dragonboat.ie
17 May 2014	Madison County Chamber DB Regatta	Madison MI	USA	www.madisoncountychamber.com
17 May 2014	Schwerin German League Race	Schwerin	Germany	www.dbv-schwerin.de
17 May 2014	Charlotte DB Festival, Ramsey Street Park	Charlotte NC	USA	www.charlottedragonboat.com
17 May 2014	2 nd River Cities Dragon Boat Festival	Little Rock AR	USA	www.racedragonboats.com
17-18 May 2014	Dragon Boat Festival	Izmir	Turkey	www.dragonfestivali.com
17-18 May 2014	Czech Grand Prix West Race. Lipno Dam	Lipno, Vitavou	Czech Rep	www.dragonboat.cz
18 May 2014	Bucharest Dragon Boat Festival	Bucharest	Romania	EM: radi@strategicsmi.ro
18 May 2014	British National League – Race 2	Nottingham	England	www.dragonboat.org.uk
23-24 May 2014	Brandenburg DB Cup Races	Brandenburg	Germany	www.justiz-dragon.de
24 May 2014	13 th Koepenicker DB Spring Cup, Grunau	Berlin	Germany	www.spreepointdragons.de
24 May 2014	Milton Dragon Boat Race	Milton, Ontario	Canada	www.lively-dragon.com
24-25 May 2014	17 th Prague DB Festival, River Vitava	Prague	Czech Rep	www.dragonboat.cz

24-25 May 2014	Czech Grand Prix East Race, Brno Dam	Brno	Czech Rep	www.dragonboat.cz
25 May 2014	Toronto Women's DB Regatta	Brampton Ontario	Canada	www.CarolDeVarences
31 May 2014	Oakridge DB Festival	Oakridge, TN	USA	www.racedragonboats.com
31 May 2014	Lubeck DB Cup Races	Lubeck	Germany	www.wakenitzdrachen.de
31 May- 1 Jun 14	18th Pickering Dragon Boat Festival	Pickering, Ontario	Canada	www.pdbc.ca
31 May-1 Jun 14	11th Asian Dragon Boat Championships	Nam Van Lake	Macau, China	EM: abdmc2000@gmail.com
31 May-1 Jun 14	Macau DB Festival Local Initiatonal Races	Nam Van Lake	Macau, China	EM: abdmc2000@gmail.com
31 May-1 Jun 14	Malaysia International DB Regatta	Putrajaya	Malaysia	EM: info@putrajayadragonboat.com
31 May-1 Jun 14	7th Istanbul Int DB Fest - Golden Horn	Istanbul	Turkey	www.dragonboatfestivali.com
01 Jun 2014	British National League – Race 3.	Exeter	England	www.dragonboat.org.uk
01 Jun 2014	1st Romanian Dragon Boat Championships	Bucharest	Romania	EM: radi@strategicsmi.ro
02 June 2014	Macau DB Festival International Races	Nam Van Lake	Macau, China	EM: abdmc2000@gmail.com
02 Jun 2014	Sun Life Stanley International DB Races	Stanley	Hong Kong	www.dragonboat.org.hk
05-08 Jun 2014	Bucharest Corporate Games DB Races	Bucharest	Romania	www.corporategames.com
06-08 Jun 2014	Hong Kong International Races	Victoria Harbort TST	Hong Kong	www.hkdba.com.hk
06-07 Jun 2014	Welland DB Festival	Welland, Ontario	Canada	www.lively-dragon.com
07 Jun 2014	Southeast Duelling Dragon Classic	Montgomery, Alabama	USA	www.montgomerydragonboat.org
07 Jun 2014	8th Independence Dragon Boat Regatta	Philadelphia, PA	USA	www.independencedragonboat.com
07-08 Jun 2014	Portland Rose DB Festival	Portland OR	USA	www.usdbf.org/events
07-08 Jun 2014	35th Penang International DB Festival Races	Penang	Malaysia	www.penangdragonboat.gov.my
07-08 Jun 2014	29th Sabah Dragon Boat Races	Sabah, Borneo	Malaysia	www.sabahdragonboat.my/
07-08 Jun 2014	Port Macquarie DB Regatta, Hastings River	Port Macquarie, NSW	Australia	www.dbnsw.org.au
08 Jun 2014	Mississauga Dragon Boat Festival	Ontario	Canada	www.mississaugacanoeclub.com
11-12 Jun 2014	1st IDBF World Dragon Boat Cup	Fuzhou	China	www.idbf.org
12-13 June 2014	Sea of Galilee Festival Races	Lake Kinneret	Israel	www.dragonboatisrael.com
14 Jun 2014	Peterborough DB Races, Thorpe Meadows	Peterborough	England	www.dragonboatfestivals.co.uk
14 Jun 2014	Hope Chest Dragon Boat Regatta	Buffalo, Niagra	USA	www.panamdramonboat.com
14 Jun 2014	Fanshaw Dragon Boat Festival, Parry Sound	Ontario	Canada	fanshawedragonboatfestival.org
14 Jun 2014	St Catharines Dragon Boat Festival	Ontario	Canada	www.gwndragonboat.com
14-15 Jun 2014	Cologne DB Festival, Fuhlinger Lake Course	Cologne	Germany	www.drachenboot-koeln.de
14-15 Jun 2014	Haziran Dragon Boat Festival	Ankara	Turkey	www.dragonboatfestivali.com
14-15 Jun 2014	Boston Dragon Boat Festival	Boston, MA	USA	www.bostondragonboat.org
15 Jun 2014	British National League – Race 4.	Stockton	England	www.dragonboat.org.uk
19-22 Jun 2014	Tim Hortons DB Festival, Mooney's Bay Park	Ottawa	Canada	www.dragonboat.net
20-22 Jun 2014	German Dragon Boat Championships	Schwerin	Germany	www.drachenboot.de
20-22 Jun 2014	26th Rio Tinto Alcan DB Festival	Vancouver	Canada	www.dragonboatbc.ca
21 Jun 2014	Czech Grand Prix West Race. Sedicany Dam	Sedicany	Czech Rep	www.dragonboat.cz
21 Jun 2014	Baltimore Dragon Boat Challenge	Baltimore MD	USA	www.baltimoredragonboatclub.com
21 Jun 2014	Capital Lakes Dragonfest, Lake Wingra Vilas Park	Madison WI	USA	www.panamdramonboat.com
21-22 Jun 2014	26 th Tim Horton Toronto Int DB Festival	Toronto	Canada	www.dragonboats.com
22 Jun 2014	Milton Keynes DB Festival	Milton Keynes	England	www.dragonboatfestivals.co.uk
22 Jun 2014	Stanley Short Course Races	Stanley	Hong Kong	www.dragonboat.org.hk
26 Jun 2014	Const Ind DB Challenge – West Reservoir N4.	London	England	www.dragonboatfestivals.co.uk
27-29 Jun 2014	Essen DB Festival, Food Baldeneysee Course	Essen	Germany	www.drachenboot-essen.de
28 Jun 2014	British National League – Race 5.	Milton Keynes	England	www.dragonboat.org.uk
28 Jun 2014	8 th Gateway DB Festival	St Louis MO	USA	www.racedragonboats.com

28-29 Jun 2014	World Corporate Games DB Races	Liverpool	England	www.worldcorporategames.com
28-29 Jun 2014	Hamburger-Taiwan Cup, Allermoehe	Hamburg	Germany	www.hamburger-taiwan-cup.de
28-29 Jun 2014	World Beat Festival Dragon Boat Race	Salem OR	USA	www.worldbeatfestival.org
28-29 Jun 2014	Czech Grand Prix West Race. River Vitava	Slapy Dam	Czech Rep	www.dragonboat.cz
28-29 Jun 2014	Bremer Dragon Boat Cup	Bremer	Germany	www.bremerdrachenbootcup.de
28-30 Jun 2014	23rd Eglisau Dragon Boat Cup	R. Rhine, Eglisau	Switzerland	www.dragonboatcup.ch
TBN Jun 2014	Padang International Festival DB Races	West Sumatra	Indonesia	EM.yonif133yspdg@gmail.com
01 Jul 2014	Dominion Day Regatta Association, 129 th Regatta	Toronto	Canada	www.ddra.ca
02 Jul 2014	Corporate Dragon boat Challenge	Dorney Lake, Eton	England	www.dragonboatfestivals.co.uk
04-06 Jul 2014	Canadian National Championships	Welland, Niagra	Canada	EM: director@dragonboat.ca
05 Jul 2014	Czech Grand Prix West – Race 7. River Vitava	Purkarec	Czech Rep	www.dragonboat.cz
05 Jul 2014	Bodensee Arbon DB Cup	Bodensee	Switzerland	www.drachenbootcup-bodensee.com
05-06 Jul 2014	17 th Berlin City DB Cup Races – Grunau	Berlin	Germany	www.berlin-citycup.de
06 Jul 2014	British National League – Race 6.	St Neots	England	www.dragonboat.org.uk
11 Jul 2014	National Inter Schools DB Championships	Bedok Reservoir	Singapore	www.sdba.org.sg
11-13 Jul 2014	International DB for the cure of cancer	Windsor, Ontario	Canada	www.dragonboatsonline.com
12 Jul 2014	Portage Lakes DB Festival	Akron OH	USA	www.racedragonboats.com
12 Jul 2014	Sudbury Dragon Boat Festival	Ontario	Canada	www.sudburydragonboats.org
12 Jul 2014	Kent Cornucopia Days	Kent WA	USA	www.kcdays.com
12-13 Jul 2014	Singapore DB Festival	Bedok Reservoir	Singapore	www.sdba.org.sg
12-13 Jul 2014	Dragons on Lake Newell	Brooks, Alberta	Canada	www.lively-dragon.com
12-13 Jul 2014	Palava DB Festival, Nove Mlyny Dam	Palava	Czech Rep	www.dragonboat.cz
19 Jul 2014	Springfield DB Races	Springfield MA	USA	www.springfielddragonboat.com
19 Jul 2014	11th Seattle DB Festival, South Lake Union Park	Seattle WA	USA	www.dragonboatbc.ca
19 Jul 2014	2 nd Marshal County Habitat DB Festival	Guntersville AL	USA	www.racedragonboats.com
19 Jul 2014	Great Maumee River DB Festival	Toledo, Ohio	USA	www.partnerstoleado.org
19 Jul 2014	Kenosha Area DB Festival	Pleasant Prairie WI	USA	www.panamdramdragonboat.com
19 Jul 2014	GWN Sport Regatta, Marilyn Bell Park	Toronto	Canada	www.gwndragonboat.com
19-20 Jul 2014	Colorado DB Festival, Sloan's Lake Park	Denver, CO	USA	www.cdbf.org
19-20 Jul 2014	Brno Dragon Boat Festival, Brno Dam	Brno	Czech Rep	www.dragonboat.cz
20 Jul 2014	Cyprus DBA Summer Charity Races	Limassol	Cyprus	EM: cyprusDBA@gmail.com
20-21 Jul 2014	Salzgitter Dragon Boat Cup	Salzgitter	Germany	www.drachenboot-sz.de
25-27 Jul 2014	11th European Nations Championships	Racice	Czech Rep	www.edbf.org
25-27 Jul 2014	North Shore DB Festival	Grand Marais MN	USA	www.nothshoredragonboat.com
26 Jul 2014	Hamilton Waterfest	Hamilton, Ontario	Canada	www.lively-dragon.com
26 Jul 2014	Harrison DB Regatta	Harrison Hot Springs	Canada	EM: director@dragonboat.ca
26 Jul 2014	Walgreens Chicago DB Festival, Arlington Heights	Chicago, Illinois	USA	www.gwndragonboat.com
26 Jul 2014	Grenzacher Dragon Boat Races	Grenzach, Lorrach	Germany	www.hornfelseddrache.de
25-27 Jul 2014	Hawaii DB Festival	Honolulu, Hawaii	USA	www.usdbf.org/events
26-27 Jul 2014	Magdeburg Dragon Boat Festival	Magdeburg	Germany	www.demachdeburjer.de/
26-27 Jul 2014	Long Beach DB Fest – Marine Stadium	Long Beach, CA	USA	www.lbdragonboat.com
02 AUG 2014	Lake Bemidji Dragon Boat Festival	Bemidji, MN	USA	www.bemidjdragonboat.com
02 Aug 2014	Richmond Int DB Festival	Richmond, Virginia	USA	www.gwndragonboat.com
03 Aug 2014	Nottingham Riverside Festival – R.Trent, Vic Emb	Nottingham	England	www.dragonboatfestivals.co.uk
02 Aug 2014	Czech Grand Prix West Race. River Labe	Trebovice	Czech Rep	www.dragonboat.cz
09 Aug 2014	Starbuck DB Festival	Starbuck Minnesota	USA	www.starbuckdragonboat.com

09 Aug 2014	Klein Koris Dragon Boat Races	Koeris	Germany	www.drachenbootkoeris.de
09 Aug 2014	Carressant Care Woodstock Rotary DBF	Woodstock, Ontario	Canada	www.woodstockdragonboat.ca
09-10 Aug 2014	Moravian DB Championships, ONV Lake	Uherske Hradiste	Czech Rep	www.dragonboat.cz
09-10 Aug 2014	Hong Kong DB Festival in New York, Flushing Md	New York NY	USA	www.hkdbf-ny.org
10 Aug 2014	British National League – Race 7.	Worcester	England	www.dragonboat.org.uk
10 Aug 2014	Oakville Charity DB Race	Oakville, Ontario	Canada	www.lively-dragon.com
10 Aug 2014	Dobroyd 10s DB Regatta, Dobroyd Aquatic Club	Dobroyd, NSW	Australia	www.dbnsw.org.au
15-17 Aug 2014	Canada Dry Victoria DB Festival	Victoria BC	Canada	www.victoriadragonboat.com
16 Aug 2014	Czech Grand Prix West Race . Tour de Lipno	Lipno Dam, Vitavou	Czech Rep	www.dragonboat.cz
16 Aug 2014	3rd Annual Habitat DB Festival	Gadsden AL	USA	www.racedragonboats.com
16 Aug 2014	Toromont CAT DB Festival	King City, Ontario	Canada	www.unitedwayyorkregion.com
16-17 Aug 2014	14 th Riverfront DB Festival, Mortensen River Plaza	Hartford CT	USA	www.dragonboathartford.com
22-23 Aug 2014	Lake Superior Dragon Boat Festival	Superior, WI	USA	www.lakesuperiordragons.com
22-24 Aug 2014	Dortmund Dragon Boat Festival, Phoenix Lake	Dortmund	Germany	www.drachenboot-dortmund.de
23 Aug 2014	National Harbor DB Festival	Washington DC	USA	nationalharbordragonboat.com
23 Aug 2014	Hana DB Festival, River Morava	Kojetin City	Czech Rep	www.dragonboat.cz
23 Aug 2014	4 th Owensboro DB Festival	Owensboro, KY	USA	www.racedragonboats.com
23 Aug 2014	12th Barrie Dragon Boat Festival	Barrie, Ont	Canada	www.barriedragonboatfestival.ca
24 Aug 2014	British National League – Race 8.	Crosby, Lancs	England	www.dragonboat.org.uk
24 Aug 2014	Dragon on the Lake Festival, Lake Orion	Michigan	USA	www.dragononthelake.com
24 Aug 2014	Czech Grand Prix East Race. Kretinka Dam	Letovice	Czech Rep	www.dragonboat.cz
29-30 Aug 2014	8 th Neuhausen Water Festival, Spremberger Resv	Neuhausen	Germany	www.wasserfestspiele-neuhausen.de
30-31 Aug 2014	Rainbow Region DB Regatta, Shaws Bay	East Ballina, NSW	Australia	www.dbnsw.org.au
31 Aug 2014	British National League – Race 9	London RA Docks	England	www.dragonboat.org.uk
Tbn Aug 2014	Celebes International DB Festival	Makassar	Indonesia	yonif133yspdg@gmail.com
03-07 Sep 2014	9th Club Crew World Championships	Ravenna	Italy	www.idbf.org
06 Sep 2014	Czech Grand Prix West Race 10.	Chomutov	Czech Rep	www.dragonboat.cz
06 Sep 2014	Czech Grand Prix East Race. Plumlov Dam	Prostejov	Czech Rep	www.dragonboat.cz
06 Sep 2014	8 th Cumberland River DB Festival	Nashville, TN	USA	www.racedragonboats.com
06 Sep 2014	Cambridge DB Festival – River Cam	Cambridge	England	www.dragonboatfestivals.co.uk
06-07 Sep 2014	Portland DB Festival	Portland OR	USA	www.portlanddragonboats.com
06-07 Sep 2014	20th GWN DB Challenge, Marilyn Bell Park	Toronto	Canada	www.gwndragonboat.com
06-07 Sep 2014	Dubuque DB Festival	Dubuque IA	USA	www.dubuquedragonboat.org
12-13 Sep 2014	Kiel Dragon Boat Days	Kiel	Germany	www.drachenbootrennen-kiel.de
12 Sep 2014	Fidelity Investments Jacksonville DB Festival	Jacksonville	USA	www.panamdramonboat.com
13 Sep 2014	Carleton Place DB Festival	Carleton Place, Ont	Canada	www.lively-dragon.com
13 Sep 2014	Atlanta Dragon Boat Festival	Atlanta, GA	USA	www.dragonboatatlanta.com
13 Sep 2014	Stratford DB Festival	Stratford, Ontario	Canada	www.rotarystratford.com
13 Sep 2014	8th Annual Mercer County DB Festival	West Windsor NJ	USA	www.gwndragonboat.com
13-14 Sep 2014	Montana Dragon Boat Festival	Big Fork MT	USA	www.MontanaDragonBoat.com
13-14 Sep 2014	Barcelona Dragon Boat Festival	Barcelona	Spain	www.agendasports.com
13-14 Sep 2014	4th Dublin Int Dragon Boat Regatta	Dublin	Ireland	www.dragonboat.ie
20 Sep 2014	Schwerin Long Distance Race	Schwerin	Germany	www.dbv-schwerin.de
20 Sep 2014	Christie Lake DB Race	Christie Lake, Ont	Canada	www.lively-dragon.com
20 Sep 2014	8 ^h Cleveland Dragon Boat Festival	Cleveland, OH	USA	www.racedragonboats.com
20-21 Sep 2014	Croft Coasts DB Regatta, Bellinger River	Mylestom, NSW	Australia	www.dbnsw.org.au

20-21 Sep 2014	Czech National Championships	Racice	Czech Rep	www.dragonboat.cz
20-21 Sep 2014	Istanbul Dragon Boat Festival	Istanbul	Turkey	www.festivali.com
20-21 Sep 2014	British National Cup Championships and Nottinghamshire International DB Regatta	Nottingham	England	www.dragonboat.org.uk
21 Sep 2014	Macau Small DB Mid-Autumn Festival Cup	Nam Van Lake	Macau	E.M. office@dragonboat.hu
27 Sep 2014	Great River Race – inc Dragon Boats	London	England	www.greatriverrace.co.uk
27 Sep 2014	4th Annual Duncan-Williams DB Race	Memphis TN	USA	www.racedragonboats.com
28 Sep 2014	Lubeck Dragon Boat Regatta	Lubeck	Germany	www.luckypunch.com.de
Tbn Sep 2014	San Francisco International DB Festival	San Francisco	USA	www.sfdragonboat.com/
Tbn Sep 2014	Thailand Int Swan Boat Races	TBN	Thailand	www.tourismthailand.org
04 Oct 2014	12th Philadelphia International DB Festival	Philadelphia, Pen	USA	www.philadragonboatfestival.com
03-05 Oct 2014	10 th Golden Dragon International DB Regatta	Kiev	Ukraine	EM: ukrdragonboat@mail.ru
04 Oct 2014	White Beach Lake Dragon Boat Cup	Berlin	Germany	www.drachenboot-liga.de
04-05 Oct 2014	Bucharest International Regatta	Bucharest	Romania	EM: radi@strategicismi.ro
11 Oct 2014	6 th Rose DB Regatta, Lake Las Vegas Marina	Henderson NV	USA	www.roseregatta.org
11-12 Oct 2014	San Diego Dragon Boat Festival	San Diego, CA	USA	www.sddragonboatrace17-.com
12 Oct 2014	Dragon Boats NSW Race 1, Sydney IRC	Penrith, NSW	Australia	www.dbnsw.org.au
17-18 Oct 2014	Walgreen's Orlando International DB Festival	Orlando, Fld	USA	www.gwndragonboat.com
18 Oct 2014	Berlin Dragon Boat Marathon 42 Km	Berlin	Germany	www.drachenboot-liga.de
18 Oct 2014	Los Angeles DB Festival, Legg Lake Park	El Monte CA	USA	www.ladragonboat.com
18-19 Oct 2014	Limassol International DB Races	Limassol	Cyprus	EM: cyprusDBA@gmail.com
18-19 Oct 2014	7 th Autumn Marathon – "October Open"	Kiev	Ukraine	EM: ukrdbf@gmail.com
18-19 Oct 2014	11 th Gulf Coast DB Regatta, Brooks Lake	Sugar Land, Texas	USA	www.texasdragonboat.com
19 Oct 2014	Dragons Abreast DB Festival	To be Confirmed	Australia	www.dbnsw.org.au
24-26 Oct 2014	IBCPC Breast Cancer Survivors Festival	Sarasota, FL	USA	EM: committee@ibcpc.com
25-26 Oct 2014	Grafton Jacaranda DB Regatta, Clarence River	Grafton, NSW	Australia	www.dbnsw.org.au
01 Nov 2014	Sarasota Bay Water Festival,	Sarasota FL	USA	www.sarasotbaydragonboat.com
08-09 Nov 2014	32nd Singapore River Regatta	Singapore River	Singapore	www.sdba.org.sg
09 Nov 2014	Dragon Boats NSW Race 2, Manly Dam	Manly, NSW	Australia	www.dbnsw.org.au
16 Nov 2014	Orange DB Challenge, Lake Canobolas	Orange, NSW	Australia	www.dbnsw.org.au
22-23 Nov 2014	Forster DB Challenge, Elizabeth Pde Resevior	Forster Keys, NSW	Australia	www.dbnsw.org.au
30 Nov 2014	Wagga Wagga DB Challenge, Apex Pk Lake Albert	Wagga, Wagga, NSW	Australia	www.dbnsw.org.au
14 Dec 2014	Dragon Boats NSW Race 3, Sydney IRC	Penrith, NSW	Australia	www.dbnsw.org.au

DRAGON BOAT CHAMPIONSHIPS 2014-2015

2014

30 May-1 Jun 14	11th Asian Dragon Boat Championships	Nam Van Lake	Macau	EM: adbdragon@126.com
25-27 July 2014	11th European Nations Championships	Racice	Czech Rep	www.edbf.org
03-07 Sep 2014	9th Club Crew World Championships	Ravenna	Italy	www.idbf.org
24-26 Oct 2014	IBCPC Breast Cancer Survivors Festival	Sarasota, Fld	USA	EM: committee@ibcpc.com

2015

19-23 Aug 2015	12th World Nations Championships	Welland, Niagara	Canada	www.idbf.org
TBN	11th European Club Crew Champs	TBN	TBN	www.edbf.org
TBN	South East Asian Games DB Races	TBN	Singapore	EM: adbdragon@126.com

NEWS FROM THE IDBF MEMBERS CONGRESS & IDBF EXECUTIVE COMMITTEE

NEW BASIC & FULL MEMBER FEDERATIONS.

The 13th IDBF Members Congress, held in Szeged, Hungary on the 29th July 2013, confirmed as new IDBF Basic Members French Polynesia; Guadeloupe; Kenya; Romania and Monaco.

The Congress also approved Full Membership for Costa Rica; India; Puerto Rico; Reunion Island; Senegal; Slovak Rep; Turkey and Uganda, bringing the total number of IDBF members to 75, with applications pending from three more Countries interested in joining the IDBF family.

FOUR VICE-PRESIDENTS' NOW BECOME FIVE !

For the first time at an IDBF Congress there were more nominations for the four IDBF Vice-Presidents' posts than there were vacancies.

With the two longest serving Vice- Presidents, **Mason HUNG**



(Hong Kong) and **Bob MORRO** (Usa) not seeking re-election, nominations for **Raymond MA** and **Ginny PERRIN** to take their places had been received from the IDBF Members concerned, as well as nominations for serving Vice-Presidents, **Claudio SCHERMI** (Italy) and **Ahmed DONYAMALI** (Iran) to serve for a further term.



In addition nominations had been received from Canada for **Matt SMITH** and Hungary for **Peter JAROSI**, giving a total of six nominations for the four contested Vice Presidents' posts.

HONORARY MEMBERSHIP AWARDS. In recognizing their outstanding services to the Sport for over 20 years, the Congress granted Honorary IDBF Membership to **Mason HUNG** (Hong Kong) and **Bob MORRO** (USA) on their retirement as VPs.

ALL CHANGE FOR THE IDBF PRESIDENT AND EXECUTIVE PRESIDENT TOO.

Also retiring at the 2013 Congress was the IDBF President **Madam Xiao Min**, after two terms in office.

From 1 January 2014, following a CDBA proposal to the 2011 Congress, the IDBF will have only one President's post, reverting back to the when the IDBF was formed in 1991.

The Executive President's post will be re-titled as the **President** from January 2014, when **Mike Mackeddie-Haslam**, will relinquish the EPs role and hold the President's post until the 2015 IDBF Congress in Welland, Canada.

A NEW CHAIRMAN FOR THE REVAMPED IDBF CULTURE & HERITAGE COMMISSION.

In a final re-shuffle of the IDBF Council, **Rex XIN** (China) has been appointed as Chairman of the revamped IDBF Culture & Heritage Commission, a change in name and role approved by the Executive Committee at its meeting held in Szeged.

Formerly, the Protocol, Cultural and Heritage Commission, in its revised role the C&HC will be responsible for developing and maintaining a record of the cultural aspects of our Sport, collecting current and historical information on the 'Chinese Dragon' and the traditions associated with it and informing the IDBF Members of these and other cultural aspects of Dragon Boating.

The protocol side of the old commissions work will now be undertaken by one of the newly elected Vice-Presidents, as will maintaining the IDBF Historical Records of the Sport, that is, World Championships Results, Medal Winners, Members historical records and information and overseeing the establishment of the IDBF Archives.

Change of Member for Russia. After a long investigation by Members of the IDBF Executive Committee, concerning the situation over the governance of the Sport in Russia and following a recommendation from the IDBF Council, the Membership of the Russian Dragon Boat Federation (RDBF) was revoked by the Congress in favour of the Russian Association of Paddle Sports (RAPS). The Congress delegates welcomed the RAPS President, **Vitaly Smirnof**, to the Congress.

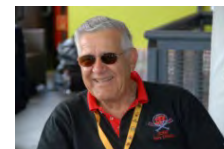


In a very close run election, only three votes separated three of the candidates, **Raymond MA**, **Ginny PERRIN**, **Claudio SCHERMI** and **Matt SMITH** were duly elected to serve from 1 January 2014.

Claudio Schermi as the longest serving VP will become the Senior IDBF Vice-President following the retirement of **Mason Hung**.

In recognition of Dragon Boating's Chinese cultural and historical background, the 2011 Congress held in Tampa, passed a motion that the number of VPs would increase from 2014 with the election of a fifth VP who would be nominated by the Chinese Dragon Boat Association unopposed.

The CDBA nomination to the 2013 Congress was **Ji Yunxi**, who was elected unopposed to take the new post of the fifth VP from 1 January 2014.



NEW PRESIDENT of HONOUR. Following the decision of the 2011 Congress, to have a Chinese IDBF President of Honour, the CDBA nominated **Madam Xiao Min** to be the first President of Honour.

IDBF SECRETARIAT CHANGES. In other changes to the Council, IDBF Secretary-General **HU Jianguo** (China) stood down on his retirement from work and **Peter TANG** (Macau) was confirmed by the Executive Committee as the IDBF Acting Sec-Gen, until the 2015 Congress. **YU Hanqiao** (China) remains in post as the IDBF Deputy Sec Gen.

WATCH A DRAGON BOAT VIDEO OR TWO ON YOUTUBE & FACEBOOK

Dragon Boat World Championships, 2013 - MOMENTS - YouTube

www.youtube.com/watch?v=nPeK4Ka8-8I Uploaded by **Pálmai József**

11th IDBF World Dragon Boat Racing Championship - 23-28 July 2013. Szeged, Hungary

NEWS SPOTS FROM THE IDBF MEMBERS & FESTIVALS

UGANDA – WHEN UGANDANS RACED ORDINARY BANANA BOATS IN THE NAME OF DRAGON BOATS!

A DAY IN May 2013, the media acting on express directives from the Dragon Boat Association, are engaged in mobilising both participants (Paddlers) and spectators to turn up to promote the new sport. It is quite a challenging task, with little resources to facilitate the event, the only funds available are to cater for some of the transport around Jinja, close to the racing site.

The expectations of the public continue to grow day by day, with mass media campaign on FM radio stations and Television. In the last two weeks of preparation, the public start asking for invitation cards, the business community are inquiring about the new sport and its opportunities and athletes are asking about the rules, regulations and prizes, as well as all sorts of other information.

These hectic activities raise one big question – is it possible to hold the races ! The Organizing Committee embark on a door to door hunt for facilities to set up the event. 149 enthusiastic and energetic paddlers have registered to compete. Among the teams are members of other water sports organizations, who can see the benefits of Dragon Boating and contribute in kind to the event.



Nile River Explorers and Nalubale Rafting companies offer buoyancy aids and to pay for 36 locally manufactured paddles. They also agree to provide the raft boats and kayaks to be used by umpires, while Advanced Tours & Travel offer Teams' local transport.

The National Fisheries Research Institute boosts the event with an exhibition of their marine research findings; Fish species, fishing vessels, fishnets and information literature. This attracts students from the universities and institutions of higher learning. Children, holiday makers and tourists will come to the boat racing and also learning about local water culture and heritage.

Liberty Life Assurance offer insurance cover for one month for all participants - two weeks before and two weeks after the races. **After getting all the technical equipment, the PA system, training race officials and purchasing the trophies and medals, there was one question big, big question left - "WHERE ARE THE DRAGON BOATS?"**

This is our biggest challenge getting actual Dragon Boats, there are none in Uganda ! With our IDBF Development Boats held up in Cyprus with shipping problems, we sweat plasma ! But, then comes Plan B - secure ordinary African Banana boats and use them in the name of Dragon boats. This works out and we store (hide) them at the Kingfisher Safari Resort on Lake Victoria !

The days racing sees an excited crowd of some 2000, enthusiastically cheering the crews of five paddlers in each banana boat, as they raced towards the finishing line. Both paddlers and the audience seem unconcerned about the absence of the Dragon Boats advertised so much on television. The organisers run the races to the recommended standards for the sport and all concerned go home very happy. The event also emphasizes that Dragon Boating and tourism are inter-twined and that both will blossom together.



Pictures by donaldkirya@gmail.com

IRAN – Iran Dragon Boat Association – Present and Past



Team Iran, relax at the 2013 World Champs in Szeged, Hungary in July (Left)

Blast from the Past –

Happy Paddlers, the Iran Women's Team at the Asian Nations Championships in Penang 2008

Another Blast from the Past – snow this time, as a chilly winters day shows the Tehran Race course ready for some Ice Dragon Boating !!





WELCOME TO MONACO.

MONACO DRAGON BOAT CLUB ASSOCIATION *report by Kerrie Reilly.*

HSB Prince Albert II has welcomed Dragon Boating to Monaco and the Monaco Dragon Boat Club Association the newest member of the IDBF and EDBF, has taken to the waters of Monaco with a great deal of enthusiasm. Clarence John, The Executive Director of Monaco Dragon Boating, has been a dragon boat coach for many years now. Originally from Trinidad, Clarence began his professional dragon boat career as founding member and Coach of the HydroBLADES Dragon Boat Racing Team, based in Miami, Florida, Usa.



At the 2008 US National Championships, this team ranked 4th in the Premier Mixed Championships.

Clarence is incredibly excited about building the Monaco Team and taking it to the same level.

Pictured (rt) is a Crew of students from the IUM International University of Monaco, with Clarence John Helming the boat and picking his way carefully between the many yachts occupying the Grand Harbour in Monaco. The MDBCA is keen to develop the Sport within the local community with particular emphasis on young people and then moving on to events. www.monavodragonboating.com Information from kerrieoreilly@hotmail.com



WELCOME TO QATAR - Doha Dragons DB club - *Jeff Ching www.dohadragons.com*

Our first boat (pictured) arrived in September and, as you can see, we started training immediately. Our membership drive was successful too and we are now in talks with two other groups to help them start their own teams. The plan is to rotate our training so that 3 teams can use the one boat.

Looking forward we hope to raise further funds for another two boats, hopefully by 14th February 2014 which is Qatar's National Sports Day, when we will display the dragon boats.



Under the leadership of the IDBF, modern day dragon boat racing has grown exponentially worldwide and have often received fervent reception among the international committee. Our executive committee are beneficiaries of the pioneers who have spread modern day dragon boat racing across the world. If it were not for the IDBF and its Member Dragon Boat organisation, it would be unlikely if any of our executive committee members would have ever paddled on a dragon boat.

With the support of the IDBF, we hope to continue this effort by **INTRODUCING DRAGON BOAT RACING INTO QATAR.**

DRAGON BOAT ISRAEL

Dragon Boat Israel (DBI) started life as a joint Canada-Israel initiative to introduce the sport of dragon boat racing to Israel. The idea originated with the members of a Canadian dragon boat team who thought it would be fun to combine their love of dragon boat racing with their love of Israel.!



DBI's very first dragon boat festival took place on the 17th & 18th May 2012, on the southern shore of Lake Kinneret (also called the Sea of Galilee), which is the largest body of fresh water in Israel.

Lake Kinneret is located in northern Israel and we completed another outstanding festival there on the 9th & 10th May 2013, in which 33 teams competed and last year's second placed team, Ohalo College, won this year. Degania Bet came in second and Ashdotaim took the third place

[Ma'agan Holiday Village](http://www.maaganholidayvillage.com) and the Ohalo Boating Club hosted the Festival, highlights of which included Arts and Crafts vendor stands, food stands, juggling and drumming and singing performances and, of course, lots of fun!

For details of the events, go to our blog at dragonboatsrael.wordpress.com. Plans are currently underway for a regatta in 2014. Stay tuned for more details

The mission of DBI is to bring people to the northern region of Israel for an exciting, team-focused event that builds community, supports Israeli charities, fosters cultural awareness and promotes tourism.

Dragon Boat Israel - Come for the race, stay for the journey ...

GREAT BRITAIN

The British Dragon Boat Racing Association



The 2013 Great River Race, River Thames, London.

The National League coordinator has confirmed that the first event of 2014 will be in Liverpool on May 4th due to the loss of the proposed Bristol event. The best 7 of up to 9 results from the events that remain will qualify for league points.

The Grand Finale of the season, the 2014 National Cup, will be held over the weekend of 20th-21st September. Clubs are asked to help increase the number of competitors at the event by encouraging local regatta and corporate crews to take up the challenge and race alongside the regular teams.

COACHING CORNER

1) REACH. Reach refers to the action of the paddler leading up to and beginning an individual stroke, though not the placing of the paddle into the water itself (see element number 2, "catch").

The paddler wants to place the paddle as far ahead of him or herself as possible, ideally stretching the paddle up past the bench immediately in front of the paddler. By placing the paddle as far ahead as possible, the paddler is maximizing the amount of time the paddle will be pulling through the water, and therefore maximizing the amount of force he or she is putting into making the boat move.



If the paddlers on a team do not reach far enough forward on their strokes, they will simply not be able to put enough power into each stroke to be competitive, and will be wasting most of the energy that they're exerting.

2) CATCH. The second component of the dragon boat stroke refers to how the paddle is placed down into the water, how the paddle "catches" the water. Ideally, the paddle should not simply be dropped into the water, but some force should be exerted downwards on the paddle, to make it "dig" into the water.

The blade should be fully buried to the end of the blade once catch is completed, in order to pull the maximum amount of water.



3) PULL. The next phase of the stroke refers to the movement of the paddle through the water, once it has been planted by the "catch" phase. With the paddle as far forward as the paddler can place it, the paddler pulls the paddle back through the water.

The stroke should be as straight as possible, because any other movement of the paddle (for instance, slightly perpendicular) would contribute nothing to the forward movement of the boat, and would, in fact, weaken the general forward movement of the boat by pulling the boat slightly in another direction.



4) EXIT. This refers, obviously, to the action of taking the paddle out of the water at the end of the stroke. The ideal dragon boat stroke should be quite short, and as much as possible in front of, rather than behind the body. The stroke should end between the knee and mid-thigh of the paddler, and no further back. Beginning dragon boaters (and a lot of dragon boaters who've been doing it for years) have a problem with too long of a stroke.

They may think they're getting more power into the stroke by continuing it beyond their knee-mid thigh, but technically, since the stroke is powered by rotation of the trunk of the body forward rather than backward, pulling the paddle through behind your body results in a wasted expenditure of energy.



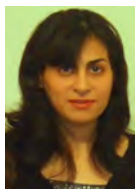
Pulling back too far also would necessarily result, time-wise, in the paddlers being able to get less strokes in in a race than with a proper stroke, since they're wasting all that extra motion.

The number of strokes a team is able to get in during a race can make the difference (along with other factors such as rotation and total technique), for example if boats are evenly matched and sprinting towards the finish line.

And that's the basics of the dragon boat stroke! Of course, there are many other factors the dragon boat paddler has to master. Things like rotation and timing. Also, at various phases of a race, different elements of the stroke technique will be emphasized for different effects. But for the beginning dragon boat paddler,

knowing just the four elements of proper stroke technique is the most important thing to understand.

(Acknowledgement to Michael Diack of Tragically Quick Dragon Boat Team)



LISTEN TO LEILA - ADVICE ON SPORT INJURIES

“How do I approach and repair a shoulder injury?”

Dr Leila Ataei is a lecturer and researcher in Sports Medicine & Physiology and is a Member of the IDBF Medicine & Sports Science Commission.

E-mail: Leila.Ataei1983@gmail.com



My last article in the DBI generated some questions on dealing with sports injuries, mainly concerning paddling injuries to the upper body, particularly the Shoulder joints. So in answer to these, in this article I will deal with **“how to repair a shoulder that is injured, painful and has limited mobility?”** But first some information on the reasons for immobility or reduced mobility, which also causes pain and then the common treatment options that are available. **There are several conditions that cause pain and limit movement of the shoulder joint. Common ones are: Rotator Cuff Disorders; Shoulder Impingement; Frozen Shoulder; Dislocated Shoulder and Shoulder Instability and SLAP (Superior Labrum Anterior to Posterior) Tear.**

In this Issue of DBI I will deal with rotator cuff disorders and shoulder impingement and in the next DBI I will cover Frozen Shoulder; Dislocated Shoulder and Shoulder Instability and SLAP (Superior Labrum Anterior to Posterior) Tear.

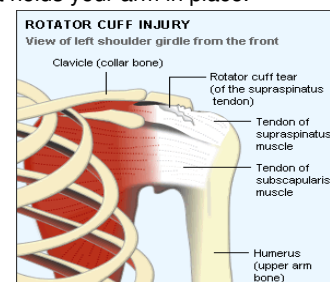
ROTATOR CUFF DISORDERS. Paddlers and many other athletes can experience a rotator cuff tear. If it is severe, a rotator cuff tear can end an athlete's career. So what is it exactly?

The rotator cuff is a group of four tendons and muscles that help to move the shoulder in different directions and they converge around the top of the humerus, that is the upper arm bone above the elbow. Together, they form a "cuff" that holds your arm in place.

The 4 muscles (and their tendons) that make up the rotator cuff are included: The supraspinatus, the infraspinatus, the subscapularis and the teres minor [figure 1].

While your shoulder is one of your most mobile joints, it's also somewhat weak. Too much stress can cause partial tears and swelling in the tendons of the rotator cuff (Rotator cuff tears are sometimes incorrectly called "rotary cuff tears"). Most Rotator cuff disorders result from inflammation or damage to the rotator cuff muscles or tendons or an inflammation of the subacromial bursa (which is a fluid-filled pad that sits under the highest part of the shoulder).

The inflammation can be caused by general wear and tear that occurs with age, activities that require constant or repetitive shoulder motion (especially above shoulder level), heavy lifting, trauma, or poor posture. Serious injuries and untreated inflammation of the tendons can cause the rotator cuff to tear. The most common site of a tear is in the supraspinatus tendon. Severe injuries can cause several of the tendons and muscles to tear. There are special movement tests that your doctor can use to help determine which of the muscles or tendons has been torn.



WHAT ARE THE SYMPTOMS? Symptoms of a rotator cuff disorder include pain and weakness in the shoulder. Most often, the pain is on the side and front of the upper arm and shoulder.

It may hurt or be impossible to do everyday things, such as comb your hair, tuck your shirt in, or reach for something.

You may have pain during the night and trouble sleeping. In particular it often increases when you raise your arm above shoulder height.

The pain usually is closely related to the degree of damage sustained.

Minor damage: Pain most often occurs only when you are active and is usually relieved with rest.

Moderate damage: You will likely notice pain both during and after activity. Pain may also occur at night, especially when you lie on your shoulder.

Severe damage: You may have continuous pain.

However, pain resulting from the function you are doing is not always directly related to the amount of damage you have sustained.

For example, your rotator cuff may have minor damage but if you are making repetitive overhead movements then it is normal to feel a severe loss of motion range because it is too painful to move in certain ways.

Rotator cuff disorder would be a result of tendonitis or tears. In the **rotator cuff tendinitis**, the shoulder and arm will not be particularly weak but will be painful when they are being used. The pain usually starts gradually, over the side of the shoulder and the upper arm and may radiate down the outside of the upper arm, even down to the elbow. It may also be worse at night. Lifting the arm to the side (abduction) or to the front (flexion) increases the pain.

The most common symptoms of a **rotator cuff tear** are weakness and pain especially when moving your arm overhead or against resistance or rotating your arm (You may not feel any weakness if the tear is small).

Symptoms of a sudden, severe (acute) tear include; Immediate pain, a popping sound or tearing sensation or possibly bruising in your shoulder and limited range of motion and inability to raise your arm because of pain or weakness. A complete tear can be present without obvious symptoms, especially in an older adult who is not very active (Complete tears are present in 25% of people over 60).

HOW ARE ROTATOR CUFF DISORDERS DIAGNOSED? Doctors ask about any shoulder injuries or past shoulder pain. They also do a physical examination to see how well the shoulder works and to find painful areas or activities. Your exam may include tests of your shoulder movement and strength. If your shoulder is painful and you cannot move it much, your doctor may give you a shot of an anesthetic such as lidocaine to reduce your pain. After the shot, your doctor will test your shoulder movement and strength again or you may have a steroid shot to help your doctor find out if your shoulder pain is from your rotator cuff.

If a steroid shot near the rotator cuff relieves your pain, even if the pain comes back later, it means the rotator cuff-and not some other shoulder problem-is causing the pain. You may have an X-ray to check the bones of the shoulder. If the diagnosis is still unclear, the doctor may order an imaging test, such as an MRI or an ultrasound.

HOW ARE THEY TREATED? Treatment of rotator cuff problem is very important. Your shoulder may get weaker and you may not be able to lift up your arm if you don't repair it as soon as possible. **For most rotator cuff disorders, doctors recommend these steps:**

Rest: this is the main and important treatment for rotator cuff injury. You should stop any aggravating activities such as heavy lifting or any activities that require you to raise your arm what may have brought on the tendonitis. Keeping your shoulder immobile for up to a week may be enough for healing to take place. However, gentle movement of the shoulder is recommended. Prolonged immobilization (holding the shoulder still), such as with slings or braces, may cause the shoulder joint to become stiff or even lead to frozen shoulder.

Recovery point: "you should still try to keep your shoulder mobile".

Anti-Inflammatories: Your Doctor may suggest that you take regular anti-inflammatory drugs (NSAIDs). These are painkillers but they also reduce inflammation and are commonly prescribed. Examples include ibuprofens (such as Advil), diclofenacs, and naproxens (such as Aleve) or acetaminophens (such as Tylenol) which can help with pain but will not reduce swelling or inflammation. **You must always read the leaflet that comes with the medicine packet for a full list of cautions and possible side-effects.**

Hot and Cold Treatments: Applying hot and cold treatments to your shoulder is often recommended. At first, try applying ice to your shoulder for the first 48 hours after the discomfort begins as ice helps relieve pain and reduces swelling. However People respond to heat and ice differently. Using a heating pad after swelling has subsided and can help to relax the stiff muscles in your shoulder. Although in some cases, heat feels good for a while but may intensify pain and stiffness after 1 to 2 hours. For a sudden (acute) injury, do not use heat for the first 48 hours.

Apply ice 2 to 3 times a day, up to 20 minutes at a time. To avoid harming your skin, place a thin towel between the ice pack and your body, or put a pillowcase over the ice pack. Apply an ice pack after exercising your shoulder; it will help you to prevent swelling.

Physiotherapy: this may be helpful for people with minor rotator cuff tears. Your doctor may refer you to a physiotherapist for advice and shoulder exercises. Your doctor may also suggest physiotherapy. This may be helpful for people with minor rotator cuff tears. Physio- therapy can reduce pain in the soft tissues (such as the muscles, ligaments, and tendons) and help make your shoulder stronger and more flexible and exercises to stretch and strengthen your shoulder may be included. After you learn these exercises, you can do them at home.

The common exercises for rotator cuff disorders include:

Gentle stretching exercises; These are often the most important part of physio treatment for rotator cuff disorders, especially when stiffness is a major symptom. Stretching includes range-of-motion exercises.

Strengthening exercises; In general, you should **not** start these exercises until your rotator cuff has healed and you are able to perform the stretching and range-of-motion exercises comfortably. Strengthening exercises can help you build and keep shoulder function and stability. Some physiotherapists may use other techniques to relieve pain and reduce muscle spasms, such as massage or ultrasound.

Steroid injections: If other treatments don't help, your doctor may give you shots of steroid medicine in the shoulder. These can help to reduce the inflammation in the rotator cuff tendons and able you to do exercises to strengthen the shoulder. Steroid injections can be repeated if the initial response be good.

Surgery: Surgery is last way but most useful to relief pain and weakness in the shoulder especially if the tendons are being squeezed as they are moved through their normal range of motions. Surgery typically is recommended to repair a torn rotator cuff in a healthy young person. It cannot repair all the damage caused by age or degeneration.

Generally good results are more likely if there is little or no evidence of degeneration or impingement. People with advanced rotator cuff disorders and tendons do not usually respond well to surgery due to their tendons being tough, fibrous and sometimes stiff. There are two type of treatments for rotator cuff disorders, namely subacromial smoothing and as an alternative to surgery, a procedure called lithotripsy. In this treatment a specialist machine known as a lithotripter delivers electrical shock waves to the affected tendon(s) helps to break up the deposits of calcium.

Home Treatment:

Rest your injured shoulder. The rest period for a rotator cuff disorder may be a couple of days to several weeks, although gentle movement of the shoulder is recommended to avoid stiffening in the joint or a frozen shoulder. It is important that you don't keep your shoulder completely immobilized. During the rest, Move your arm carefully through its full range of motion several times a day, progress slowly to avoid injury.

After 2 to 3 days, start moving your shoulder with the aid of moist heat. To do this soak a towel in hot water, and wring it out. Fold the towel to about 20 cm (8 in) square. While holding the towel on your shoulder, relax your shoulder, lean forward so your arm hangs freely, and gently swing your arm back and forth like a pendulum. You also can do this exercise standing under a warm shower.

Heat relaxes your muscles and tendons by increasing blood flow to them. When combined with gentle motion, heat can ease inflammation. Repeat these steps 2 or 3 times a day to reduce the risk of permanent stiffness in the joint.

EXERCISES THAT HELP ROTATOR CUFF DISORDERS INCLUDE:

Posterior stretching [Figure2], Up-the-back stretch [Figure3], Overhead stretch [Figure4], Pendulum swing [Figure5], Wall climbing (To the side and to the front) [Figure 6].

Figure2: Posterior stretching

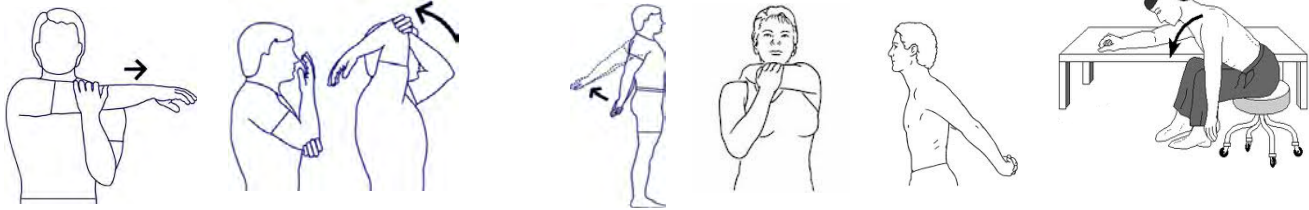


Figure3: Up-the-back stretch

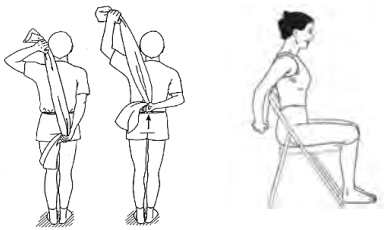


Figure4: Overhead stretch

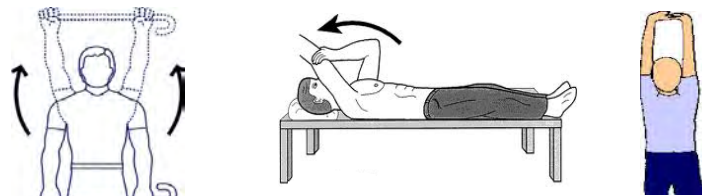
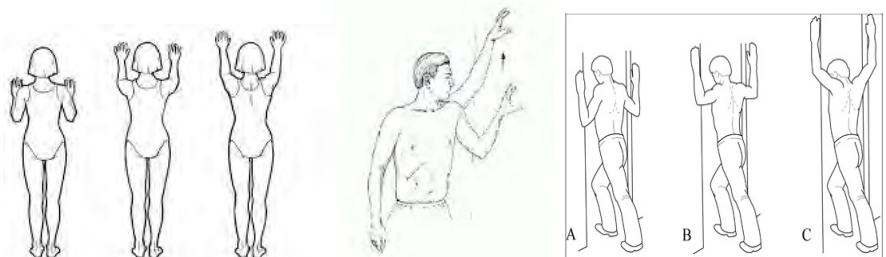


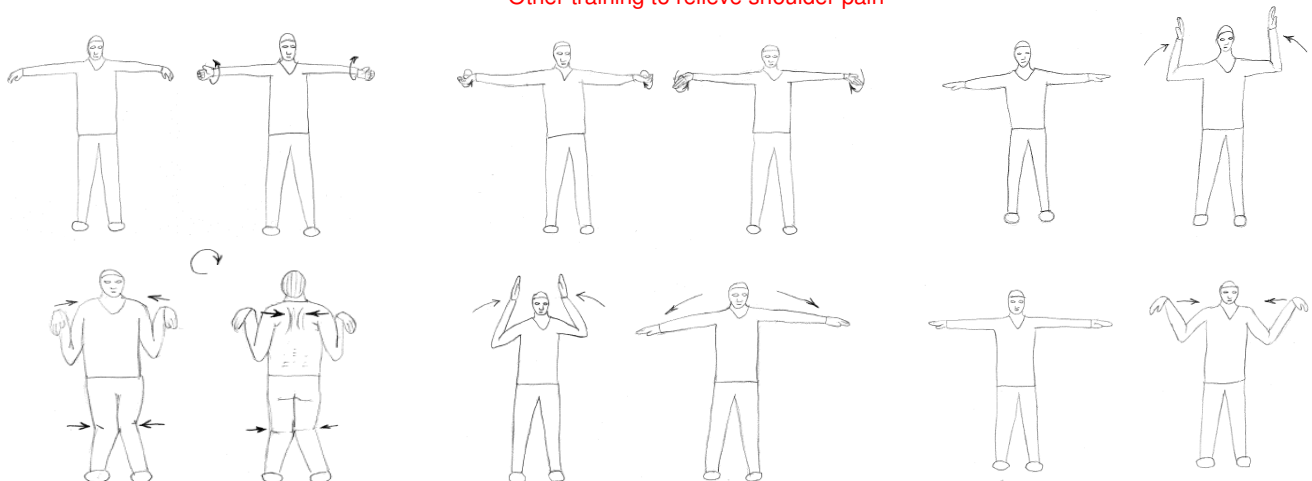
Figure 5: Pendulum swing



Figure 6: Wall climbing



Other training to relieve shoulder pain



SHOULDER IMPINGEMENT SYNDROME (SIS):

When pressure is placed on the rotator cuff from the part of the shoulder blade used when lifting the arm, a shoulder impingement may occur. In this condition, the tendons of the rotator cuff become compressed between the shoulder blade and the humerus (upper arm bone). This may cause inflammation (leading to tendonitis or bursitis) which can lead to pain, stiffness, tenderness, limited mobility or even a torn rotator cuff. Soft tissues will be compressed for a number of reasons.

For example, the joint can loosen, making it possible for the humerus to move more than it should; the bones in the shoulder can be shaped in a way that makes them more likely to impinge on nearby tissues; or the bones can develop spurs (bony protrusions) that jut out into the joint.

In addition, the way many people hold their body, particularly those who spend a lot of time at a desk or computer, with their head forward and shoulders hunched, predisposes them to shoulder impingement. Impingement of the rotator cuff is most likely to occur in individuals that spend a lot of time with their arms stretched overhead or that do repetitive heavy lifting, including athletes, such as swimmers and paddler. If the compression is chronic, it can result in structural breakdown over time. The following stages represent the full spectrum of SIDS. Each stage tends to affect a different age group:

Stage 1: This stage tends to happen in people younger than 25. It consists of swelling and inflammation.

Stage 2: This stage tends to happen in people age 25 to 40. It consists of weakening of the tendons in the shoulder, a problem called tendinopathy. (Tendons are strong bands of tissue that connect muscles to bones.)

Stage 3: This stage tends to happen in people older than 40. It consists of a rotator cuff tear, biceps tendon rupture, or changes to the bones in the shoulder.

WHAT ARE THE SYMPTOMS? Pain, swelling, tenderness and possible decreased mobility or strength are the symptoms of shoulder impingement.

Minor impingement of the rotator cuff may cause pain that radiates from the front of the shoulder to the side of the arm.

The pain may be felt during activity, when stretching the arm overhead, when lifting the arm, or when lowering the arm from an elevated position.

There may also be localized swelling and tenderness felt in the front of the shoulder.

At the beginning the pain is relatively minor but begins to increase as the problem progresses.

Moderate cases of shoulder impingement may lead to decrease mobility or strength, and it may be hard to perform tasks that require the arm to reach behind the back.

Pain may also be felt even during the rest.

When the impingement becomes severe, all movement of the arm may be painful or there may be a completely loss of mobility. The rotator cuff can become torn. A loss of mobility can then result in frozen shoulder if left untreated.

HOW IS SHOULDER IMPINGEMENT DIAGNOSED?

Shoulder impingement diagnosing process is similar to a rotator cuff disorder diagnostic examination.

A medical professional will compile a complete medical history related to your symptoms and the activities causing the pain in your shoulder.

A physical exam will be conducted which will include various movements of the arm and shoulder to test for flexibility, mobility, strength, tenderness and pain as discussed before.

A local anaesthetic injection may also be given to the bursa surrounding the rotator cuff (called an impingement test) and if the pain subsides, a diagnosis of a shoulder impingement can confidently be made.

People with suspected SIS do not typically need x-rays, but an ultrasound exam or x-rays of the shoulder can sometimes help with the diagnosis. Magnetic resonance images (MRIs) are reserved for people who do not get better after initial treatment or for people who appear to have certain types of injuries or structural abnormalities.

WHAT WILL TREATMENT FOR SHOULDER IMPINGEMENT CONSIST OF?

Treatment for shoulder impingement will typically begin with a course of rest, ice, and a nonsteroidal anti-inflammatory medication, as well as limiting the activities that cause pain, such as activities that require the arm to be outstretched above the head.

Injections of steroids and an anaesthetic into the area of impingement may be helpful in relieving pain and inflammation and can result in a limited period of improvement, extended relief or even complete recovery.

Physiotherapy is also recommended and may need to be followed for weeks or months as gradual improvement is made.

If the impingement is severe or treatment is unsuccessful, surgery may be required to remove the cause of the impingement.

After surgery, rehabilitation and physiotherapy is required for some months in order to increase strength and improve the range of motion. An effective rehabilitation programme for SIS, generally includes:

- Range of motion exercises to improve motion in all directions.
- Exercises to stretch the tissues surrounding the shoulder joint.
- Strengthening exercises.
- Training to teach proper technique, for example in throwing.
- Exercises to improve the strength and stability of the shoulder muscles and to help the person return to the activities he or she specifically wants to do.

If you do not get better within three to six months, your healthcare provider might suggest additional testing or that you speak to an orthopaedic specialist.

EXERCISES THAT HELP SHOULDER IMPINGEMENT INCLUDE:

Stretching Exercises - Stretching (range-of-motion) exercises are the best strategy at the start of the recovery period. Doing these exercises is aimed at maintain shoulder joint flexibility and mobility. You should only feel mild pain with these exercises. If you feel sharp or stabbing pain while stretching or exercising, stop the program immediately and consult a doctor. Towel Stretch [figure3] is one of the best exercises to increase the internal rotation.

The Pendulum Stretch [Figure 5] - This exercise gently stretches the tendon area and relieves pressure on the tendons. It can be done at home or work to relieve strain. Gently bend over with your arm hanging vertically. Start the stretching with the arm only for the first few days, then use weights of 1 to 2 lb (0.5 to 1 kg) each week and gradually expand the diameter of the movement circle. You can use a bottle of water. Swing your arm back and forth or in a small circle (no greater than 12 in (30 cm) in diameter). The exercise may cause mild pain or strain but this is OK if not severe.

Outward Rotation Exercise - Hold your arms bent 90 degrees at the elbows, close to your sides. You can use towel between your body and your upper arm it keep it by your side. Swing the affected forearm outward away from your body for about 3 inches or 10 cm, holding for about 5 seconds [figure8].

Inward Rotation Exercise - This is similar with the band attached to a door handle or something similar [Figure 9].

Arm Lifting Exercise - Using both arms, bend your arms at the elbow with the resistance band near each elbow and extend your arms out 4-5 inches (3 cm) away from your body, holding for about 5 seconds [Figure10].

External Rotation in Prone Position - Lie on side with your elbow resting on stomach. Slowly rotate arm upwards until your lower arm is just above horizontal. This exercise can be initiated using a 2-3 pound dumbbell [Figure11].

Horizontal Abduction in Prone Position - Lie on stomach with your arm hanging down vertically with your thumb facing forward. Slowly lift your arm up to the horizontal position side (not higher as it will cause strain) [Figure12].

Prone Forward Elevation in Prone Position - Lie on stomach with your arm hanging down vertically, but with your thumb facing forward. Slowly raise arm in a forward sweep to an angle of about 45 degrees (don't go any higher) [Figure 13].

Figure 8: Outward Rotation Exercise



Figure 9: Inward Rotation Exercise

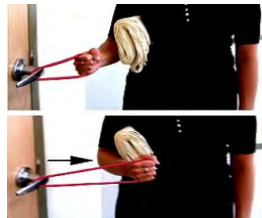


Figure 10: Arm Lifting Exercise

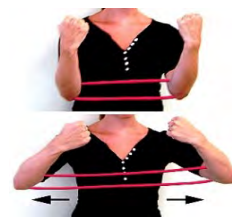


Figure 11: External Rotation in Prone Position



Figure 12: Horizontal Abduction in Prone Position



Figure 13: Prone Forward Elevation in Prone Position



Note: This is not a complete list of exercises for patients with SIS.

Progress the home exercise programme (HEP) as your tolerance levels improve. Adjusting the colour of resistance tubing and incorporating other functional exercises are two ways to progress your HEP.

Another way is to change the exercises, to minimize possibility of boredom. Use light free weights and place yourself in a supine or prone position on an exercise ball to perform internal and external rotation or scapular retraction.

Be sure to refer to any pictures and written instructions given to you by your medical professional on how to specifically perform the exercises and how many repetitions and sets you should complete at each phase of your treatment.

PADDLER PROFILE - this issue, DAVID NELSON, Tampa Florida, Usa.

Reproduced with thanks to High Five Dragon Boat Events, USA

**Five Questions for Tampa coach, David Nelson:****How were you introduced to the sport of dragon boating?**

In 2004 the Tampa Bay Dragon Boat Races had their inaugural event and the company I worked for at the time, CP Ships, was one of the sponsors. The company wanted to support the event and did so by organizing a number of teams. The CP Ships Marine Marauders competed and from that day I was hooked. It was internal competition between various departments as well as teamwork and camaraderie at its finest. At its peak, CP Ships had 5 teams competing in the event and close to 150 people on rosters.

What made you decide to take it to the next level?

After the 2005 races, the Tampa Bay Dragon Boat Club was formed as one of the first clubs in Tampa that was open to anyone. I chose to become a "plank owner" in the club to work, train and paddle with other like-minded individuals, and dedicate the time and effort into developing a club team that could compete in the Nationals that were scheduled for the following year. To this day I am a member of the Club and enjoy their competitive spirit and extreme passion for dragon boating.

Why did you transition from paddling to steering?

It started out very innocently as my corporate team and the Club would be in need of a steersperson to run practice.

I continued to paddle, then steer, but really came to enjoy steering and running practices.

My first races were in 2006 and I had the honour and privilege to steer the Pink Dragon Ladies and Tampa Bay Dragon Boat Club at the 2006 Nationals.

'Inspirational is the word that comes to mind when I am steering the 'Pinks'. We are truly blessed to have a cancer survivor team.

Steering a race is nerve racking and an absolute rush at the same time. Understanding race strategy, race tactics and pushing people to their physical limits and beyond is extremely rewarding.

Additionally, through recommendations and referrals, I have been given the opportunity to steer and train corporate teams across the country at numerous festivals.

It is an awesome feeling knowing you have helped a community in an event that raised money for a local charity or institution, and having introduced many people to the sport of Dragon Boating.

What are your future goals in the sport?

Without a doubt it is the development of a youth team in Tampa. With some of the best water in the country and ability to practice year round, it was shocking to realize that the closest youth team to compete on a regular basis was located in Philadelphia, PA. In 2011, the Dragon Riders started racing and have not stopped.

The team continues to grow slowly and is open to anyone from age 12 to 17. We are always looking for new paddlers and we look forward to building a regional force of youth paddlers having them qualify to participate with Team USA.

What is it like to coach a youth team?

The Youth Director within TBDDB acts like a complete executive committee and support committee unto itself, so you could say we are a club within a club. **As such, this role with the club is challenging and rewarding.**

Attracting and holding on to youth once they start to paddle has been a challenge as we are competing with so many other activities in the Tampa Bay area, and the parents must commit to the practice and race schedule as well.

On the financial side, we are blessed to have received individual and group donations; discounts from numerous organizations and in one instance received a grant to purchase equipment but there is always a need for additional support.

Finally, after coaching and training the youth to the best of your ability, there is nothing more rewarding than watching the reaction and sharing the experience and moment with the youth when they perform well in a race and cross the finish line in front of adult teams.

Their excitement, enthusiasm and energy, is absolutely infectious

David Nelson is a member of the Tampa Bay Club and can be contacted by interested parties at youthdirector@tbdbs.com.



David Nelson (right) with his Dragon Riders youth team at the Orlando International Dragon Boat Festival.



'DRUM BEAT'

Where You Have You Say About Your Dragon Boat Sport

RACING YOUR OWN BOAT



Traditionally, in Hong Kong teams bring their own boats to race. In fact it is only in the last 20 years or so that the concept of a race organizer providing boats has become popular. Dragon boat racing is the only competitive water sport where race organizers provide the boats. **Is it time for dragon boating to do the same? I think it is.**

One of the biggest issues facing race organizers is providing the equipment. In the past dragon boats were very expensive and somewhat rare. In many cases cities started dragon boating with a gift of boats from a sister city in Asia. These kind gifts allowed cities outside of Asia to enjoy the sport and bring a cultural aspect to their waterfronts.

The first boats imported into Europe and the USA were traditional Hong Kong teak boats which although beautiful and traditional are very hard to maintain. With the establishment of the IDBF the boats soon gave way to non-traditional materials like fibreglass

It certainly wasn't a huge money making opportunity because of the limited number of races. The path of dragon boat racing outside of Asia diverged at this point. North America, with the limited production of boats and closer ties to Asia via sister cities landed on the current model where race organizers buy the boats and teams come to them. In Europe, more boat builders were engaged and the teams and clubs were buying the boats. Their model not only allows but relies on clubs bringing boats to events.

Today, using modern production facilities and practices, the prices of dragon boats have dropped significantly. A team can now own a dragon boat for as little as \$6500. Like any product, there will always be different levels of quality and price. Consumers of dragon boats, like consumers of cars or other products make their decisions based on many factors, of which price is always a consideration.

The result has been an enormous influx of boats into the Sport. Teams, clubs and corporations that could not afford to purchase their own boats are now doing so at a rate that will soon force races to change their practices. Corporations especially want to see their boats getting maximum exposure. What festival wants to alienate a sponsor by turning away their boat from the competition?

The big concern is fairness and it is interesting that this has become the biggest concern and since fairness is a concern it must be addressed. The IDBF as the world governing body of the sport, has very specific rules and regulations regarding equipment.

The IDBF Competition Regulations, section A.5 states that the IDBF does not want to exclude any traditional design of dragon boats. In order to promote the growth of the sport the IDBF developed a specific style of boat called the International Standard Racing Dragon Boat (IRDB) which has its own requirements.

The idea behind the IRDB is that the boats are built to the same specifications as laid down by the IDBF.

The Regulations also address specifically the question of crews bringing their own boats under Article 5.11:

"When crews are permitted to bring their own boats to an IDBF Championship (see Racing Rule R5.4) the Organisers shall provide adequate boat weighting equipment for use before and during the competition. Annex B, part 3.2 states: "Any type of IDBF recognised Dragon Boat or Paddle may be used. Competitors may use their own paddles, provided that they comply to IDBF specification."

There is no reason to restrict a paddle based on its manufacturer or materials as long as it meets the IDBF specification and the same is true for boats. Some paddlers prefer a lighter, stiffer paddle and other prefer wood. Does one have an advantage over the other? Perhaps, but the competitors choose.

Festivals should always try to keep their races are fair as possible and the same type of boat should be used in the same racing class. If you are faced with a team that wants to use a different brand of boat, first the boat must be of the same style. If your festival is racing teak Hong Kong style boats and a team wants to use their Taiwan style boat that should not be allowed.

If the boats are all of the same specification, such as IDBF IRDB, then they should be matched in weight +/- 25 pounds is considered fair. A team that wants to use their own boat in a race should make it available for use by the organizer. This means that the organizer will put it into the boat pool to be used by other teams.

If the organizer has enough boats then it is acceptable to keep the club boat in a separate location and all the club team to use it when they race. The club team may allow other crews to use their boat at the race, but that must be arranged in advance of the event.

For the purposes of dragon boat racing the standard should be IDBF certification as an IRDB. As long as the boat has the IDBF plate attached they should be useable in any competition where IRDB boats are being used. Excluding a boat because it is not of the same manufacturer is not acceptable

The cost of the equipment is nominal, especially compared to other sports and when you look at it on a per competitor basis. A high end 8 person rowing shell can cost upwards of \$80,000 or \$10,000 per rower. \$40,000 for a high end OC-6 works out to over \$6,000 per paddler.

A top of the line, high quality, IDBF certified dragon boat costs at most about \$13,000 or less than \$600 per person. Less expensive boats, at around \$6500 end up running about \$295 per person. On a per crew member basis, owning a dragon boat is a very good deal!

IDBF AFFILIATES

(Dragon Boat Festivals and Event Organisers – as at 1 January 2014)

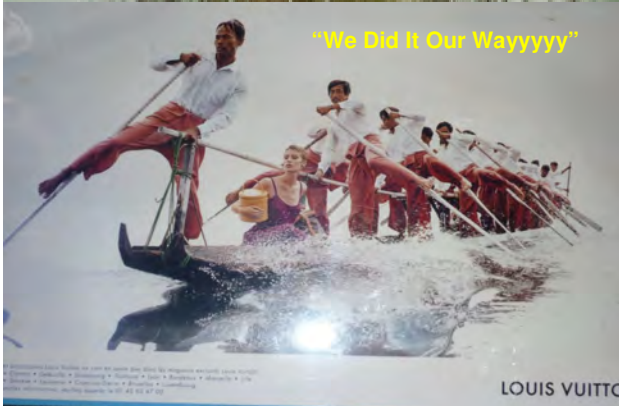
FESTIVALS: (27)

Alcan Dragon Boat Festival	Can	website. www.dragonboatbc.ca
Auckland Dragon Boat Festival	Nzl	website. www.aucklanddragonboats.co.nz
Banyoles International Dragon Boat Festival	Spn	email: info@sportsandelements.com
Celebes International Dragon Boat Festival	Ina	email: arwan.tiahjadi@gmail.com
Dragon Boat Israel, Ohalo Boating Club.	Isr	email: info@dragonboatsisrael.com
Győr International Dragon Boat Festival	Hun	website: www.dragonboat.hu
Hong Kong International Races	Hkg	website: www.hkdba.com
Istanbul Dragon Festival	Trk	website: www.dragonfestivali.com
Labuan International Sea Challenge I	Mal	email: psong@lautanbiru.com.my
Limmasol International Dragon Boat Races	Cyp	email: cg3551@gmail.com
Macau International Festival Races	Mac	website: www.sport@gov.mo
Miami Hong Kong Dragon Boat Festival	Usa	website: www.miamidragon.com
Nantes Atlantique Dragon Boat Festival	Fra	website: www.nack.nates.free.fr
New York Hong Kong Dragon Boat Festival	Usa	website: www.hkdbf-ny.org
Padang International Dragon Boat Festival	Ina	email: yonif133yspdg@gmail.com
Penang International Dragon Boat Festival	Mal	website: www.penangdragonboat.gov.my
Prague International Dragon Boat Races	Cze	website: www.dragonboat.cz
Putrajaya Int Dragon Boat Festival	Mal	www.putrajayadragonboat.com
Rouen AFCDB Dragon Boat Festival	Fra	website: www.dragonboat.fr
Sabah International Dragon Boat Races	Mal	website: www.sabahtourism.com
Stanley International Festival Races	Hkg	website: www.dragonboat.org.hk
Tampa Bay International Dragon Boat Festival	Usa	website: www.TampaBayDragonBoats.com
Thailand International Swan Boat Races	Thl	email: tangentt@gmail.com
Tim Horton's Ottawa Dragon Boat Festival	Can	www.dragonboat.net
Toronto International Festival Races	Can	website: www.dragonboats.com
Trinidad Dragon Boat Festival	T&T	website: www.chinesearrivaltt.org
Vladivostok Governor of Primorye Int Cup	Rus	email: tigersvld@mail.ru

EVENT ORGANISERS: (19)

AP Conclusion	Ger	email: w.faust@ap-conclusion.de
China Hong Kong Dragon Boat Festivals	Hkg	email: chksardbf97@gmail.com
Dalian Qian Long Aquatic Sports Events	Chn	email: cd@dragonboat.cn
Dragon Boat Attitude.	Fra	email: contact.dragonboat@gmail.com
Dragon Boat Events Suisse.	Swi	website: www.dragonboatevents.ch
Dragon Boats Barcelona	Spn	website: www.barcelona-dragonboats.com
Dragon Boats Turkey	Tur	email: info@doiadventure.com
Dragon Boats Thailand	Thl	email: handleyb@haverling.gov.uk
Gable Events UK	Gbr	website: www.dragonboatfestivals.co.uk
Groupe T3H	Gud	email: gt3h-direction@orange.fr
GWN Dragon Boat	Can	email: info@gwndragonboat.com
HSB Sport Turkey	Tur	website: www.dragonfestivali.com
Iberian Pro DBA	Spn	email: m.oriols@sportsandelements.com
Made in Cote d'Azur	Fra	email: alain@madeincotedazur.com
Nautiques Evenements	Fra	website: www.nautiquesevenements.com
SAVA Singapore	Sng	website: www.sava.com.sg
Sail in Asia, Thailand	Thl	website: www.sailinasia.com
Sport Award SRL	Rom	email: radu.radulescu@corporate-games.com
USA Dragon Boating	Usa	www.usadragonboating.com

CULTURE CORNER - 2013 THE YEAR OF THE SNAKE and 2014 YEAR OF THE HORSE



The Year of the Snake will make way for the Year of the Horse, as the Chinese New Year begins on 31st January 2014 in the Roman calendar.



The Chinese calendar - called Sheng Xiao - has 12 cycles.

Each cycle lasts for one year and represents an animal which includes Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig.

The Chinese calendar defines the zodiac of a person. 2014 is the Year of the Wooden Horse and people who are born in the years 2014, 2002, 1990, 1978, 1966, 1954, 1942, 1930, 1918 belong to this zodiac sign.

According to Chinese astrology, people born under the horse zodiac are very active and energetic, so they should make good Dragon Boat Racers !!?

Ankita Mehta International Business Times. <http://www.ibtimes.co.in/>



THE CHINESE LION DANCE

At dragon boat festivals, the Lion Dance provides entertainment, a cultural display and expels evil spirits.

The lion dance is also called the Game of the Lion. Lions are not indigenous to China and have always been considered mythical beasts by the Chinese people.

Lions are highly valued and very symbolically associated with purity and protection

Pictures: Philippines DBF Chinese New Year Races



LICENSED MANUFACTURERS - IDBF SPEC RACING DRAGON BOATS & PADDLES

as at 01 January 2014

BOAT BUILDERS (16)	Model	Country of Origin	Email or Fax Contact
Bizzon Dragon Boats	1222	Czech Republic	info@bizzon.eu
Boat & Home	1222	Canada	boatandhome@hotmail.com
BuK Boats	1222/ 912	Germany	Buk-Gmbh@t-online.de
Champion Boats	1222/ 912	China	cd@dragonboat.cn
Donoratico	1222	Italy	Fax + 39 056 577 4290
Flying Eagle	1222/912	China	denise@stellarkayaks.com
Gemini	1222	Poland	dragonboats@gemini.gda.pl
Get Together Services Ltd	912	New Zealand	get.together.services.limited@gmail.com
KTH Seagull Boats	1222	Singapore	sales@seagull.com.sg
Olym Elite Boats	1222/912	China	info@olymp-sports.com
Pei Sheng Boats	1222	China	psfrp@163.com
Plastex Composite	1222/912	Poland	plastextld@interia.eu
Regata 2000	1222	Hungary	regata.bt@chello.hu
Simon River Sports	1222	Canada	lou@simonriversports.com
Swift International	1222/912	China	timyang@swiftinternational.biz
Tedi Sport	1222	Poland	tedisport@wp.pl
PADDLE MAKERS (37)	Licence Number –Spec 202a		
Apex Composites	3021/22/23	Canada	henry.kim@apexsport.ca
Asia Explorer (Typhoon 8 etc)	3041/42 /43	Hong Kong	lister@typhoon8.com
Braca Sport	3061	Lithuania	braca-hu@bracasport.com
Burnwater	3011/12	Usa	arinchang@burnwater.com
Champion Paddles	3191/92	China	cd@dragonboat.cn
Chinook Paddles	3131/32	Canada	swolofsky@rogers.com
Coosat Design Co	3381/82	China	coosatrowing@gmail.com
Dutch Composites	3231	Netherlands	info@doubledutch.eu
Dynamo Baltic Paddles	3341	Lithuania	dynamo@sugardas.lt
ES Dragon Paddles	3101	Germany	Brigitte.Schmidt@beiersdorf.com
Far East FRP Boat Co	3331	China	wendell.zhou@fareastboats.com
Flying Eagle Hangzhou	3281	China	denise@stellarkayaks.com
Fuyang Golden Bridge Factory	3361/62	China	gbracing@163.com
Grey Owl Paddles	3081/82/83	Canada	info@greyowlpaddles.com
G' Power	3121/22	Poland	info@gpower.pl
Kajner Sport	3301	Hungary	info@kajner.hu
Kanghua Boat Co Hangzhou	3491	China	office@hzkanghua.com
Kanoe Sports	3291	Singapore	Patrick@kanoesports.com
Kialoa Paddles	3251/52	Usa	kialoa@bendcable.com
Kober & Moll	3221	Germany	info@kober-moll.com
Land & Ocean Comps	3111	China	lando@land-ocean.net
Ocky Oars	3071	Australia	edmcilwain@bigpond.com
Olym Elite Paddles	3211/12	China	info@olymp-sports.com
Padla Panda	3351	Czech Rep	panda@padla.eu
Panenka Paddles	3391	Czech Rep	info@panenka-paddles.cz
Seatec Paddles	3241/42	Singapore	info@seatecpaddle.com
RAAB Paddles	3141	Czech Rep	jprskavec@raab-paddles.com
RK Company	3311	Czech Rep	rkcompany@centrum.cz
Simon River Sports	3091/92/93	Canada	lou@simonriversports.com
Stanley Residents Assoc	3271	Hong Kong	stanleydragonboat@ymail.com
Swift International	3151/52	China	timyang@swiftinternational.biz
Talon Technology	3201/02/03/04/05	Australia	geoff@talon.com.au
Trivium Paddles	3051	Lithuania	info@triviumpaddles.com
Xpirits	3381	Hong Kong	xpirits@yahoo.com.hk
Yarn-Way Enterprise Co Ltd	3321	China	sarah@yarnway.cn
Zijie Sports Oars	3261/62	China	zijiesports@yahoo.cn
ZRE Racing	3031/32	Usa	zaveralb@zre.com



Braca Dragon Paddles,
Kaunas, Lithuania
braca-lt@braca-sport.com

BuK Boots,
Schwerin, Germany
info@buk-gmbh.de

Burnwater Paddles
California, USA
arinchang@burnwater.com

Champion Boats & Paddles,
Dalian, China
cd@dragonboat.cn

Grey Owl Paddles,
Cambridge, Ontario, Canada
info@greyowlpaddles.com

Land & Ocean Composite,
Guangzhou, China
Lando@land-ocean.net

Peisheng Boat Co,
Shanghai, China
kevin@ps-boat.com

Swift Racing Boats,
Fuyang, China
timyang@swiftinternational.biz

Talon Technology,
NSW, Australia
james@talon.co.au

Trivium Paddles,
Kaunas, Lithuania
info@triviumpaddles.com

Zaveral Racing Equipment,
New Your, USA
info@zre.com

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