



KAYAK KAPERS

February 2009

Lane Cove flies the flag at the Murray

The 8 crews who represented Lane Cove with great prominence on Dec 27-31 in the 40th and final Red Cross Murray Marathon returned with interesting and varied tales to tell: Tom Simmat came a brilliant 2nd on handicap, Liz Winn fought a rearguard action against bum blisters, the K4 songsters became the paddling minstrels, Richard Barnes paddled up to 11 hours a day on a plastic freestyle kayak scarcely bigger than an esky lid. Next year's Murray Marathon will be run by YMCA Victoria.

Tom Simmat: "My previous Murrays were all in the 'Cow' and this one was in my Mako 6 ski, so it was one extreme to the other. I lightened the ski by a couple of kilos by taking off the venturis and the adjustable pedals, and got it down to about 9½ kilos. I didn't expect to do that well and it wasn't until the 3rd day I realised I was competitive in the handicap. After that it was hammer! It was very windy, one day there were white caps. I was OK in the ski, it must have been hard in K1s. It was good to have Rob and Tony starting each day in my group. In the end, as well as getting 2nd in the handicap, I was only 18 seconds behind Tony's relay team and I beat Rob's open unrestricted record."

Tony Hystek, Steve Russell, John Thearle: "On the first day we saw such a wide diversity of boats, ranging from a 10-man surf boat to a very interesting propeller-driven pedal boat that could maintain a speed of 13km/h without too much difficulty. The first day was probably the hardest with the change in climate and jumping in and out of the boat. Finding ways to reduce our change-over time became a paramount goal. Paddling into Euchuca was a highlight, seeing the paddleboats coming past and their giant wash that swamped a lot of tired TK2 paddlers just metres from the finish. The last day of the paddle was Tony Hystek's big finish. He led out, powering in his usual fashion, leaving John and me to try and keep him in a reasonable position. I don't think either of us had much left in the tank. Seeing Tony come around the



Lane Cove was out in force at the Murray Marathon

last corner at Swan Hill was unbelievable. We were overjoyed to have finished but bitterly disappointed because we wanted to continue on for a few more days."

Rob Vallis: "It was a very enjoyable week. My family thoroughly enjoyed it, I got to see my kids swimming when I came in at the end every day and joined them. It was good to see so many Lane Covers, there must have been 20. Some of us got together in the evenings, depending on where we were. Ian Wilson and his son Alec were my landcrew but at every checkpoint everyone from Lane Cove pitched in. Conditions were very windy, days 1 and 4 were particularly bad, I estimate it was pushing 80km/h and straight into us. The finish on day 1 really opens up and is quite shallow, with lots of snags and with the dimpled water you can't see them. For the last 5km you see branches right across the river and it's a bit of a lottery, you just close your eyes and hope. I had a fair bit of pain from a bruised tailbone."

James Mumme: "I had Craig Elliott's Renegade and got smacked by the wind for the first 4 days. I went as hard as I could for those 4 days. Marg Cook treated my blisters at the end of day 3. Then on day 5 I had a bit of fun. I started off with a paddler I had met on the river and finished in a foursome with Jack Ward from Central Coast, Daryl from Mt Isa and Trevor from the Sunshine Coast. We formed a bit of a freight train. The last day was festive, almost like the last day of the Tour de France. I had a really good time. My wife Deb landcrewed for me and I wouldn't have stopped for more than 3 or 4 minutes over the 5 days."

Marg Cook, Merridy Huxley, Bernie Craggs, Warren Huxley: "Our memorable moments in the Murray 20-08 were:
1. Becoming known as the 'singing K4' and helping lift

Murray Marathon 404km

Name	Cat	Time	Plc	No. of boats	Hcp Time	Hcp Plc
Tony Hystek/ Steve Russell/ John Thearle	UNR1/OR	31.49.21	1	1		
Tom Simmat	UNR1/O	31.50.03	1	5	26.06.11	2
Rob Vallis	UNR1/O	32.43.58	2	5	30.26.26	37
James Mumme	RKL1/OV50	33.39.22	1	5	27.56.01	14
Merridy Huxley/ Marg Cook/ Warren Huxley/ Bernie Craggs	K4/XV50	33.56.36	1	1	32.35.07	62
Liz Winn	RKL1/WV40	40.14.18	1	3	30.34.50	39
Trevor Williamson/ Bert Lloyd/ Kenji Ogawa	RK1/OR	40.32.25	3	4		
Richard Barnes	RKS1/O	49.42.03	1	1	41.15.05	122



James Mumme ... always smiling



Tom Simmat cools off at the end of the day



Liz Winn had a courageous paddle



Going ...



Going ...



Rescued !!

paddler morale, especially the single kayaks pushing into the headwind. Doesn't anyone know *Lily the Pink*? 2. First night in the massage queue being recognised by three masseurs all smiling and shaking their heads and one even remembering Merridy's name. 3. Second night in the massage queue, we gave Rob Vallis a standing ovation. We had many in the room join us and then whisper 'Who was that?' 4. Being told the K4 looked like poetry in motion. 5. Starting last and passing over 180 boats during the day and still not seeing Rob Vallis, Tom Simmat, James Mumme or the Hystek relay team. 6. Sighting the surf boat each day and their final salute at the finishing line. 7. Realising Warren didn't have the sorest bottom - because he had the best seat, albeit the most expensive. 8. Bernie's jokes and knowing just about everyone on the river, and if he didn't know them he knew their friends. 9. Marg steering the K4 into checkpoints without killing any school relay team parents who refused to move. 10. Setting a new record for Mixed Vet 50 K4 (in a relatively slow time of 33h 56m 36s)."

Liz Winn: "I had trouble with the seat in my Flyer in the Hawkesbury Classic and was trialling new seats for the Murray right up to Christmas Eve. The trouble with my butt really was a nightmare. At different checkpoints I swapped my seat continually, trying to get it right. On day 2 at checkpoint A I was going to pull out, then Richard Barnes came along in his little boat and I asked him if I could accompany him. I had blisters by the end of day 1 and they were infected by the end of day 2. On day 3 someone had given me a lambs-wool to sit on, and as I was adjusting it I tipped over. Tony Hystek came along and stopped to rescue me. That was karma, because I had rescued him in the Bridge-to-Beach race on Sydney Harbour earlier in the year. Then Tony went in while helping me, and Rob Vallis came along and rescued him. My challenge became to finish, and I'm proud of myself that I did."

Bert Lloyd, Kenji Ogawa, Trevor Williamson: "We had an unfortunate start when Trevor came down with a bad cold just before the race and was only able to do limited paddling. Our boat, a plastic sit-on-top Cobra Eliminator, was chosen because it was easy to adjust the seating, which is important for a relay team. As it turned out, with Trevor unable to paddle much, we didn't have to do much adjusting. It was typical Victorian weather, 4 seasons in one day. On the 4th day we had heavy rain, it bucketed down. Generally it was very dusty in the checkpoints which was hard for the landcrews. However, we had a great time. Kenji cooked superbly, as usual, he's an asset to any team. At every restaurant we went to Kenji was into origami, making little paper objects and handing them out to everyone, and within 20 minutes everyone in the restaurant knew who Kenji was."

Richard Barnes: "I paddled the same little Recky Jive white water boat I used in the

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Thanks to Alana Ewin, Tony Hystek, Trevor Williamson and Richard Barnes for these outstanding Murray pictures



Landcrew Rob Cook



Richard Barnes and his toy boat



Minstrels Warren and Merridy Huxley, Bernie Craggs and Marg Cook



Rob Vallis is met by an enthusiastic and attentive landcrew



The Rocketeers: Steve Russell, Tony Hystek and John Thearle



Kenji Ogawa



Bert Lloyd, Ian Wilson

K4 challenge becomes a reality

by Rob Vallis



The inaugural 5000m championships were held at Wyong on Nov 30. It was a very hot day and the new LCRK marquee was very popular, looking resplendent on the side of the river and proving much needed shade.

The day itself was a great success – well organised with an excellent course proving tight racing. 5000m is technically

The Central Coast 35+ crew set the pace, followed closely by the other 35+ LCRK crew of Craig Elliott, Michael Mueller, Rob Vallis and Tony Hystek. The pace was hot and Central Coast got out to a boat length lead at one stage, until with 1km to go and the finish in sight Craig's superior pilot's skills and a signature Tony Hystek surge lifted our boys and it was neck and neck. The final kilo was classic racing, neither crew willing to relent, nobody really gaining



Craig Elliott pilots LCRK to a narrow win over Central Coast in the M35+K4

a "sprint":. I'd like to meet anyone who can sprint that far ...

LCRK had a very strong representation in all events, from singles (sea kayaks, TK1s and K1s) to doubles and the feature event of the day, the K4 club challenge. K4s were very kindly lent to us by Manly Warringah and Illawarra clubs. LCRK had 4 boats entered including several paddlers in a K boat for the first time.

The K4 course was straight with no turns. Imagine the start of the men's event: 6 boats in 2 age categories lined up across the river ready to race. The Illawarra 45+ team was the hot favourite and lived up to expectations by clearing out and leaving the rest of us to fight it out for the places. Our 35+ crew of Kyle Wilson (pilot), Simon Mann, Steve Russell and Stephen Paget was really talking it up on the line as they were paddling a former Olympic K4 still bearing the name *Australia* on the side. Sadly for the boys, Olympic K4s don't go as fast when they're upside down, as they discovered 500mm into the race.

the upper hand until finally, with 50m to go, the LCRK boys found that little bit more and got home by less than a metre.

Even better, we turned around to see Kyle and team power home – a great effort to get back into the boat and still do so well. Another 45+ LCRK "crew" of Jon Harris, Jeremy Spear, John Thearle and a ring-in from Windsor were hot on their heels.

All in all, a fantastic day's racing. The event will be back bigger and better than ever in 2009 and LCRK will be there in force. K4 racing is now firmly on the agenda.



Above: Merridy Huxley, Liz Winn. Left: Jon Harris, Jeremy Spear, Gareth Baker, John Thearle. Below: Adjustments are needed. Right: Tony Hystek, Rob Vallis, Michael Mueller, Craig Elliott.



NSW 5000m Sprint Titles

Competitor	Time	Plc	No. of boats
M 35+ K1			
Rob Vallis	26.20	6	6
M 45+ UN			
Tim Hookins	25.23	1	2
Trevor Williamson	32.49	2	2
M O LRec			
Kyle Wilson	30.47	2	2
M 45+ LRec			
Derek Simmonds	28.44	1	3
M 35+ MRec			
Steve Russell	28.08	1	3
M 35+ K2			
Tony Hystek/ Lawrie Kenyon	22.39	2	4
Michael Mueller/ Rob Vallis	23.48	3	4
Steve Paget/ Jeremy Spear	25.03	4	4
Mx 35+ K2			
Warren Huxley/ Merridy Huxley	24.25	2	2
M 45+ UN2			
Bernie Craggs/ Pete Murphy	24.16	1	2
Tim Hookins/ Derek Simmonds	24.41	2	2
M 35+ K4			
Michael Mueller/ Rob Vallis/ Craig Elliott/ Tony Hystek	20.16	1	4
Simon Mann/ Steve Paget/ Steve Russell/ Kyle Wilson	23.36	4	4
M 45+ K4			
Jeremy Spear/ John Thearle/ Jonathan Harris/ Gareth Baker	24.32	2	2
Mx 45+ K4			
Merridy Huxley/ Warren Huxley/ Bernie Craggs/ Liz Winn	24.45	1	2



'Crossing the ditch' paddlers visit LCRK

Imagine yourself closeted with someone else in a tiny cubicle the size of a broom cupboard on its side and being hurled about a ferocious sea for four days. Every 30 seconds there is a crash against the side of the cubicle and it is shaken violently. In four days you've managed one hour of sleep. One of you is claustrophobic and the other taking a cocktail of drugs and administering self-acupuncture to fight off seasickness.

Your leg muscles are wasting away from lack of use, your skin is suffering from weeks of exposure to salt water, you're applying a concentrated zinc cream to your backside and other parts of your body several times a day to combat chafing - you're exhausted, mentally and physically. And you're only half way there.

Do you want to go on? Or pack it in and either turn back or call for help.

If you're James Castrission and Justin Jones the issue doesn't even arise. You wonder why on earth you got yourself into this situation, but having set yourself a goal there is no question about going on.

The goal is to become the first to paddle a kayak from Australia to New Zealand.

They relived their epic journey in a talk to Lane Cove River Kayakers, held in Blue Earth shop on Dec 8. It was a gripping tale, vividly illustrated by video clips that covered not only the voyage but also the year-plus of often frustrating preparation.

They described themselves as two average Aussie blokes in their mid twenties, not excelling in sports or

adventuring but with an unquenchable determination to live their dreams.

And in a way, as they mixed and chatted with everyone present before



and after the talk, and as they joked their way through frightening moments of their trans-Tasman challenge, this is how they came across. A pair of friendly young fellows.

But never "average".

"Average" people don't set themselves challenges like this, claw their way past unending obstacles during preparation, and endure sapping, draining demands on their bodies and minds in two months of isolation at sea.

They've been best mates since year 10 school and it showed. "We came back better mates than we left," said Justin.

James is a commerce graduate, Justin a science graduate. Both loved kayaking, bushwalking and climbing. They had good jobs with bright prospects, but they could see where life was leading them - promotion, marriage, kids ... "There was no room in that box for what we wanted to do."

From that was born the idea of paddling to New Zealand. They found advisers, supporters, sponsors and backers and finished with a team extending to 16 different countries. Painstakingly they made a list of what they would

need, barriers they would have to hurdle and risks they would have to overcome.

They could not fit what they would need into a conventional kayak, so they designed a craft based on boat used by trans-Atlantic rowers. They named it Lot 41, the lot number given to Phar Lap at the 1928 yearling sales in New Zealand. To them it symbolised the link between Australia and New Zealand.

By sheer coincidence I was at Apple Tree Bay the day Lot 41 was first put in the water, two days before Christmas 2006. I had cycled with Derek Simmonds to Bobbin Head and we continued around the corner to the boat ramp. We were alarmed as this strange looking kayak with a hooded cabin at the rear lurched out into the bay, canting to the right at an frightening 30° angle. With their departure scheduled within a couple of weeks, we were seriously worried about their safety. I noted in my training diary: "I don't give them any chance of succeeding."

Changes to stabilise the boat, which eventually delayed their



James Castrission

departure by almost a year, included putting lead in the bottom, but when they paddled out through the Heads to test it they started shipping water from being lower and almost sank.

They took a month off to refresh their minds, then brought their British designer out to tackle the problem. Among other things, the lead was removed and the 9m craft widened from 1m to 1.25m.

While this was going on came the dreadful news that Andrew McAuley,



President Rob Vallis announced that James and Justin had been made honorary life members of Lane Cove River Kayakers

paddling from Tasmania, was lost within sight of the coast of New Zealand's South Island.

"I cannot begin to say what the impact of his disappearance had on us. There was not one day out on the Tasman when we did not think of him," said James.

After many refinements and changes and 30-hour training weeks, they finally set out on November 13 2007. Their departure was from Forster so they could pick up a favourable current sweeping towards New Zealand. They paddled together and slept at the same time because training had shown them one person trying to paddle the one-tonne kayak burned 1½ times the energy of paddling in tandem. They stayed out of shipping lanes but a transponder sent out signals to shipping anyhow.



Justin Jones

Their solar-powered desalinator ground to a halt and they had to use a hand-operated unit taking 3 hours of pumping to produce 10 litres of water. For 4 days they were lashed by a storm and couldn't leave the cabin.

Justin had to go overboard and scrub off barnacles the size of golf balls which were slowing them. Later James had to do the same thing, and scrambled back aboard in alarm when a large bait-fish swam past his goggles. Shortly afterwards two sharks, one almost as long as Lot 41, arrived and circled them for 3 hours, rubbing against the kayak.

"It's a surreal thing, having 11 mills of kayak between your head and a shark," said James.

For two weeks they went around in a big circle, making no progress. Exasperated, they paddled for two days back towards Australia to get out of the current and after 160km turned south. The strategy worked, and on Christmas Day a southwest wind arrived, blowing them towards New Zealand.

Then came the sight that will forever stay in their minds – the Southern Cross rising from behind Mt



Taranaki.

On January 13 2008, after 62 nights averaging 3 hours sleep, they landed in New Zealand to a boisterous heroes' welcome. For the record, they had planned to paddle 2200km but the actual distance covered was 3318km. Equal to 30 Hawkesbury Classics.

Given their early problems with Lot 41, what do they think of it now? "It kept us safe out there in some pretty big waves, 10m waves are pretty big." Lot 41 is presently sitting in the garage of James' parents but will eventually go to the Australian Maritime Museum.

Plans for the future? Well, they're not going back to their day jobs just yet, if at all. An expedition to Antarctica is on the horizon.

Appropriately their talk finished with a quote from Helen Keller: "Life is a daring adventure or nothing at all." -JP

Wednesday nights at the pontoon with Simon Mann



Dec 3: The sea was angry today, my friends! What a fun night it was on the water, too! While some members were tucked away in the relative safety of the Hornsby cinema, the rest of us got real value for money. A record number of DNFs (5), obviously some people didn't enjoy the HUGE southerly buster that blew up after the start.

Dec 10: Saw the selection of the new wearers of the Tu-tu's and, no, it wasn't Rob and Michael. Somehow they seem to have escaped relatively unscathed thus far. Some great racing among the doubles, with PBs to Matt Swann/Jeremy Spear (63.35) and Cicely Sylow/Tim Sindle (63.36). They were closely followed by Craig "Crazy Ivan" Elliott/James Mumme (53.24) and, after the late withdrawal of Stephen "B3" Russell, Kato subbed in for him in the Struer with Stephen "B2" :Paget (53.17) in another closely fought duel to the line. Then there were the 2 "Wily Old Buggers", the Big Man and Tim Hookins (53.21), teaching me and DK (55.19) a lesson or two.

Dec 21 (K4 rematch): For those interested, the K4 rematch from the 5000m titles between the LCRK A team and the B team was held at Narrabeen with the A team (CE, MM, RV, the BM) victorious. For the record, the B team kept the boat the right way up this time (didn't help,

though), albeit our pilot did seem distracted at times and we think he may need to paddle with blinkers on next time. A big thanks to MWKC for kindly allowing us to borrow a couple of their K4s.

Jan 7: A hot and humid first paddle back for the New Year and it was good to see our former treasurer, Nick Chai, back on the river for a paddle. The Big Man, fresh from the Murray, took out line honours with a PB of 56.34, daylight second! A new PB for Kato (59.14) who's also setting the bar high for the New Year.

Jan 14: It was back to Wirong, which didn't seem to deter many with one of our biggest turnouts for a while – 47 paddlers on the water. Quite a few were seen stuffing she-oak needles down their shorts for old times sake. We also saw a couple of father-son pairings with Len and Sam Hedges and Ian and Tyson Hofstetter throwing down a possible future challenge to the Simmats and Hookins? Dave "DK" Kavanagh put himself in contention for the biggest call of the year, betting the Big Man double or nothing on the Tu-tu for line honours. With Tony starting a mere 2 minutes behind him, it was easy to see which one of us wasn't around last week to witness the Big Man's form for the New Year. Needless to say, Tony beat him to the line by a minute and a half with a repeat of last week and another PB (56.12).

Jan 21: Lightning forced cancellation of proceedings, however a few brave souls headed out regardless. Amid rumours of a PB, I'd say someone needs to remind our club president that any times recorded are unofficial – but then a few of us might have reminded him of that already. It seems pulling out fast times when they don't count is becoming a bit of a habit!

LCRK will over the next three months trial a new monthly Wednesday night format

1st Wednesday: club handicap event

2nd Wednesday: doubles night/BBQ

3rd Wednesday: group starts (with paddlers of similar speed)

4th Wednesday: standard format

5th Wednesday: special events*

* April 29: 2-boat challenge.



Challenging the white water in Nepal

by **Richard Barnes**



Last October I went with an old Sydney University canoe group to Nepal for a 3-week white water tour. We had been to South America canoeing 10 years ago and decided to challenge ourselves with some more white water on this reunion. Some of the highlights were:

- ❖ 10 days on the Sun Kosi; 3 days trekking to start of Tamur; 6 days on Tamur
- ❖ Bus to start near Kathmandu; fly from finish near Chatra back to Kathmandu
- ❖ Raft support on both rivers; raft guides carried all our gear in the raft, then cooked at camp
- ❖ Camped on riverbank each night
- ❖ Huge river flows, 10 to 1000 times bigger than anything in Australia.
- ❖ Rapids up to grade 5, eg Hakapur, mostly long grade 3.
- ❖ Porters to carry all our gear including kayaks and raft on trek.

Above: Richard Barnes at Hakapur



Raft at Hakapur



Right: Porters
Below: Campsite



Lunch on river bank



Tony takes on the top State job

Congratulations to Tony Hystek on becoming chairman of Paddle NSW. He assumes leadership of the State body following the resignation of Diane Chellew due to her husband's ill health.

Tim Hookins takes over Tony's former position as vice chairman. In another change, Simon Mann has become treasurer.

So Lane Cove continues its now traditional contribution to management of paddling in NSW with these three top jobs.

Previous issues of *Kayak Kapers*

All issues of *Kayak Kapers* are available online at the club's website and can be downloaded. Just go to www.lcrk.org.au and click on Newsletter. Copies of most previous issues are also available from the Editor.

Recs inspect wrecks in Homebush Bay

by Justin Paine

On May 31 1942 Japanese minisubmarines attacked Sydney Harbour. They evaded antisubmarine nets guarding the harbour entrance by slipping in under a collier which the nets had opened for.



Today the wreck of that collier, the 1371-ton, 71.6m *Mortlake Bank*, lies at the southern end of Homebush Bay, not far from the Olympic Stadium. It was visited by enthusiastic paddlers during a recreational outing on Dec 6.

Only the stern half remains, with seagulls launching off it like Japanese fighters at any kayaker who gets too close.

The *Mortlake Bank* is one of 9 wrecks in close proximity in Homebush Bay in what was in 1966 designated a "hulk demolition site for the Port of



The *Mortlake Bank*, used as a decoy by Japanese minisubmarines to enter and attack Sydney Harbour during World War II

Sydney". They rise majestically from the water and for the most part are largely intact.

Others include a second collier, the *Ayrfield*, a tug (*ss Heroic*) and a boom defence vessel (*HMAS Karang*) which was in Darwin Harbour during the February 19 1942 attack by 188 Japanese planes but was not hit.

The recreational paddle was led by LCRK's Derek Simmonds and Justin Paine and held in conjunction with Paddle NSW.

It attracted paddlers from as far afield as Canberra and the Central Coast. A third of them were female – maybe there is a lesson to be learned from this.



Marg McDonald likes doing it the easy way



Mangroves grow in the wreck of the collier *Ayrfield*

Surf's up for the annual Ride-the-Tide

by Derek Simmonds

The 11am 2m tide made for a kinder start this time, but the strong gusting wind channelling down the valleys weren't so kind. A tenacious grip on the paddle and quick reactions to the 1m waves were essential. In the nastier spots swirling currents, white caps and boiling water added further interest. A few wobbles were observed but none of the intrepid band had a swim.



A few had dropped out after checking the weather forecast, but in all 15 braved the conditions. While some rode the tide both ways, most took advantage of the trailer and transport to Spencer provided by Roger Deane and rode the tide back to Mooney Mooney. At Spencer the river was lapping at the edge of the road opposite the \$6 cappuccino café.



Good to see Team Sier on the water

Mark Sier teamed up with Rhiannon in his famous red 730 to have his first paddle in living memory. He was doing Toyota jumps when he

got off the water. It was great to see Team Sier powering along together.

Despite the chop, the big tide pushed us along at 13km/h in places.

Congratulations to Mark and Roger for this exciting version of a not-to-be-missed quirky annual ritual.

Future rec paddles

The recreational paddle program is going from strength to strength, and showing remarkable diversity. Started by Lane Cove, it has attracted the support of other clubs under the banner of Paddle NSW. Upcoming outings are:
 Sat Feb 14: Colo River.
 Sat/Sun Mar 7/8: Barrington River, white-water skills weekend.
 Sun Apr 5: Cockatoo Island.
 Sat Apr 25: Lake Burley Griffin, Canberra.
 Advance registrations required, contact Tony Carr on tonycarr@ozemail.com.au or 0417-502-056.



Former Lane Cove member Sam Sharbine was recently remarried in Cyprus. He and Mireille will live in Dubai, where Sam is based.

Beware of crocodiles!

On the Saturday before Christmas, I launched at Wirong Flat and headed upstream, jumped the weir and paddled into the National Park.

After a couple of k's I got a wave from a small girl, probably about 4, standing on the bank with an older woman I suspect was her grandmother.

"Be careful of crocodiles!" she called out.

"Crocodiles?"

"Yes." Definitely.

"Are there sharks here too?"

"Yes."

Hmm. "Do the crocodiles eat the sharks?"

"Yes." Well, at least part of the danger is removed.

She pointed at a dead tree partly submerged in the water a couple of metres away. "I think there's a crocodile in there," she warned.

Whoops, better be careful.

"Is that another crocodile over there?" she asked, pointing at a partly submerged tree trunk on the other side of the river.

"I'll go and have a look, but I'll have to be ready to paddle away quickly in case it comes after me."

I crossed the river to the danger scene.

"Is it a crocodile?" came the shout.

"Yes, but it's asleep, so I won't wake it up."

She nodded support for my wise decision. Another wave, and she and Grannie scampered away from the crocodile-infested waterway.

It's great to have people watching out for your safety when you go paddling, isn't it. — JP

Timekeepers roster

Feb 18	Oliver Hookins, Chris Kent
Feb 25	Tim McNamara, Matt Acheson
Mar 4	Craig Elliott, Tom Simmat
Mar 11	Dave Kavanagh, Roger Aspinall (BBQ)
Mar 18	Jeremy Spear, David Hammond
Mar 25	Martin Dearnley, Simon Mann
Apr 1	Toby Hogbin, Kobi Simmat
Apr 8	Matt Blundell, Jay Wilson (BBQ)
Apr 15	Marg Cook, Merridy Huxley
Apr 22	Wayne Wanders, Dean Wayne
Apr 29	Tim Hookins, Tony Hystek

Phone or email Steve Russell (0423-056-774, slicknz@hotmail.com) the week before your duty to confirm you will be there. If you can't make it, arrange a replacement. We all know how annoying it is when timekeepers don't turn up.

LCRK Committee

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0413-688-377 www.lcrk.org.au

President: Rob Vallis

Vice-President, Membership Secretary: Matt Swann

Secretary: Ian Wilson

Treasurer: Simon Mann

Marathon/BBQ: Ian Hofstetter

Wednesday night convenors: Steve Russell, Steve Paget

Waterways: Jeremy Spear

Clothing: Tim Simmat

Website: Tim Dodd

Kayak Kapers Editor: Justin Paine
9858-3323

Committee members: Liz Winn, Graeme Jeffries

PADDLER'S DIARY 2009

Feb 14	Recreation paddle, Colo	tonycarr@ozemail.com.au, 0417-502-056
Feb 21	Nelligan Challenge	www.straightupkayaks.com.au
Feb 22	NSW 500/1000m Champs, SIRC	www.paddlensw.org.au
Mar 7/8	Recreation paddle, Barrington R	tonycarr@ozemail.com.au, 0417-502-056
Mar 8	Bridge-Beach	www.oceanpaddler.com
Mar 14/15	National Sprint Champs, Perth	www.canoe.org.au
Mar 21/22	State Marathon Champs, Forster	www.paddlensw.org.au, 6554-3213
Mar 21	Tollgate Dash, Nelligan	www.straightupkayaks.com.au
Mar 28	NSW 10,000m Champs, Sutherland	www.sutherlandshire.canoe.org.au
Mar 29	Blues Point-Clontarf	www.kayakforkids.com.au
Apr 4	Ocean Race, Shellharbour	www.illawarracanoeclub.org.au
Apr 5	Recreational paddle, Cockatoo Is	tonycarr@ozemail.com.au, 0417-502-056
Apr 5	Northern Marathon, Woodburn	www.paddlensw.org.au
Apr 11/12	Aust Marathon Champs, Lake Kawana, Sunshine Coast, Qld	www.canoe.org.au
Apr 19	Marathon series #2, Berry	4285-2595, 4262-5343
Apr 25	Recreational paddle, Canberra	tonycarr@ozemail.com.au, 0417-502-056
May 2	Ocean Race, Fishermans Beach	www.mwkc.com.au
May 10	Marathon series #3, Narrabeen	0409-404-366
May 17	Northern Marathon, Coffs Harbour	www.paddlensw.org.au
May 17	Molokai World Championship	www.kanakaikaika.com
May 23	Ocean Race, Fishermans Beach	www.mwkc.com.au
May 31	Marathon series #4, Lane Cove	0418-205-169
Jun 13	Ocean Race, Fishermans Beach	www.mwkc.com.au
Jun 20	Marathon series #5, Windsor	0408-283-553
Jun 24-28	Yukon River Quest	www.yukonriverquest.com
Jun 27	Sprint series #1, SIRC	www.paddlensw.org.au
Jun 28	Northern Marathon, Brunswick	www.paddlensw.org.au
Jul 4	Ocean Race, Fishermans Beach	www.mwkc.com.au
Jul 12	Marathon series #6, Woronora	www.sutherlandshire.canoe.org.au
Jul 18	Sprint series #2, SIRC	www.paddlensw.org.au
Aug 1-2	Avon Descent	www.avondescent.com.au
Aug 2	Marathon series #7, Wyong	4325-2789
Aug 2	Northern Marathon, Lismore	www.paddlensw.org.au
Aug 15	Go Natural Multisport Akuna Bay	www.maxadventure.com.au
Aug 23	Marathon series #8, Pt Hacking	9531-5460
Sep 5	Sprint series #3, SIRC	www.paddlensw.org.au
Sep 12	Northern Marathon, Currumbin	www.paddlensw.org.au
Sep 20	Marathon series #9, Wagga	6971-1168, 0427-102-707
Sep 26	Myall Classic	6554-1612, 0417-533-559
Oct 10-18	World Masters Games	www.2009worldmasters.com
Oct 24-25	Hawkesbury Classic	www.canoeclassic.asn.au
Nov 7	Marathon series #10, Cooks River	0411-797-699
Nov 28-29	24hr Marathon Relay	0418-861-613
Dec 27-31	Murray Marathon	YMCA Victoria

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Hawkesbury Classic. You really need two landcrew in the Murray – one to handle the boat and one to carry the food – and I only had one, my father Eric. So rather than bash my K1 around coming into checkpoints I decided to

use the little plastic. It seemed like a good challenge, it's not really the boat that matters, it's your mental attitude. It was my 14th Murray, ranging from a K4 to this playboat, from one extreme to the other. I finished in the last 5 every day, starting first and watching

the whole fleet go by. It was fun seeing people like Tony and Rob go flying by, that's hard work, keeping up with everybody. I just cruised along, although it got tricky with some tough cut-off times, I scraped in by only 5 minutes one day."