



Platypus — how you too can contribute

Don't forget we need to hear from you on any topic you think would be of interest to AFP members.

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In Canberra members can ring the Director, Information, Peter Windsor, on 68 3559.

And for those in the regions receiving 'Platypus' at home, if the copy is going to the wrong address please let us know immediately by writing to:

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His target is the toughest triple trial in world

When Eastern Region public servant Dominic Boiden quietly talks about his ambition, the reactions cover 'he's crazy', awe, or just stunned disbelief.

Dominic's ambition is to compete in the Hawaii triathlon — the toughest in the world.

It demands that competitors complete in uninterrupted sequence:

- a 2.2 mile ocean swim
- 112-mile bike ride
- a full marathon



• *Dominic goes through a lunch-time weight training routine*

Incredible as it might seem the world's top competitors will complete the events in around nine hours, with a 17-hour cut-off applying for the remainder of the field.

"Just to compete and finish will do me," said Dominic. "To be among the leaders demands virtually a full-time training routine for many, many months — even years."

But although he's new to the world of triathlon competitions, already Dominic, 27, is achieving creditable results.

His first triathlon was Sydney's Nepean triathlon in December, 1983, and from a field of almost 400 he finished 200th, having completed an 800-metre swim, a 42-kilometre bike ride and a 14-kilometre run. In March of this year Dominic competed in the Sydney Triathlon, the second toughest in Australia, and from 220 competitors he finished 140th. This time the event consisted of a 2.1-kilometre swim, a 56-kilometre bike ride and a 21.1-kilometre run.

Two weeks later he competed in his third triathlon and was pleased with his middle of the pack performance.

His father, a 55-year-old Sydney postman, is himself a triathlon competitor, and a 16-year-old brother has also competed in his first event.

"I know some people think I'm mad, but since I began to prepare for triathlons I've never felt in better shape," he said.

And Hawaii?

"That's a long way off," said Dominic. "But I'll get there."

"In fact, I'm seriously thinking of preparing for a completely new sport, the quadrathlon. That's a triathlon plus kayaking."

Top End paradise



The cyclone season is nearly over and, like many other Top End yachtsmen, Inspector John Deeks is preparing his big trimaran for sea.

John, officer-in-charge of the Northern Territory region, has been seduced by yachting and the tranquil waters of the warm dry Darwin season, corresponding with southern Australia's cold winter.

He and his family have joined the select few who have made yachting their lives — or just about. He has poured his assets into his yacht and as an investment believes it is just as good as the houses or land most people buy.

"When I transferred to Darwin five years ago, I suppose I fell in love with the yachting waters around here," he said. "But it was not only myself. My wife Angie and son Chris share my new-found love."

"In fact, our boat is exactly that, she belongs to the three of us and during the building period we all went through some heartache, wondering if it would ever be finished and float."

But when the yacht was launched two years ago, she floated true to her waterlines and performed well under sail.

John said she more than justified any misgivings he had during the building stages.

Called Avalonis, a Celtic name meaning earthly paradise, she is 11 metres by nearly 9 in the beam.

"Some people don't like multi-hulls," John said. "But they are perfect tropical cruising boats and when I retire I will be living in the tropics."

John decided to build after looking for a boat but finding them overpriced and quite often rotten throughout.

"I had never put a saw to wood, but I think once you make a decision the task doesn't look as daunting," he said.

• *John Deeks, right, below decks of his trimaran Avalonis with his wife Angie and son Chris...making yachting their lives.*

Love is a trimaran in the blue tropic seas

"We hired a boatbuilder, and the three of us laboured for him. And by labouring, you learnt a lot and saved a lot. I also know every inch of the boat and enough to do my own repair jobs, minor or major."

The sea was not in the Deeks' blood until they came to Darwin.

"I'll never know why. There is just so much to see and do," he said.

"We never seem to get sick of sailing around to a small cove about 20 miles from Darwin. We anchor there overnight at the weekends, look at the corals, swim, fish and relax."

"Sometimes, we give another boat a race, but I wouldn't race seriously."

Angie said she was amazed when she first went cruising.

"There are beautiful and wild places up creeks and rivers around the Territory," she said.

"Sometimes we are the only boat anchored close into the sands; other times we have guests to share the good times with."

"There are animals and fish and birds I'm sure many Australians haven't seen. But then I had never seen them before either."

John believes Avalonis is the last boat he will build. Below she is "boatie" more than pretty. But she is suitable for cruising, and in the Top End, cruising is an accepted way of life.

AFP MOTTO SURVEY

For Motto

Against

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