



KAYAK KAPERS

August 2011

Plans to combine endurance races in a series

Watch out for it. It's coming. A new ultramarathon kayaking series is on the horizon, and promises to introduce some revolutionary changes to the sport and the way it is run.

In simple terms the proposal is to have a series which would include kayak races of more than 100km. The Hawkesbury Classic, Murray Marathon and Murray 200 (part of the SA's Riverland Paddling Marathon event) are likely to form the basis of the series. Representatives of each have indicated their eagerness to be involved and support cross-promotion.

The Avon Descent has been mentioned, but it is a different sort of race to the others, involving rapids and other obstacles, and at this stage seems unlikely to be included.

Australian Canoeing has also supported the concept of an ultramarathon series including these races.

Points would be allocated for a paddler's performance in each race, and this would lead to an ultramarathon series champion.

No time frame has been set for the introduction of the series and a number of steps have to be taken to make it a reality.

Among these is how to decide an overall champion. Is it to be on the basis of first across the line? Or on handicap? Or some other criteria?

There could be a club championship in ultramarathon.

Obviously there would need to be the same category classifications and specifications for all races in the series.

Tony Hystek, President of Paddle NSW and one of the prime movers for the proposed series, has met with Hawkesbury Classic and Murray Marathon representatives.

"We agreed on the need to standardise the classes, basically in line with Hawkesbury Classic classifications but even simpler," he said.

"We think, for instance, that there should be the same box specifications for all recreational class boats – the only difference would be the length, except for short recs which have no rudder.

"So a long rec, a medium rec and a short rec would all have the same minimum width. It would be similar for

doubles."

A major innovation is that kayak manufacturers would be asked to make boats which complied with various classes. They would place a sticker in each new boat certifying it for a particular class and that would obviate the need for scrutineering in various races.

"We would also see this as a promotional tool," Tony said. "People buying boats would see that they meet the requirements for racing in certain classes and might pursue that."

Some exciting proposals are also being made to entice more paddlers into the Murray Marathon.

The most attractive of these is going to be making the race a fully catered event. No more landcrews required – just turn up with your kayak!

How would you like to go to a multi-day race where someone takes your boat to the start each day and picks it up at the finish, looks after you at the checkpoints, pitches your tent, arranges your meals, probably even strokes your ego? And all this in the break between Christmas and New Year, when many people are reluctant to leave home because of other commitments, and finding a landcrew is a major challenge.

When the Red Cross dropped the Murray Marathon a couple of years ago, many wondered what the future held for the event.

Well, the YMCA moved in and it's full steam ahead. Organisers are keen to attract more participants and say there is a capacity for up to 1500 paddlers in 450 boats (many paddlers compete in relays). Last year there were 608 paddlers.

Schools, which currently provide a quarter of the field, are to be targeted for even greater numbers.

It has been noted that 77% of participants come from Victoria and only 12% from NSW.

[Tom Simmat is heavily involved in the move for an ultramarathon series and will report on progress in a special article in the next issue of *Kayak Kapers*.](#)



Matt Swann said the peace and quiet expected during a holiday paddle off the wonderful island of Capri, Italy, was shattered by the decibels of Cold Chisel blaring from James Packer's *Arctic P* (considerably larger than the runabout pictured above) anchored off Marina Piccola. James, who inherited the converted ice breaker from old man Kerry, was on board. Matt was not invited aboard for lunch despite his attempts to get their attention (maybe they just couldn't look down or he wasn't dressed for the occasion) but he did get a wave from some hanger on. He had great fun anyway, paddling through the rocky arches, avoiding the tourist boats and going into grottos.

Many highlights in a successful club year

The 2011 LCRK Annual Dinner on July 29 was a highly successful evening, with members and partners enjoying an occasion full of fun.

Features were the often noisy contest between teams for the Great Kayak Trivia Quiz, the presentation of the prize to Tom Simmat for the best contributed article in *Kayak Kapers* and a raffle which saw many winners thanks to the generosity of guests in donating extra prizes.

But above all there was the opportunity to mix socially with paddling comrades.

The dinner followed the 11th Annual General Meeting, at which Matt Swann was re-elected President.

Matt noted in his report to the meeting that our members are active not only in paddling but also multisport, recreational and other activities. Highlights of the year included installation of an enlarged pontoon, fielding 43 paddlers in the Hawkesbury Classic and winning the Commonwealth Bank Cup for the 7th time, having 8 competitors in the Murray Marathon won by Tom Simmat, Tim Hookins competing in South Africa's Fish Marathon (Matt says he is going to race the Fish too), Tony Carr claiming the Crudslime Cup and LCRK expanding its number of club boats with the purchase of a K4 and Frank McDonald's Flash. It was also the year in which we lost one of our members, Frank McDonald.

Also elected to the Committee for the coming year were



The LCRK Committee for 2011-2012: Justin Paine, Paul van Koesveld, Secretary Tim Dodd, President Matt Swann, Financial Vice-President Nigel Colless and Liz Winn. Absent: Tom Holloway.

Nigel Colless in the new position of Financial Vice-President (which incorporates the position of Treasurer), Tim Dodd as Secretary, Justin Paine, Tom Holloway, Liz Winn and Paul van Koesveld. Nigel reported to the AGM, on behalf of retiring Treasurer Simon Mann, that the club is in a healthy and strong financial position.

More pictures from the AGM and Annual Dinner will be in the Photo Gallery at www.lcrk.org.au shortly.



Kayak Kapers editor Justin Paine (left) was made a Life Member of Lane Cove River Kayakers at the AGM on July 29. He joins Roger Deane, Mark Sier and cross-Tasman paddlers James Castrission and Justin Jones who have been honoured in this way. The certificate presented by Vice-President Tim Dodd said the award was made "in recognition of extraordinary services rendered to the club over many years". This included, in particular, publishing *Kayak Kapers* and running Cafe de Justin.



The Trivia Champions! This time it was not who you know but what you know. The Great Kayak Trivia Quiz at the Annual Dinner was a close contest between teams formed by the various tables, with the victors being (back row) Paul van Koesveld, Tim Dodd, Alec Wilson, Ian Wilson, (front row) Liz Winn, Angela van Koesveld, Rita Geddes and Phil Geddes.



Tom and Christine Simmat, Wade Rowston and Tim Hookins





Richard Barnes draws one of many winning tickets in the raffle from a bag held by Matt Swann. With them are Marg McDonald, who was the raffle entrepreneur, and Marie Carr.



“This year *Kayak Kapers*, next year the Pulitzer!” This was the prediction jokingly made by Tom Simmat (left) after winning the Frank McDonald Memorial Prize for best contributed article in *Kayak Kapers* in 2010-2011. Shown with him are Marg McDonald, who presented the prize which honours her late husband, and *Kayak Kapers* editor Justin Paine. Tom’s winning article described his victory in the world’s longest canoe/kayak race, the Yukon 1000. Other finalists in the best article competition were Matt Shields, Tim Hookins, Andrew Mathers and Tony Hystek. The judges were Nigel Colless, John Greathead, Tim McNamara, Alan Whiteman and Liz Winn.



Kyle Stanbridge, Bill Donohoe, Tony Carr and Justin Stanbridge



Akuna Bay rivalry

The Akuna Bay Multisport race has become a major event for Lane Cove competitors. This year, on Aug 20, they will again be out in force for the challenging event which comprises a 32km road bike leg, a 12km paddle and a 12km hilly trail run.

Doing the race solo will be Richard Barnes, James Mumme, Matt Shields and Wayne Wanders.

Neville Bradshaw and Martin Lloyd are combining in the pairs category.

There will be huge rivalry in the teams relay, where Dave Kavanagh (bike), TBA (paddle) and Michael Mueller (run) in the open category will do battle with Graeme Jeffries (bike), Tony Hystek (paddle) and Brian Borskjaer (run) in the veterans category. Graeme says they plan to washride their opponents and pass them in the final 100m of the run.

Other teams in the relay are: James Terpening, Elke van Ewyk and Janet Oldham; Richard Robinson, Joy Robinson and Justin Paine; and Julien Manuel, Phil Harmer and Andrew Jepperson. Matt Blundell will also be doing the relay.

Adieu Blue Earth

Blue Earth closed its doors for the last time on June 30, the sad end of an era. It’s been some time since Roger Aspinall and Julie Stanton moved to Queensland and they have finally decided to close their kayak shop in Drummoyne. Both have given sterling service to the paddling community in general and to Lane Cove River Kayakers in particular. For years Roger ran NSW Canoeing’s marathon series and did it very efficiently, and he also served as President of NSWC and LCRK. Roger and Julie were extremely popular and always generous with their time and quick to encourage and assist others. Their many friends wish them luck and hope they will stay in touch.

Tom on the mend

Tom Holloway is well on the road to full recovery after a horrific cycle accident in early June.

He was riding his bike at speed down a hill near his home in Top Ryde at night when a car turned across in front of him. He smashed into it, suffering head and neck vertebrae injuries, and also breaking his arm.

An immediate problem of bleeding in the brain was quickly overcome, but he spent some time in hospital. By the time this issue of *Kayak Kapers* is published, he hopes to have been able to discard the neck brace he has had to wear.

He has been down to the pontoon to see friends but a bout of flu kept him away from the AGM and Annual Dinner.

Yachtsman Craig shows his sailing skills

Craig Ellis stepped out of our K4 into a boat much, much bigger but less than twice as long to skipper *Future Shock* into 11th place overall in a fleet of 65 in the Sydney-Gold Coast yacht race which started on July 30.

The 55-footer’s time for the 384 nautical mile race was 2 days 11h 59m 38s at an average speed of 6.4 knots – probably less than Craig would hope for in the K4.

You can be courteous to others and still race

The K4s seem to have quickly become a regular feature at the marathon series. At Narrabeen, Wyong and Windsor they have been out on the water, providing a new dimension to these popular events.

Just how to fit them into the program seems to be a work in progress, depending to some extent on local conditions and the need for a good-sized turning circle around the buoys.

At Narrabeen they did the same four 5km laps as everyone else in the 20km races. At Wyong they went further upriver than the rest of the field to do two 10km laps, and at Windsor they did five of the usual 5km laps for a 25km race.

Lane Cove paddlers have been in involved in all these races and Penrith Valley has joined LCRK, Manly Warringah and Central Coast in the clubs participating.

Jason Cooper, Jeremy Spear, Craig Ellis and Bob Turner took our newly acquired K4 out for the first time at Wyong and had a great learning experience. Craig would like to organise a K4 crew for the Hawkesbury Classic but with Jason and Bob doing it in a double is looking for other paddlers interested in joining the crew.

The spectators and most of the competitors have enjoyed seeing these speed monsters in action, but not everyone was joyful. At Windsor a paddler from another club complained that he was capsized when two K4s surged past within touching range, one on either side, and he was tossed over by their turbulent bow waves.

This brings up the point of courtesy and

consideration of others while racing. Slower paddlers are victims of these passing-close-on-both-sides practices in almost every race.

Competitors in the middle divisions frequently travel in packs and commonly split in two to overtake slower paddlers battling along as best they can. Throwing water all over the battler and frequently clashing paddles doesn't seem to bother them.

Similarly at turning markers, charging through on the inside from behind and smashing slower boats aside is common. Grunting "Sorry!" is hardly an acceptable excuse. Abusing paddlers who rightfully hold their line is also unacceptable.

Both the Wyong and Windsor races followed periods of very heavy rain and strong winds and had they been held a day earlier would have been in jeopardy.

At Wyong Richard Robinson continued what seems to be a family tradition by capsizing and found the water so cold "I had trouble breathing - someone called out to ask if I was okay and I couldn't speak".

At Windsor the new pairing of Phil Geddes and Paul van Koesveld turned up trumps and won a tight finish in division 5, over 3 minutes ahead of the third boat.



Phil Geddes, Ian Wilson, Paul van Koesveld and Tony Walker are well rugged up on a cool morning at Wyong

M9 Race 5 Wyong				
Competitor	Division	Time	Plc	
Tony Hystek/ Lawrie Kenyon/ Tim Hookins/ Rob Chant	K4	1.25.29	2	
Bob Turner/ Craig Ellis/ Jeremy Spear/ Jason Cooper	K4	1.33.30	3	
Matt Blundell	1	1.29.39	1	
Richard Robinson	2	1.46.48	6	
Nigel Colless	4	1.53.29	10	
Wade Rowston	5	1.57.28	11	
John Greathead/ Tony Walker	5	1.57.59	14	
Derek Simmonds	6	2.00.55	4	
Paul van Koesveld	6	2.04.24	11	
Phil Geddes	6	2.10.36	17	
Trevor Williamson/ Gregg Appleyard	6	2.17.00	19	
Justin Paine	7	1.50.19	12	
Ian Wilson/ Alec Wilson	8	1.09.36	5	
Bert Lloyd	9	1.05.38	9	
Tracey Hansford	9	1.25.19	15	

Divs K4-6=20k, div=15k, divs 8-9=10k

Bob Turner and Jason Cooper

M9 Race 6 Windsor				
Competitor	Div	Time	Plc	
Tony Hystek/ Tom Simmat/ Lawrie Kenyon/ Rob Chant	K4	1.53.52	1	
Jason Cooper/ Bob Turner	2	1.43.59	5	
Richard Robinson	2	DNF		
Richard Barnes	3	1.51.42	5	
Phil Geddes/ Paul van Koesveld	5	1.52.05	1	
Craig Ellis	5	1.57.22	4	
Wade Rowston	5	2.07.08	9	
Derek Simmonds	6	2.02.18	2	
Richard Lindsay	6	2.06.06	9	
John Greathead	8	1.02.18	5	
Ian Wilson/ Alec Wilson	8	1.07.36	6	
Joy Robinson	9	1.06.40	6	
Ann Lloyd-Green	9	1.08.19	7	
Andrew Kucyper	9	1.10.51	9	
Justin Paine	9	1.13.19	10	
Tracey Hansford	9	1.24.57	11	

K4=25k, divs 1-6=20k, divs 8-9 = 10k

Iceberg series

Results from the new Iceberg series, race 2 at Bayview on June 25: Neil Carlyle/ Bruce Daily 1.20.40 8. Short course: Jeff Tonazzi 1.35.37 16.

NSW Marathon Championships July 2-3

Competitor	Event	Distance	Time	Plc
Matt Blundell	O K1	30k	2.17.44	1
Jason Cooper	K1 40+	24k	2.17.26	1
Tony Hystek	K1 55+	24k	2.16.52	2
Tom Simmat	K1 60+	18k	1.59.08	6
Derek Simmonds	K1 60+	18k	2.04.36	7
Paul van Koesveld	Med Rec 60+	18k	1.58.27	1
John Greathead	Med Rec 70+	12k	1.30.17	1
Wade Rowston	Long Rec 50+	24k	2.33.48	1
Phillip Geddes	Long Rec 65+	12k	1.28.10	1
Tony Walker	Long Rec 65+	12k	1.33.09	2
Craig Ellis	Ocean Ski 40+	24k	2.24.49	3
Tony Hystek/ Tony King	K2 50+	24k	1.56.56	1
Phillip Geddes/ Paul van Koesveld	Long Rec2 60+	12k	1.12.44	1
John Greathead/ Tony Walker	Long Rec2 65+	12k	1.16.14	1

Foiled again!

Do you fancy some fun kayaking on a foil? Tune in to this website and hang on to your hat:

<http://www.youtube.com/watch?v=VyOZvtOWol&feature=related>

Here's another site with useful information, it's about using the ergo machine but gives a good description of the set-up and stroke:

<http://www.youtube.com/watch?v=N24csYRVOVM&feature=fvwr>

(Thanks to Richard Robinson for these sites, he has a list of others long enough to fill a brief case. We'll have more in the future.)

LCRK gets two club boats – please use them

paddling this rare beast will bring a huge smile to your face

Lane Cove now has a K4 in top racing condition – and we're looking for members who want to paddle it.

It's there for the benefit of everyone in LCRK, not just the faster people. So if you want to see what it's like paddling really fast, put your hand up!

It may well be that one or two of the members of any crew taking it out should be K paddlers to help stability, but that is something that will be sorted out as it comes up.

The intention is that it should be available for Wednesday night time trials. Jeremy Spear, who was instrumental in negotiating the purchase, said the pontoon was designed to accept a K4 for launching and retrieval.

It made its first appearance at the pontoon on July 27, when Tim Dodd, Jon Harris, Craig Ellis and Tony Hystek launched it with ease and had a highly successful 12km outing.

As it has a turning circle marginally better than the *Queen Mary*, taking it under Fullers bridge is not an option.

So the K4 did a different course, heading down river from the usual start under Epping Road bridge and passing under Figtree bridge to a turning point well down the Hunters Hill peninsula.

The boat is currently being stored at Manly Warringah's boatshed, a gesture from them which is much appreciated, and training sessions are being held on Narrabeen Lake. MW has at least 3 K4s and loves to have someone out on the water to race against.

Jeza said: "I look forward to seeing all your huge smiles when you get out of a K4 after a blast at speed!"

Our white K4 was bought from Central Coast CC for \$2000 after being successfully trialled in the Wyong marathon race.

Jeza says it has been meticulously maintained by CCCC and stored under cover. It is in great condition, is watertight, has excellent seats and is stable. The rudder/steering gear is in good condition but we will probably replace the flat alloy rudder blade with a foil-shaped blade in due course.

"These are rare beasts and good ones are hard to come by," he said.

LCRK also owns a registered and customised kayak trailer built to take two K4s and eventually also about 9 singles or doubles – good for major events or tours. Our new acquisition will probably live on the trailer, protected by a UV-proof boat cover.

At this stage it seems there is a good chance we will have a crew in it for the Hawkesbury Classic.

Tom Simmat has replaced Tony King in training for the Classic in another K4 with Tony Hystek, Rob Chant and Lawrie Kenyon. Although currently only Tom and Tony are LCRK members, it is hoped that in the big race

the whole crew will qualify to represent our club. They are planning to have a serious crack at the 50+ K4 record of 9.25.20, but CCCC are also entering a K4 with the same objective.

This has the makings of a great night-long tussle. Imagine how much more exciting it would be if LCRK had another crew in our new boat going for, say, the 40+ record.

Our K4 is also available for other events, and the Myall Classic is a good example.



Tony Hystek, Craig Ellis, Jon Harris and Tim Dodd return to the pontoon from the inaugural K4 time trial on July 27

Frank McDonald will be out on the water with us

The memory of the late Frank McDonald will live on permanently in Lane Cove River Kayakers with the acquisition of his Flash to be used as a club boat and the naming of it after him. Frank, one of LCRK's most popular and active members, died 11 months ago after a long battle with lung cancer.

When President Matt Swann learned his wife, Marg, had put his Flash up for sale, he acted immediately to get it for the club. He also arranged for it to be named after Frank.

In a simple ceremony at the July monthly BBQ, Marg christened the boat and stuck a waterproof photo of Frank on the bow next to his name. She performed the christening with a bottle of beer because "Frank would have preferred that to champagne".

For the time being Matt will store the Flash at his home. If anyone wants to use it, get in touch with him.

Matt is very keen for someone from the club to paddle it in the Hawkesbury Classic, which was one of Frank's favorite races.



Marg McDonald christens Frank's Flash with a bottle of beer, watched by President Matt Swann. Above: The waterproof picture of Frank on the bow of the Flash.

Policing the regulations South Australian style

Tom Simmat stopped by the water police and threatened with an on-the-spot fine during one of Australia's major kayak races? True or false?

Answer: true.

It happened during the Murray 200, held over three days in the holiday long weekend in mid June. Tom and Liz Winn were in a relatively small field competing in the annual event on the lower Murray.

"On the first day I got pulled up by SA Maritime and berated for not paddling on the right side of the river," said Tom.

"I was in the middle but I was working the river. It's a rule of the race that you paddle the right bank but no-one I saw paddled the right side. The Maritime boat came straight across in front of me, a big powerboat, a 25-footer, there were waves everywhere, quite dangerous.

"He threatened me with an on-the-spot fine which I found out later could be up to \$5000. He really had a go for 10 minutes, then charged off down the river.

"When he came back an hour later he watched me for 15 minutes, I was on the right side of the river because I knew he wasn't far away."

Tom said he emailed the organisers after he returned to Sydney to let them know they "need to sort out this problem".

Despite this incident, he said the race was well run, with good maps and good camping facilities. However with almost as many competitors as classes, just about everyone won their class or came second. On each of the first two days everyone had to do a portage around a lock, but on the third day they were all put together in the lock and dropped down to the lower level.

The weather was fine and the only non-race craft they passed in the whole event were two houseboats.

Tom paddled his Apollo XI to a medium rec record time of 18.29.16, beating the previous record of 22.11.05 set last year by Andrew Mathers. His sectional times were Berri-Moorook 76km 6.46.12, Moorook-Wackerie 69km 6.18.16, Wackerie-Morgan 63km 5.24.48.

Liz paddled the whole race with well known Victorian veteran Bill Robinson, who has done it 19 times compared to the next most of 13.

They met during the Murray Marathon a few years ago when Bill talked her into doing the Murray 200 in her Flyer for the first time. This time they were staying in the same caravan park and Bill suggested they do the race together.

"And that's what we did. It was wonderful. I went with the view of doing the distance and not killing myself, and I wanted to finish with a smile on my face," Liz said.

"We enjoyed the ride and we still came in an hour faster than the time I did in 2008 when I nearly killed myself. The flow in the river made a difference - I was told it was 2½km/h compared to nothing in 2008.

"And I did end with a smile on my face. I love paddling distance and feeling the camaraderie and joy of paddling."

At one point Tom came up from behind them and she was waiting for him to shout "Go! Go! Go!" but he surprised by not doing so.

Instead he stayed and chatted and even waited while Bill got him to pose in front of the river bank for a photo.

Liz's times were 8.04.27, 7.33.49, 6.46.15, total 22.24.31. She won her class.



Tom Simmat stops for a chat with Liz Winn



Liz Winn with her paddling buddy, Bill Robinson

LCRK member Michael O'Keeffe recently completed the 904km Mawson Mountain bike trail from Adelaide to the Flinders Rangers and filed this report for Kayak Kapers.

As a Broken Hill lad from way back and an aspiring mountain bike rider, the chance to participate in Bike SA's 2011 Outback Odyssey from Adelaide to Blinman in the Flinders Rangers was too good to miss. An escorted ride along the world famous Mawson trail would be a good first MTB outing, with the bonus of riding through part of the outback that has featured in numerous holidays over the years.

Bike SA is famous for its escorted rides with the biennial Outback Odyssey their star attraction. On Saturday April 30 - 4 days after my 60th birthday - 100 riders supported by 30 volunteers headed out from Adelaide. 12 days of riding and 2 rest days ahead of us.

We quickly settled into the daily routine. Up at 6, pack the tent, have brekky and hit the track around 7.30. Anywhere between 60-100km and 6-7 hours riding ahead of us. Each day's riding consisted of single tracks, farm trails, outback gravel roads and the very occasional stretch of bitumen. While not highly technical, the trail has a number of really challenging

An Outback Odyssey – by MTB

by Michael O'Keeffe

spots through creek crossings, brutal climbs and rocky descents.

The volunteers provided very welcome morning tea, lunch and afternoon tea and also transported our tents and gear to the next campsite. Evening meals were provided by local football/netball or tourist development groups in the towns where we stayed. Terrific country meals with plenty of nutrition for the next day's ride.

After 4 days riding through the Barossa and Clare Valleys, Burra provided the first rest day. This old mining town provided many of the Cornish miners for Broken Hill and now is a regional farming and tourist centre. Another 4 days riding with the second rest day at Melrose. The oldest town in the Flinders Rangers is now the centre of mountain bike riding in South Australia.

Riders' ages varied from 21 to 78 (a very sprightly lad called

Worsening weather cuts Geoquest short

by Matt Shields

For 10 years the June long weekend has marked the date of when Australia's premier adventure race takes place. Team No Roads Expeditions from Sydney raced against some of the nation's best teams in this year's event held on the Mid North Coast region of Nambucca Heads. The team comprised me, Jeff Price, Mark Howell, Mel Pelly and team manager Garry Sundin. All come from around Sydney.

8am Saturday morning was the race starting time and the first leg of the race was a 15km ocean kayak north from Nambucca Heads to Hungry Head.

Our two surf skis left the beach into the breakers and into the rough ocean swell. Sitting mid pack we increased our pace and started reeling in the leading teams. Before we knew it we had moved up to 3rd place and we just needed a good runner to move into 2nd position. A large wave at our stern steadily formed just at the right time and we jumped on it and into 2nd.

Next leg was a MTB leg with multiple checkpoints (CPs) to find. Team members could separate to find these CPs – our team stuck with a safer but slower option of doing this in pairs.

We reached the next leg which included the mystery discipline of transporting your team and bikes down a 2km stretch of the river. Our good choice of raft, an inflatable air bed, was evident as we caught many teams along the way. From here we got back in the kayaks for an 11km paddle to Urunga where we dodged submerged oyster leases along the winding banks of the river. From here we had a pack raft crossing of the Bellinger River and a 5km run up the beach to the town of Mylestom.

The team was doing well and we jumped back on the bikes for a ride towards the foothills of the Dorrigo escarpment. Weather conditions had started to change and the southerly front was about to hit and make racing a whole lot harder.

The next leg was an epic trekking stage that took us from 50m elevation up the Syndicate Track to the Dorrigo plateau which sits at over 900m. For nearly 4 hours we pushed onwards and upwards through the wind and rain towards the summit.

Little did we know one of the worst storms the north coast has seen in recent history was about to hit the region. We arrived at the transition area (TA) wet and frozen but happy to see our support crew. Our crew had been pushed to the limit as well, overcoming horrid driving conditions and a bogged vehicle. We now had a car move to the next leg and enjoyed the shelter and warmth of the vehicle.

The next leg was a testing MTB ride with more pushing the

bike than riding back to the Kalang River. We arrived at the end of this epic biking leg, which saw us using our bikes as chainsaws to cut through mountains of lantana and push through thick scrub, to be welcomed by the sun rising behind the storm clouds on our second day on the course.

We loaded our packs with supplies for the Mega Trek leg and headed for the hills. Navigation choices were plentiful and careful route choice was important not to lose time to other teams.

Conditions were not improving and torrential rain was now causing creeks to flood, slowing progress on difficult terrain. Approaching the end of this leg we caught a couple more teams



Matt Shields and Mel Pelly transport their bikes down river on an inflatable air bed

as we found our legs and talked of the final hours ahead of us approaching the end of the race and the finish line at Nambucca Heads.

With worsening weather forecasts predicted and reports of emergency services vehicles getting bogged on course, things weren't looking good. As our team approached the final ride leg we were told by officials that the race would finish early and positions would be recorded as we checked in. We finished in 9th position overall. Unfortunately I don't have our time but it was over 30 hours.

The team was happy with our performance and would like to thank our support crew and sponsors. We now look forward to the Adventure Racing World Championships this November in Tasmania.

through the Flinders Ranges



Michael O'Keeffe and Marita from Switzerland

"The Colonel") from all over Australia. NSW had the biggest contingent with SA, Vic and Qld each with over 20 riders. Marita from Switzerland (see photo) travelled the furthest to participate in her second Outback Odyssey, with a few Kiwis also part of the international brigade.

The ride is held every two years with one rider (now well into his 70s) having completed all five rides.

Those riders with Garmin 800 GPS units provided briefings on each day's statistics. On 2 days the cumulative ascent was 1200 metres with the overall total of 7500 metres over the 12 days. They did not get lost. The rest of us relied on maps and small Mawson Trail markers which were supposed to be placed every kilometre along the route.

The ride was not a race but certainly whetted my appetite for more of this type of riding. Looks like the next one on my calendar is the Ingkerreke MTB stage race in Alice Springs from May 14-18 2012. This 7-stage race is based in Alice Springs so no hassles of moving camp each night. The stages vary in length and according to a few riders goes through some absolutely stunning Central Australia landscapes. Hope to see some other Lane Cove members there next May. In the meantime, certainly not easy trying to balance all this training.



Former President Steve Russell made a short-lived return to Wednesday night time trialling on June 8 after a lengthy absence. He hadn't been out long before he hit an underwater obstacle. Steve paddles with such speed that the impact drove the rudder post back and shattered the hull. The damage is not clear in this picture but was enough to force him back to the pontoon. He says he'll be back on the water soon.



Two former LCRK members combined in an endurance run in June to raise more than \$6000 in a Save a Species initiative. Len Gervay (left) and Chris Turnbull decided to run from Sydney to Melbourne to get donations for the NSW Seed Bank to store seed and plant DNA to prevent the loss of plant species from ecological habitats. Turnbull covered the full 900km in 9 days, often running through sleet and gale force winds. Gervay had to withdraw after 500km due to injuries. The money they raised will go towards saving the critically endangered Wee Jasper Grevillea, one of the few wintering flowering plants around Jasper and Lake Burrinjuck. It is an important food source for honey-eater birds but has been almost wiped out by sheep and, goats and invasive blackberry.

Timekeepers

Aug 17 Len Hedges, Martin Dearnley
 Aug 24 Joy and Richard Robinson
 Aug 31 Tim Hookins, John-Paul McLoone

Tough workouts in training paddles

The Hawkesbury training paddles designed by LCRK to assist our members in preparing for the Hawkesbury Classic, and to fill the gap left by the discontinued familiarisation outings, have been very successful and have provided some unplanned tough workouts.

To simplify arrangements, all were out-and-back courses, with most of those taking part gathering together later for lunch.

The first, on June 26, was a hard slog from Brooklyn to Spencer against an ebbing tide. The faster boats had the tide with them most of the way back, but the slower ones had to fight a turned tide.

Paddling were Duncan Johnstone, Tony Walker/John Greathead, Michael O'Keeffe, Tracey Hansford, Paul van Koesveld, Justin Paine, Andrew Kucyper, Andrew Benoit, Richard Lindsay, Justin Stanbridge, Phil Geddes, Lisa Healey/Neville Bradshaw, John Duffy, Soon Loo and Derek Simmonds, with Tom Simmat trailing in the rear and advising those at the back how to choose the right course with and against the tide.

Craig Ellis drove the rescue boat, assisted by Matt Swann.

A gale force westerly kept many away from the second paddle from Wisemans, on July 10, but Matt Swann, Duncan Johnstone, Richard Lindsay, Craig Ellis, Tracey Hansford, Justin Paine, Lisa Healey/Neville Bradshaw, Phil Geddes, Paul van Koesveld and Elke van Ewyk braved the conditions. To gain some protection under the hillsides, the course was changed from downstream to head upstream against the tide into the Big W.

Richard and Joy Robinson kept an eye on paddlers from the rescue boat.

Beautiful sunny weather greeted paddlers at Wisemans on July 1, with Matt Swann, Richard Lindsay, Tony Mathers, Tracey Hansford, Ann Lloyd-Green, Lisa Healey/Neville Bradshaw, Soon Loo, Don Rowston, John Duffy, Phil

Ironman

Lane Cove River Kayakers is well known not only for its strength in marathon paddling but also for the depth and quality of our members who excel in associated sports like cycling, adventure racing, running and rogaining.

Add this name to the list: Neville Bradshaw.

Neville competed in the Australian Ironman championships in Port Macquarie in April, finishing a creditable 18th in the hotly competitive 50-54 age group.

His times were 1.06.59 for the 3.8km swim, 5.49.42 for the 180km road bike and 4.05.49 for the 42.2km marathon run, total time (including transitions) 11.17.25.

Geddes, Paul van Koesveld, Justin Paine and Elke van Ewyk fronting up. Tom Simmat brought wife Christine along to help him again encourage the slower boats.

Originally planned to go upstream and have the benefit of the tide, the



course was switched to downstream – resulting in a grind against the tide both out and back.

The previous day Tim Dodd had led a 20km PNSW recreational paddle from Wisemans to Gunderman, with many of the 29 who registered planning to do the Classic for the first time. Well done, Tim!

The final LCRK training paddle will be a day/night outing from Windsor on Sept 24 which will be followed by dinner.

Sprint series

Results from the PNSW June 5 sprints:

1000m. Race 3: Jason Cooper 4.47 4. Race 5: Tom Holloway 4.58 2, Nigel Colless 5.02 3, Jeremy Spear 5.12 4, John Greathead 5.55 6, Tony Walker 6.08 7.

500m. Race 3: Jason Cooper 2.18 3. Race 4: Tom Holloway 2.24 3, Nigel Colless 2.29 4. Race 5: Jeremy Spear 2.26 2. Race 6: Tony Walker 2.51 2, John Greathead 2.53 3.

200m. Final 3: Tom Holloway 0.55 5. Final 4: Jason Cooper 1, Jeremy Spear 6, Nigel Colless 7 (no times). Final 6: Tony Walker 1.08 1, John Greathead 1.09 2.

Results from July 16 sprints:

1000m. Race 4: Nigel Colless 5.05 4, John Greathead 5.57 6.

500m. Final 3: Nigel Colless 2.30 7. Final 4: John Greathead 3.03 5.

200m. Final 4: Nigel Colless 0.57 2, John Greathead 1.13 8.

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