



KAYAK KAPERS

June 2006

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On the mend

Derek Simmonds is making an amazingly rapid recovery from a total shoulder reconstruction, thanks to intensive physio and exercise. He's already back cycling and hopes to start paddling again within days. Why was the reconstruction necessary? Turn to page 7 and read the sad story (only the finish is sad).

Race day at Lane Cove

A sunny autumn day, a good turnout of paddlers, some confusion over the course, a buzzing and friendly gathering around the barbeque later – it was all happening at Blackman Park for Race 4 of the Winter Marathon Series, hosted by Lane Cove River Kayakers.

For once the weather and race conditions were near perfect, a far cry from recent years, notably 2005 when ferocious winds swept the river and forced a closure of the lower section of the course

Unfortunately uncertainty about the myriad river markers led to the lead racers taking the wrong first turning mark, and everyone else followed suit.

On the second of the two laps for the 20km course, the division 1 kayakers again went to the wrong marker before officials realised what was happening and directed the rest of the field to the correct buoy.

So everybody got some

extra time out on the water for their money – about 3km for division 1 and 1.5km for the rest.



“The first turning point was not properly marked and a lot of people were unhappy,” said LCRK President Tim Hookins. “With all those buoys and poles in the river it’s so confusing. We’ve learned a lesson and it’s never going to happen again. Maybe we should have our own buoys for the event.”

Despite the course prob-

lem it was a great race day overall, he said. In thanking all the officials, volunteers and helpers, he said there

was never any need to look for someone to do a job – “it went beyond volunteering, people just popped out and did it.”

As has become tradition, Lane Cove Kayakers turned on a free BBQ for everyone. The Barnes family and many others were responsible for a fine variety of cakes and cookies to go with the sausages and soft drinks.

And so to racing, with times reflecting the longer distance covered.

Stewart O’Regan of St George led four Manly Warringah competitors home in a close finish in division 1.

Graeme Jeffries had a strong race in division 2, coming in 9th in 1.51.38, followed by Richard Barnes 10th in 1.53.42. In division 3, Dean Wayne picked up 3rd in 1.53.33.

In division 4, Lane Cove had 4 of the first 7 to finish. Rob Vallis continued his fine season with 2nd in 2.00.16, Bruce Goodall was 4th in 2.00.24, Marg Cook and Merridy Huxley were 6th in 2.00.26 and Martin



Everyone was delighted to see Louisa Sier, shown with Don Rowston and Tim Hookins. She continues to make good progress (see News in Brief, page 5).



Louise Dearnley and Georgia Peacock



Dearnley was 7th in 2.01.39. Not far behind were Sam Sharbine 2.05.28, Tim Hookins 2.06.18 and Oliver Hookins 2.06.35. Len Hedges registered a DNF.

Tom Simmat's finish somehow slipped through the timekeepers' division 4 net and the results list showed him at the tail of the field when he actually came in about the middle in just over two hours. Tom was paddling a white Horizon Tourer in which he will race in this year's Yukon River Quest in northern Canada, starting on June 28

**Smiling timekeepers
Roger Aspinall and
Julie Stanton**

and finishing "as soon as you can". Tom is confident he will better the time of 52 hours 48 minutes he set last year for the 712km wilderness endurance epic.

The Bert Lloyd/Trevor Williamson double was again our best in division 5, taking 11th spot in 2.09.14. Other LCRK paddlers in this division were Wade Rowston 2.11.02, Robert Cook 2.19.03, Miles Rowston 2.20.07, Matthew Swann 2.23.32, Louise Dearnley/Georgia Peacock 2.26.22, Justin Paine 2.40.01 and Greg Appleyard 2.44.04.

In division 7, John Greathead and Tony Walker teamed to take 2nd in 1.38.00. Michael Venter had a 1.17.05 in division 9.

Culture in Canberra

by Tim Hookins

Mother nature put on a beautiful day on March 11 in Canberra for the start of the 2006 marathon season. 17 of our members went down for the race, some arriving in plenty of time, some turning up just in time for the start.

Our quickest finisher was Ian Hofstetter in a time of 1 hour 43 mins 04 secs with Peter Geisbuhl on 1:45:03. Both were paddling K1s in division 2. The fastest time of the day was Paul Smith from St George in 1:31:25.

A casualty of the dreaded weed was Tom Simmat in his Millennium/XT ski. The ski has an extra big weed-catching rudder and Tom caught most of the available weed in the lake.

As usual, the big action for the club was in division 4. Rob Vallis won the division on the day in a time of 1:48:28, with Tom Reif just behind in 1:50:27. They were in the lead cluster, but in the second bunch were Bruce Goodall, Tim Hookins and Nick Chai in 1:53:28, 1:53:46 and 1:55:18 respectively.

Craig Elliott and Ian

Purves finished up in 1:57:38 and 2:01:26 but they will certainly be improving their performances in the next few marathons.

The big duel of the doubles happened in division 5 but looking at the times one feels that this was just getting started for them. Warren and Merridy Huxley came in third in a time of 1:54:47, Bert Lloyd and Trevor Williamson in 1:56:11 and Marg and Frank McDonald in 2:00:18.

Also in division 5 were Matt Swann in 2:16:16 and Greg Appleyard in 2:38:12. John Greathead did a valiant 1:38:50 in the 10K division 7.

For me this first marathon of the season was a lesson in what not to do in marathon procedures.

My "carbo-loading" consisted of forgetting my special spaghetti mix at home before dawn, and missing the Goulburn McDonalds because we missed the road signs.

Then, starving, I gulped down three Macca's hot cakes five minutes before the start! A few minutes into the race I was in a bad way



Nick Chai, Rob Vallis and Ian Purves in Canberra

and it took about an hour of gross discomfort for things to improve.

Finally, the family had things cultural in mind for the weekend in Canberra. Literally 25 minutes after I

crossed the line I was whisked away to the National Art Gallery and I was admiring "Blue Poles" in a total daze!

Is this how marathons are meant to be?



Born to race ... Tom Simmat and Tim Hookins



The Battle of Weedy Windsor by Justin Paine

Race 2 of the Winter Marathon Series at Windsor was a familiar story for that venue – a battle against the weed.

Some people thought it wasn't all that bad, others complained endlessly and gave long descriptions about how it had affected their race. The Sargasso Sea has nothing on parts of the Hawkesbury.

The bend immediately upstream from the start was the worst affected. All those speedsters who relish cutting corners quickly found themselves in a maritime mess. The lesson was there for those who would

take note: stay out in the middle of the river.

Some paddlers who picked up weed were able to shake it loose by one manoeuvre or another, a few were able to persuade fellow competitors to come to their rescue, but others had to trundle into shore to relieve the situation.

In my Mirage I had no problems at all. The swept bow just glided through the weed, even if a bit slower than usual.

And that was the experience of many. Sea kayaks generally escaped any bother. K1s, TK1s and similar craft with square bows

and/or underslung rudders did not. One TK1 I saw had a large clump of weed dragging its nose about 5cm underwater.

And all this was reflected in the finishing times. More than a few paddlers took longer than usual.

As usual, Lane Cove had a good and eager contingent in action.

In division 3, Rob Vallis (1.52.50) and Roger Aspinall (1.53.49) had a good battle, finishing 7th and 8th respectively. After his weed problems in Canberra, Tom Simmat again found trouble and took 2.16.53.

Division 4 saw a pack of LCRK kayakers finishing one after another. Merridy and

Warren Huxley (1.56.09) were 9th, Craig Elliott (1.58.05) was 11th, Oliver Hookins (1.59.12) 12th, Bruce Goodall (2.00.10) 13th and Tim Hookins (2.03.09) 16th.

In division 5, Bert Lloyd and Trevor Williamson were happy with their 1.55.01 which left them in 4th place, two spots ahead of Len Hedges (1.56.30).

Less pleased with the conditions were Martin Dearnley (2.11.33) and Sam Sharbine (2.19.44).

John Greathead and Tony Walker had no competition in taking out the 15km division 6 race in 1.20.59. Justin Paine did the division 7 race in 1.40.31.

Mixed doubles show the way to win at Berry

Lane Cove kayakers came away with a big share of the spoils from **Race 3** of the Winter Marathon Series at Berry on May 6. Our mixed doubles cleaned up the rest of the field to win by big margins in two of the five

down the South Coast each year. It was a warm, sunny day and the little park at the launch ramp for once was not soggy underfoot. 150 craft competed in 9 races down Broughton Creek.

In division 2, Mike Snell and Marina Reid powered away in their Supersonic to win by two and a half minutes in 1.31.52.

Other LCRK competitors to do well in that division were Matt Acheson 1.36.53, Graeme Jeffries 1.39.14, Grant Billen 1.41.49, Jason Wilson 1.44.00 and Richard Barnes (paddling for Sydney University) 1.44.29.

In division 5, Warren and Merridy Huxley won by nearly one and a half minutes in 1.47.03.

Frank and Marg McDonald made in two great husband-and-wife performances with 6th spot in 1.52.12.

Personal bests were recorded by the Bert Lloyd/Trevor Williamson double in 1.52.49 – “we’re aiming to improve and we’re doing that steadily,” said Bert – and Sam Sharbine in 1.53.40 in his Flyer.

Also in division 5 were Len Hedges 1.52.48, Greg Appleyard 2.18.00 and Justin Paine 2.21.45.

Racing in Manly-Warringah colors, Matt Blundell finished 7th in 1.31.45 in division 1.

In division 3 Dean Wayne came 6th in 1.43.40.

A blanket finish in division 4 saw Rob Vallis edged into 3rd place in 1.44.13 – 2 seconds behind the winner. 2 seconds further back in 4th was Bruce Goodall.



Graeme Jeffries

Tom Simmat (1.46.44) and Darren Keen (1.49.53) also had strong performances.

In their first 20km race together, Matt Swann and James Mumme were delighted with their 1.51.06. It



Richard Barnes, in his favourite shirt and with his favourite paddle, awaits the start of division 2

20km races.

Added to the two victories were a third, a fourth and some other good minor places, plus some very satisfying personal bests.

Berry is always a good race and has a loyal band of followers who make the trip



Rob Vallis (blue kayak) comes 3rd in a close finish. Above him is Bruce Goodall, who finished 4th.



James Mumme/Matt Swann in the yellow Vulcan

was their last outing in their borrowed yellow Vulcan, but they're picking up a new one in a few weeks.

Last-start winners John Greathead and Tony Walker had to settle for 2nd spot in the 15km division 6 race.

"We had a lot of trouble with a young kid in a K1,"

said Tony. "The trouble was we couldn't catch him."

And now for the bad news: James Mumme blew his chance for a starring role in the day's grand finale when he forgot his race number and missed out on the lucky draw prize.

Ah, well ...

Hawkesbury Classic

If you're thinking of doing the Hawkesbury Canoe Classic on October 28-29 you should be planning to do some or all of the familiarisation paddles – specially if this will be your first time.

They offer a great opportunity to get to know the river and conditions and to test yourself out over longer distances.

Bookings are required for the familiarisation paddles and can be made with Lyle Meade 9626-3741 (home) or 0403-932-348.

Details of the 111km marathon are available at www.canoeclassic.asn.au.

PHYSIO REPORT

... with Buzz Powell

The unstable shoulder

An unstable shoulder may develop after a high-energy trauma/dislocation (eg fall, strong bracing stroke in surf or whitewater) due to repeated overload at the extremes of range of the shoulder, or inherent genetic factors (general ligamentous laxity throughout the body, shallow socket of the shoulder blade).

In a high-energy trauma incident, invariably the soft tissue capsule and ligaments surrounding the joint are stretched, causing it to become unstable. Repeated overload of the shoulder at the extremes of range, such as the windup in throwing, or catch phase in swimming or paddling, can stretch the soft tissue structures around the shoulder joint. If technique is poor or the muscles are weak and imbalanced, stress on the capsule and ligaments can cause them to stretch and again the joint becomes unstable. If you have inherent ligamentous instability, or a shallow socket of the shoulder blade, your shoulder can be unstable to start with.

In all these situations normal movement of the shoulder becomes disrupted and the muscles cannot work effectively. The rotator cuff muscles become imbalanced, some tighten, and others lengthen and become weak. The neck muscles then try to do some of the work, which can lead to neck pain and stiffness. The humerus (arm bone) is pulled upwards and hits the acromioclavicular joint (where the

shoulder blade and collarbone connect). The underlying structure, such as the rotator cuff tendons or the bursa, can be compressed. This is known as impingement. These tissues then become inflamed and swollen which creates even less space within the joint and the tendons can even tear. The result is pain and an unhappy paddler/swimmer/thrower/weightlifter!

However, there is hope. Accurate diagnosis of the underlying cause is important, so firstly see your doctor or physio. Don't take the word of your best mate or other helpful person who may give you the wrong exercise to do which will further exacerbate the problem.

Reducing the swelling is important. Regular ice packs, some anti-inflammatory cream or medication can help this if your doctor thinks it is appropriate. If you are still exercising, technique analysis by a qualified coach/personal trainer will pick up any bad habits you may have.

Strengthening the shoulder is part of both treatment and prevention. Be sure to see your physio for an appropriate graded strengthening program before returning to full work. If you have had a mild dislocation that has reduced spontaneously – that is, it went back in by itself – it will take approximately 6 weeks before you will be back exercising comfortably. If your shoulder stayed dislocated and had to be reduced in hospital it will take about

6-12 weeks. If your shoulder keeps dislocating at the slightest whim, you may require surgery to tighten the joint capsule.

Here are a few tips. Firstly, check that your posture is good – flatten your tummy by pulling your belly button in, drawing yourself up tall and pull your shoulder blades back and down. This should be your posture at all times when exercising in the gym and when paddling/swimming/throwing.

For the first few weeks keep your exercises below shoulder height, and do lots of shoulder stabilising exercises, such as rollouts on the gym ball.

Secondly, when lifting your arm check that you are not using your upper trapezius muscle, the one that goes from your neck to your shoulder. Try and feel your shoulder blade staying against your chest wall at the back.

Your now have a legitimate reason to watch yourself in the mirror when exercising in the gym. At any other time this is pure vanity!

Therese (Buzz) Powell is a physiotherapist of 21 years experience with a practice at the LivingWell Health Club, 100 Walker Street, North Sydney; phone 0418-225-959. She paddles flatwater marathon, ultra-marathon and sprints, seakayaks, surfskis and outrigger canoes.



Behind the scenes

by Tim Hookins, President

The Lane Cove River Kayakers website is undergoing major renovation, with the aim of giving us an information focal point commensurate with our status as a significant kayaking club.

Among the information it will carry will be weekly Wednesday night results, plus access to earlier archived results.

This news letter will also be displayed, together with news of club activities and announcements, and a photo gallery.

If you have any ideas about items that should be carried, please let me know.

The decision to completely rebuild the site was made at the April 18 meeting of the club committee.

Other news to come from that meeting includes:

- Nick Chai has become club treasurer and Matt Swann is membership secretary.
- The AGM and dinner will be held on Friday July 28 at the Lane Cove Club. It's a great night out and an opportunity for paddlers, wives, husbands and partners to mix socially. Put it down in your diary and make sure you're there.
- We're talking to Willoughby Council about securing club premises at the pontoon. A small room is available for storage and we are exploring the idea of something on a

larger scale, possibly in association with the athletics people.

- Justin Paine, who is a retired journalist, has accepted an invitation to become editor of this newsletter. He hopes to publish it more regularly and will be constantly on the lookout for articles and news items. If you've got some news or ideas, see him any Wednesday night at the river.
- We are continuing the hunt for a suitable paddling "strip" or uniform to promote our club identity at races. The red/white/blue colors shown at the river earlier this year have been approved and we are finalising the design. Don Rowston has been hampered in his search for a supplier by their reluctance to provide only a small number of articles, but with the help of Derek Simmonds hopes to resolve this very soon and offer members a singlet and/or long-sleeved top.
- Rob Grozier reports that Willoughby Council is willing to make metal launching steps for the pontoon based on the design of the wooden prototype made by John McNamara. The steps will be made in the Council's maintenance workshop at no cost to the club.
- Matt Swann suggested the club get involved in Clean-Up Australia Day and focus on Lane Cove River. It's our backyard and we ought to help keep it clean. We're pursuing the idea.

NEWS IN BRIEF

Get well, Louisa

Louisa Sier continues to make steady progress following her serious illness. After a lengthy stay in Royal North Shore Hospital, she is now in the Royal Rehabilitation Centre, Ryde and is in good spirits in her brave battle. Mark, children Rhiannon and Liam and family members are giving her great support.

Cleanup the river

Ryde local newspaper *The Weekly Times* published a picture of State Opposition leader Peter Debnam, Lane Cove MP Anthony Roberts and Drummoyne Liberal candidate Greg Long paddling kayaks in Kendall Bay, near Breakfast Point (the former AGL site) in Parramatta River. They were campaigning for a cleanup of contaminated sediment in Kendall Bay. Any action to improve the quality of our waterways is welcome. Deb-

nam, incidentally, is a keen paddler and has built his own kayak.

A daughter for Toby

Congratulations to Toby and Alex Cogley who are celebrating the birth of their daughter, Asha, on May 2 – a 4.06am arrival. All are doing well. Asha means "Hope" or "Life" in Sanskrit and apart from being a lovely name it's very appropriate as Alex is a teacher in yoga where the terms are in Sanskrit.

Gokart crash

Lloyd Armstrong had a very nasty accident when engaging in his other favourite sport, gokarting, recently. He fractured his pelvis and has been in traction in Nepean Hospital. He should be home about the time *Kayak Kapers* goes to print. We wish him a full and speedy recovery.



Marg and Frank McDonald are off again for their annual 4WD pilgrimage through the crocodile country of northern Australia. This time they're going for only eight weeks, half their usual. They're taking their kayaks with them, of course. We wish them good touring, good fishing and lots of fun. Heavens knows what the price of fuel is going to be up north. Frank thinks perhaps three bucks a litre for diesel!



With an eye for the romantic past, Robert Grozier has crafted a beautiful traditional Greenland kayak that would make any Eskimo's eyes light up. In an age of carbonfibre, kevlar and fibreglass, this is a throwback to the times when kayaks were made from locally available materials for icy seas and people hardy to tackle them in tiny boats. Made from pine with a fabric covering, it has graceful sea kayak lines and glides silkenly through the water. It is 6.1 metres long and weighs about the same as a Mirage. It's been a couple of years since Robert began his dream and hunted around the internet and elsewhere for design information. Construction has been by traditional methods with no glue and few metal fasteners to hold the frame together. Other than a timber and canvas kayak he built when he was 18 (which was subsequently stolen), this was his first attempt to build a canoe. He is so delighted with it that he already has begun plans for a second kayak of the same design. He will make it from western red cedar which he says will cut the weight by a third.

"A breath of fresh air"

by Robert Grozier

About 18 months ago I decided to get back to the real roots of kayaking. Following much research on the internet I found that there is a revival of the traditional ways of building kayaks.

The designs that we now take for granted originated in the frozen wastes of Greenland and Alaska. The design of the replica I decided to build (NANUQ*) comes from West Greenland, the heritage of which can be traced back some 800 years.

The dimensions are all derived from your body so that each craft is unique, giving you perfect trim on the

water. The width, for instance, is your hip width plus two fists. The centre of balance of the craft is measured exactly according to your posture.

The hard chine design results in excellent tracking in any wind condition, while allowing for easy cornering with only a slight movement of your weight. The small cockpit, while requiring some skill to get into, means that the beam forward is used to brace your knees.

The best side effect of this design for me is that for the first time in any kayak I no longer get "dead leg" and

back discomfort is greatly reduced.

The original kayaks, many of which are now found in museums, were made of drift-wood, sealskin and seal gut which was used to lash the ribs and stringers together. My version was basically made from one plank of wood cut into the various components, cotton fabric with paint to seal the surface and synthetic cord with minimal use of glue and fasteners. The ribs are bent by steaming the wood.

It was a fascinating project not only from the building side but also discovering so much about the roots of our sport and the reality of how little the fundamental design has changed. The rounded hull today makes for a marginally faster craft but that required the addition of a rudder with all its associated problems. Most sea kayaks have pointed bows. Why? Not to cut the water, as a straight bow will do the same, but because the pointed bow allowed the kayak to be easily pulled on to the ice.

I now have a craft that goes back to the roots of kayaking. It is the same weight as a Mirage 19 and with the knowledge I have now could be made much lighter.

Its speed is slightly faster than the Mirage 19 which is "slow" in relation to the latest designs, but I can assure you that I will never go back to a "modern" boat.



Hoop pine was used for the longitudinals and huon pine for the ribs

The joy of paddling a craft built by yourself to your exact dimensions, one that requires no steering gear and gets you to where you want to go fairly quickly has been like a breath of fresh air.

If you want to find out more about the traditional ways of kayaking I suggest you go to www.qajaqusa.org.

* This means polar bear in Greenland language



Wrapped in clear plastic, the kayak is tested in a swimming pool. Rob paddled many times in the see-through, shrink-wrapped kayak in Lane Cove River.

Bike ride adventure ends in tears

by Derek Simmonds

Four years ago two veteran paddlers, Ian Cooper and Derek Simmonds, extended their sedentary exercise into road cycling. Beginning with cycleways, back roads and events around Sydney, they soon extended into cycle touring. In February 2004 they joined 1200 other cyclists for the Great New Zealand Bike Ride, cracking their first 100km day.

After experiencing boot camp for cyclists, they set out to complete cycling around New Zealand supported by nothing but their credit cards and a few essentials stuffed into their panniers, stopping when a cheap and cheerful bed beckoned – country pubs, cabins, holiday cottages. They are following a rough itinerary each February for a few years until they have done NZ.

In February 2006 they completed the South Island, having covered approximately 4000km over three trips totalling 7 weeks. Average daily expenses were approximately \$60 including a generous allowance for local delicacies such as bambaie burgers, whitebait patty burgers, fresh mussels and seafood chowder, usually accompanied by generous quantities of Tui or Montieth's beer (if possible by the jug). The occasional chocolate fish kept the blood sugar up.

Highlights included:

- ◆ Riding 80km of the Central Otago mountain bike rail trail on road bikes

(23mm tyres) resulting in 18 punctures (the record of 14 to Ian), running out of tubes and tyres in the last kilometre

- ◆ Sharing a large trout, just landed, followed by a wild boar called George Foreman, and a slab or two of beer with a couple of high country shearers and sleeping it off in a very cosy "shed"
- ◆ Off Stewart Island, catching approximately 30 blue cod and a 20kg shark on a 100-year-old traditional fishing boat using string lines, and eating cod for breakfast, lunch and dinner the next couple of days
- ◆ Paddling Queen Charlotte Sound (40km) to Cook Strait, staying overnight in a remote shack after having difficulty renting a double sea kayak because they were "too old to paddle without a guide"

- ◆ Encountering some red-neck gay prejudice in a back country pub because two men in lycra must be gay.

- ◆ Quote of the ride: "If I had teeth I would jump on you!" reassured us that we had convinced the locals that their assumption was incorrect.

Why cycle New Zealand each February?

A big question like this deserves a bigger answer which space doesn't allow, but briefly: great weather, roads without potholes, brilliant landscapes around every corner and over every mountain, and very friendly locals who chat more than the Irish and pass you on the road with a friendly wave rather than running you off the road. Middle Earth is fabulous on a bike.

Each year our intrepid cyclists have returned home more or less cycling fit, ready to hold their own in the local cycling events.

This year after attacking the Tour de Hills enthusiastically, disaster struck in the Loop the Lake ride around Lake Macquarie: they had a "fall". Ian wrecked his brand new carbon-fibre bike and Derek wrecked his shoulder. Ian is back on his repaired bike but Derek's shoulder repair is not yet complete and his only sedentary exercise for a while is dreaming about next February's cycle pilgrimage to the North Island.



Ian and Derek rest between punctures on the rail trail

Do you have a paddling story to tell? Do you have any news to share? Contributed articles to *Kayak Kapers* are welcome. So are pictures of your participation in paddling activities. And news tips of what's going on or who's doing what. Email articles and pictures (with explanatory captions) to tim@addstyle.com.au. If you have any ideas for an article, or there is some subject which you would like to see reported, discuss this with the Editor, Justin Paine, any Wednesday night at the river or on 9858-3323.

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Vice-President: Derek Simmonds

Treasurer: Nick Chai

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Waterways Rep: Robert Grozier

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Clothing Coordinator: Don Rowston

Kayak Kapers

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Wednesday night time-keeping

June 7	Julle Stanton & Roger Aspinall (BBQ)
June 14	Tony Walker & Tony Carr
June 21	Oliver Hookins & Matt Acheson
June 28	Robert Grozier & Richard Barnes
July 5	Marg Cook & Merridy Huxley
July 12	Allstair Green & Tim Hookins (BBQ)
July 19	Peter Janecek & Sam Sharbine
July 26	Graeme Jeffries & Wade Rowston

If you cannot make it on your rostered night, please let Rob Vallis know (0428-526-018) or arrange a swap with someone else. We must have at least two time-keepers every Wednesday night. It is recommended that those rostered still come prepared to paddle (if that is their wish) as sometimes other members show up, usually with injuries, who are not paddling and happy to time-keep.

Lane Cove River Kayakers
ANNUAL GENERAL MEETING AND DINNER
Friday, July 28 at the Lane Cove Club
A great social evening for paddlers and partners

PADDLERS' DIARY

25 th June	WMS 5 Narrabeen	prohort@aol.com
28 th June to 2 nd July	Yukon River Quest	www.yukonriverquest.com
16 th July	NMS 3 Forster	bpain@pnc.com.au
22 nd July	HCC Familiarisation Brooklyn	www.canoeclassic.asn.au
28 th July	LCRK AGM & Dinner	tim@addstyle.com.au
5 th August	HCC Familiarisation Windsor	www.canoeclassic.asn.au
6 th August	Twin Rivers Classic	gramor@bullet.net.au
20 th August	WMS 6 Wyong	4353-1556
26 th August	HCC Familiarisation Wisemans	www.canoeclassic.asn.au
9 th September	Myall River Classic	www.nswcanoe.org.au
23 rd September	WMS 7 Hacking River	9531-5460
7 th October	HCC Familiarisation Sackville	www.canoeclassic.asn.au
14 th October	HCC Familiarisation (Night Paddle) Sackville	www.canoeclassic.asn.au
28/29 th October	Hawkesbury Canoe Classic	www.canoeclassic.asn.au
11 th November	WMS 8 Wagga	www.waggabidgee.com.au
27/31 st December	Murray Marathon	www.redcross.org.au