



October 2014

The boatshed dream becomes a reality

At last, it's finally happened! Lane Cove River Kayakers has its own boatshed at Chatswood Athletic Field. The years of dreaming, then planning and designing, then preparing, then submitting, then approving and eventually actually doing have now paid off. The shed is up. It's a reality. It's a great, roomy structure where as well as storing 30 odd boats we'll be able to carry out club activities like registering for Wednesday night time trials and chatting over a cup of coffee in more comfortable surroundings after our paddle.

In recent weeks a concrete slab was poured on the river side of an existing building and the shed erected as a sort of annex on the side of the building. The northern half is narrow, then the southern end widens out and includes an existing interior shed which is being retained as a secure, lockable space – the "inner sanctum".

From the eastern or pontoon end, a small section of what is now grass beside the BBQ area will be paved to improve access. Club volunteers have moved a number of stone blocks to form a border for this on the river side.

At this stage only the frame, structure and cladding are up, along with the doors and lights. Fitting out the interior is next and the Committee is considering a range of options for configuration of racks which will hold kayaks.

Major benefits will include being able to store an increased number of club boats and offering storage to people who would like to paddle but have no storage space at home.

Jeremy Spear in particular, and also Tom Simmat and others, with the strong support of the Committee and especially

immediate past president Wade Rowston, deserve recognition for the enormous contribution they have made. They have arranged various approvals (CC/DA) and support funding from the NSW Department of Sport and Recreation, drawn up plans, sought the co-operation of the athletics clubs and other park users, organised contractors and have actually got the job done.

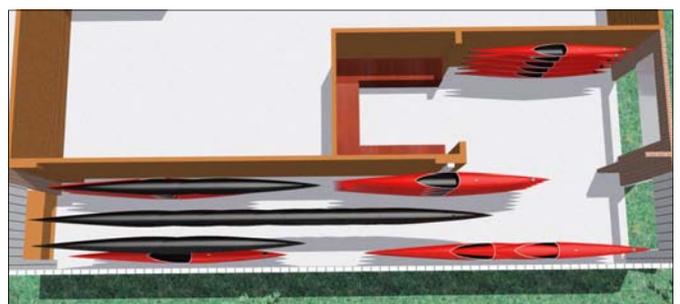
Willoughby City Council has also been an enthusiastic and helpful supporter of the project.

Thanks are also due to the band of volunteers who moved club gear from the small shed we previously occupied into temporary storage and then back to the new shed.

Stay tuned and please help where and when you can. To reduce costs we will call on a bit of club labour for some small jobs to enable us to gain an occupation certificate and have the space fitted out for the benefit of all, over the next few weeks.



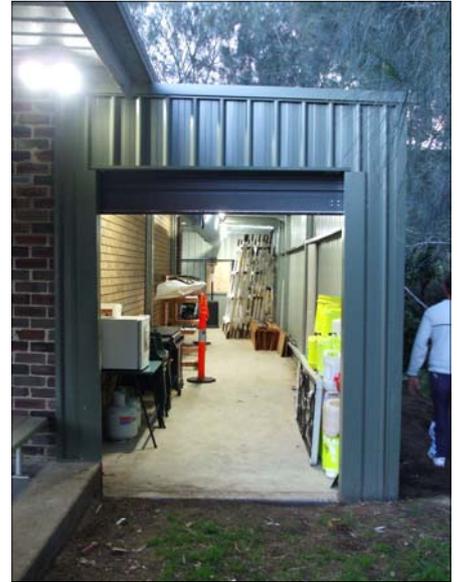
The view from the southern or carpark end. Tony Hystek is holding the K4, watched by Matt Blundell and Jon Harris.



The layout of the new shed, with the pontoon to the left



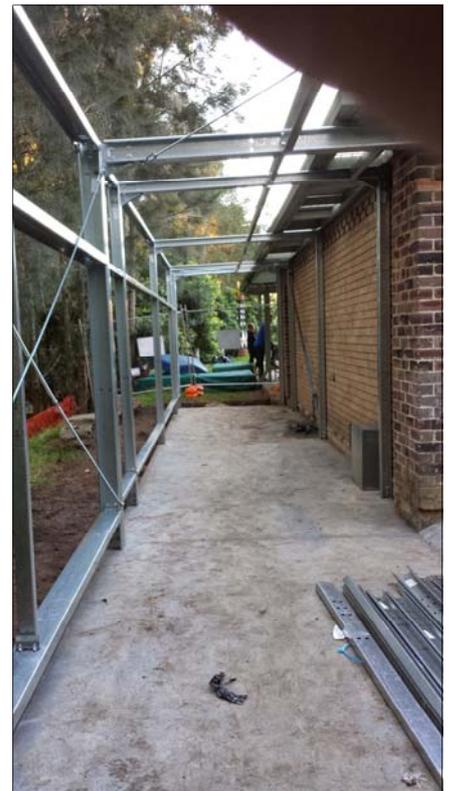
The southern or carpark end has two entrances, one a roller door



The northern end has a roller door



Above: The excavated area, ready for laying of concrete. Below and right: Various stages of construction





Jeremy Spear, Jeff Collins and Richard Robinson move stone blocks to form a border for a paved entrance to the shed



The shed's secure "inner sanctum"



Justin Paine, holding balloons, celebrated his 80th birthday with the enthusiastic support of a large band of LCRK members at the pontoon. He proudly claimed the distinction of becoming the inaugural LCRK Octogenarian.

Akuna Bay Multisport

The Akuna Bay Multisport race used to attract a large field of LCRK competitors, but only a handful turned up this year. Richard Barnes and sister Linden did the full race as a pair (including tandem bike for the 30km road bike leg) and had sectional times of 1.24.52 for the bike, 1.54.22 for the 12km paddle, 2.44.46 for the 14km mountain run, and finished 3rd pair in 6.04.00. Four Lane Covers did the paddle as part of a relay team: Duncan Johnstone in 1.09.07, Lawrie Kenyon in 1.14.22, Matt Swann in 1.16.58 and Derek Simmonds in 1.17.39. Former member James Mumme did the full race in 4.35.00, finishing 6th in the masters category.



Derek Simmonds



Lawrie Kenyon

Lane Cove tops on the water and off it

The weather has been pretty ordinary throughout this year's Marathon 10 series and it was no different for the race hosted by Lane Cove River Kayakers on Saturday Sept 6. It rained intermittently while competitors were getting their boats ready and it poured during the start, but fortunately the storm cell passed over and it was mostly fine for the rest of the day.

All this put a bit of a dampener on proceedings but did not stop the club from holding a highly successful race. Despite an ultra low tide, the course was good and there were some exciting finishes in the various divisions.

And plenty of visitors ignored the miserable conditions to stay on for the BBQ and hospitality offered by LCRK afterwards.

It was a pretty memorable day for Lane Cove on the water, too. Matt Blundell, showing his prowess on the portage, eased away from the small leading bunch in division 1 to coast across the finishing line first. Toby Hogbin was beaten by a nose by Darren Lee in the battle for second.

In division 2 Tony Hystek was determined to avoid the swim he had at Grays Point and gave it everything approaching the line to win with three seconds to spare. The effort took its toll on his back and he was bent over for several minutes after getting out of his boat before he could leave the water.

David Young almost made it an LCRK trifecta for the top three divisions but was beaten by one second by Mick Carroll.

In division 5 Ross Fraser and Ken Holmes continued their rapid improvement with a third, with John Duffy 4th and Phil Geddes 6th.

Craig Ellis highlighted his return to paddling by winning division 6 from sometime double partner Steve Newsome. The double of Rae Duffy and Merridy Huxley was 4th only a couple of minutes behind despite a swim at one of the turning buoys.

Meg Thornton scored another win for the home team by comfortably taking out division 7 with Ann Lloyd-Green 3rd, and new member Rozanne Green had a ranking time which would have given her first place. Don Rowston and Jon Harris grabbed a podium spot in division 10 with a 3rd.

Although the rain may have deterred a few paddlers from competing there were 113 boats. And even though several LCRK members gave up the opportunity to race because they were race officials, the club still had an amazing 31 boats on

the water.

Organising an event like this requires a great deal of preparation and thanks are due to Gay Hatfield, Bob Turner, Paul van Koesveld, Ruby Gamble, Duncan Johnstone, Richard Robinson, David Young, Tom Simmat, Oscar Cahill, Ian Wrenford, Tony Hystek, John Greathead, Tony Walker, Jeremy Spear, Richard Barnes, Anjie Lees, Adrian Clayton, Tracey Hansford, Tim McNamara, Martin Dearnley, Jeff Tonazzi, Tony Carr, John Duffy, Rae Duffy, Neil Duffy, Phil Geddes, Justin Paine, Alanna Ewin, Mark Sier, Liam Sier, Joy Robinson, Danielle Seisun, Meg Holmes, Warwick Sherwood, Arnold and Jacob, Neil Raffan, Roger Deane, Nigel Colless, Jana Osvald and David Hammond. That's over 40 people, which goes to show how the members support the club and the sport on occasions like this.

Other recent races:

At **Windsor** on August 9 the weather was perfect for a change. Matt Blundell again took out division 1 with Toby Hogbin 3rd, and Tony Hystek grabbed 2nd in division 2. In division 5 Duncan Johnstone picked up the leading group late in the final lap and finished strongly to win by a metre. His effort earned him promotion to division 4. Ross Fraser and Ken Holmes took several minutes off their previous best times to win division 6 and find themselves promoted to division 5. Ann Lloyd-Green, in the *Frank McDonald* Flash, won division 7. A special mention for Anjie Lees, racing in her newly acquired K1 and having only one swim. LCRK had 21 out of 115 starters.

At **Grays Point** on August 30 strong wind gusts and rain squalls, together with an SES boat which cruised the course sending up a nasty wash, claimed a few victims. In division 1 Matt Blundell was third across the line behind a double and a single, but placed 2nd as the single was doing a ranking race. Toby Hogbin was 4th. Other LCRK placegetters were David Young (3rd in division 3), Ruby Gamble (winner in division 6) and Anjie Lees (winner in division 7). Don Andrews returned to M10 racing for the first time in several years and recalled that the last time he had raced at Grays Point was in 1973 when the K1 races had plenty of lifesavers and were bustling, take-no-prisoners events. Also making a return to racing was Craig Ellis. LCRK had 20 out of 116 starters.



Above: Master chef Mark Sier looked after the sausage sandwiches. Right top: Matt Blundell makes the winning break on the final portage in div 1. Right bottom: Matt shows how to remount a K1 in a hurry.





Tony Car and Jeff Tonazzi found a bin of cold drinks which had been stored and were all unopened but empty. How do they dry out when they are still sealed?



Craig Ellis stages a comeback



Toby Hogbin raises the level of Lane Cove River



Don't make a wave! An inch lower and David Hammond and Tony D'Andreti would need a periscope.



Happy paddlers Jeremy Spear and Tom Simmat



Tony Hystek holds on for a close win in division 2

M10 series

Competitor	Div	Time	Plc
Race 7 Windsor Aug 9			
Matt Blundell	1	1.56.07	1
Toby Hogbin	1	1.56.42	3
Tony Hystek	2	1.40.27	2
David Hammond/ Tony D'Andreti	3	1.46.39	7
David Young	3	1.47.21	8
Tom Simmat	3	1.48.56	10
Bruce Goodall	3	1.49.08	11
Richard Barnes	3	1.56.33	16
Duncan Johnstone	5	1.53.32	1
Wade Rowston	5	1.56.57	9
Ross Fraser/ Ken Holmes	6	1.55.17	1
Phil Geddes	6	1.58.52	4
Derek Simmonds	6	2.01.05	5
Bert Lloyd/ Don Rowston	6	2.01.38	6
Ruby Gamble	6	2.03.19	9
Alanna Ewin/ Danielle Seisun	6	2.07.29	14
Anjie Lees	6	2.20.15	18
Jeff Collins	6	2.02.45	Rnk
Ann Lloyd-Green	7	2.11.36	1
Tony Carr	8	1.33.05	9
Andrew Kucyper	8	1.42.50	15

M10 series

Competitor	Div	Time	Plc
Race 9 Lane Cove Sept 6			
Matt Blundell	1	1.58.02	1
Toby Hogbin	1	1.58.11	3
Richard Robinson	1	2.13.05	5
Tony Hystek	2	1.40.59	1
Matt Acheson	2	1.48.25	12
David Young	3	1.46.55	2
David Hammond/ Tony D'Andreti	3	1.53.45	12
Tom Simmat	3	1.54.12	13
Robert Manning	4	1.53.31	5
Duncan Johnstone	4	1.56.31	7
Jeremy Spear	4	1.58.13	13
Ross Fraser/ Ken Holmes	5	1.57.09	3
John Duffy	5	1.57.17	4
Phil Geddes	5	2.00.14	6
Craig Ellis	6	1.59.13	1
Steve Newsome	6	2.00.11	2
Rae Duffy/ Merridy Huxley	6	2.01.35	4
Ruby Gamble	6	2.01.42	5
Don Andrews	6	2.03.08	7
Anjie Lees	6	2.08.08	12
Tony Mathers	6	2.11.29	13
Meg Thornton	7	2.10.42	1
Ann Lloyd-Green	7	2.11.12	3
Rozanne Green	7	2.09.09	Rnk
Neil Duffy	7	DNF	
Don Rowston/ Jon Harris	10	57.36	3
Tony Walker/ John Greathead	10	1.00.29	6
Joy Robinson	10	1.03.29	9
Justin Paine	11	1.15.35	8

Race 8 Grays Point Aug 30

Matt Blundell	1	1.56.51	2
Toby Hogbin	1	1.57.10	4
Tony Hystek	2	1.47.18	16
David Young	3	1.45.13	3
Robert Manning	4	DNF	
Wade Rowston	5	1.56.34	5
Ross Fraser/ Ken Holmes	5	1.57.10	8
Phil Geddes	5	1.57.27	10
Ruby Gamble	6	1.59.36	1
Craig Ellis	6	1.59.08	Rnk
Steve Newsome	6	2.02.13	Rnk
Don Andrews	6	2.03.03	Rnk
Anjie Lees	7	2.05.56	1
Tony Carr	8	1.32.35	12
Andrew Kucyper	8	1.43.41	15
Tony Walker/ John Greathead	10	59.37	9
Don Rowston	11	1.06.57	9
Justin Paine	11	1.16.36	12

Div 1=25k, divs 2-7=20k, div 8=15k, divs 9-11=10k

RACING



Gaye Hatfield and Bob Turner (left) at race registration



The tide at Blackmans Park was way, way out



Don Rowston with special LCRK cupcakes made by son Wade's wife, Carly



Richard Robinson in full flight

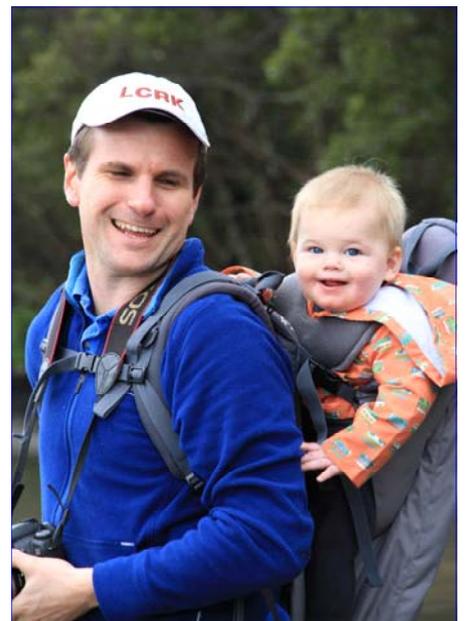
Pictures by Jana Osvald, Richard Barnes and Justin Paine



New member Rozanne Green



Phil Geddes



Max Holloway brought his Dad Tom along to watch the race



Left: BBQ ladies Alanna Ewin, Danielle Seisun, Joy Robinson. Above: LCRK President Paul van Koesveld patrolled the course in a safety boat. Below: Don Rowston and Jon Harris cruise past paddlers completing the portage, with Richard Barnes

taking photographs



Harbour Series				
Spit to Zoo Aug 16				
Competitor	Categ	Time	Plc	Cat
Long course				
Toby Hogbin	40+	1.14.465	1	
Matt Blundell	40+	1.18.36	12	5
Tony Hystek	50+	1.23.10	21	3
Jeremy Spear	50+	1.40.58	44	11
Phil Geddes	60+	DNF		
Meg Thornton	W40+	DNF		
Short course				
Anjie Lees	W40+	50.49	12	2

Record field for the Myall

Is this the start of a new era for the Myall Classic?

Long regarded as a great preparatory event for the Hawkesbury Classic, the Myall has had a chequered history in recent years. A couple of times it has been cancelled because of dangerous weather conditions, and other times it has attracted small fields. Organiser Just Paddlers seems to have disappeared from the scene.

But now that Paddle NSW has taken it over, it has burst into new life. A record 250 paddlers turned up on Sept 13 for the three 47km, 27km and 12km out-and-back options. Just look at the list of LCRK competitors to see how strong the interest was from our club alone. The Lane Covers had many impressive performances, including the three fastest singles.

Competitors said the tide seemed to be against them more than it was with them, and a cross-wind chop caused numerous capsizes. A lengthy list of DNFs was recorded, but most were competitors who were behind the cut-off times and were turned back by officials.



Ruby Gamble and John Duffy rest on the beach after a 5-hour-plus race

Myall Classic Sept 13				
Competitor	Cat	Time	Plc	Cat
47km course				
Matt Blundell	OS	3.46.20	2	1
Toby Hogbin	OS	3.55.30	4	2
Richard Robinson	OS	4.17.31	8	3
Chris Quirk/ Stuart Myers	D50+	4.21.28	11	1
Glen Orchard	OS	4.30.13	16	5
David Young	S50+	4.32.24	19	5
David Hammond/ Tony D'Andreti	OD	4.48.06	33	5
Tom Simmat	S50+	4.48.31	34	11
Robert Manning	OS	4.54.32	36	11
Duncan Johnstone	S50+	4.55.08	37	12
Rae Duffy/ Merridy Huxley	WOD	5.02.02	40	2
Ross Fraser/ Ken Holmes	D50+	5.04.60	42	5
Phil Geddes	S50+	5.09.56	43	14
Ruby Gamble	WOS	5.22.06	53	2
John Duffy	S50+	5.22.10	54	19
Peter Millard	S50+	5.22.37	55	20
Don Andrews	S50+	5.24.28	56	21
John Thearle	OS	5.55.31	67	18
Tony Carr	S50+	5.57.38	68	27
Rozanne Green	WS50+	6.00.36	72	2
Meg Thornton	WS50+	6.02.10	74	3
Anjie Lees	WOS	6.14.34	78	3
Cathy Miller	WS50+	6.26.00	81	4
Eric Fimalter	S50+	6.26.28	82	29
Trevor Waters	S50+	DNF		
27km course				
Bruce Goodall	50+	2.34.51	9	5
Wade Rowston/ Don Rowston	D50+	2.42.55	12	1
Steve Newsome	OS	2.46.22	14	4
Craig Ellis	OS	2.46.26	15	5
Danielle Seisun/ Alanna Ewin	WOD	2.57.18	25	2
Jason Cooper/ Carmen Cooper	XD	2.59.34	26	3
Jonathan Peters	OS	3.16.26	24	13
Andrew Kucyper	S50+	3.30.38	36	15

Yukon 1000: An incomparable experience

by Richard Barnes

Think back to how many kilometres you covered on your last long paddle. Subtract this number from 1600. What is your answer? That's how far you'd still have to go in the world's longest canoe race, the Yukon 1000.



Held in the wilds of Canada and Alaska, the locals still think distance in miles and canoes as open red-indian style craft with single-bladed paddles. If you are truly certifiable, contemplate it on a stand-up board.

The list of Aussies lured to the 1000 and its allied sister event, the second longest canoe race in the world, the Yukon Quest, is dominated by LCRK paddlers. It began in 2006 when Tom and Christine Simmat, Urs and Arni Mader, Pete Anderson and Steve Pizzey, and Liz Winn took on the rest of the world and won. Tom and Steve went back for more, coming home with a contagious bug.

Bitten by that bug, in the 2014 Yukon summer a new Aussie contingent ventured northward. Only one person has attempted both events consecutively, all 2300km, and that is Buzz Powell, first part solo then in a double with me. Meg Thornton and Anjie Lees also paired up for their epic paddle in the Quest.

Altogether about 60 teams started the Quest, and just 9 pairs the 1000. From a worldwide catchment, that is a tiny fraction of the canoeing populace. What is it that stops more from entering?

As I paddled down the final 20km straight of the 1000, I felt almost overwhelmed by a sense of relief. Relief that we were going to make it. Release from the doubts that we might have failed at any one of the many hurdles like gear breakage, injury, or lack of willpower.

Is it this risk of failure that baulks our rational selves from signing up to some of life's big adventures? Paddling the Yukon had long been high

on my bucket list, so when I was asked by Buzz to join her, I had been swept away on a cloud of euphoria, masking any of those niggling doubts.

Was it worth it? The bland cost of afares to travel once round the world and to hire or buy kayak and equipment may be hard to justify. The experience however is incomparable. Three aspects were tellingly special: the paddling-camping routine, the other competitors, and the vastness of the Yukon.

Race rules for the 1000 require paddlers to camp a minimum of 6 hours every night. That leaves up to 18 paddling hours per day. Race start is 11am, so we were eased into Day 1 of the event with a short 12-hour maximum stint. Day 2 then ramped this up to the maximum 18 hours. By Day 3, all we had to do was repeat what we'd shown our bodies we could already do.



So a routine developed: wake at 4.30am, cook breakfast while packing camp, hop in kayak, paddle a bit, eat some more while floating with the current, paddle some more, hop out and cook dinner while setting up camp, sleep 5 hours. Repeat.

In that way, between 180 and 240 kilometres disappeared each day without pain. No blisters, no backache, perhaps just a little stiffness. Simple pleasures, such as instant porridge made with maple syrup and thermos hot water, became highlights in the routine.

Falling asleep while paddling was a regular habit. Means to combat it included singing, playing games, in-depth conversations, and reading Aussie Banjo Patterson and local



Not as cuddly as he looks



Race start at Whitechapel for the Yukon 1000



Porridge on the go!



All the competitors lined up 15 minutes before the start. Richard, wearing his familiar Sydney University top and shorts (of course!), is kneeling in the centre, and Buzz is standing behind him.

Robert Service poems and ballads. Finding campsites was sometimes tricky, hoping for the best ingredients to coincide: flat clear land, water supply, shelter, no sand or mud, and bear-free. We had no trouble sleeping instantly every night.

The 9 pairs in the 1000 came from New Zealand, England, Australia, Canada, USA, Finland and South Africa. I thought I was fairly outdoorsy and adventurous, but was eclipsed among this group. It took dinner and a hamburger or two, in our gatherings before and after the race, to start most talking, but the breadth of experiences was inspiring.

As expected, all were paddlers. It seems just about every big river in North America has a canoe event vying for title of the longest nonstop paddle, and someone from our group had done each one. Perhaps surprisingly, few ever ventured on to whitewater – clear from the awe they felt for the Yukon’s only ripple, the Grade 1 Five Fingers rapid.

Paddler Ben made up in part by having run multitudinous 10-15m waterfalls. He and paddling partner Kimberley have set many SUP distance records, and plan a few more like Torres and Bass Straits. South African Duncan, between bouts of big game hunting and running 15 restaurants, had skied to the South Pole, and was negotiating to ski to the North Pole. Ian & Wendy have adventure raced all across NZ. England Emily had swum the English Channel, then pressed on to swim NZ’s Cook Strait. Aidan bought a pushbike with snow tyres, and raced up the west coast of Alaska, following in the sled tracks of the Idatorod dogsled race.

While LCRKers may not have travelled to Alaska, most have sampled inland Australia. The vast, open plains and vault-like skies, the glowing sunsets and infinite horizons of our hot dry centre are surprisingly similar to the water and snow clad Yukon expanses.

The towns are tiny, no more than a few hundred people, in summer. Temperatures in winter drop to -60°C. The rivers



Buzz prepares 9 days of food, meal by meal

freeze over, and snow blankets everything. Any lingering humans should mimic the bears, and hibernate. To see it in summer, with the pine trees blanketing the hills in opportunistic green, is a treat.

To see a river almost as wide as some Aussie streams are long leaves a paddler breathless if wanting to change shores. In the braided flats, there were shallows we failed to avoid a couple of times.

On flat water our loaded kayak speed hovered round 8.5km/h, but the mighty Yukon current regularly added at least 6km/h, and at one exciting moment had us top 22km/h.

We’d been warned we’d see lots of bears, but perhaps the vastness swallowed them. We had but one sighting of the king of the forests.

Post Yukon, “What Next?” is an interesting imponderable. For those of you who have not yet done the Yukon, it has an easy answer.



Richard beds down for the night



Disembarking to slide over shallows



Soup dinner at camp site, night 4

A boutique LCRK team for the Hawkesbury

by Paul van Koesveld



Compared to last year's 49 craft, LCRK's team for this year's HCC will seem elegantly small at just under 40 craft. Compared to the entries of other clubs and groups, it may not seem small, although our Manly Warringah friends seem to be getting more serious this year.

"Small" numbers is one thing. The other element of "boutique" is high quality and many of our big guns are turning out. Matt Blundell and Toby Hogbin will paddle for us and they plan to work together to attack the Open K1 and Unrestricted category records – best wishes and don't tip each other in at Bar Point. Tony Hystek is back in the fray looking at the elusive 50+ unrestricted record.

The mercurial Tom Simmat, also back this year, has no doubt identified a record to attack and is developing his battle plan down to the smallest detail – but, as usual, we won't know the class and craft until the last minute. Chris Quirk and Stuart Myers will be very fast in their lightweight double ski. There are rumours that Ann Lloyd-Green (in the *Frank McDonald* Flash), Anjie Lees (possibly in her new K1 after surviving the Myall), Ruby Gamble and Meg Thornton have identified records that they would like to give a nudge.

Rae Duffy and Merridy Huxley will be very strong in Merridy's Supersonic. Tom Holloway has bought a Time Traveller to help him in his Open Long Rec assault (he likes classes that are expected to have a trophy to fight for). Bob Turner is always fast and will paddle his SLR1, this time with more than a few minutes to get used to the boat but still too busy organising marathons to spend much time on the water.

Big improvers are expected to include David Young in his V10 who has paddled superbly during this year's marathon series and the Myall. First timer, Peter Millard is also going from strength to strength, as are Ken Holmes and Ross Fraser in the Zero Tolerance. Long-time HCC paddler John Duffy last

year moved from the safety of the Mirages he used for many years to the faster Flash and this year will be in a slippery Sonic in the Unrestricted class.

With his paddling partner piking this year, Phil Geddes will try out his Swordfish ski in the ORS1 60+ age group. Duncan Johnstone is over his injury and looking very strong for this year's event.

Richard Barnes will be back for his 34th Hawkesbury, this time in a down river racer, continuing his habit of using varied unusual craft. He has about 20 at home to choose from. Kenji Ogawa will use his Flyer to rack up a most impressive 20th Hawkesbury.

We also welcome new members, Rozanne Green, Eric Filmalter, Garry Thompson and Justin Ryan to the HCC team.

Every one of our team deserves special mention (including those keen paddlers who really can't make it this year, one being our best performer in 2013, Glen Orchard, who is committed to attend lectures) but we can't fit them all into this edition.

Add to the mix the keen club members acting as landcrews and members of our shared support teams at the usual Sackville and Wisemans Ferry checkpoints and we will again be a very strong force in the event, the club competition and in fund raising for the Arrow Bone Marrow Transplant Foundation. **Landcrew and shared support team members are just as necessary for our club's enjoyment and success as are paddlers – if you can't paddle, offer yourself for another role.** The HCC Committee needs some help on the day and this can generally be done alongside your paddling, landcrew or shared support team activities. Contact committee@lcrk.org.au.

So, paddlers, what now?

- Actually enter the HCC before the late-fee cut-off.
- Make sure you name LCRK as your club; if you forget, go back and update that field in the on-line entry.
- Arrange your landcrew – if you are really struggling, let the club know on committee@lcrk.org.au and we will try to arrange

Do it the easy way, the Simmat way

by Tom Simmat

If you look at a 10-hour paddle and of course a 16-hour paddle over 100 odd kilometres most of which is in the dark, it all can be a bit daunting.

I break the race down to 5 stages. Each stage is different and very achievable in itself.

Stage 1 Start to Cattai

This is only about 12 kilometres, about what you do on your one-hour day training. Very easily achievable, so a time to settle in, concentrate on your stroke and rotation, see what your GPS is telling you about tidal flow rate (this year the tide is with you), and see who you are paddling with.

Before you know it you are at checkpoint A, Cattai.

Stage 2 Cattai to Sackville

About 20 kilometres, the length of a marathon series race, so a couple of hours, and this year the tide is with you. Just after checkpoint B there is a sharp right turn, a good opportunity to cut the corner and break away from that pesky lot hanging on to your tail. Or an opportunity to catch that just out-of-reach double ahead for a was ride.

It's now dark and getting cold, it has been hot, so time for a quick change into an extra thermal, a cup of soup and a banana. Get you landcrew to check your water.

Stage 3 Sackville to Wisemans

30 kilometres of opportunity to establish your position. So this year the tide is against you on this section. Let the losers look on this with intrepidation. Winners see it as an opportunity. Initially there are a couple of long straights, so get over very



close to the bank and sneak past those idiots out in the middle of the stream. After the ferry comes checkpoint F, which drags you right over to the right side. Stay on that side through the next straight, and then comes the great pick-up chance of the big W. A right turn very close in but watch the reeds and sandbank just around the corner, then cross straight away to the other bank. Cut very close in as you go past check point G, then again cross straight away to the right bank, cut the corner and over to the left bank and checkpoint H. A more gradual bend around a ski park then cross to the right side. Round the right corner and Wisemans opens up. Watch your GPS as you approach Wisemans to see if the tide has changed, if it is still against you stay on the left bank until the last minute.

And so into Wisemans, having past dozens, for a change and a drink and perhaps some coffee.

Stage 4 Wisemans to Spencer

The tide is with you again, so half an hour or better past the ferries it's round to checkpoint J and only an hour to try and get past the Sirens at Low Tide Pit Stop. Don't be tempted while the tide is with you. Just four shortening straights and you're at Spencer.

Stage 5 Spencer to the finish

This year, if you have been organised at Sackville and not stopped too long at Wisemans and avoided the Sirens at The Pit Stop, the tide will be still with you and its just a one-hour slippery-dip ride to the finish. Time to refocus. Watch your GPS for the faster current. The tide will be very low now so watch the mud bank on the left after check point P

And all of a sudden you are there. Well done.

Canoe Classic 2014

help from a club member not paddling this year.

- Attend the last famil and 2 x 12km night paddles.
- Bring landcrew members (first-timers in particular) to our HCC landcrew information session on Oct 8.
- Pay or raise the minimum sponsorship but much more would be welcomed.
- Work together before the race and then on the river: information sharing; joint training sessions with paddlers of similar speed and/or the same HCC start time; washriding and load-sharing practice and then implementation during the HCC.

Club facilities/services to you

On the day and night of the HCC, we will again provide strong support for our paddlers (without actually paddling for them) in a number of ways:

- A club marquee and gathering point at Windsor before the race gets under way; lots of opportunity to get last-minute advice and encouragement from others with more experience
- A club meeting point and experienced volunteers to support your landcrews at Sackville for as quick a turnaround as you want
- Away from the hurly-burly of the main boat ramp at Wiseman's Ferry, our marquee will glow out of the dark to identify our club meeting point and experienced club volunteers to help your landcrew get you out of your craft efficiently and back into it later if you are stopping for a rest and help/advice as necessary. Also, Andrew McKay's famous free café will again be in operation to provide LCRK landcrews and our more social paddlers with free warm food that tastes even better during a long evening (night?).

Remember, support the club and quickly identify teammates and landcrew by wearing LCRK shirts and hats during race day and during the night. At Wisemans Ferry, your LCRK insignia will be the ticket to Andrew McKay's café fare. You can top up your LCRK clothing at our Windsor marquee.

Before the HCC, read the wealth of useful information in your *Kayak Kapers* library and remember to keep checking out our website for the increasing volume of information and advice recorded there.

The traditional water-test for PFDs will not occur this year. All that is required is that PFDs meet one of the standards listed on page 50 of the race booklet.

The Sackville-Wisemans famil sept 21



Anjie Lees had her customary swim and also entertained with a mud dance



John Duffy and David Young did Wisemans-Sackville and back

Expected LCRK Fleet for 2014 Classic

Paddler	Category	Boat
Richard Barnes	50+ DRR	
Matt Blundell	K1 Open	Vajda Colt
Oscar Cahill	50+	Mirage 530
Tony Carr	LRec 60+	Challenger or Barracuda Interface
Adrian Clayton	BoB/UN 60+	Valley Rapier
John Duffy	UN 50+	Sonic
Neil Duffy	50+	
Rae Duffy/ Merridy Huxley	WUN 50+	Supersonic
Eric Filmlter	LRec 50+	Mirage 580
Ross Fraser/ Ken Holmes	LRec2 50+	Zero Tolerance
Ruby Gamble	WUN1 Open	Sonic
Phil Geddes	OSR1 60+	Fenny Swordfish
Shane Gibson/ Sam Gibson	BoB2	
Rozanne Green	ORS1 50+	Swordfish
David Hammond/ Tony D'Andreti	LRec2 Open	SLR2
Toby Hogbin	UN 40+	Think Uno MX
Tom Holloway	LRec/MRec Open	Time Traveller/ Burn X
Tony Hystek	UN1 50+	Kayakpro Vampire
Duncan Johnstone	LRec 60+	Renegade
Anjie Lees	WK1/UN1 40+	K1 or ski
Ann Lloyd-Green	WMRec 60+	Flash
Tony Mathers	MRec 50+	Epic 18X
Peter Millard	LRec 50+	Flyer
Kenji Ogawa	LRec 60+	Pittarak
Justin Paine	BoB	Flash
Jonathan Peters/ Warwick Sherwood	BoB2	
Chris Quirk/ Stuart Myers	BoB2	Stellar Double
Justin Ryan	BoB	
Tom Simmat	60+	A secret
Jeremy Spear/ Bruce Goodall	K2/UN2 50+	K2
Garry Thompson		
Meg Thornton	WOSR1 50+	Stellar
Jeff Tonazzi	MRec 50+	Epic V8
Bob Turner	LRec 50+	SLR1
Kyle Wilson/ Luke Heasman	LRec2 Open	Mirage 730
David Young	ORS1 50+	Epic V10



WEDNESDAY NIGHTS AT THE PONTOON with Paul van Koesveld

Although not at balmy summer highs, the number of paddlers turning up on the cold and windy nights of winter has been impressive; only occasionally were there fewer than 30 boats carving through the chilly water, a sign of the strength of our club through the keenness of our members. And the weather has tested us with beautiful evenings on the river few and far between.

Consequently, PBs were also few in number but **Peter Millard**, **Oscar Cahill**, **Fernando Charnis** and **Jeff Beere** trimmed their best 12km times and **Ella Beere** took a chunk off her best, as did **Ken Holmes** and **Ross Fraser** in their double. **Eric Filmalter** cut his best 6km time after a 12km warm-up.

Recently, it was great to see **Craig Ellis** and **Steve Newsome** back on the river, in singles and the double ski. We are also happy that **Gaye Hatfield** has brought **Lawrie Kenyon** back to his old haunts. We have missed **Tim Hookins** while he fine-tunes his pacemaker but look forward to his return.

For many members, the winter highlight was, in the words of **Tony Hystek**, "the stunning phosphorescence down near fig tree. Leave your drugs at home...this psychedelic display was mesmerising." It is hard to argue with that but three other highlights come to my mind:

- The sight of **Matt Blundell**, **Toby Hogbin** and the K2 of **Tony H** and **Richard Robinson** flying down the river in formation
- **Richard Barnes** sitting high in a double downriver racer (?) with the front seat empty; should he get double points on Doubles Night?
- **Justin Paine's** promised XXXOS cake in celebration of his 80th birthday not eventuating because the baker lost the order, but 5 smaller chocolate mudcakes demolished by a large bunch of happy fellow LCRK members who gathered happily around him for the compulsory cheesy photo.

Less mesmerising was the arrival of scaffolding all over Fullers Bridge and a work barge under it. It should be gone by about October 10 but in the meantime be careful turning around the bridge.

It is hard to see anyone catching **Tim McNamara** in the BC Doubles Cup. **George von Martini** is looking pretty safe in the Coffee Cup with other contenders dabbling with the 12km distance. Competition for the

Crudslime Cup remains wide open: **Tom Holloway** leads marginally from **Ruby Gamble** but if **Matt Blundell**, **Peter Millard** or **Duncan Johnstone** pick up big points in the last three rounds they will come into contention when the best nine rounds are determined.

Oh, the Shed. It is great to have our new expanded club home constructed and thanks to all those who helped get our largest project to this stage: most importantly **Jeremy Spear** and **Wade Rowston** leading the Sub-Committee but also those who helped move us to temporary storage and back to Rotary. We have a few small things to do around the building before we get the final Occupation Certificate. Then we need to tailor it to our needs: racking, shelving and other storage, security, external paving etc. These are jobs that we can/need all contribute to in a small or larger way and I thank you in advance for your skills, tools, goods, time and labour.



KWIRKY KOMMENTS COMPETITION



The winner of the inaugural Kwirky Komments competition was Wade Rowston. Richard and Linden Barnes, pictured here, were competing in the Akuna Bay Multisport race. For the record, they also produced their brother-and-sister act in the cross-country Gloucester Mountain Man race (22km MTB, 11km white water kayak, 10km run) on Sept 14.

Nature Notes by Jon Harris

Channel-billed Cuckoo - *Scythrops Novohollandiae*

The distinctive call of the Channel-billed Cuckoo is a reliable notice that spring is here - between the end of August and mid October their annual migration takes place from Indonesia and PNG to the northern and eastern coasts of Australia, and increasingly they are venturing inland. They begin the return journey in March to April.

They make a strident, high-pitched raucous call mostly in mid flight, but also when perched during breeding season. Like their relative the Koel, they are notorious for calling continuously through the night and can ruin your sleep if you have one roosting near your house.

They are the largest cuckoo in the world, (over 60cm tall and up to 900gm) grey in colour with a distinctive wing-shape (like a WW2 Spitfire plane) powerful long beak and a long, light coloured tail with dark horizontal bars. They roost in tall open forest and near watercourses and feed on native figs and other fruits, seeds, insects and even baby birds.

Like other cuckoos it is a parasitic breeder, ie it lays its egg or 2 eggs in another bird's nest, to be reared by that bird as its



own chick. It is known to parasite 8 different species, but typically uses magpies, currawongs, crows and butcher birds. The female cuckoo will either sneak into the nest while the owner is out foraging, or if the owner is home she will harass and intimidate the owner until it leaves and then in she goes. The cuckoo will occasionally damage the other eggs when laying her own, but mostly when the cuckoo chick hatches it simply outgrows the host's chicks, demands more food and the host's chicks die of starvation. As the chick grows it quickly becomes larger than the host parents and its voracious appetite keeps the poor hosts working constantly to feed it.

Like the koel it is not considered endangered and in some areas it may have even increased its numbers, due to the increased numbers of nesting host birds in human-provided agriculture and gardens. They are mostly solitary birds except when breeding, but are sometimes found as territorial pairs or occasionally in small foraging flocks.

