



KAYAK KAPERS

April 2012

Lots of LCRK successes in Bridge to Beach

Lane Covers did well in that great Harbour race, the Bridge to Beach, on March 18 both in overall placings and in categories.

Matt Blundell, in a Carbonology Sport double ski with Brett Greenwood, came in second, half a minute behind winner Jeremy Cotter. They won the double category.

Third less than a minute behind was Toby Hogbin, in an Epic V10 double ski with Stuart Innes, and only 13 seconds behind them was Glen Orchard, paddling a Fenn with Jason Cunningham.

The father-son combination of Tom and Kobi Simmat finished very much at the pointy end of the field, 13th overall and only 4 minutes down on the winner.

Tony Hystek was 2nd in the 50+ single ski category and 29th overall, and Jeremy Spear was 2nd in the spec ski category.

Marg McDonald, usually on the beach taking photos, made a last minute decision to race this year and piloted her Mirage 530 to first place in the female sea kayak category. 5th in the same category was Meg Thornton.

The race from the Harbour Bridge to Manly ferry wharf was held in fine conditions, with a small chop not bothering competitors, although a rebound from Bradleys Head claimed plenty of victims. A good southerly provided a nice push in the back over the closing kilometres of the 11km event.

The landing point on the beach between the pool and Oceanworld was as scene of semi-organised chaos. Competitors had to leave their boats and run 150 metres along the sand behind the pool to the finish line at the ferry wharf. But first they had to negotiate their way past hardworking volunteers collecting abandoned craft and stacking them in rows at the back of the beach.

Skis dominated the field of 420, but there were also



Ready for the start under the Harbour Bridge



Toby Hogbin (right) and Stuart Innes hit the beach at Manly in 2nd place



Tom Simmat has been honoured by being named NSW Master Athlete of the Year at the NSW Sports Federation Annual Sports Awards. He is shown being presented with his award by Kerri Pottharst, Olympic beach volleyball gold medallist from the Sydney games. The award recognises his unparalleled achievements as a kayaker. Tom said later: "I believe this award is very much a club award because without the Lane Cove Club team and support, individuals get nowhere." A modest statement of the sort we expect from this champion.

PS: Some of you may not recognise Tom in this outfit. He's been asked to wear it again at the Christmas BBQ and challenge Tony Carr for the title of most flamboyantly dressed kayaker.

lots of sea kayaks, plastics, stand-ups and even a surfboard paddler.

Average times provided by the organisers made interesting reading. For males on single skis they were Open 59.09, 40+ 58.52, 50+ 58.36, 60+ 1.03.41. For females it was Open 1.14.57, 40+ 1.01.53, 50+ 1.13.10.

In other words, the oldies averaged faster than the youngsters. Maybe it was a case of the older paddlers generally being pretty serious with their training and preparation, while some of the under 40s were recreational paddlers. Or maybe just not as competitive.

For the record, the slowest time was 1 hr 56 min 46 sec.

Bridge to Beach				
Competitor	Time	Plc	Cat	Cat plc
Matt Blundell/ Bret Greenwood	42.03	2	DbIM	1
Toby Hogbin/ Stuart Innes	42.49	3	DbIM	2
Glen Orchard/ Jason Cunningham	43.02	4	DbIM	3
Tom Simmat/ Kobi Simmat	45.45	13	DbIM	6
Tony Hystek	48.20	29	50+M	2
Matt Shields	50.35	50	OM	13
Matt Acheson	54.37	88	40+M	31
Evan Oppen	58.04	137	OM	29
Jeremy Spear	58.12	138	SpecSkiM	2
Jeffrey Tonazzi	1.03.22	209	40+M	64
Mike Finnegan	1.04.05	218	SpecSkiM	12
Marg McDonald	1.11.49	278	SeakykF	1
Meg Thornton	1.16.35	314	SeakykF	5
Craig Ryan	1.28.32	370	40+M	79



Marg McDonald is all smiles, as usual



Matt Blundell takes second place with Brett Greenwood



Glen Orchard (right) gets ready to run to the finish



Kobi and Tom Simmat abandon ship at Manly



Jeremy Spear ready to launch at Blues Point



Tony Carr captures a sprinting Tony Hystek on camera

Changes introduced in Marathon series

The NSW Marathon 9 series started off the 2012 program in Canberra on Feb 25 with a new system of ranking unknown paddlers or combinations, and it immediately came in for some fine tuning.

The system provides for competitors of unknown quantity to be given a division ranking and not score points in their first race. The commendable intention is to stop first-timers slotting into a slower division – and not only scoring a swag of points but denying those points to others – before being shunted to a more appropriate faster division.

Richard Robinson and Bruce Goodall, pairing for the first time, entered division 2 and won easily in a time of about 1.39. But because they had previously raced division 2 as single competitors, they should as a double under series rules have been entered in division 1.

In preliminary race results they were changed to division 1 and given a ranking. This stopped them getting any points which they felt they had fairly earned. They could not be moved direct into division 1 with the same time because they had not done any portages.

The problem was resolved by officially placing them last in division 1, 1 second behind the slowest of the other competitors, thus enabling them to score individual points.

Another move by the organisers to be applauded was regrading competitors with fast times. The winner of division 6, with a time of 1.49.59, was moved up to division 4. The next 9

placegetters (who included Janet Oldham/Friederike Welter, Bert Lloyd/Don Rowston and Richard Lindsay) went to division 5. There was a similar story in other divisions.

Matt Blundell won division 1 by half a kilometre – no surprise there – and Tony Hogbin outsprinted Darren Lee to take 2nd by 2 seconds.

Paul van Koesveld came up from his new home on the Murray to resume his partnership with Phil Geddes in division 4. They were 7th.

In division 6, Janet Oldham and Friederike Welter raised a few eyebrows with their brilliant time of 1.55.21.

Those who had watched their impressive style in training at the pontoon were less surprised.

Carmen Ellis in her debut race recorded an excellent 2.13.06 in division 6. She's gone from falling into the river from her new TK1 a few weeks ago to the fastest improver in town.

M9 Race 1 Canberra			
Competitor	Div	Time	Plc
Matt Blundell	1	1.32.53	1
Toby Hogbin	1	1.35.28	2
Bruce Goodall/ Richard Robinson	1	1.45.00	6
Richard Barnes	3	1.54.33	7
Gareth Baker	3	2.00.36	8
Phil Geddes/ Paul van Koesveld	4	1.52.00	7
Craig Ellis	4	1.54.45	9
Janet Oldham/ Friederike Welter	6	1.55.21	4
Bert Lloyd/ Don Rowston	6	1.57.03	7
Richard Lindsay	6	1.58.35	10
Liz Winn	6	2.05.43	17
Carmen Ellis	6	2.13.06	Rnk
Tony Walker/ John Greathead	8	57.08	6
Ian Wilson/ Alec Wilson	9	1.00.58	5
Joy Robinson	9	1.02.27	6
Ann Lloyd-Green	9	1.05.18	8
Tracey Hansford	9	1.06.11	10

Life's a beach and then you swim

by Tracey Hansford



If anyone would have suggested to me a couple of years ago that in 2012 I would be paddling a sleek red (and yes, they are faster) kayak in the Harbour Series, I would have been rolling on the ground laughing hysterically. I've always liked to paddle my own canoe – literally – but it had been a while and a lot of water had passed over, under and around my bridge!

After many years away from the water, I went back to paddling a Canadian Canoe in 2006 and qualified as a canoe instructor with Scouts NSW. I really enjoy teaching canoeing to the young ones, but eventually the constant one-sided paddling became too much and I bought the “plastic fantastique” that featured in last year's Marathon 9 Series as the only short red



At the start ... Tracey is in the centre in the red boat

plastic bathtub making an appearance in the series. I suppose I developed a strong case of over confidence with the red tub and I worked out I was ready for a flash boat and bigger and better challenges.

As a younger person, I was a pretty flash swimmer and not too bad in a few other sports. I won a few medals and trophies, gathered mainly in the pool, on the beach, on the ice and on a horse. I didn't know that all those keenly honed skills would stand me in good stead in kayaking many years later.

The Epic 18X was love at first sight, but an unrequited love ... I spent more time in the water than in the boat for many weeks. The starts were wobbly and the Fenn 3 was regularly hurled in frustration as I tucked it under the boat for the umpteenth time. My swimming skills came back quite well. I had plenty of practice swimming with the boat as I couldn't get back in. After a couple of months I was much better at both staying in the boat and swimming with it and decided I was ready for a Harbour Series race.

The Botany Bay Race was interesting introduction to the real world. I finished the distance without falling out of the boat which, thinking back, was a real achievement. There was no mention that the water would be choppy and coming at me side on when I entered this race. It's interesting when you spend an hour of your time with the cheeks of your butt suckered on to the seat in the boat and every inch of your body screaming “what were you thinking” inside your head.

“Live dangerously and to the full” or “only the good die in late middle age” is my new motto, so I entered the Lake Macquarie Paddlefest 10km. I really don't know what I was thinking

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Harbour Series				
Competitor	Time	Plc	Cat	Cat/plc
Race 1 Botany Challenge				
Long course				
Glen Orchard/ Jason Cunningham	1.10.29	2	Dbl ski	2
Tony Hystek	1.14.11	7	50-59M	1
Jason Cooper	1.26.38	38	40-49M	17
Jeremy Spear	1.33.53	54	SeakykM	
Short course				
John-Paul McLoone	46.27	5	30-39M	2
Jeffrey Tonazzi	48.53	10	40-49M	4
Tracey Hansford	59.47	23	SeakykW	1
Race 2 Lake Macquarie				
Long course				
Matt Blundell	1.36.00	1	40-49M	1
Tony Hystek	1.43.02	8	50-59M	1
Steve Newsome/ Tim Hookins	1.49.38	14	Seakyk dbl	2
Tom Simmat	1.50.11	15	60+M	1
Jason Cooper	1.51.13	17	40-49M	6
Andrew Mathers	1.56.50	23	40-49M	8
Jeremy Spear	2.01.47	26	SeakykM	1
Short course				
Jeffrey Tonazzi	1.01.00	11	40-49M	5
Tracey Hansford	1.23.22	27	SeakykW	1

Emotional rollercoaster in east Bass Strait

by Richard Barnes

The team was four intrepid kayakers – Dave Fisher, Mardi Barnes, Gary Roberts and me.

All signed on for different reasons, with different expectations of what a Bass Strait crossing might involve. As President of NSW Sea Kayak Club, Dave had been planning for over two years, so had read most of the past reports, and had a good sofa view of what to expect. He'd also followed a training program and had all possible safety gear to be as ready for any hazard as possible. Dave had done many sea miles, all up and down the East Australian coast.

Mardi was relatively new to ocean kayaking, with but a few trial day paddles. She is a 10-year Hawkesbury Classic paddler and has completed many long adventure races, so has the mental stamina sorted.

Gary and I have both crossed east and west Bass Strait previously, potentially saddled with preconceptions and expectations.

We all knew we had over 400km of paddling to conquer, but what else was in store? And how would we cope emotionally?

Driving from Sydney to Port Welshpool, all seemed pretty relaxed. There were no crisis moments of realisation when a



Richard checks out granite sculptures near Cape Barron

relaxation 8 mode.

Our relaxed state had quite a bit to do with a window of fine weather. After leaving Victoria, we had no rain for two weeks, and mostly very mild wind and wave conditions out in Bass Strait.

On a fear rating scale, hard to creep above a 2 in waters resembling the Whitsundays. There was just one day when in retrospect we might have waited for fairer weather. This coincided with the first committing leg from Wilsons Prom to Hogan Island.

It started calm, but by the time we reached Hogan 50km SE, the anemometer on the island was registering 30km/h with swell on our rear quarter and the wind whipping white horses to the horizon. Wavetops were fairly regularly breaking across the decks of our kayaks.

Mardi chose a place 5km from Hogan to be rolled by one of the waves, and again within a few hundred metres of Hogan's rocky shoreline. We never compared notes on our fear ratings at those moments, but for me it was definitely registering above calm. One attempt to come alongside Mardi's swamped kayak and provide some stabilising ended with my kayak being picked up by a wave and dumped right on top of Mardi. Not good.

Encounters with Bass Strait wildlife created a totally different emotional high. The 10 moment was at Wright Rock, a tiny rock island 40km from Flinders Island.

Here we shared a calm patch of ocean with literally hundreds of seals. As we approached their island perch, they seal-launched off the rock to swim around and under the kayaks. They were incredibly inquisitive, friendly and fearless in their antics around our boats. They were also infinitely more agile in the water than we in our relatively cumbersome craft.

We shared campsites with penguins a few nights, enthralled by their so-human antics. The airways served up sightings of



The team took time off during their Bass Strait crossing to do some hiking in Strzelecki National Park on Flinders Island. L to R Dave Fisher, Gary Roberts, Richard Barnes, Mardi Barnes.

critical piece of equipment had been left at home. There were a few anxious moments contemplating piles of gear and the dilemma of whether it would all fit into Mirage hatches. Nerves began to jangle only when we took our first paddle strokes toward Wilsons Promontory. It was windy and choppy, and some of us wondered whether we should have waited.

Potentially the decision to go or stay each morning was the most stressful part of the journey. BOM weather forecasts helped quantify the risks, but it was still a small lottery what the ocean and winds would serve up each leg. Get it wrong, and no matter how close to the day's destination, a strong headwind could force paddling back to the day's start point. This decision needed 100% consensus.

Once committed, there wasn't too much to make a day stressful. In fact, overall relaxation was the overriding impression of the trip. Wake up, eat breakfast, paddle, lunch, paddle some more, find a campsite, eat, and sleep. Nothing too overwhelming in that routine. A few nights we sat round the campfire trying to rate our feelings on a scale from 1 to 10, with 10 the highest extreme of the state. We were regularly in



Dave practises an eskimo roll in Banks Strait, off the north-eastern corner of Tasmania



Richard and Mardi dine in style in the rain at Refuge Cove, Wilsons Promontory

the regulars like seagulls, terns and mutton birds, plus more special encounters with pelicans, albatross and Cape Barron geese.

Were there lows? Perhaps at the finish at Little Musselroe Bay on the NE tip of Tasmania when the adventure was drawing to a close. Maybe reflecting on the weather, with a sense of letdown that it hadn't been rougher and more challenging. Visiting the township of Cape Barren and seeing only two people, closed shops and empty houses. Or camping on Roydon Island and eating grit with cheesecake for dinner in a sandstorm.

We'd each taken our own tents, an indulgence for space if we were holed up by rough weather, and also a safety measure if a tent were damaged. Gary's was, breaking a pole and the fly developing a large tear. This scheme had the bonus of private personal space after the day together, a quiet haven in which to write logs and not share snores too intimately.

Similarly, all being in single kayaks allowed us each some latitude to choose our own speed and course within a framework of sticking together. One of the joys was dodging in and out among granite boulders, and also threading passages between seaweed and waves along the island coastlines.

There were plenty of humorous moments, too. Slightly at the expense of others, the sight of Dave lying exhausted at the summit of Mt Strzelecki brought a smile, while watching Gary try to run on water chasing his kayak as it sailed off still towed by his kite had us in hysterics.

Gary's packing each morning was comically disorganised, and always resulted in the excess riding in a dry bag strapped



Wright Rock seal colony ... "they seal-launched off the rock"



Kite and sail propulsion past Mt Strzelecki

on top his back deck. It may have had something to do with the two karrimats, snorkel, flippers and fins he also carried across Bass Strait.

He did have the crowning laugh when he emerged with a fish caught on his spear gun at Hogan Island. Dave tried his hand at catching squid, with rope as fishing line, and surprised the locals and us by catching a far bigger specimen than they landed.

Gary went off to Whitemark hospital to get some cuts and bruises attended, and came back with a page-long letter listing his 14 different ailments, all with very posh-sounding technical names. This increased to over 19 by trip end.

All in all it was a remarkable trip, with events aplenty to stretch the sensory and emotional envelope. It is highly recommended to anyone with a sense of adventure. And once again it has proven to be safely within the reach of first-timers wanting to give it a go.



Trip's end—Mardi at Little Musselroe Bay



Gourmet camp cooking by Dave



Gary spearfishing on Hogan Island

Go kayaking through bellbird country

Every time I drive up the Pacific Highway and go across the bridge high above Mooney Mooney Creek, 10 minutes north of the Hawkesbury River, I gaze down on the water far below and wish I was down there paddling.

So when I heard that the master of fancy dress, Tony Carr, was organising a recreational paddle on these same waters, I jumped at the chance to go along.

And what a fantastic day we had exploring this wonderful area in brilliant sunshine. The water was muddy – this was two days after that horrific storm which lashed Sydney and most of the State – but who cares.

This is part of Brisbane Water National Park and it's a wilderness area, for the most part civilisation is out of sight and out of mind.

I had always envisaged having to paddle up from the Hawkesbury, but Tony dumped us into the water near the low bridge on the Old Pacific Highway, almost under the high bridge which I mentioned earlier. So we were on the spot without having to take a stroke.

There were 21 of us in a variety of kayaks, and we headed first upstream. One of the first things I noticed was that in the brackish water we had on the banks trees other than mangroves.

Downstream of the bridge, under that impressive high bridge which Tony announced is the highest in Australia, the mangroves reappear and there are several exits where you can get off the main waterway. This is bellbird country, folks, and as you meander along you have their refreshing sound ringing in your ears. We were also lucky enough to have our leader Adrian Clayton and Anton Conus fill us in on some local history, from the nearby Great North Walk to Aboriginal heritage to mangrove breathing habits.

I strongly recommend this area to anyone who enjoys taking a boat out for a peaceful paddle in the bush. Take the Old Pacific Highway (join it from the F3 at Mt White or Calga) and

turn left into Karool Road, a gravel road immediately before the low bridge. A few hundred metres along is a convenient launching spot.

– Justin Paine



Tony Carr writes: Through Freedom Outdoors I have been conducting guided paddles for 5 years. We have over 1200 paddlers and paddle at over 20 locations here and overseas. A number of Lane Cove members have participated and quite a few of our paddlers have become Lane Cove members. We have introduced a Boat Owners program to offer a broad range of quality recreational paddles on a monthly basis to special destinations. The Mooney Mooney paddle was the first in the program. It was free of charge. Future paddles will attract a charge of \$55 each. There is no joining or membership fee. On April 21 our Pittwater paddle will include a visit to Scotland Island. On May 20 we will visit Cockatoo Island. Our paddling tour in Fiji from June 23 to July 1 includes meals, accommodation, snorkelling, kayaking and guiding for \$2450. Further details at www.freedomoutdoors.com.au.

Plastic pollution in Lane Cove River by Jon Harris

I have long been disturbed by the amount of plastic and other litter I see in the river on Wednesday nights.

Since stopping work 3 months ago I have been doing two morning sessions per week and occasional paddles at Crosslands where the same problem occurs. I became increasingly fed up with seeing more and more plastic and started picking up any litter I saw on the return journey of my training paddles.



The cockpit of my Flyer holds a surprising amount, but sometimes I have returned with it crammed full and almost unable to move my legs. I take it all home to feed the yellow wheelie bin. I am now on my second binfull.

The litter includes polystyrene of all shapes and sizes, balls of all shapes and sizes, PET bottles of all shapes and sizes, esky lid, plastic bucket, a dinghy oar (which I left in the shelter at Lane Cove if

anyone can use it), plastic bags, a painting, a doll still in its wrapping, a cycling helmet, etc etc. Not to mention a garden bench (too big to pick up!)

Clean-up Australia day has come and gone for this year (4/3/12) but maybe we could organise a club effort next year. In the meantime, you may consider picking up any litter, particularly plastic, that you see when you are not actually racing.

Remember, if you don't pick it up, you can't complain about a polluted river.

Michael to go to Worlds

Michael O'Keeffe won the Australian championship in his age group at the National Sprint Distance Triathlon championships on January 29 and will represent his country at the World titles later this year.

The LCRK paddler took out the 60-64 year category on the Canberra course by a comfortable margin. Swimming is his strength and he did the 750m swim leg in 12.10, then followed this up with a competitive 34.37 for the 20km bike leg.



Australian 60+ triathlon sprint champ Michael O'Keeffe (centre) on the podium with Bob Harlow (2nd) and Warwick Brennan (3rd)

"On the run leg I become the hunted and it's just a matter of when and if the fast runners catch me," he said. "In this case they didn't and so a very ordinary 25.34 for the 5km was enough to hold off second place by 40 seconds."

The Worlds are in Auckland in October and Michael is concentrating on improving his running. "After that it's back into kayaking with a vengeance," he said.

Life's a beach

(continued from page 3)

at the time...

The start was a maelstrom of hot paddles, even hotter paddlers and me. It's great to be at the start and watch the world pass you by. Actually, this time I had a rather good start and got away nicely. It was a bit like a washing machine for a while, with water going everywhere, but eventually the talented paddlers got away and left the "not quite so genetically blessed" paddlers floundering away at the tail of the field where we belong.

I thought the calm leg of the race was a nail-biting experience but I wasn't prepared for the turn across the lake. Every muscle in my butt was hanging on to whatever it could hang on to. The wind was coming up and the side chop was quite hard to handle for a novice in a tippy boat. I was breathing a sigh of relief as I could see the turn buoy coming up and I was making really good time. No one had passed me for some time



and I thought I was the last one coming for home. At least the 20km guys hadn't passed me and I started to gain in confidence again. I was quite proud of myself.

Ever hear that prides goes before a fall. In kayaking terms there is no fall, it's more like a "splotch".

With the eye on the prize, I was ready for the turn. Unfortunately, I wasn't ready for sneaky ski wash that caught me totally by surprise. Now you see it, now you don't. Before I could blink, I was looking at the bottom of the boat in stunned amazement.

Now, you might recall I mentioned that I had a lot of practice swimming with the boat. That's because I can't get back in. Still and just to bring tears to a glass eye, I soon discovered that there were plenty of people behind me in the 10km race. I got to watch them pass me by as I swam the boat to the SES boat. I was happy to see them and keen to get back on my steed and continue the race. Unfortunately, the crew of the boat wanted to "calm me down", "settle me down" and give me drinks of water and a rest. It took me 5 minutes of pfaing about in the water and 10 minutes of convincing the SES that I was "good to go" before they let me go back to race.

I finished in a very slow 1 hour and 23 minutes over the 10km, but I suppose looking on the bright side, if I take off the 15 minutes of fuzzy GPS 0km/h time, 1 hour and 8 minutes wouldn't have been a bad time for a novice in a tippy red boat.

Cycling ravages our kayakers

Want to stay injury free? Stick to kayaking and put your pushbike up for sale on Ebay.

Quite a few Lane Covers cycle regularly, and we've even had some of our members – notably ex-presidents Graeme Jeffries and Rob Vallis – quit kayaking as a sport to take on cycling.

But it seems the balance required to stay upright in a tippy K1 deserts our members once they succumb to the lure of two self-propelled wheels.

We have had a number of serious bike accidents, resulting in major injuries.

Derek Simmonds started the rot in 2006 when he came off his bike near Belmont during a recreational ride around Lake Macquarie. He smashed his shoulder so badly it required a total reconstruction, and it was many months before he made a full recovery. Windsor paddler **Ian Cooper** came down in the same accident, but fortunately smashed his bike, not himself.

In 2009 **Bert Lloyd** broke his right thigh in three places in an accident on a bush track. He summoned help by calling rescuers from his mobile. The spiral fracture was so bad the lower section of his artificial hip had to be replaced. Bert is as tough as teak and made a full recovery faster than most of us expected.

In mid 2010 fitness freak **James Mumme** broke his wrist when he fell from his bike on West Head Road and had to have a pin inserted to assist recovery.

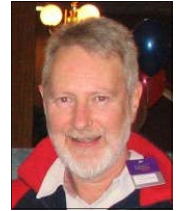
At the beginning of last year **Derek Simmonds** made the injured list again, rupturing a quad muscle while training for a bike race in New Zealand.

Last June **Tom Holloway** was rushed to hospital in a serious condition when his bike crashed into a car which pulled out in front of him. He suffered head and neck vertebrae injuries, plus a broken arm. After spending some time in a neck brace, he is back to full strength.

In October **James Mumme** was once again a casualty, shattering his hip and breaking a rib when he ran aground while descending Galston Gorge on his bike. He recovered so well and quickly he is already fitter and stronger than most.

Then in December **Trevor Williamson** came off his bike while riding along a bike path near Botany. He can't remember what happened and only recalls waking up in an ambulance. His injuries – busted ribs, dislocated left shoulder, cracked neck vertebrae – were bad enough, but it was a lung infection he caught while in St George Hospital which became a very serious health issue. Only after three months was he allowed to go home, and even then he remained on strong pain medication and had daily visits by medical staff. The medical treatment has tapered off and he will be able to begin rehabilitation to rejuvenate wasted muscles and in particular his damaged shoulder.

So – stick with kayaking! The chances of being rammed by a ferry or stink boat, nibbled by a bull shark or even clipped by someone else's flying paddle are many times less than the likelihood of becoming a bike crash statistic.



Derek



Bert



James



Tom



Trevor

Why we should never say 'Never'

Remember when James Mumme smashed his hip in a bike crash in Galston Gorge last October? And we sympathised with him in seeing his plans to do his first triathlon Ironman in New Zealand early the following year go up in smoke. Of course, he said he still hoped to make it, but we smiled politely and said unconvincingly "Good luck!" Well, he proved us wrong and showed that fitness and determination can overcome any hurdle. The New Zealand Ironman at Taupo on March 3 was turned into a half Ironman (now known as a 70.3 Ironman) at the last minute because of a ferocious storm the previous night. And despite a lack of training due to his recovery, James did it. Comfortably! He placed 971 overall and 37 in the 55-59 age group. His sectional times were 42.01 for the 1.9km swim, 3.09.08 for the 90km bike and 2.00.22 for the 21.1km run (plus transition times) for a race time of 6.06.07. Son Chris placed 45 overall and 4 in the 25-29 age group in 4.26.16 with sectional times of 27.30, 2.24.20 and 1.28.30.

Wednesday nights at the pontoon with Wade Rowston



It's been a great start to the year on Wednesday nights. Wild weather, many new paddlers, coaching classes held by Tony Hystek prior to the 6:30 start, personal bests and people trying new boats. One evening in January was so windy assistance was required while strapping kayaks to the cars so that they didn't blow away. More often than not, though, the weather was OK for the paddle, even if during the day the weather was bad and forecast was worse.

With the advent of all the rain, this year Wednesday night paddles have been characterised by brown river water and lots of debris. Many of you will already have noticed two large snags that have settled around Fullers Road bridge. Firstly on the left, as you approach the bridge, a tree has settled about 10 metres out. Secondly just beyond the middle pylon, about 2 metres, a single large branch protrudes which will be a real test in the dark with daylight saving ended, as it's right in the turning zone.

While we are on safety, please be aware that lights (white non-flashing attached to the boat front and back) and PFD are compulsory with daylight saving gone. If a paddler turns up at the start line without a PFD and/or lights then they are deemed not to be participating in the club event and no time will be recorded.

Attendance at the Crudslime and Coffee Cups has been excellent. Unfortunately round 1 results have been abandoned because no start times were recorded. After 3 rounds handicap



Ruby Gamble, Amelia Fletcher and Jana Osvald clean up

start times are now starting to settle down and there should be lots of close racing in both cups. After rounds 2 and 3 Craig and Sally Ellis have taken the lead in the Crudslime, and the Coffee Cup is headed by newcomer Tracey Hansford. Remember there is long way to go and your best 9 paddles will count. To earn points you need to start on your allocated handicap start time.

Tony Hystek coaching sessions have been tremendous. It's great to see a number of long-term paddlers pursuing an improved technique and new paddlers learning the correct technique from the outset. Tony's sessions have included off-water technique demonstrations in detail, then on-water drills and fitness exercises. Many thanks, Tony. By the way, were you one of those left bouncing around in the wash as Tony and Tom Simmat sizzled around the course in 52.37 a couple of weeks ago?

There have been a number of personal bests recorded already this year, including Tony's 55.33. Ruby Gamble had a recent PB, President Matt clocked his best individual time last week and Richard Robinson just keeps getting better with another PB in February. It's a little difficult at present to track everyone's PBs so please send me an email (rowsto@tpg.com.au) when you do. We will try to come up with an easier way to track PBs soon.

Many of you will be aware by now that there is a new results sheet available from the Wednesday Night Paddle > Results > 2012 link on our website. When you click on the link and see the results, then click on the 'View' menu option, then the 'List'

option. Each column on the spread sheet now becomes selectable based on the drop down list. Select your name to see your own results. You can also click on the column to sort it. It's a new approach so please take your time to get used to it. Hopefully you will find the new approach provides a flexible way to view the info.

A very warm welcome to all our new paddlers, among them Joanna Howe, Amelia Fletcher, Jana Osvald and Paul Gibson. We hope you are enjoying the Wednesday time trial and the ducks! Please ask for assistance carrying your boat if needed. We hope you can continue paddling through the post-daylight

The number of club boats is growing. Alan Whiteman, who is taking a break from paddling, donated his K1 to LCRK, and Tony Hystek has also donated a K1. So we now have three K1s. We have a K2, the "Grey Nurse", which Richard Robinson is using for the Aust Marathon Champs. Plus our K4 and the "Frank McDonald" Flash which Marie Carr has been paddling, and now Jon Harris has it. Club boats are available for use by members. Contact Jeremy Spear if you're interested.

savings and cooler months, the main goal later in the year being the Hawkesbury Classic. Good to have April 1 specialist Peter Carmody and Nick Chai back with us. Paul van Koesveld came for a paddle during an Easter visit to Sydney and talked about mouth-watering club facilities on the Murray. Also enjoyed seeing Chris Thompson and Glen Orchard at the pontoon - we'll have to put them on timekeeping more often.

Race in Gulf country

James Mumme, Bert Lloyd, John Thearle and Matt Blundell are planning to travel 2500km north, way past Mt Isa, to compete in the Gregory River Marathon on May 6. The 43km event is called "one of the longest and most isolated canoe races in Australia, regularly attracting more than 150 competitors" with "deep, long waterholes separated by sets of rapids and fast flowing bends". For race details go to www.northwestcanoeclub.org.au.



The Editor took his waveski with him on holiday in South West Rocks recently, determined to conquer a few waves. It didn't always turn out as planned.

Is Richard Barnes a little crazy? Find out by going to www.therockittmagazine.com.au and checking out the article about him in the April 2012 issue (near the back). *The Rock-itt*, which prints *Kayak Kapers*, is a free magazine distributed in Sydney's Northern Beaches area. It has a regular kayaking section.

Timekeepers

- Apr 18 Dave Hammond, Matt Blundell
- Apr 25 Ian & Alec Wilson
- May 3 Janet Oldham, John Thearle
- May 10 Joy & Richard Robinson
- May 17 Liz Winn, Justin Stanbridge
- May 24 Marie Carr, Michael Mueller
- May 31 Matt Acheson, Matt Shields
- Jun 6 Phil Geddes, Phil Newman
- Jun 13 Rod Stubley, Richard Barnes
- Jun 20 Richard Lindsay, Scott Gilbert
- Jun 27 Simon Raper, Steve Paget

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