



KAYAK KAPERS

December 2009

Our 6-year Classic dominance is broken

The Hawkesbury Classic is done and dusted for another year, and in some ways it was a pretty ordinary result for Lane Cove. We lost the Commonwealth Bank Cup, the trophy awarded to the strongest club/organisation, after holding it for six successive years, and had only two-thirds the number of paddlers compared to recent years.

The Armidale School (TAS), which has been pressing hard, finally won the Cup and deserve congratulations for their victory. NSW Sea Kayakers edged Lane Cove out to take second. Final points were TAS 1812, NSW Sea Kayakers 1758, Lane Cove 1738 and Central Coast 1710.

The result should spur LCRK on and we expect a concentrated assault next year to regain our standing as the top club in this prestigious race.

From the point of view of the organisers, this year's event was a huge success with a near-record field approaching 400 craft and 600 paddlers. It raised \$280,000 for the Arrow Bone Marrow Transplant Foundation and its leukaemia research.

Apart from the lack of moonlight for the second half of the night – which was a sore point for many paddlers – conditions were excellent. It was not cold, the tide favored most almost to Wisemans, and the bulk of the field finished with an outgoing tide.

A feature noted by most competitors was the luminescence in the water at various points after Wisemans. In the blackness of the night, magical streaks of surrealistic light streamed from paddles as they swept through the water.

The weather could have been a disaster. Ten minutes after the final boat reached Brooklyn, the rain started. The next 24 hours brought storms with fierce winds and up to 160mm of rain – Sydney's wettest October day in 29 years.

Race controller Roger Deane, of course, claimed responsibility for the fine race conditions and promises a repeat for next year (Oct 23/24) when there will be a full moon.

Although Lane Cove had fewer paddlers than usual, most of the members turned out in support and we had a substantial presence throughout the event. Our marquee at Windsor drew everyone together and at Wisemans our checkpoint was a great meeting place for our fantastic landcrews, with Magoo (aka Andrew Mackay) once again in charge of the BBQ.



Team Simmat ready to race: Kiri Morris, Tom Simmat, Christine Simmat, Daen Simmat.

LANE COVE PADDLERS IN THE HAWKESBURY CLASSIC 2009

Competitor	Class	Time	Plc	No. of Boats	Hcp	Hcp Plc
Matt Swann/ Jeremy Spear	M 40+ UN2	10.02.07	3	3	11.13.46	32
Rob Cook/ Marg Cook	X 50+ LRec2	10.24.14	1	1	9.34.18	5
Tim Sindle/ Steve Pizzey	M O UN2	10.37.37	1	1	12.15.49	75
Tom Simmat	M 60+ K1 (R)	11.09.12	1	1	11.30.37	38
Steve Russell	M O TK1	11.11.03	1	2	11.13.04	31
Craig Ellis/ Greg Gering	BorB2	11.21.02				
Ian Wilson/ Tim Dodd	M 40+ LRec2	11.28.02	4	9	11.53.29	58
Rae Duffy/ Kate Nicholls	W 40+ LRec2 (R)	11.41.22	1	2	10.22.49	17
Derek Simmonds	M 50+ LRec	12.03.52	2	11	11.37.48	42
John Thearle	M 40+ UN1	12.11.09	4	7	13.00.52	103
David Hammond/ Tony D'Andreti	M O LRec2	12.19.59	6	8	13.11.47	111
Justin Jones	M O LRec	12.24.05	3	13	12.43.26	93
Phil Harmer	M 50+ LRec	12.24.06	5	11	11.57.19	60
Duncan Johnstone	M 50+ LRec	12.44.22	7	11	12.16.51	76
Phil Newman	M 50+ MRec	13.06.25	1	3	12.25.31	80
Brendan Murnane/ Kiernan Murnane	M O TK2	13.31.37	3	3	14.45.28	151
Kenji Ogawa	M O LRec	14.01.20	12	13	14.23.12	142
Andrew Mathers	BorB	14.10.47				
Richard Barnes	BorB	14.40.01				
Justin Paine	M 60+ MRec	14.59.29	3	6	13.54.43	130
Paul Myers	BorB	15.42.42				
Steve Howcroft	BorB	15.57.10				
James Mumme/ Liz Winn	X 50+ K2	5.49.00				withdrew at Wisemans
Tony Hystek	M 50+ UN1	6.48.00				withdrew at Wisemans

(R) denotes record



Record breakers Rae Duffy and Kate Nicholls

2009 HAWKESBURY CLASSIC



Jeremy Spear and Matt Swann spent too much stationary time at the Wisemans checkpoint

As always, the Classic had its highs and lows, its personal achievements and disappointments.

Our paddlers set two records. Rae Duffy and Kate Nicholls took 9m 6s off the record they set last year for the ladies Long Rec 2 40+ category in finishing in 11.41.22. Kate was in doubt until the day before the race due to illness and a high temperature. Tom Simmat established a record 11.09.12 for the men's K1 60+ – it seems no-one that old has previously been crazy enough to do the race in a K1. It's a pity he lost track of the checkpoints and turned left instead of right at Spencer, taking him past the checkpoint and up Mangrove Creek.

Rob and Marg Cook had a wonderful race in the mixed Long Rec 2 50+, and while they were disappointed their time of 10.24.14 was 18 minutes outside Urs and Arni Mader's record, it won them the Jenny Barnes Memorial Trophy for the fastest time by a mixed crew. (Marg won the same trophy last year as part of a K4 mixed crew.) They were 5th on handicap, our best performer.

Our fastest boat was the Vindicator of Jeremy Spear and Matt Swann who were aiming for a sub-10h mark but crossed the line in 10.02.07. They said later they had too much "stationary" time – ie the lure of the atmosphere at Wisemans was too great.

Matt was one of several who complained of wrist soreness during the race. The tendons in his forearm were twanging like guitar strings for days later.

Derek Simmonds had his right wrist strapped up with an elastic bandage by Marg McDonald at Wisemans, and when he removed the bandage at Pit Stop he found the soreness had disappeared, enabling him to finish in comfort.

Justin Paine suffered numbness in his right hand and wrist over the final stages but was able to complete the course. Earlier he was the victim of a collision when a 6-man outrigger rammed him from behind and almost tipped him



Elke van Ewyk and Steve Russell say goodbye to the Commonwealth Bank Cup

over. The offenders neither apologised nor stopped to check if he was okay.

Kenji Ogawa was also rammed, by a double which left its mark on his Flyer, but at least they apologised. Kenji distinguished himself by insisting on entering the Open Long Rec category when he is almost old enough for the 60+. We have no idea why.

Unfortunately two of our main hopes had to withdraw at Wisemans. Liz Winn had cramps and soreness down her right side, including her wrist, from just after Sackville but struggled on to Wisemans before she and partner James Mumme had to pull the plug. Last year both set category records and Liz won the handicap, so this was a great disappointment.

Tony Hystek blamed a virus for stomach cramps and dizziness which repeatedly sent him to the bank in fear of losing his balance. He, too, called it a night at Wisemans.

The two paddlers who together circumnavigated Tasmania in 2007 plumped for less conventional craft. Richard Barnes had a battered plastic Pirouette white water boat only fractionally longer than the playboat he used last year. Phil Newman opted for a cedar strip-plank Chesapeake-design craft that would have looked more at home in Eskimo hands, and complemented it with a narrow-bladed Greenland-type wooden paddle. It was good enough to win the men's Medium Rec 50+.

Justin Jones of trans-Tasman fame had a leisurely 12h 24m outing with mate Phil Harmer, but is threatening to go flat out next year. James Castrission, absent injured this year, is likely to join him.

First-timers who had strong races and are able to add another triumphant entry to their CVs include Duncan Johnstone and Paul Myers.

The post-race BBQ at the pontoon was the usual blast, with competitors relating their trials and tribulations.

Check our website, www.lcrk.org.au, for lots of pictures of the Classic. If you see some you'd like to keep, you can easily download them to your own computer.



Storytelling was a blast at the post-Classic BBQ



The long day starts with scrutineering



Lane Cove competitors and supporters at Windsor



The LCRK marquee was a popular gathering point



Race controller Roger Deane

Left: Greg Gering, Craig Ellis and their team



Marg and Rob Cook



Phil Newman takes his boat to scrutineering



Checkpoints A (left) and B (below)



Derek Simmonds, John Greathead and Tony Walker at Windsor



Tony Hystek with landcrew Malissa Harb and Alanna Ewin



Tim Sindle prepares



James Mumme and Liz Winn

Behind each story is a saga of endurance

Richard Barnes (BorB, landcrew father Eric Barnes): "I meandered along in my Pirouette white water plastic, talking to everyone. It was all good fun and all went smoothly. I met a lot more people than I did paddling a K1. I stopped at Sackville, Wisemans and Pit Stop."



Rob and Marg Cook (X50+ LRec 2, landcrew James Terpening, his sister Zoe and her husband Joe): "We had a washride for the first hour or so. The wind knocked us around at the start. From Sackville to Wisemans it got cool so we stopped to put on some more clothes, then no more stops to the end. We were happy with our time of 10h 24m but thought we could go faster. Urs and Arni Mader did 10.06 2 years ago and we hoped for that."



Rae Duffy/Kate Nicholls (W40+ LRec2, landcrew Neil Duffy, Dean Sinclair): "We beat last year's time by 9 minutes and broke our own record. We went well to Wisemans and needed a rest so had a ½ hour stop there. We did it tough for the second half. Just after Wisemans we hit a tree which nearly knocked us out of the boat. Greg and Craig paddled with us for 1½ hours, from before Wisemans to Spencer, we had music and they had a GPS, so we helped each other."



Craig Ellis/Greg Gering (BorB2, landcrew Sally Ellis, Brian Swann, Kristy Maxwell): "We finished in good shape, mentally it was a tough race, not having paddled at night like that. We were very happy with the race. Our biggest weakness was that we were stationary at Sackville, Wisemans and various beach stops for an estimated 1h 20m. We found that the goo's were really good for chafing." (Greg: "Craig has designs to go on to other big races like the Murray, but for me never again! I'm a sprinter, not an endurance racer.")



David Hammond/Tony D'Andreti (MO LRec2, landcrew Megs Alexander, David): "This was my 3rd Classic but first in a kayak – twice in a 6-man outrigger. We were better than expected to Wisemans, and after that it started to hurt. The last 30k were hell, the body fell apart – lower back, bum, couldn't feel the legs. It started before Pit Stop and we pulled in there. What a champion bunch of guys. We finished and we beat the sunrise, so we achieved a couple of goals. There's room for improvement."



Phil Harmer (M50+ LRec, landcrew wife Alison): "I paddled with Justin Jones, he's very strong. I trained my guts out and he trains on the couch. We went out too fast for the first hour or so. My wife's family live at Sackville so we pulled over to say hullo there. I went well in sections, I must have been cooking, I seemed to lose energy. We had 10 minutes at Wisemans, then I battled for the next hour, couldn't seem to get into a pattern. I hit the wall at Spencer and limped in in 12.24. Last year I did 12.20 with a broken rudder and no steering."



Steve Howcroft (BorB, landcrew Michael Venter): "The wind was unexpected but I had a good run to Wisemans and pulled in on

schedule at 12.30. I left there at 1.20 and when I found I was slowing down before checkpoint L I realised I had gone off the boil big time. I tried to step up the pace but never got back the missing time. Nothing was sore, my arms and everything were good but I went to sleep after Wisemans. The darkness really surprised me. I saw the fun side of the equation rather than the serious."



Tony Hystek (M50+ UN1, landcrew Alanna Ewin, Malissa Harb): "I was flying early, racing some doubles, but then started having trouble with my balance at 10k. I had a bad headache on the Friday night, apparently picked up some sort of virus. My head felt like it was full of cottonwool and it got worse and worse. 500m past Sackville I had to pull over to the bank with stomach cramps, I had to pull over about 10 times between Sackville and Wisemans. At Wisemans I couldn't even keep my balance walking up the bank, so I did the sensible thing and withdrew."



Duncan Johnstone (M50+ LRec, landcrew wife Cheryl): "I've been training with Lyle Mead and my race plan was to do a comfortable 14½ hours, although Lyle thought I could do 13½. I did 12.44. I stopped at Sackville but in the confusion couldn't find my wife and lost time, next time with hindsight I'll be better organised. At Wisemans I had to have my blistered hands bandaged. I felt comfortable leaving Wisemans and although I lost time at Spencer by going straight ahead of turning right I had plenty left in the tank. Doing the famil paddles was crucial, at no stage except Spencer did I not know where I was on the river."



Justin Jones (MO LRec, landcrew sister Louisa): "I was travelling with my friend Phil Harmer and we pushed the first 10k. We drifted past the bank at Sackville to see friends and when we stopped at Wisemans you should have seen Phil's face when I pulled out a beer. It was a fun Classic and the easiest I have done – this was my 4th. Everyone seemed to have a smile on their face. I did it in a Horizon Tourer, next year I might try a Flyer which is lighter. Next year I'm going to try and push the race, I don't like seeing people passing me."



Andrew Mathers (BorB, landcrew Marie Carr, Elke van Ewyk): "The headwind at the beginning slowed me down. After Sackville it was pretty easy, the wind and the current changed. It was good to get to Wisemans where I had some hot food and warmed up. I lost it mentally towards the end and just wanted to finish, I was feeling sore and tired."



James Mumme/Liz Winn (X50+ K2, landcrew Alison Mumme, Tony Winn, Terry Winn). Liz: "I've always had an issue with my neck and shoulders. We started well for 14k, then a cramp came right up my leg and my right side. I had to make repeated short stops. We actually did a good time to Wisemans but had to pull out. My body let me down but James didn't." James: "Our preparation and planning was terrific and we were strong in pre-Classic events. It was a pity that Liz's problems really emerged just after Sackville and we had to



battle on to Wisemans. It was still a most enjoyable experience."

Brendan and Kieran Murnane (MO TK2, landcrew Patricia Murnane, Michelle and Paul Bastoli): "We originally were going to do the BorB2 but plucked up courage to enter the competitive class, even though we were underprepared due to work commitments, holidays etc. We got to Wisemans without any drama. After Wisemans we hit a tree in the dark, I was reading the map and not paying attention and we were too close to the bank. With 12k to go we broke our rule not to stop except at major checkpoints and pulled in for a stretch, then powered home. It was Dad's first Classic and first really long paddle."



Paul Myers (BorB, landcrew wife Pauline, daughter Zoe, brother-in-law David): "I wanted to do something spectacular before I reached 60 in 2 weeks time, so I gave myself a 60th birthday present and did the Classic for the first time. The hardest was between checkpoints J and K with tide against me. Over the final 25k my back went and I could only do a limited number of strokes before stopping to rest, and everyone who passed me checked if I was okay. I had lots of conversations with other competitors. It was a particularly enjoyable experience."



Phil Newman (M50+ MRec, landcrew Buzz Powell): "I was in my wooden boat with my wooden paddle which I made myself, it would be sacrilege to use an ordinary paddle. The narrow paddle was easier on my shoulders. I found it warmer this year. I started in a short-sleeved thermal and added a long-sleeved one at Wisemans. As always, I stopped at Pit Stop to have some scones and hot chocolate."



Kenji Ogawa (MO LRec, landcrew wife Gilda): "I had seat problems again, in the first 4 hours I stopped 5 times to try a rubber sheet, bubblewrap, sheepskin and air cushion. The Flyer seat is very narrow after my sit-on-top and it gets narrower when you put covering on it. I also was not comfortable in the dark, the backing on my front cyalume was broken and the light was in my eyes. At one point I was hit by a mixed double which almost capsized me and left a mark on my boat, but they apologised. I had 20 minutes stop at Wisemans and after that I was all right."



Justin Paine (M60+ MRec, landcrew Tony Walker, John Greathead): "I had been trying something in training but it didn't come off and I had a slow and tough first half. My back was very sore and I thought I would have to pull out at Wisemans, but leaving the big W I changed my stroke and things seemed to click. I was refreshed by my stop at Wisemans and had a good back end except for grounding on a sandbank in front of checkpoint K. My worst moment was being rammed from behind by an outrigger 6 near Portland.."



Steve Russell (MO TK1, landcrew Steve and Caroline Paget): "I got line honors in the race to the bridge, there were only 4 of us in the 5.30pm start. From there to Dargle it was a lonely trip. I hit a rock or something near Bar Point, it gave me a hell of a fright, Tim Hookins had warned me about it, I wish he had been more precise about where it was. I raced 2



doubles in to the finish, nobody was going to beat me. I took longer than last year but had a better race."

Tom Simmat (M60+ K1, landcrew Daen Simmat, Kiri Morris): "My biggest problem was getting over everyone's wash. It started with OC6s at the start, they were slower than me but I couldn't get past them. I had trouble with wash all the way down the river, I would find a calm bit of water then catch up with another group of paddlers. My leg went to sleep so I got out at Wisemans for 10 minutes, and for the first time I stopped at Pit Stop. The trouble with the K1 is you have to keep your head down and I wasn't sure which checkpoint I was passing. I thought I was coming to Bar Point but actually was at Spencer and finished up going the wrong way, up Mangrove Creek."



Derek Simmonds (M60+ LRec, landcrew John Greathead, Tony Walker): "It was my best Classic ever. I had no competitive or time pressure and was just aiming to finish. I enjoyed good stops at Wisemans and Pit Stop. With a great following tide from Spencer to the finish I was effortlessly doing 12k/h. I had a Richard Barnes-type Classic, stopping everywhere and enjoying it."



Tim Sindle/Steve Pizzey (MO UN2, landcrew Nadia Myers, Pip Pizzey, Lynton Jamieson): "It was the first Classic for both of us. We struggled against the tide after Wisemans and kept hitting shallow water. I had bad problems with chaffing, my PFD was too loose and the bottles I was carrying were too heavy, I had to take a day of work because of it. I've done 9-hour races before with no problems. We had 5-minute stops at Sackville, Wisemans and Pit Stop. We won our class - we were the only ones in it!"



Matt Swann/Jeremy Spear (M40+ UN2, landcrew Rob Vallis, Michael Mueller): Matt: "We started well and were good through to Wisemans where we stopped for 22 minutes. I suffered from crossover tendonitis from 80k, it was really agony. And I had bum pain, but everyone has bum pain." Jeremy: "We stopped at Sackville and Wisemans, we had a sub-10h plan but just missed it because we had too many stops for too long. Graeme Jeffries' spreadsheet was incredible."



John Thearle (M40+ UN1, landcrew Anne Williams): "A few guys in the 6pm start stayed with me, and then I started getting cold, I just had on a white skin and arm warmers and no skirt. By Sackville I was really cold so I stopped to get out a thermal but found I had not packed it. I kept on going and at Portland had to stop and get out my emergency blanket and wrap it around me. 2 thermals, a hot chocolate and a back rub from Tim Hookins at Wisemans and I was off, I had a good back end."



Ian Wilson/Tim Dodd (M40+ LRec2, landcrew Alec Wilson, Bob Kenderes): "We were surprised at the beginning with the strength of the wind and tide. It was great doing the race in a double, we hooked up with Derek Simmonds near Sackville and he washrode us to Wisemans. It was amazing how slow the back end was into the tide, we went from 11k/h to 7k/h and at times even slower. Then the tide turned for the finishing few kilometres. We were happy with the race."



2009 HAWKESBURY CLASSIC



Richard Barnes spots a familiar face in the crowd at the water's edge while lining up for the start



Steve Howcroft stops at Wisemans



The McDonalds were cheering from Windsor to Brooklyn



Kenji Ogawa celebrates another Hawkesbury Classic finish



Phil Harmer checks in to Wisemans



Justin Paine at Wisemans...great to be out on day leave



Paul Myers soaks up all the TLC at Wisemans checkpoint



Ian Wilson and Tim Dodd striding off to battle



John Thearle with his landcrew, sister Anne Williams



Marg McDonald tends to Derek Simmonds' needs at Wisemans

Games bring joy of competition

Lane Cove River Kayakers came away from the 2009 World Masters Games in October with a swag of medals – 52 in all, 33 of them gold – and lots of good memories. Our representatives raced with distinction in sometimes difficult conditions and enjoyed the spirit of competition on the international stage.

For some it was the culmination of preparation and training which began as long as a year ago, and the week-long calendar offered them a chance to reap the rewards. The rewards were as much having the chance to test yourself against visitors from overseas as to record a victory.

For LCRK, the two main events were the kayak marathon racing on the Nepean at Penrith and the kayak sprints at the nearby



Regatta Centre. There was only a sprinkling of overseas competitors in the marathons and some of the categories had only one or two or three competitors. In the sprints there were more international entrants and they provided stiff competition.

Extremely strong south-westerly winds blasted the marathon course on both days, strengthening as each day went on and forcing the organisers to shorten a few races. PFDs which had to be carried in the boat in the morning were ordered to be worn later in the day. (Rowing events at the Regatta Centre were cancelled.)

For the most part the winds swept diagonally across the river, allowing some of the braver competitors in more seaworthy craft to surf back down the middle of the river from the top mark.

For those in K1s in the singles program on day 1, just surviving seemed a formidable task, but somehow they not only stayed upright but turned in very respectable times. Those on skis and in sea kayaks still had to work hard. In a raft of excellent displays of LCRK seamanship gold medals went to Cathy Miller, Liz Winn, Rae Duffy, Kate Nicholls, John Greathead and Trevor Williamson.

In mostly tiny category doubles fields on day 2, golds were won by John Greathead/Tony Walker, Trevor Williamson/Cathy Miller, Marg Cook/Richard Barnes (in a boat together for the first time), Dave Kavanagh/Graeme

Jeffries, Craig Ellis/Greg Gering, Rae Duffy/Kate Nicholls, Jeremy Spear/Matt Swann and Don Rowston (with Bill Ledgerwood).

Apart from confusion over what constitutes a sea kayak, the marathon program was well organised and run, and medal presentations were done with pomp ceremony before a big crowd.

Unfortunately the same cannot be said for the sprint racing which led to many complaints, the worst involving some international competitors who left Australia not knowing the official results of their events, let alone receiving medals which they knew were due to them.

There were 3 days for 1000m, 500m and 200m races and those LCRK members who have been participating in the new PaddleNSW sprint series turned up for some fun. And the most fun probably was had by those in the 60+ men's K4: Tom Simmat, Derek Simmonds, Tim Hookins and Manly Warringah's Geoff Horsnell. They finished up with the maximum three firsts – 12 gold medals between them. (No doubt we'll hear more about how great K4 racing is...)

Most LCRK paddlers didn't make it past the heats, but the important thing is that they were there competing and cheering on their friends.

Sadly the medal presentations at the sprints were haphazard, if at all. Some of the glamour disappears when you collect your medals from an official's desk at another venue several days later.

Richard Barnes and Tony Hystek took on the challenge of slalom racing and associated capsizes, and Richard, Trevor Williamson and Cathy Miller all medalled in canoe polo.

Lane Cove's participation in the Games were not confined to kayaking. We

The Medallists

GOLD	
Derek Simmonds	4
Tim Hookins	3
Tom Simmat	3
Richard Barnes	2
Rae Duffy	2
John Greathead	2
Cathy Miller	2
Kate Nicholls	2
Trevor Williamson	2
Liz Winn	2
Marg Cook	1
Craig Ellis	1
Greg Gering	1
Graeme Jeffries	1
Dave Kavanagh	1
Don Rowston	1
Jeremy Spear	1
Matt Swann	1
Tony Walker	1

SILVER	
Roger Aspinall	1
Richard Barnes	1
Tony Carr	1
Marg Cook	1
Tim Hookins	1
Tony Hystek	1
Don Rowston	1
Tom Simmat	1
Derek Simmonds	1
Liz Winn	1

BRONZE	
Tim Hookins	2
Tom Simmat	2
Phil Harmer	1
Cathy Miller	1
Derek Simmonds	1
Jeremy Spear	1
Trevor Williamson	1



2009 WORLD MASTERS GAMES

Competitor	Event	Race	Distance	Time	Plc
Roger Aspinall/ Tony Hystek	Kyk marathon	M K2 50-54	14k	1.04.50	4
	Kyk sprint	M K2 50-55 1000m	-	2	
	Kyk sprint	M K2 50-54 Final	500m	1.55	4
	Kyk sprint	M K2 50-54 Heat	200m	0.45	5
Richard Barnes	Kyk slalom	M K1 45-49		276.37	18
	Canoe slalom	M C1 45-49		DNF	
	Canoe polo	X 40+/Rec			2
Richard Barnes/ Caroline Houghton	Canoe slalom	X C2 45-49		591.05	1
Richard Barnes/ Ian Houghton/ Caroline Houghton	Kyk slalom	O K1 team		615.54	6
Tony Carr	Kyk marathon	M Sea kyk 65-69	14k	1.28.49	2
Marg Cook	Kyk marathon	W K1 50-54	14k	1.25.22	2
Marg Cook/ Richard Barnes	Kyk marathon	X K2 45-49	21k	1.48.11	1
Jason Cooper	Kyk marathon	M K1 35-39	21k	2.08.50	4
	Kyk sprint	M K1 35-39 Heat	1000m	5.51	5
	Kyk sprint	M K1 35-39 Final	500m	2.27	6
	Kyk sprint	M K1 35-39 Heat	200m	0.56	3
Rae Duffy	Kyk marathon	W Multispt kyk 50-54	14k	1.34.46	1
Rae Duffy/ Kate Nicholls	Kyk marathon	W Dble sea kyk 40-44	21k	-	1
Craig Ellis/ Greg Gering	Kyk marathon	M Dbl multispt kyk 35-39	21k	1.54.53	1
John Greathead	Kyk marathon	M Multispt kyk 70-74	5k	40.52	1
	Kyk sprint	M K1 70-74 Final	1000m	6.08	8
	Kyk sprint	M K1 70-74 Final	500m	2.50	8
	Kyk sprint	M K1 70-74 Final	200m	1.09	9
John Greathead/ Tony Walker	Kyk marathon	M Dble multispt kyk 65-69	14k	1.19.31	1
Philip Harmer	Kyk marathon	M Sea kyk 50-54	14k	1.27.12	3
Tim Hookins	Kyk marathon	M Ski 60-64	14k	1.16.07	2
	Kyk sprint	M K1 60-64 Heat	1000m	5.45	4
	Kyk sprint	M K1 60-64 Heat	200m	0.59	7
Tony Hystek	Kyk slalom	M K1 50-54		634.39	13
	Kyk sprint	M K1 50-54 Final	500m	2.09	7
Graeme Jeffries	Cycling	M Road race 45-49	70.4k	2.02.04	73
Dave Kavanagh	Cycling	M Road race 35-39	89.4k	DNF	
Dave Kavanagh/ Graeme Jeffries	Kyk marathon	M Dble ski 35-39	21k	1.46.41	1
Cathy Miller	Kyk marathon	W Sea kyk 50-54	14k	1.31.50	1
	Canoe polo	X 40+/Rec			3
Michael Mueller	Athletics	M 30-34	10k	40:41	13
	Athletics	M 1/2marathon 30-34	21.1k	1.30:01	8
James Mumme	Kyk sprint	M K1 50-55 Heat	1000m	6.18	3
	Kyk sprint	M K1 50-54 Heat	500m	2.38	6
	Kyk sprint	M K1 50-54 Heat	200m	1.03	5

demonstrated that we have some all-round athletes who did well in other sports.

Graeme Jeffries and Dave Kavanagh did the cycling road race, Graeme finishing on the same lap as the leaders but Dave being compelled to withdraw after being lapped.

Tom Simmat showed his versatility by picking up silver in surf life saving's beach run and having a go at the surf ski race.

And Michael Mueller's recent venture into athletics saw him do PBs for the 10km and half-marathon (21.1km) road races. He was 2 seconds off breaking 40 minutes for the 10km and 90 minutes for the 1/2M and blamed it on not being at the front of the start line.

The Games Oath contained the words: "We commit ourselves to creating a World Masters Games where everyone can happily compete - regardless of age, race, creed or ability." That was the spirit with which Lane Covers participated and enjoyed themselves.

In an age where heavy emphasis is placed on winning, it was a welcome change to see people competing because they wanted to participate, to be part of the event. If people raced only because they thought they could win or break a record, races wouldn't be worth entering - there wouldn't be enough

Competitor	Event	Race	Distance	Time	Plc
Kate Nicholls	Kyk marathon	W Multispt kyk 40-44	21k	2.21.10	1
Steve Paget	Kyk marathon	M K1 40-44	21k	2.05.16	13
	Kyk sprint	M K1 40-44 Heat	1000m	5.39	3
	Kyk sprint	M K1 40-44 Heat	500m	2.11	4
	Kyk sprint	M K1 40-44 Heat	200m	0.57	4
Steve Paget/ James Mumme	Kyk sprint	M K2 40-44 Heat	200m	0.57	6
Steve Paget/ Michael Murphy	Kyk sprint	M K2 35-39 Final	500m	2.14	4
Don Rowston	Kyk marathon	Multispt kyk 70-74	5k	44.08	2
Don Rowston/ Bill Ledgerwood	Kyk marathon	M Dbl multispt kyk 70-74	7k	37.41	1
Tom Simmat	Kyk marathon	M K1 60-64	14k	1.20.39	13
	Kyk sprint	M K1 60-64 Heat	1000m	6.14	6
	Kyk sprint	M K1 60-64 Heat	500m	2.25	9
	Kyk sprint	M K1 60-64 Heat	200m	0.59	8
	Surf lifesvg	M Beach run 60-64	1k	-	2
	Surf lifesvg	M Surf ski 60-64		DNF	
Tom Simmat/ Tim Hookins	Kyk marathon	M K2 60-64	14k	1.07.44	3
	Kyk sprint	M K2 60-64 Final	1000m	5.05	2
	Kyk sprint	M K2 60-64 Final	500m	2.07	4
	Kyk sprint	M K2 60-64 Final	200m	0.52	5
Tom Simmat/ Derek Simmonds/ Geoff Horsnell/ Tim Hookins	Kyk sprint	M K4 60-64 Final	1000m	4.07	1
	Kyk sprint	M K4 60-64 Final	500m	2.05	1
	Kyk sprint	M K4 60-64 Final	200m	0.52	1
Derek Simmonds	Kyk marathon	M Multispt kyk 60-64	14k	1.23.59	3
	Kyk sprint	M TK1 60-64 Final	1000m	5.56	6
	Kyk sprint	M TK1 60-64 Final	500m	2.34	7
	Kyk sprint	M TK1 60-64 Heat	200m	1.03	5
Derek Simmonds/ Liz Winn	Kyk marathon	X TK2 55-59	14k	1.26.04	2
	Kyk sprint	X TK2 55-60 Final	500m	2.27	1
Jeremy Spear	Kyk marathon	M Multispt kyk 45-49	21k	2.05.19	3
Jeremy Spear/ Matt Swann	Kyk marathon	M Dble multispt kyk 45-49	21k	1.55.01	1
John Thearle	Kyk sprint	M K1 40-44 Heat	1000m	5.59	4
	Kyk sprint	M K1 40-44 Heat	500m	2.21	5
	Kyk sprint	M K1 40-44 Heat	200m	0.57	5
Tony Walker	Kyk marathon	M Sea kyk 65-69	14k	1.34.11	4
	Kyk sprint	M TK1 65-69 Heat	1000m	7.05	6
	Kyk sprint	M TK1 65-69 Heat	500m	3.04	7
	Kyk sprint	M TK1 65-59 Heat	200m	1.14	7
Trevor Williamson	Kyk marathon	M Sea kyk 60-64	14k	1.33.34	1
	Canoe polo	X 40+/Rec			3
Trevor Williamson/ Cathy Miller	Kyk marathon	X Sea kyk 50-54	14k	1.22.27	1
Liz Winn	Kyk marathon	W Sea kyk 55-59	14k	1.28.44	1

contestants.

Full results at www.2009worldmasters.com. Lots more pictures in the Picture Gallery at www.lcrk.org.au.



Jason Cooper goes through scrutineering at the sprints



James Mumme practises his conducting, watched by John Thearle and Steve Paget



K4 triple gold medallists Tim Hookins, Derek Simmonds, Tom Simmat and Geoff Horsnell



Gold medallists Richard Barnes and Marg Cook, over seventies Don Rowston (silver) and John Greathead (gold), and doubles partners Rae Duffy and Kate Nicholls with their golds after the marathon presentations



Julie and Alanna tell Tony and Roger what they're doing wrong in their marathon warm-up

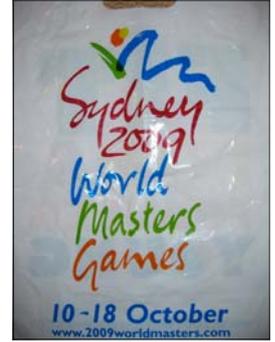


Trevor Williamson, Liz Winn and Derek Simmonds enjoy the camaraderie of the World Masters Games



Some marathon competitors got a lift home

2009 WORLD MASTERS GAMES



Richard Barnes (left) and Tony Hystek tackle the challenging slalom course



Graeme Jeffries (left) and Dave Kavanagh (leading another rider) competed in the road bike race

Michael Mueller sprints to the finish in the half marathon



The Lane Cove crew in the grandstand at the kayak sprints

Steve Paget and Jason Cooper



Tony Walker and John Greathead choose a cross country exit

Cathy Miller and Trevor Williamson strap themselves in

Tim Hookins and Tom Simmat empty out



Richard Barnes and Marg Cook at the marathons



Jeremy Spear and Matt Swann call out encouragement to Greg Gering and Craig Ellis as they leave the pontoon



John Thearle, Jason Cooper and James Mumme



Above: Tony Carr ready for the marathon. Left: Tom Simmat cuts an imposing figure in the beach run.

Who's doing what

A number of Lane Cove personnel are doing the Murray Marathon. Tony Hystek and John Thearle will race in singles and James Mumme and Liz Winn will team up in their Vindicator. Steve Russell, Jason Cooper and Michael Mueller will combine in a relay team. John and Zena Boakes will race the 63k YMCA Challenge on day 4 of the Marathon.

Richard Barnes has organised a group to tackle the formidable Cradle Mountain Run in Tasmania on February 7. The 85k annual event from Cradle Mountain to Lake St Claire is limited to 50 people, and Richard's group will provide almost a fifth of the field. Others from LCRK will be James Terpening, Andrew Mathers, Justin Jones and Steve Pizzey, plus Steve's wife Pip, Chris Turnbull, Jonathan Papalia and Peter Duncan.

At the same time Phil Newman will paddle from Port Arthur out to and around Tasman Island, hoping to land and see the lighthouse, and continue on to Maria Island.

Phil will then drive to Smithton,

on the northwestern tip of Tassie, for a group paddle across Bass Strait. The group will comprise Steve Pizzey/Peter Anderson (who did the Yukon River Quest together) and Chris Turnbull/Len Gervay in doubles, and Phil, Richard Barnes, Andrew Mathers, Warren Huxley and Jonathan Papalia in singles. Their trip will be broken into 3 stages of roughly 100k each, from near Smithton to King Island, along King Island, and from King Island to Cape Otway in Victoria.

Planning to see them off are Frank and Marg McDonald, who will be starting a 2-month trip around Tasmania. (Frank has recently been paddling in Narrabeen Lake and also playing golf. He says he's starting to reclaim his life, and that's wonderful news.)

The runners and paddlers also hope to catch up with Marg and Rob Cook, who are forsaking the Murray Marathon this year in favour of a walking holiday through parts of Tasmania. They're planning a couple of challenging 8-day outings.



Rae Duffy took to the water to celebrate her 50th birthday recently. She and a group of friends, many of them from NSW Seakayakers, had planned a 50k paddle from Rose Bay to the Harbour Bridge, then back via Clontarf and Manly to Shark Island. Unfortunately strong winds forced the outing to be shortened, but it still finished at Shark Island where the group had an enjoyable lunch. Among those taking part were Kate Nicholls, who dreamed up the idea in the first place, and Liz Winn.



The Andrew McAuley Trophy, named in honor of the legendary kayaker who lost his life in February 2007 while trying to paddle from Australia to New Zealand, was presented for the first time at the LCRK post-Hawkesbury Classic BBQ on Oct 28. It is awarded by Lane Cove club to a kayaker who has undertaken an extraordinary task and is an ambassador to the spirit of kayaking. The initial award went jointly to two kayakers, Richard Barnes and Phil Newman, in recognition of their paddling circumnavigation of Tasmania in March-May 2007. It was presented by McAuley's widow, Vicki, and young son, Finlay. Vicki said Andrew had treasured his links with Lane Cove and would have been proud to have the trophy named after him. He had always aimed his exploits at encouraging others to extend themselves and get out of their comfort zone. Richard and Phil, in responses which became emotional as they recalled their associations with Andrew, said he had been an inspiration to them. A big crowd of Lane Cove members and their landcrews, plus Hawkesbury Canoe Classic President Kent Heazlett, warmly applauded the presentation. Footnote: Vicki said Tim Hookins has for some time been urging her to paddle the Classic and she has decided to do the race next year.

Beat your age

Membership of the most exclusive club-within-a-club at LCRK doubled on Wednesday evening, Nov 4.

Don Andrews, in his first visit to Lane Cove for ages, turned in a time (in min-

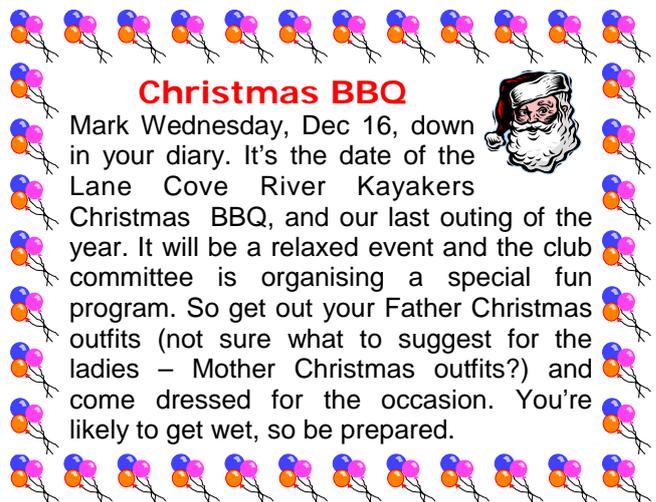
utes) for the 12km course which was less than his age (in years). Don, who is 68 years 8 months, travelled around the course in a Flash in 67 minutes 59 seconds.

The only other member to have beaten his age is Justin Paine.

Escort service

Ian Wilson, Tim Dodd, Matt Swann, Justin Paine, Jeremy Spear and Don Rowston turned out at short notice on Sunday Nov 22 to provide a kayak escort service for swimmers in the Dawny Challenge, in which 400-plus competitors swam

from the Dawn Fraser Pool in Balmain around Cockatoo Island and back.



Christmas BBQ

Mark Wednesday, Dec 16, down in your diary. It's the date of the Lane Cove River Kayakers Christmas BBQ, and our last outing of the year. It will be a relaxed event and the club committee is organising a special fun program. So get out your Father Christmas outfits (not sure what to suggest for the ladies – Mother Christmas outfits?) and come dressed for the occasion. You're likely to get wet, so be prepared.

Marathon 10 awards

Lane Cove paddlers picked up a number of awards in the 2009 Marathon 10 series which had its last race at Cooks River on Nov 7.

We were strongest in division 6 where John Greathead and Tony Walker won the doubles, with Jon Harris and Don Rowston 2nd. Don also came 3rd in the div 6 open and Liz Winn was 3rd in the women's div 6.

Other awards were Tony Hystek 2nd div 2, Richard Barnes 2nd div 3, Matt Swann/Jeremy Spear 2nd div 4 and Jason Cooper 3rd div 4.

Manly Warringah won the trophy for the best club.

M10 Race 10 Cooks River

Competitor	Div	Time	Plc
Tony Hystek	2	1.43.38	2
Richard Barnes	3	1.47.20	3
James Mumme/ Liz Winn	4	1.44.00	2
Jason Cooper/ Len Hedges	4	1.47.31	5
Jeremy Spear/ Matt Swann	4	1.47.33	6
Simon Mann	4	1.50.24	7
Tom Simmat	4	1.57.29	13
Julie Stanton	4	DNF	
Jon Harris/ Don Rowston	6	1.58.59	5
Wade Rowston	6	2.03.18	7
John Boakes/ Zena Boakes	6	2.04.27	8
Tony Carr	6	2.06.47	9
Trevor Williamson/ Greg Appleyard	6	2.09.04	11
James Terpening	6	2.12.32	15
Justin Paine	6	2.30.23	17

Caught on camera

You can easily download pictures from our website to your own computer.

LCRK Committee
PO Box 163 Lane Cove 1595
ian@idplanning.com.au
 0417-009-802 www.lcrk.org.au
President: Steve Russell
Vice-President: Matt Swann
Secretary: Ian Wilson
Treasurer: Simon Mann
Website: Tim Dodd
Kayak Kapers Editor: Justin Paine 9858-3323
Committee member: Liz Winn