

## Photo Contest 4: Action

(Entries close November 20, 2009)

Keen on capturing this wonderful region on camera? So let's share it! We're running a photography competition to encourage you all to grab your cameras and start taking pictures of this place you call home. In each issue of ZiNG a new category will be promoted, with four categories being featured throughout the year. The winner of each category will win a luxurious weekend getaway for two persons, including flights courtesy of LIAT, plus there'll be an amazing grand prize for the overall winner. So make sure you keep an eye on each edition of ZiNG!

Our fourth category in this year's photo competition is sports. This covers a multitude of activities, from extreme sports such as kite surfing to horse racing to cricket, indeed, to any action-based event. And don't forget shots of the spectators can be every bit as exciting as the action itself. To help with some top tips, we sought the advice of Barbados-based sports photographer Chris Welch, who is responsible for the incredible photos you see on this page (visit [www.chriswelchphotos.com](http://www.chriswelchphotos.com) and [www.coastcaribbeanimages.com](http://www.coastcaribbeanimages.com) to see more). Chris will also be on hand to judge your entries.

Chris Welch's top tips for sports photography

### 1 Photography

A good grasp of the fundamentals of photography is needed – fast shutter speed (1/1000 sec) to freeze action; slow shutter speed (1/25 sec) to create dramatic, arty blurs; wide apertures (f/4) to de-focus backgrounds. Get to know your camera well, and experiment with different autofocus modes and settings.

### 2 Equipment

Most sports action photos are taken with high-speed digital SLR cameras, doing at least 3-5 fps (frames per second). This helps to capture peak action, which can occur in split seconds. Use medium to long telephoto lenses for tight framing, isolating subjects, and capturing emotions; wide-angle lenses allow you to get in close to the action (with some risk involved), and also capture unusual perspectives showing the action within the surrounding environment. A monopod helps to stabilise longer lenses while allowing ease of movement.

### 3 Know the sport

Do some research, and look at the work of top sports photographers. Having a basic knowledge of the sport will improve your photos dramatically. This will help with timing, anticipating when the peak moments occur, and also where to position yourself to capture the best moments.

### 4 General

Practice often, try shooting different sports, challenge yourself and most of all have fun! Photo competition rules:

- The contest is only open to amateur photographers (being anyone who earns less than 10% of their income from photography).
- Employees of LIAT, Travel Africa Ltd, Zest Publishing Inc or any of the promoters are not eligible to enter.
- All photos must have been taken in the Caribbean.
- Submit ONLY digital images or unframed prints, all of which must be clearly labelled with photographers name and contact details.
- You may submit up to a maximum of 10 images per person.
- Entries to this category must be submitted before November 20, 2009.
- All entries will be judged on content and quality, and the judges decision will be final.
- By submitting entries, you agree that Travel Africa Ltd / Zest Publishing Inc has the right to publish your photos in any medium without compensation.

How to submit your photos:

By email:

- Save each photograph out to a maximum of 200KB and attach to an email to be sent to: [competitions@zingmag.net](mailto:competitions@zingmag.net)
- State "Photo Competition: Landscapes" in the Subject Line
- Make sure your name, address, email address and phone number are included in the message.

By post:

- Post entries to P O Box 1329, General Post Office, Cheapside, Bridgetown, St Michael, Barbados
- Ensure envelopes are clearly labelled "Photo Competition: Landscapes"
- Ensure EACH disc or print is clearly labelled with your full name, address and contact email and phone number
- Entries will not be returned unless specifically requested and only if a stamped, self-addressed envelope is included for the returnposting.

By courier:

If sending by courier, and will require a signature on receipt, please send to:

- Zest Publishing, 4 Rycote Lane Farm, Milton Common, Oxford OX9 2NZ, telephone +44 (0)1844 278883