



February 2015

On December 6-7 in Canberra, LCRK's Anjie Lees overcame dreadful weather conditions to set a world record of 201.2km for the longest distance paddled by a woman in flat water in 24 hours, beating the previous mark of 195.33km. In the article below she describes how she prepared for and attacked the record. Other articles on the following pages tell of the roles played by her landcrew and supporters.

World record tops an awesome year

by Anjie Lees

The Burley Griffin 24 hour challenge is an annual event over 24 hours. There are many relay teams and some solo paddlers and it is held at the Burley Griffin Canoe Club, Molonglo Reach, Canberra. The race supports a different local charity each year and this year it was Eden Monaro Cancer Support. The race is measured by the most 4.3km laps in a 24-hour period. Due to the nature of the course and keeping out of the wash of other paddlers it was decided I should measure the record attempt using a Garmin 78S.

At last year's Burley Griffin Challenge a young lady, Brea Roadley, attempted the same record. This was my first awareness of the record. At that event I managed to paddle around 160km quite comfortably. During the past year I have achieved quite a few course class records as well as becoming capable of paddling a much faster boat. I managed to get a loan of an Epic V14 from Tony King at Epic for the Hawkesbury Canoe Classic (Oct 25-26) the week before that race and break the class record by over an hour, completing the 100km overnight in 11:08.

On paper I thought I had a good chance in Canberra of breaking the record for the longest distance paddled by a woman in flat water in 24 hours. Well, paper is paper and real life is different. The race started for me just before 10am and by 11am we had thunder and lightning right above us. By midday it was absolutely pouring with rain and then came the hail. Luckily the hail didn't last long but the rain lasted for almost 12 hours.

Technology was not on our side. We had planned a change for the Garmin 910xt at 12 hours and a replacement of batteries on the Garmin 78S at 12 hours. However, it turned on with the backlight on full so the batteries didn't make 6 hours and meant an additional stop for batteries. I had planned to use GoPros mounted to the Epic Red Tip V14 to capture more than the highlights package (the start, the finish, when the

record was broken and 2 mins every hour) but not quite the full 24 hours. We had 4 GoPros. The first 2 3-hour changeovers went fine and after that 2 of the GoPros failed. After many additional swaps for GoPros we were down to 2 (so glad Alanna insisted she brought hers and Tony's 2).

The first changeovers were safely at the sandy bank but these were slow, so as time progressed the stops were made at the pontoon. When 3 people stood on the end of the pontoon it was actually under water and difficult to estimate (not to mention the fatigue).

At 2am I missed the pontoon and had a swim (it was only up to my armpits). Around 4am I was struggling to coordinate my arms and my legs and found it difficult to maintain 8km/h. My brain was trying to coordinate my paddling and working out how fast I had to go to get the record just on the finish - it was 8km/hour.



9.56am: Anjie completes her 24 hours and is the new world champion

I asked my landcrew at one of the stops if, when my fellow club members awoke, they could beg them to paddle a few laps with me. My amazing landcrew went and woke them up and by the next lap Duncan Johnstone and Richard Yates were ready to join me on the water. They paddled beside and a little behind and I soon stopped over-thinking about coordinating my arms and legs and settled into a good rhythm at 9-9.5km/h.

Craig Ellis and Steve Newsome stepped in next and did the following few laps. Around 6am I fell in again for no reason in the middle of the course. I had one go at a remount and was lacking energy, Steve promptly jumped in the water from his boat to hold my boat for me, and on the second attempt I got in and away I went again. It was lovely to chat and laugh with the guys from the club.

After a couple of hours the record was in reach. My landcrew prepped a boat and came out to video/photograph the record as it was achieved. I then had about 40 mins to do

24-HOUR WORLD RECORD



Anjie paddles through 12 hours of non-stop torrential rain. Right: 9.06am and the onboard data shows the old record is broken.

the best I could to add as many kilometres as I could to finish on 201km (shown on the display setting on the Garmin 78S).

The Garmin 78S was turned off at this point, and then turned back on and the track saved on the shore. This was where the distance was witnessed as 201.75km and inadvertently added an extra measurement after the 24-hour period. This was removed from the track to calculate the overall distance as 201.2km

While I did the paddling it would not have been possible without the support of many people, firstly my landcrew Alanna Ewin, Ruby Gamble, my kids Brianna and Aaron, Tony Hystek, witnesses Bob Turner and Tom Simmat, President and Race Director Kiaran Lomas of Burley Griffin Canoe Club and my fellow club members boosting my spirits in the darkness, Duncan Johnstone, Richard Yates, Craig Ellis, Steve Newsome and Glen Orchard, not to mention the encouragement of the other paddlers, family and supporters at the event. All the posts on Facebook were also encouraging, with Ruby calling some of the comments as I stopped (at one stage there were 5500 Facebook users following).

While I have had an awesome year of paddling, this definitely has to be the highlight.

Challenges for the landcrew

by Alanna Ewin

Anjie and I have become great buddies since she joined LCRK. Swept along by her enthusiasm and belief that she could achieve a world record, I joined her as landcrew to see her through the BGCC 24hr with a new world record to boot!

We met and planned prior to the race. Anjie already had her personal needs well sorted after her Yukon experience, so we mostly concentrated on strategies to meet the world record evidence requirements. Then before we knew it we were Canberra-bound. Anjie, Brianna, Aaron and I arrived on Friday to set up camp and equipment, and after a lovely meal riverside and a good night's sleep, we were good to go.

Race day dawned, looking fine and sunny. We were relaxed up until Anjie set off, but then the niggling doubts crept in. Did we have all the photo/video evidence in the bag for the record, and have the timing right? Our fears were well founded, as the demise of our trusted technology began.

Anjie looked strong all day as Brianna and I provided her sustenance and kept her satisfactorily in the dark about our technology issues. She would stop every 20km (ideally) for a refuel and a GoPro camera swap. The whole race was being recorded, with a clock facing the camera and the camera facing Anjie. At night, a light shining on Anjie was also used for proof that she alone paddled the boat for 24 hours. The GoPro cameras were the tricky bit, as one by one, they malfunctioned.

Did I mention the rain? Our river-side support shelter leaked like a sieve, along with my tent. We had unknowingly set up in the lowest hollow in the campground, which quickly became a stream. These things combined with being barefoot, wet and then cold in the early hours (we would warm ourselves up by standing in the warm river) didn't make for cheery landcrew when trying to cope with the GoPro frailties.

Ruby turned up at 5pm and she was a sight for sore eyes. GoPro troubleshooting via the internet led me to several helpful sites and I read instructions to Ruby as she programmed them into the recalcitrant devices. But they were known failure problems so we eventually abandoned the shiny new Series 3 GoPros, dusted off the old Series 1 backups and crossed our fingers.

So we ran barefoot from the river to "the office" (the BGCC shed), back and forth all night on the slippery, muddy and stony path to recharge GoPros and download video. We would plug one in and pray it would charge before the one on the boat ran out. This meant many more pit-stops for Anjie than scheduled, and it took its toll on her ability to rack up laps toward the record.

At least our pit-stops were mostly quick and efficient. We had a floating tray full of treats which Anjie would help herself to as we swapped GoPros and bladders and checked that everything was in order. Anjie was always in good spirits, making her easy to look after under trying circumstances.

Brianna and I tossed for who would accompany Anjie on her one toilet stop for the night. I was nominated as I was the chafing expert, so Anjie had to deal with formidable me ... stuffing food into her mouth while she was on the throne, and having a big debrief about her needs while gurney gu-ing her body parts. When landcrewing athletes on a mission there are no boundaries.

As the early hours of the morning drew on, Anjie was not drinking or eating much and getting pretty fatigued. I would whisper sweet words into her ear as I forced water and food into her and she reluctantly and obediently obliged. Then we would all yell words of encouragement from behind as she set off for her next lap.

Brianna was sensational co-crew and we had Anjie running like a dream. Aaron readily took instruction as the spare set of hands and made a superb videographer. Aaron and Brianna both retired respectively during the evening and Ruby stayed up all night with me. She was invaluable for company and technical assistance and we forged a close friendship that night as together we worked like a dream though trying times.

The constant and at times torrential rain abated at around 2am and a glorious dawn warmed the spirits. Sunrise brought with it Tony and Tom and I could have kissed their feet! Both refreshed by sleep, they devoured the GWR rule book and

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In the early dawn hours, Alanna Ewin and Tony Hystek made sure Anjie kept cruising towards the record mark

concocted a strategy to ensure all evidence criteria for the race end were met for Anjie's record. Handing over that responsibility was a relief. I couldn't have guaranteed to get it right it as well as continue to landcrew Anjie with my somewhat fatigued brain after 24 hours with no sleep.

Anjie cruised around the course for the last hour or so, nailing the record while being cheered on by the throngs. This allowed me to finally take some photos, however I became so engrossed with the task and so relieved when she passed the finish line that I forgot it was my job to care for her as she came off the water further down the river. Luckily there were plenty of people to look after her. I ran down to her in the nick of time, and we enjoyed a warm and teary embrace of success and relief.

Anjie was a pleasure to landcrew. She is as cool and calm under pressure and fatigue as she is in life. An amazing achievement. She pulled up with only some blisters! And me? Driving myself home that afternoon exhausted but amazingly awake, with bruised feet, punctured by thistles and swelling with staph infection from goosepoo on the pontoon, I thought "never again".

But I guess it's like a paddler at the end of a long tough event. At the time one says "never again", but then one forgets...

As seen from the bank

by Tom Simmat

Having only had a couple of weeks to recover from the Massive Murray Paddle, I went this year to the Lake Burley Griffin 24-Hour Challenge with the intention of keeping Anjie company on the water.

Lake Burley Griffin Canoe Club had set up a course exactly 4.35 kilometres per lap.

This was a little irrelevant as far as Anjie's attempt was concerned because her record was to be based on her GPS distance.

As a designated expert witness I noted that all her GPSs were on zero and took a video of them and her starting her paddle by my watch at 9.47am. The rest of the event participants started at 10.03 in bright sunshine. Anjie and I were doing about the same speed around the course where we crossed each lap at the new pedestrian elevated walkway on the northern side of the river.

After 6 laps Christine arrived with a chicken roll for lunch and a host of my family members. So we scoffed that down while Anjie did half a lap and I was able to follow for a while close behind her.

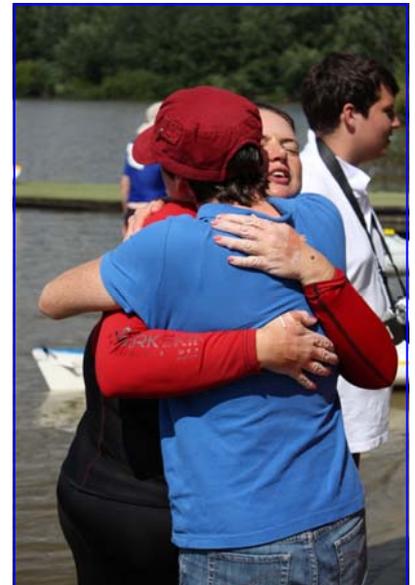
Then the sunny day turned overcast, lightning, dumping rain



Anjie after the record-breaking paddle with her landcrew: daughter Brianna, Alanna Ewin, Ruby Gamble and son Aaron

and hail. Paddling behind Anjie I sheltered for a few minutes under the bridge, but Anjie did not hesitate and powered away. Given the lightning, I was reasonably convinced that the organisers would call a halt to the event until the storm had past.

This being December, I did not expect this weather. My GPS was showing something over 48km so I thought I would go ashore get warm and dry, have something to eat, and get ready again to spend the next few more hours pushing Anjie along.



A hug from Alanna for the new world record-holder

My experience previously attempting the 24-hour male record here and at the Penrith Regatta Centre indicated that there was a fatigue curve whereby your first or second lap was fastest and then generally as fatigue set in each lap became slower. Hopefully your initial laps are fast enough so that as your laps slow the average lap time is sufficient to maintain a speed above the required average. At my first attempt I was at one point 12 minutes ahead of the average speed required to break the record, but that fatigue curve beat me.

Having got dry and sort of warm, it was still raining. I helped Alana and Ruby get Anjie some food and also Glen Orchard some of his liquid protein. Then I grabbed a bit of scrap paper and a pen and headed over to the timing tent to see how Anjie's lap times were going and was there any yet perceived fatigue curve I could address with Anjie out on the water.

I just poked my head inside the tent and immediately was asked, "Ah Tom, could you take over for a while, so I can go have a pee." I am not good on computers, but just had to enter the boat number as they passed through the lap gate, the computer automatically recorded the time.

It was a very long pee, but gave me the chance to check on Anjie's lap times and see how viable it was for her to exceed 200km in the 24 hours. Basic mathematics, to do 200km, Anjie on the 4.35km course had to do 45.97 (let's say 46) laps averaging 31.3 minutes per lap, holding 8.34km/h. This was very do-able.

There were two of us in the tent, I was recording on the computer the passing of all the boats through the timing gate, the other was recording the time of day Anjie alone was passing through the gate.

I could see 12 paddlers or teams on my screen at any one time, but often there were 20 teams on the course. The screen was showing me the lap times, but I could scroll back in between paddlers and check on Anjie's pace.

Her very early laps were around 27 minutes, now after about six hours her laps were generally under 30 minutes with the odd one at 35 minutes. I assumed those laps were laps where she stopped for food or drink. I was unaware at that time of the problems they were having with the GoPro batteries.

While I was a bit cold in the timing tent, I was dry, except my bare feet in the mud, but it was still raining. Unperturbed, Anjie kept going. At midnight her lap times were creeping over 30 minutes and still those slow 35 or 36 minute laps kept appearing.

The night wore on and the rain kept up. At 4am, 18 hours into the 24, Anjie had 6 hours to go the 10am 24 hours. She had completed 35 laps, with 11 laps to do in the remaining 6 hours. It was going to be very close. I was just hoping she could hang on. It would have been terrible if she had paddled for 23 hours only to be defeated in the last hour.

All this time Glen Orchard had stayed ahead of the paddle lap count and that included the relay teams. As he passed through the timing gate I was trying to stir him on. He



Tony and Tom join Anjie to video the finish of the record paddle

maintained a lap ahead of The Strongonauts Team and a couple of laps ahead of The 4x2s team. At an extraordinary 50 laps Glen gave it away, setting an Australian 24 hour Record of 217.5km

Dawn at 6.30 and the rain had stopped, timing volunteers reappeared and I was able to take a break and get a cup of coffee and see how Anjie's support team was going. Stressed was an understatement. Anjie had fallen in at the bottom of the course, but got back in and had fallen in coming into a food stop.

But at 8 am if Anjie could do just 4 more laps she was going to make it.

It was a Guinness requirement that I, as the expert witness, video Anjie paddling, including the GPS as she broke the previous record and also the GPS distance as she passed through the 24-hour time. Initially I was going to do this from one of the safety support boats, but it would have been impossible to get close enough.

Tony Hystek appeared from nowhere and we managed to borrow a Mirage double from Burley Griffin Canoe Club.

Excitement on the bank was mounting as we took to the water, with Tony paddling and me filming from the front. We filmed Anjie as she paddled through the previous record with plenty of time to spare. Now all Anjie had to do was paddle in big loops putting as much distance as possible in those minutes between the previous record and her new world record.

Another record in support role

by Glen Orchard

The Canberra BGCC 24hr was not even on my radar when Anjie sent out a SOS for fellow paddlers to help keep her company during the graveyard shift in her attempt to break the world record. As I was unable to participate in this year's Hawkesbury or Murray Marathon due to university commitments, I thought I would go down and support the record attempt and clock some kilometres up during the daylight hours.

My preparation was simple as it was only 2 weeks before the BGCC 24hr: order supplies online and taper. However, it was not without its challenges, and a second batch of gels was express posted to me after I received an incorrect order with only days to the event. I must praise Hammer Nutrition for being very helpful and quickly delivering the correct order.

But my troubles must have been nothing when I saw Anjie's preparations. Base camp, multiple GPS's, memory sticks, ski fit-out, food and procedures concerning the world record attempt. It was bedlam and with the steady resolve of the support crew all the boxes were being crossed.

When I arrived at Canberra at around lunch to find Team Anjie setting up base camp in the prime position next to the beach access to the river, the conditions were extremely humid and we were grateful we did not have to paddle that day. Looking at the forecast for Saturday it was obvious it would not be much better with storms forecast from starting time until the end of the race.

Hoping for the best, we wondered if the storms eventuated whether the event would be cancelled. Luckily for me the race organisers stated that they would pull paddlers off the water if lightning threatened, though Anjie had been given special dispensation and could continue paddling – nothing like dying for a record.

Fortunately the race did not have to be delayed. Saturday morning started brilliantly, clear skies and a beautiful morning. However, the forecast was accurate and rolling clouds threatened from the beginning of the race. Anjie started the race just before 10am and the world record attempt began, the rest of the participants started 10 minutes later.

I thought I would take it easy and see how I went. I had formulated a plan consisting of 2 hours paddling with a 5-minute stretch and resupply with food every 4 hours. I have just bought a Vaaka cadence sensor and decided to pace my paddle not on speed but 45 double strokes a minute. For those who would like to improve their paddling, it is the best tech you will ever buy.

My nutrition must have been working well because for 16 hours I felt physically strong and maintained a 10km/h average speed with stops before I was forced to slow due to muscular fatigue which also increased my stops. I thought of giving up at this stage but getting off the water would not have assisted Anjie and I hoped my continued presence on the water would also lift her spirits during those early hours.

The conditions for the event were testing, wild storms, the rumbling of lightning in the distance, hail and a torrential rainstorm that battered the paddlers and support crews for the hours each side of sunset. Luckily, the conditions were relatively mild and strong winds stayed away. What amazed me most about the paddle is how the light plays tricks with your head in the dark. The shadows of trees appeared to encroach out into the water, making it difficult to navigate and more than once the blinking lights on the buoys combined with the location of the buoys made them appear to be mythical creatures as the night slowly wore on.

As daylight finally arrived I was informed that Anjie was still on world record pace and that I had passed the 200km mark. With plenty of time left to break the old male record of 210km and with the light I had a new determination to paddle the entire 24 hours, finally finishing with a distance of 217.5km.

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Anjie finished shortly after, to the applause and admiration of the entire camp, looking as fresh as when she started and now a holding the world record crown.

I would like to thank the real heroes of the weekend because paddling is easier than the commitment and effort of the support crews on the bank. Alanna, Briana, Aaron, Tom and Tony (who drove down in the middle of the night) are responsible for making the event so successful and are representative of why LCRK is such a successful club.

For the technically minded:

| Time (hours) | Distance (km) | Av speed (km/h) | Cadence (double strokes/min) |
|--------------|------------------|-----------------|------------------------------|
| 16.34 | 163.22 | 9.9 | 44 |
| 1 | GPS swap no data | | |
| 6.41 | 52.78 | 7.8 | 43 |



Record breakers Glen Orchard and Anjie Lees

The Murray Marathon is at the crossroads

by **Cathy Miller**

Most of you have seen the news articles about the YMCA Massive Murray Paddle which has run continuously for 45 years and is now at a crossroads. This iconic event needs our support. On the 2015 registration page, the YMCA states:

"This deposit will be refunded if we, the YMCA, cancel the 2015 event due to a lack of support. We need 200 paddlers signed up prior to the 1st March 2015, to ensure the 2015 event is conducted."

The race, originally the Red Cross Murray Marathon, began in 1969, and was run by the Red Cross for 40 years. The YMCA Victoria took over the event in 2009. The distance of 405 kilometres is paddled over 5 days. Until 2014, the Marathon was held in the week between Christmas and New Year. 2014 was the first year of the new time slot of November 24-28, and paddler numbers were significantly down from previous years.



Trevor Waters

In 2014 Mirage Sea Kayaks came on board as the official sponsor of the event, and trialled a new model for participation in the event with a fully-supported ground crew, logistics and sea kayaks supplied. Trevor Waters, myself, Emma Innes and Neil Peace paddled the full distance as part of Team SHK, Sydney Harbour Kayaks. We were supported by Shannon

O'Brien, owner of Mirage Sea Kayaks, and SHK and marathon paddler Laszlo Varga.

This model made for a wonderful experience. We were able to really bond as a group and shared stories each night over a pub dinner.

Along the river we met paddlers and volunteers from all



Cathy Miller

walks such as:

- 70-year old Bill Robinson who has done the event 25 times and is a legend
- The Country Womens Association (CWA women) who called themselves Chicks With Attitude who had no paddling style at all but knew how to read a river
- Robbo and Fred from Swan Hill who entered the race with 6 weeks preparation in order to raise funds for Swan Hill charities and had to train in anything they could find at Swan Hill Canoe Club because their boat was damaged in transit
- The Blues & Brothers PCYC group with over 70 people made up of kids and adults from Koori community and policemen from across Victoria
- The K4 relay teams who sang songs all the way down the river
- A family group in plastic fantastics who entered a one-day event because they'd always wanted to take part and formed a convoy
- A family from Blue Mountains

| Competitor | Class | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Time | Plc | Hcp | Plc |
|------------------------|----------|----------|----------|---------|---------|---------|----------|-----|----------|-----|
| Tom Simmat | UNR1 60+ | 7.31.57 | 7.36.56 | 6.33.15 | 5.21.32 | 6.35.38 | 33.39.19 | 6 | 35.24.19 | 7 |
| Trevor Waters | RKL1 50+ | 8.37.28 | 8.48.34 | 7.24.18 | 7.02.50 | 8.39.16 | 40.32.48 | 21 | 43.08.30 | 18 |
| Cathy Miller | RKL1 W | 10.04.44 | 10.11.40 | 8.31.49 | 7.02.49 | 7.19.45 | 43.06.49 | 33 | 41.59.34 | 16 |
| <i>Half distance</i> | | | | | | | | | | |
| Liza Dean/Derek Walker | RKL2 O | 4.37.38 | 4.39.20 | 4.01.07 | 2.39.58 | 1.30.06 | 17.28.11 | 3 | | |

MASSIVE MURRAY PADDLE

Grammar School with two 12-year old twin girls, the youngest competitors in the event

- The Tathra surf boat crew, doing it tough with no surf.

These people who are the heart and soul of the event and there are so many stories to tell.

Trevor Waters, I and Emma each paddled the new Mirage 583, called the Free Ride. As a recreational paddler, I participate in events like this as a way of scaring myself enough to stay paddle-fit. My personal goals were to complete the full distance, to participate with others along the river, to improve my stroke, to manage my food and water effectively and to be able to smile at my ground crew (racers, look away). Also I stop at each checkpoint for a cup of tea, a chat and a snack! I achieved these goals and was happy. My moving average on the GPS was between 9.3km/h and 10km/h so I'm happy with what I've achieved and now know I can do long distances solo. Thanks to Tony Hystek for the training tips he has always been very generous with.

It is up to the paddling community to work together to save this event. For a commitment of \$50 now you can register to enter the event November 25-29 to show your support.

Other ways you can contribute include being part of the solution, putting forward creative ideas for increasing participation, spreading the word, making a donation, sponsoring a paddler or acting as a volunteer. Please help keep this race alive, it really is an awesome event.

To register go to <http://www.massivemurraypaddle.org.au/>.

2014 was perhaps the last Murray by Tom Simmat

So it is no longer called the Murray Marathon, now the Massive Murray Paddle and it is no longer between Boxing Day and New Years Eve, because it is likely that at that time there will be an extreme bushfire.

No more camping on the local oval and being awakened too early by "Morning Has Broken...", gone are the thousands of campers lining the river banks, but the course is the same, the checkpoints are almost the same, it is a little cooler, for those not camping the accommodation is a lot cheaper and all the shops are open. As also are, of course, the schools which seems to be a fundamental problem with the event being the last week of November because this year there were none of the traditional noisy schools, nor were there any paddlers with kids at school.

The end-of-event BBQ and presentation was fantastic this year, probably because it was not so crowded and everyone got a medal for a place in some sort of division.

I managed to escape my busy business for the event, but everyone seems busy at that time of the year, trying to get things finished for Christmas. A glance through the results indicates competitors consisted of only one or two super enthusiasts, a lot of semi-retired but not forgetting "The Blues Brothers", a brilliant program run by the Victorian Police for indigenous and other country at-risk kids.

There were only forty teams, singles, doubles, relays and K4s and a surf boat that did the full distance. Frankly, I cannot see the event financially surviving with such a limited market if the event date stays as it was this year.

I turned up at registration with a modified Fenn Glide and was entered as an ocean ski, but suggested I should be unrestricted because I had taken out the standard venturis and had a modified low-profile rudder. So I was moved to Unrestricted Vet 60 which unfortunately gave me a higher handicap, but I was kept in the same start 8.30am, which let us at least sleep in.

In the Murray 200, I had bum troubles, thinking I had enough flesh to survive the day sitting just on the fibreglass seat.

So now I had the seat padded up which lifted me about

20mm. The Fenn Glide is one of the fastest flat-water skis, but also the narrowest, so a bit tippy. But I had tried the higher padded seat at Lane Cove and on Narrabeen Lake and I seemed to be able to handle it.

To my surprise there were only two starters at 8.30am, myself and Scotty. Scotty was a Victorian fireman in a "Think" full-carbon ski, at least I was in safe hands if the river caught fire. As we took off together it was clear he was a more powerful paddler than me and he eventually was the overall winner of the race.

Not until I was at checkpoint Charlie, over three hours, did I start passing the stragglers, including the Blues brothers teams in Mirage Doubles, big burly policeman in the back and a pint size but enthusiastic kid in the front.

A storm hit as I finished and I sat on the ski to stop it blowing away. There was chaos among paddlers still on the river.

Day 2 turned to be a repeat of Day 1 because of storm damage. Just after checkpoint Delta, I went through a



Tom Simmat on his tippy Fenn Glide

particularly violent swirl, did a big brace stroke and crack! my right rudder pedal snapped off at the hinge. I battled on holding the right steering cable between my toes. Fortunately the hardware store was open and I was able to buy a hinge and some bolts to do a repair.

On Day 3 I was feeling a little unbalanced in the faster river and after checkpoint Charlie, when reaching round for a banana taped to my back deck, I fell in.

On Day 5 my balance was shot after only a couple of hours and I took out the seat padding. I was OK for the next couple of hours until my pelvis began working its way through what little flesh was left on my bum. I stopped again to replace the seat, but it was no longer where I had tucked it under my PFD on the back deck.

Trying to ignore the pain I limped into Swan Hill.

(This article has been shortened. The full article, a very entertaining read, is on the LCRK website in Member Articles.)

Backwards down the river with a peanut butter sandwich

by Liza Dean

My partner Derek sold kayaking to me as a "relaxing activity to share on weekends", describing idyllic scenes of leisurely paddles to little beaches around Sydney waterways, complete with picnic blanket and a bottle of wine safely stored in the dry pod for later consumption. He suggested that the Hawkesbury Classic would also be "great fun", that I'd have no problem

MASSIVE MURRAY PADDLE



Liza Dean and Derek Walker paddling in unison down the Murray

knocking over the 111km night-time race, so I was a little perplexed when we picked up our kayak 6 weeks out from the race, and our "leisurely paddles" took the form of 40, 50 and 60km training sessions.

At the end of the Classic, delirious with pain and seriously questioning the sanity of the kayaking community, when Derek suggested that we follow up with the Murray Marathon ("It'll be FUN!"), I wondered if I could shove him IN Tom Simmat's floating coffin... and then, of course, I agreed.

The Marathon follows the Murray River for 404km from Yarrowonga to Swan Hill over 5 days, and attracts a fabulous variety of participants in the full, half-distance and relay categories. We met wonderful people; school students competing in kayaking at an international level; the Country Women's Association (CWA) relay team whose oldest participant, at 82, regularly arrived at the river bank with a giant cupcake staff; team-building corporate groups in K4s; community groups including the Blues & Brothers, made up of police officers and indigenous kids aimed at nurturing positive relationships; best mates like James and James, who aimed to raise money and beers (which they did very well in equal measure); and old friends, one pair both on their 70s who barely seemed to move and yet stayed frustratingly ahead of us for much of the way (we suspected a silent outboard...) and some very skilled single paddlers who made me think I should take up knitting instead.

Our own paddle was less arduous than the extraordinary efforts of our Tom Simmat, after we opted to do the half distance of 202km, and it really was a lot of fun. For the first three days we paddled 50km each day, and because the boat numbers were very low this year, there were many stretches along the river with no other craft in sight; the notion of racing may have been forgotten in the wake of watching pairs of spoonbill circle lazily overhead, or lovely blue cranes stalking fish in the reeds by the river banks.

The first day ended spectacularly with a fierce electrical storm directly overhead for the last few kilometres coming into Tocumwal. The wind was pushing hard from behind (which was awesome, we really needed some help with our time) and we saw trees come down on the river's edge. The rain pelted down so

heavily it looked like a snow storm on the water – it was utterly exhilarating – and we caught the whole thing on film (hello next awards night...). We were greeted by frantic staff counting boats and people, police and rescue teams, and support crews, everyone helping each other in a dash to get people to safety.

Our finest hour on day 2 occurred when we were sitting motionless, mid-stream, eating peanut butter sandwiches and idly discussing



Liza and Derek

bad movie plots. A boat came by and helpfully pointed out that we were, in fact, facing backwards, drifting back the way we'd come, and inquired if we were actually racing?

The race continued for the following 3 days, complete with requisite hand cramps, back pain, fatigue and death threats if Derek dare suggested another kayaking event before 2020. We chased the bends and curves of the Murray past the beautiful paddle steamers of Echuca, past old farm houses and leaning tin sheds to Torrumbarry, until we arrived to much fanfare and a bag of jelly snakes at the finish line at Swan Hill in the early afternoon of day five.

The awards ceremony offered praise and recognition of the money raised for the YMCA, the tireless work of the volunteers and the outstanding efforts of the participants. In the end, we did actually put in enough effort to come 3rd overall in the half marathon, and first in our class.

It really was a great adventure, thanks to the friendliness, good humour and generosity of the organisers, participants and support crews.

And next year I'm packing the wine and picnic blanket.

PADDLER'S DIARY

Marathon 10 Series

Sat Feb 21 Canberra
Sun May 3 Windsor
Sun May 24 Wyong
Sat Jun 20 Woronora
Sat Jul 4 Penrith
Sun Jul 26 Narrabeen
Sat Aug 15 Grays Point
Sat Sept 5 Lane Cove
Sat Sep 26 Wagga Wagga
Sat Oct 17 Burrill Lake

Sat Mar 14 Davistown (Central Coast) State Marathon Championships
Sun Apr 5 Canberra National and Oceania Canoe Marathon Championships

Open Water and Harbour Series

Sat Feb 14 Ulladulla Makai Cup
Sat Mar 7 Bayview Pittwater Challenge
Sat Apr 11 Sydney Rose Bay Challenge
Sat Jun 27 Bayview Stroke the Lion
Sat Aug 8 Clontarf Spit to Zoo

Sprint Series

Sat Jul 25 SIRC Round 1
Sun Aug 23 SIRC Round 2
Sun Sep 27 SIRC Round 3
Sun Oct 18 SIRC Round 4
Sat Nov 28 SIRC Round 5

Sat/Sun Jan 16/17 2016 SIRC NSW Championships

Sat Feb 28 Sydney Harbour Challenge

Sun Mar 22 McMahons Pt Bridge to Beach
Sun Mar 29 Sydney Kayak for Kids
Sat/Mon Jun 6/8 Riverland Paddling Marathon, SA
Sat/Sun Aug 1/2 Avon Descent
Sun Aug 9 City2Surf
Sat Aug 15 Akuna Bay Multisport
Sun Sep 13 Tea Gardens Myall Classic
Sat Oct 10 Sydney Lion Island Challenge
Sat/Sun Oct 24/25 Hawkesbury Canoe Classic
Sun Oct 25 Sydney King of the Harbour
Wed/Sun Nov 25/29 YMCA Massive Murray Paddle
Sat Nov 28 Perth The Doctor
Sat Dec 12 Sydney 20 Beaches

Have you checked out the photos on the club website recently? If you're an active member, there's probably a great shot of you among the hundreds of photos.

TROPHIES AND AWARDS 2014



The Andrew McAuley Trophy was awarded to Anjie Lees in recognition of her amazing achievement in setting a world record, in appalling weather conditions, for the longest distance paddled by a woman in flat water in 24 hours. The trophy has been awarded only twice previously - to Richard Barnes and Phil Newman in 2007 for paddling around Tasmania, and to Tom Simmat in 2011 for winning (with Steve Pizzey) the 2010 Yukon 1000. It honours the memory of the legendary kayaker and adventurer who disappeared at sea in February 2007 when within a few kilometres of achieving his goal of becoming the first person to paddle from Australia to New Zealand. It is awarded by Lane Cove River Kayakers to a member who has undertaken an extraordinary task and is an ambassador to the spirit of kayaking. A special award was presented to Glen Orchard who set a record for the longest distance paddled by an Australian in flat water in 24 hours.



Ruby Gamble won the coveted Crudslime Cup, presented by President Paul van Koesveld, for the best time trialling against handicap over 12km. Ruby was also co-winner of the Most Improved Paddler Cup.



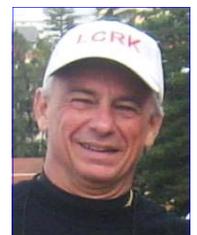
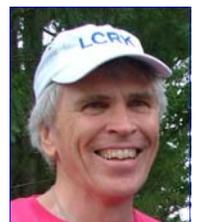
George von Martini, winner of the Coffee Cup for best 6km time trialling, receives his trophy from the 2013 winner, Ruby Gamble. Right (from top): Ella Beere, Co-winner as Most Improved Paddler. Tim McNamara, winner of the BC Doubles Cup. Jeremy Spear, recognised for his intensive work for the club.



Paul van Koesveld made a special presentation to Nigel Colless to recognise his outstanding contribution in organising the computerisation of time trial registration and results



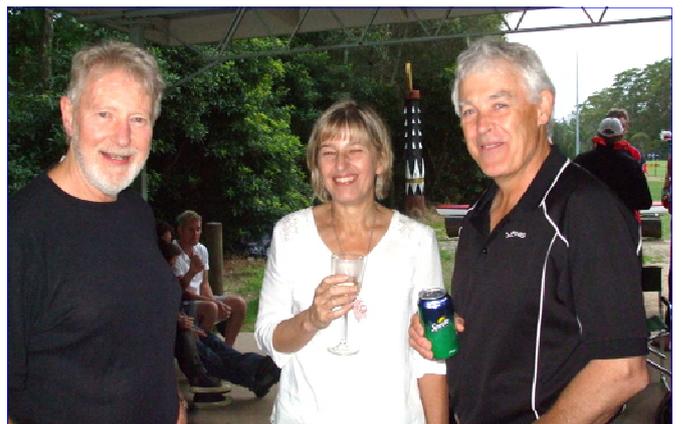
Peter Millard received his trophy as Rookie of the Year from Vice President Tom Holloway



CHRISTMAS PADDLE AND BBQ



CHRISTMAS PADDLE AND BBQ





NEW BOAT REVIEW

Flared shape offers secondary stability

by Martin Dearnley

Some club members may have noticed on the club racks the rough prototype of a new flared K1 by Don Andrews. This innovative design should be a similar speed to older style K1s such as the X Lancer, but offers much more secondary stability.

This secondary stability provided by the flared shape of hull gives paddlers time to bring the boat back upright if it starts to tip. The best examples of kayaks like this are the Flash and the Renegade and, like these boats, the new flared K1 should be well suited to bumpy water and marathon paddling. It should



Martin Dearnley puts the new K1 through its paces

also be ideal for experienced paddlers who find modern K1s too tippy to be comfortable or fast.

Attractive features are:

1. The flared K1 is an ideal size kayak for transport and handling. It is only 5.2m long and should weigh less than 10kg.
2. The waterline width of 385mm is average for K1s which usually range from 320mm to 440mm. This means it is responsive without being too tippy.
3. The flared hull provides significant secondary stability without slowing speed through the water. The deck width of

580mm is significantly wider than most K1s which are usually 400-520mm. (The flared hull gives heavier paddlers more primary stability.)

4. The narrow deck width of 320mm where the paddle catches the water encourages an efficient paddle stroke close to the centreline.
5. The raked bow is easy to keep clear of weed and leaves.
6. The underslung rudder is efficient with good turning and minimal drag.
7. The length-to-width ratio of 13.5:1 at the waterline means top speed is open ended and not restricted by climbing a bow wave.



The flared hull is clearly shown in this picture

Features which may benefit from further consideration are:

1. The high set front coaming to the cockpit gives the kayak a distinctive appearance but will scrape knuckles every so often if the paddle height drops. 30mm lower would help the problem.
 2. The kayak has pedal steering which is well suited to ocean ski paddlers. Smooth water paddlers (such as myself) usually prefer tiller steering because it allows paddlers to push with the front of their foot and makes it less likely that a flapping rudder will slow the boat.
 3. The hull rocker shape appears to flatten out under the rear of the cockpit. It may improve with an even curve.
 4. It is possible the hull may be too deep for some paddlers who may hit their elbows on the side coaming of the cockpit. This needs to be checked.
- The new flared K1 should be around the same speed as or faster than a Sonic and be attractive to paddlers looking to transition to a K1. If the final production boat has the same quality of fairing and finish as Don's other designs, then the flared K1 will be an excellent choice for marathon paddling and Wednesday nights in winter.

Where were the K4s?

by Tom Simmat

The Australian competition paddling community will have to take a long look at itself if Australia is going to continue to be represented in kayaking as an Olympic sport.

Australia, the current Olympic K4 champions, should have had a massive K4 representation at the recent NSW State sprint championships.

There were only 11 crews, that is only 44 athletes, in K4s at what should have been a showcase to the world at the showcase venue, in the premier State.

The club K4s around the State were well and truly locked in their sheds, including Lane Cove, and not out at the regatta centre.

When other sporting disciplines with events that attract thousands are vying for a spot on the Olympic calendar, they will be itching to elbow out the K4 sprint with such little interest being shown from the country with the current Olympic crown.

Horizon Kayaks stays on

by Tony Carr

There wouldn't be many paddlers involved in racing who have not taken the trip up to Mount Kuring-gai to seek the advice of Noel and Stephanie Pearce, who since 1992 have designed and made some of the sleekest craft on the planet. Recently rumours have suggested that they had closed or scaled back, or were now just doing repairs. I checked with Stephanie who assured me none of the above is true.

"At Horizon, we've discontinued some of the older, heavier boats in our line-up to concentrate on our newer, lighter craft in line with market demand," she explained.

"The Ekko, which was 20kg, is now 15kg. Our Flyer has just been fitted with a bigger cockpit and we are continuing to produce the Seaquel, Predator and Scoutt.

"We remain in the boat repair business and would be happy to help anyone needing repairs to their single surf ski, OC1, K1 or down-river boat. Any brand, but no plastics thanks!"

WEDNESDAY NIGHTS AT THE PONTOON with Paul van Koesveld

Since the December *Kayak Kapers* went to press, LCRKers have been offered one week of partying and award presentations, two weeks of well-deserved Christmas-season rest and 8 weeks of friendly but competitive Wednesday evening paddling. Elsewhere there was a Sprint Series event, the State Sprint Championships and the big 20 Beaches ocean series event. Oh, and a certain 24-hour event in Canberra – see elsewhere in this edition for more detail about the guts and the glory for **Angie Lees** and **Glen Orchard**.

We have taken up these club offers enthusiastically: the Christmas function was very well attended with lots of silliness on the water (thanks again **Tony Carr** for use of your fleet) followed by equally keen munching of prawns, kebabs, sangers, cakes and lollies before very enthusiastic support for our award winners (see page 8).

The number of paddlers on the river is supposed to drop after the Hawkesbury and remain low over January before building up as the Marathon Series approaches. Maybe, but we have had 40-50 paddlers on the river every week except for Dec 3 when 20 of us waited out the huge storm then went for a 6km paddle. What will it be like when the holiday sloth period ends?

While LCRK has long made a strong contribution to sprint organising and marshalling, the number of us participating is still fairly small. Slow twitch v fast twitch muscles? Probably not valid, we're just not in the habit or the "right" boat. Nevertheless **Ella Beere** and **Tony Hystek** earned themselves a swag of medals at the State championships and **Meg Thornton**, **Gaye Hatfield**, **Michael Day**, **Tom Simmat**, **Derek Simmonds**,

John Greathead and **Tony Walker** have had fun and satisfaction sprinting over the last couple of months. Not too many of us competed in the 20 Beaches but **Tom Simmat**, **Jeremy Spear**, **Tony Mathers**, **Tracey Hansford** and **Anjie Lees** helped **Tim Hookins** make it a great success.

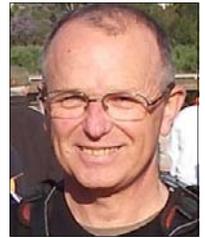
Over the last two months or so, **Bruce Gynther**, **Kieran Babich**, **Dianne Langan**, **Peter Fitzgerald** and **Kevin du Toit** have joined LCRK as new members and **Lawrie Kenyon**, **Wayne Wanders** and **Dru Spork** are back – welcome.

Time-trial PBs over the past two months were too numerous to list but the big improvers included **Ella Beere** and **Natalie Orchard**. **Matt Blundell** and **Toby Hogbin** remain frighteningly good but more K1 paddlers have been turning up to keep them on their toes.

Meanwhile, back at the Shed, members' craft are arriving to take up their allocated racks (luckily demand for space equals supply), loan boats have been made available for member use and the club boat fleet has expanded with the delivery of two Apollo 11 skis – thanks to **Tom Simmat** for your spotting, procurement and fit-out. Various combinations of members have been seen in the club K4 with **Tony Hystek** keeping them on the level. I don't know where they go but it seems to take less than 55 minutes. The storage chaos is diminishing slowly and security systems are in place. More to do yet.

This year we achieve 25 years of Crudslime Cup competition which we will celebrate with **Peter Janacek**, its founder and first winner, at our Feb 11 BBQ.

Coming up quickly is the first of the Marathon 10 Series in Canberra on Feb 21 – get fit, get there.



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Congratulations to Ella Beere on her magnificent achievement in winning the Junior K1 200m title at the NSW Sprint Championships in late January. In winning in 44.77 seconds, she beat two members of last year's national junior squad. She also picked up a second in the Junior K1 500m and a third in the K1 1000m. Her performances brought a rave review on the Australian Canoeing website which quoted her saying: "My dream is to go to the Olympics."



Nature Notes by Jon Harris

The Eastern Water Dragon – *Intelligama Lesueurii*

The Australian water dragon has 2 sub species, the Eastern and the Gippsland water dragons. They belong to the Agamidae family of iguana lizards, of which there are about 300 species in Africa, Asia and southern Europe. The Eastern is found from Cooktown down to the far south coast and far inland, while the Gippsland is only found in that area.

The Eastern water dragon is what we have in Lane Cove, and I sometimes see them basking in the sun on the rocks opposite the factory near the start line. If you approach slowly and quietly you can get close enough to get a good look at them. They have long powerful legs and claws for running and climbing and a long muscular tail for swimming, and a prominent central row of spikes from the base of the head receding to the tip of the tail. The tail comprises about two-thirds of their total length.

Adult females grow to about 60cm and the males to about 1metre in length. The males have a larger head and brighter colouration than the females.

The overall colour is light greenish grey with dark vertical stripes the full length of its body, and a dark horizontal band behind the



eyes, and patches of red, yellow or blue on the throat. They inhabit dense bush and scrub near watercourses and lakes, particularly where there are overhanging rocks and branches.

When disturbed, they will run into thick vegetation or leap into the water where they can remain submerged for 30 minutes or more. They enjoy basking in the sun and warn off intruders with a display of arm-waving and head-bobbing, and will fight to defend their territory.

Those living in colder areas will hibernate during winter. After mating the female digs a burrow about 15cm long and lays up to 16 eggs. She then covers the chamber with loose soil and debris, and when the young hatch they dig their way out and fend for themselves.

Like other reptiles, the sex of the hatchlings is determined by the temperature of the nest site. The young stay together near the nest site and when they finally leave they tend to keep in their group and away from other adults.

Water dragons are prey to snakes, large birds, cats, dogs, foxes and road kill, and they feed on ants, spiders, crickets, berries, etc and are active both day and night, and are known to live over 20 years. They can make fascinating pets but require a high level of care – but why would you do that? Just leave them in their natural home.

