



龍舟 LONGZHOU

THE OFFICIAL NEWSLETTER OF
THE INTERNATIONAL DRAGON BOAT FEDERATION



UPDATES - ANTI-DOPING AND WNC

The IDBF 2021 Anti-Doping Rules has replaced the Anti-Doping Policy 2016 and comes into effect on the 1st January 2021. WADA has also released a number of updated standards and codes.

Brief update on the World Nations Championships to be held in Hong Kong from 1 to 7 November 2021.

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UTS VIRTUAL YOUTH FESTIVAL PARTICIPANTS

Congratulations to all the dragon boat participants of the 2020 United Through Sports Virtual Youth Festival.

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PADDLER PROFILE

Racheal Blake recounts her life as an elite dragon boat paddler. We also interview daughter Nerys who followed in her mother's footsteps.

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2020 WRAP UP FROM MIKE

In the past year Covid-19 has had a dramatic effect on all sports and indeed on everyone in the whole world in living our normal daily lives.

In the recent Extraordinary Congress, the first in the history of the IDBF, members were asked to consider the location of the CCWC in 2024.

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IDBF ARCHIVE

IDBF has established an official Archive to document the history and activities of its work and of the sport.

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*Happy holidays.
Wishing our international dragon
boat family and friends a safe
and healthy new year.*



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UPDATE - IDBF ANTI-DOPING RULES

IDBF 2021 Anti-Doping Rules

The [IDBF 2021 Anti-Doping Rules](#) has replaced the Anti-Doping Policy 2016 and comes into effect 01 January 2021. For enquiries, contact Bridget Walter, Chair, Medical Commission.

Email: chair-medical@dragonboat.sport

More Anti-Doping rules and guidelines are available via <https://www.dragonboat.sport/anti-doping>

WADA Updates

WADA (World Anti-Doping Agency) has released the following updated standards and codes.

- [2021 International Standard - Prohibited List](#)
- [2021 International Standard - Therapeutic Use Exemptions \(ISTUE\)](#)
- [2021 World Anti-Doping Code](#)



UPDATE - WNC 2021 IN HKG

- Competition date: November 1 to 7, 2021.
- Location: Kwun Tong Promenade, Kowloon, Hong Kong.
- Competitors are set to arrive on October 31.
- Accommodation: potentially 1,200 rooms from six hotels within walking distance to the regatta site.
- Official hotel for IDBF events and meetings: L'Hotel Elan.
- There will be a 30th anniversary celebration dinner for up to 3,500 people.
- COVID-19: Hong Kong has established a number of prevention policies and laws - social distancing requirements, mandatory mask wearing, contact tracing app, and community testing with results within a day.



Bulletin Schedule 2021

- Bulletin 1 - March
- Bulletin 2 - June
- Bulletin 3 - August
- Technical Bulletin - October

The schedule may change subject to COVID-19.



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GOT NEWS OR UPDATES YOU WANT TO SHARE?

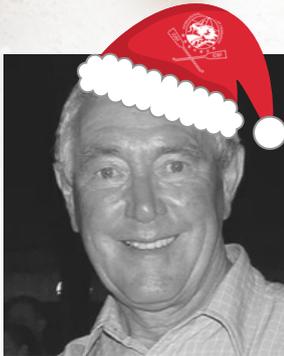
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2020 WRAP UP FROM MIKE



Welcome to the last Longzhou news of 2020.

In the past year Covid-19 has had a dramatic effect on all sports and indeed on everyone in the whole world in living our normal daily lives.

It has been a disastrous year for dragon boating with numerous festivals and championships cancelled. In addition, many paddlers have not been able to get on the water in their normal club activities with the restrictions on the number of paddlers allowed in a boat. The emphasis has correctly and absolutely been on staying safe and

stopping the spread of the virus. IDBF News and the IDBF website have published a number of guides on the theme of “return to paddling safely”. Thanks to everyone from our members who have produced these guides and allowed the IDBF to circulate them to help everyone faced with trying to find a method of getting in a boat in safety.

We have all, due to limited travel and personal contact, become used to communicating in virtual meetings. The IDBF Executive has met 43 times, the Council twice and more recently an Extraordinary Congress.

In the recent Extraordinary Congress, the first in the history of the IDBF, the members were asked to consider the location of the CCWC in 2024. The members agreed, with no dissent, to open the bidding for the CCWC in 2024. The dates when bids were required was left to the Executive Committee to decide. The Congress also agreed to keep under review the situation regarding the WDBRC to be held in Seville 2023 with the possibility of reopening the bidding passed to the Executive Committee.

During the Congress the Hong Kong Organising Committee provided an update on the Championships with information about the venue, hotels, Covid-19 in Hong Kong and the political situation. It was agreed to hold a further conference call around April time so that members can be updated and ask further questions.

The October newsletter provided an excellent report on the decision made at the Council meeting in September. One major change that has occurred since is an update on our new anti-doping rules for 2021. These are also published on our website.

As we look forward into 2021, we already have learnt that the Pan American Championship planned to take place in March in Panama City has been rescheduled for 2022 and that the USA National Championship planned for July in Sarasota, the venue for our Championship in 2022, has been postponed until October.

Let us all hope that in 2021, the vaccines which are becoming available will help us to defeat the virus so that we can all look forward with optimism to meeting in November at the 15th IDBF World Dragon Boat Racing Championships and the 30th Anniversary of the IDBF since its formations in 1991.

For now, I'd like to wish you seasonal greetings and above all a happy and healthy 2021. In the meantime, keep safe and keep well!

Best wishes

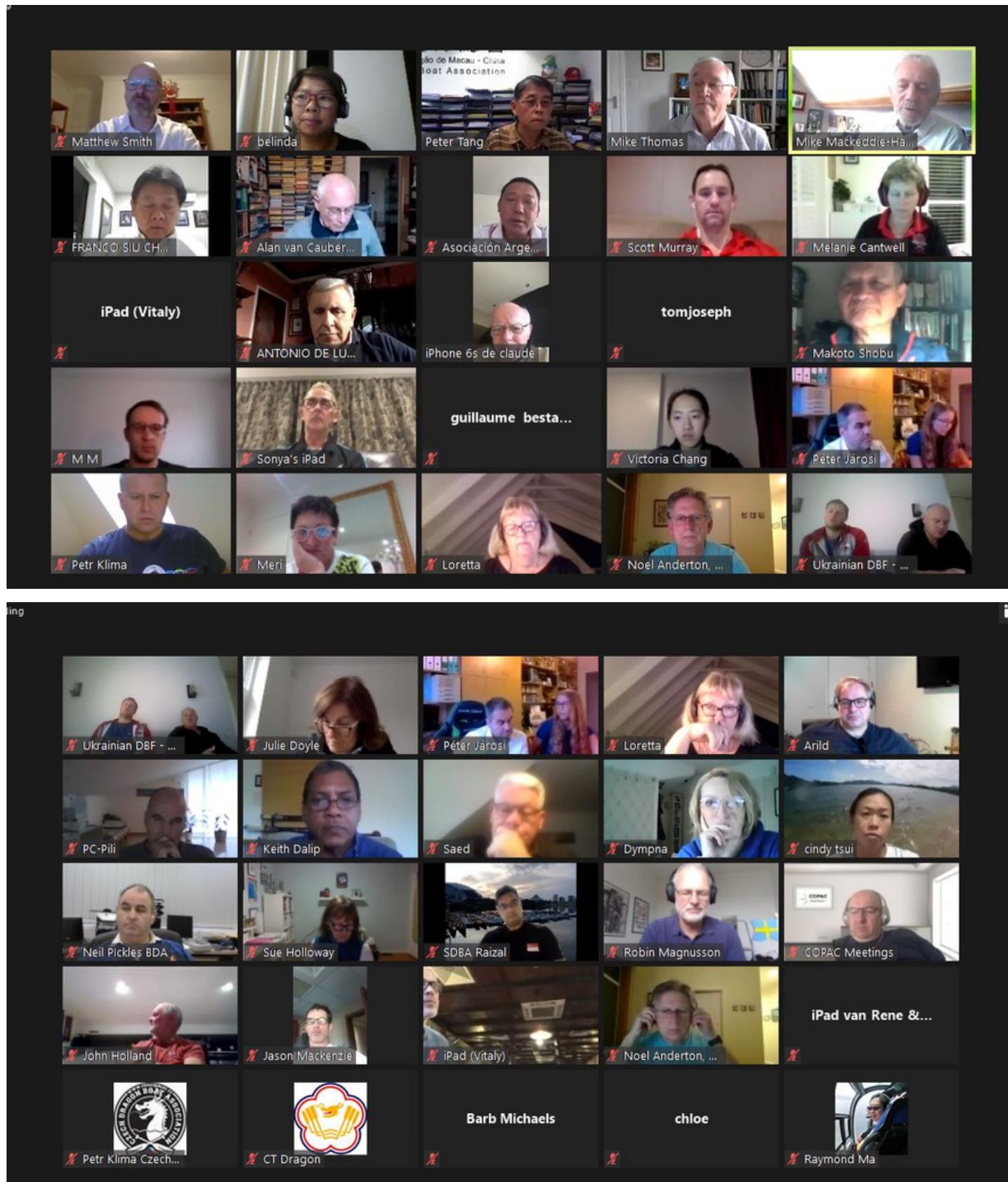
Mike Thomas

President IDBF

Seasonal Greetings and a safe and healthy 2021

IDBF - EXTRAORDINARY CONGRESS

IDBF held its first ever Extraordinary Congress via video conference on 28th November 2020; 26 nations were in attendance.



UTS 2020 VIRTUAL YOUTH FESTIVAL PARTICIPANTS



Congratulations to all the dragon boat participants of the 2020 United Through Sports Virtual Youth Festival.

U12

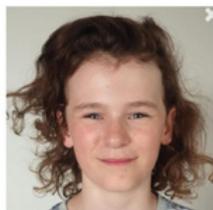


Billy Webber

Special recognition for the athletes from Schols Dragons of Saint Scholastica's College and Sydney Zodiacs for their outstanding performance and work ethic.

Most have reached the quarterfinals in their respective age categories; achieving this in a pool of 800 total athletes is a praiseworthy feat. Congratulations!

U14



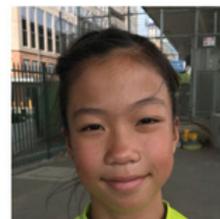
Jonah Peterson



Evan O'Neill



Miryana
Zajaczkowski



Pear Pawalisa
Thong-Uam

U16



Nyla
Amir-Schwallie



Seth Leggatt



James Fokes



Matilda Hopper



Jasmine
Fokes

U18



Molly Hopper



Ruby Chahoud



Zara
Amir-Schwallie

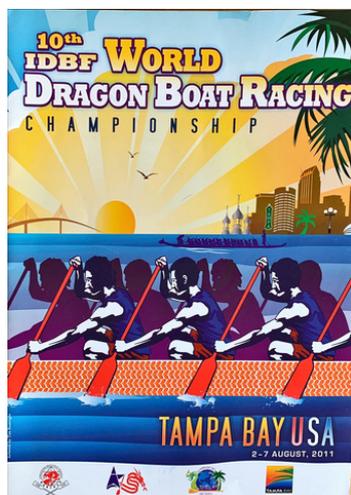
CALL FOR PARTICIPATION

IDBF has established an official Archive to document the history and activities of its work and of the sport. The Archive collects information and original material that relates specifically to IDBF World Nations Championships and IDBF Club Crew World Championships as well as more generally, dragon boat sport.

You can participate in this effort by helping the IDBF to locate and gather printed, handwritten, and other information (e.g., program books, crew lists, original results sheets), physical materials (e.g., racing vest numbers, medals), and other memorabilia (e.g. patches, ribbons, stamps, stickers).

If you have this kind of information or material - or know where to find it - and would like to participate in this effort, please contact the IDBF Archives, c/o Dr. Raúl Fernández-Calienes.

Email: archives@dragonboat.sport



MY DRAGON BOAT JOURNEY

RACHEAL BLAKE, MELBOURNE (AUSTRALIA)

I started dragon boating when I was 11 years old, my local Girl Guides group started a team and my best friend Elaine invited me along. I had never heard of dragon boating before but enjoyed all types of outdoor sports so gave it a try. I was hooked from the first come and try day. Our Guides dragon boat team was named the Blue Piranhas, we were made up of girls from across Wales. We were National Girls Champions for quite a few years but with no U18's national team I longed for the time I could try out for the Great Britain Premier Team.



I met my now husband in 1994, at a race in Milton Keynes! He was just paddling for a one-off event with the Sea cadets, but lifelong friendships were formed.

I learnt to steer (sweep) the dragon boat when I was about 14 years old, I gained experience with my crew and would be asked to steer others. I enjoyed the exhilaration of being on the back of powerful crews and by the time a qualification was written up I was awarded 'granddad status' at the age of 16. I am proud to be the first female and youngest to be awarded the Helm qualification in the UK.

Later I joined an adult team named Cardiff Dragons and raced with them until 1996 when I moved away to university.

It wasn't until 2001, three months after the birth of my first child that would I represent Great Britain (GB). In 2001 I represented GB in the Women's team as the helm, we raced in the 4th IDBF World Nations Championships in Philadelphia, USA, and won 3 bronze medals. Being a GB Women was phenomenal, the discipline, drive and dedication paved the way for me to draw upon in what it takes to get the best out of yourself as an athlete and as a team.

I coached a Welsh crew and competed in a Commonwealth Games challenge event and then also raced at an international event in South Africa, Flying the Welsh Flag as coach and paddler was a very special experience.

In 2002 I trained with the GB Women's squad again to steer, but was invited to try out again for the Opens crew as the steerer. It had been a goal of mine to be the first female on the back of the Opens crew and under a new coaching team I felt it was the right thing to do. I had learnt from the time before and spent time listening to the paddlers and not only the coaches. Both have to have complete confidence in the steerer for achieving the team's best result. I represented GB in the Opens crew competing in Poznan, Poland in 2002.

I made it again into the GB team and competed in various events in the European Championships in Stockton on Tees, England in August 2004, we came home with Golds, Silvers and lots of Bronze medals. Then again in Berlin, Germany, at the 7th IDBF World Championships in 2005.

In 2008 I moved to Australia and joined Melbourne Flames. Melbourne Flames did indeed become not only my new club, but my new family. With no other family in Australia these team mates became so much more. Rhys and Nerys then 8 and 2 years old had instant family of aunts and uncles.

After a few seasons locally and with my team coach appointed as the coach for a new Australian National team I set myself some goals. I had set out on the journey together with my then husband, but after selection our marriage broke down. I contemplated leaving the team, I wanted to compete at the elite level again, but it would not be easy. The support of those around me became evident and the kids trained with me and encouraged me every step of the way.

PADDLER PROFILE

2011 came around quickly and off to Tampa we all went. I took the kids to Disney World as I had promised. Competing was not new to me, but representing Australia was. I was proud to be representing my birthplace but had mixed feelings worried I was betraying the UK. At one of the coaching camps before the Championships I spoke with the guest speaker, who had represented Australia herself in Kayaking. We spoke about this conflict and was reminded of my purpose at the start of each race. I was not against my old teammates and friends I was there to do a job I had trained for, my best and nothing else.

I married Neill who I met at a dragon boat race when I was 15 and Serge my coach gave me away. Rhys and Neill raced a season with Melbourne Flames when Rhys was older, but with no other juniors about Rhys prioritised basketball to be amongst other kids and Neill preferred to paddle outrigger.

I took a few years away from dragon boating, the longest break I had ever had. I was pregnant with Neill's baby but was then diagnosed with cervical cancer. This was a devastating shock naturally and the surgery resulted later in a miscarriage. When physically ready to paddle I joined an outrigger team and also learned to SUP. I raced locally and made new friends. The team element was quite different to what a dragon boat club brings, it was not family and did not become such.

It took three years for me to be psychologically ready to return to dragon boating and a further year for me to pluck up the courage to reach out to Melbourne Flames. I wanted a return to dragon boating for my sanity. For a routine that I was familiar with, for training and racing so that I could escape the feeling of depression that seemed to be drowning me more and more. The feelings of self-doubt and worthlessness then I recognise now as I exist through this year of lockdown after lockdown and all racing goals from three paddle disciplines are cancelled.



*Nerys and Racheal wearing their Australian National Team uniform.
Photo credit: Racheal Blake.*

local race! She prepared herself the best she could. She ran at lunchtime at school, showed her friends how her sit ups and chin ups needed to be performed so that they may count for her and make sure she did them to standard.

At the pre selections in Victoria which is the first stage in selections, Nerys did herself proud and she was rewarded with an offer of a place in the squad as a drummer and reserve paddler.

2017 was my first season back dragon boating, it saw me regain some self-confidence and I felt ready to set some personal training goals so that I could return to be a competitive paddler. I applied to be the steerer for the 2018 Asian Championships and again for the World Cup. Both saw me compete in China and achieve fantastic results and an unbelievable experience of a lifetime.

The selection criteria for the next World Championships campaign in Thailand, was announced and I felt ready to see if I still had what it takes to make the squad as a paddler. I was selected for Senior A. Yes, Senior A now saw me above 40!! How did that happen?

Nerys had questions too, she although still too young to even paddle a dragon boat in her state at that time needed to know what the junior's selection was, who were the coaches, what were the goals. Neill and I were incredibly impressed, a goal so big even though she had never entered even a

PADDLER PROFILE

Nerys medalled with the juniors over the course of the championships, don't ask me which races or teams because that is her journey, one I proudly observed at a distance trusting that she knew what to do and when. My journey with the Senior A 10s team saw me become World Champion over 200m and 500m, Silver over 2km and bronze in the 1km standard boat.

The 2019 Australian domestic season started shortly after returning from Thailand. Nerys entered her second full season with Melbourne Flames. Nerys was awarded female novice member of the year and a recognition award from Dragon boat Victoria. Awards she likes to remind me of since I have not had an award from Club or State.

Right now, I am not sure if Nerys will continue to dragon boat. We do not have many juniors locally and she feels she has spent enough time around adults. It disappoints me a little because I love having common ground with her, spending time together and weekends away. As I know all too well, having a break now does not close any doors to the future. She may have raced just two seasons, but she has been doing this for 14 years.

For me this year will be 32 years since I began dragon boating. It shaped my life and saved my life in more ways than one. Dragon boating is welcoming to everyone, everywhere in the world.

JUNIOR PADDLER PROFILE

FROM FAMILY SUPPORTER TO ATHLETE

NERYS BLAKE, MELBOURNE (AUSTRALIA)

How did you find out about dragon boating?

I have been around dragon boating my whole life my mum and dad used to race together in the UK and in Australia with the Melbourne Flames.

What do you remember about going to the races when you were a kid?

I remember cheering on the sidelines and playing with other kids.

Did you ever want to get on the boat yourself?

Yes, sometimes they would put me on the drum or Serge would put me in the tinny (aluminum) boat and race me around while he was coaching. I would yell timing and reach from the coach boat when needed.

Did you ever want to join the team?

Yes, I always watched from the sidelines so when I was old enough I decided that if I was going to join a team it was going to be the team that was my family, the Melbourne Flames.

Tell me about your first season racing.

The first race was in Bendigo where I did a marathon race. It was about 15km kilometers.

You paddle and drum, what do you like about each of them?

When I drum I know I have to keep in time, call what I saw and be in control to motivate the crew.

The World Championships in Thailand were announced before you were old enough to even start dragon boating and you told your mum and the national team coach that you wanted to represent Australia. What made you want to go and represent Australia?

I saw everyone I knew and everyone in that community compete and loving it. I had watched my mum represent Australia and knew how proud she was and I wanted to be there doing dragon boating like everyone else.

JUNIOR PADDLER PROFILE

How did you make that happen?

I trained hard and reached the minimum age to compete. I focused on what I had to do and just got it done.

What do your school friends think of dragon boating?

They wanted to give it a try but have not yet. I did not take them before because we were in serious training for big competitions.

What do you think of dragon boating?

It is a sport that if you need to get your frustrations out or if you want to be a part of a family, that is where you can go and do it. It is somewhere you can be yourself and you always have someone else there for you.

So you're at the World Nations Championships in Thailand, what was that like?

It was one of the best experiences of my life. I absolutely loved it. I was part of a team, I had friends that now know a different side of me that I do not often let out. I could show my strengths without hiding my weaknesses.

What was your favourite part about being at the World Championships?

I have always liked adventure and going somewhere new. This allowed me to do it with people I liked and meeting people from different cultures. I got to see the world from their point of view and see how lucky we have it in Australia. The Thailand team did not have much equipment to train. They have not competed in the sport for that long but still managed to come out on top. I heard the juniors were recruited and did not attend school but lived at the training site to learn how to dragon boat. It was nice meeting them.

What was it like being at the World Championships with your mum?

The first day we got to Thailand there were no other juniors there. I was hanging out with mum and we were free to go and explore places, I had lots of fun.

Did you get on the medal I'm podium in Thailand?

I got a silver and a bronze medal - It was presented by Mike McKeddie-Haslam who told me stories about when my mum was little.

Which teams did you race with?

I raced with the U18s and U16s mostly. I also raced with the Premier team when they needed a drummer.

What was it like hearing the national anthem?

I was proud I could do something that not many people have the chance to do. I could represent my country.

What was it like seeing someone with the Welsh flag?

It reminded me of my family back home in Wales and made me think that that could have been me with the Welsh Flag here if I had not moved to Australia.

What was it like meeting people that knew your mum when she was your age?

It made me laugh that she's paddled 31 years and she is so dedicated to it. But I am also proud of her, she never gave up even when it got hard.

What do you see yourself doing next season?

I don't know yet.

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