



KAYAK KAPERS

June 2007

Paddling with celebrities for charity

From foundation to fruition it took less than two weeks and it was one of the most successful and best attended events Lane Cove River Kayakers have ever held – it was the celebrity paddler fundraiser for the Leukaemia Foundation on March 28.

The fun-filled charity outing was supported by some of Australia's best paddlers, drew a big crowd to Wirong Flat and raised \$5300 for the Foundation. What an amazing effort!

The celebrities entered into the spirit of the occasion and offered their services for the evening time trial to the highest payers. Bidding, spurred on by auctioneer Rob Vallis, was so enthusiastic it would have turned a real estate agent green with envy. Paddlers registering for the 12km sprint down the river and back also made generous donations.

The total of 53 boats on the water was a Wednesday night record. One of the event's main organisers, Graeme Jeffries, told astonished listeners that 40 of them were doubles which led to a comment: "That must be all the doubles in Sydney!" There were indeed a lot of doubles, although not quite that many – but don't let the facts get in the



Graeme Jeffries with Justine and Lance O'Connor and their son Oscar

way of a good story.

Graeme and Lance O'Connor deserve credit as the pair who kickstarted the fundraiser. Lance's 2-year-old son Oscar suffers from leukaemia and Lance had sought Graeme's support

for some sort of a fundraising BBQ for the Leukaemia Foundation. As part of this Lance thought he might auction a ride with him in a double.

Graeme raised the bar a notch and floated the idea that LCRK be involved. President Tim Hookins was approached and the proposal quickly went into overdrive. Six other celebrity paddlers joined Lance in volunteering to take part, with the seats behind them in doubles to be auctioned.

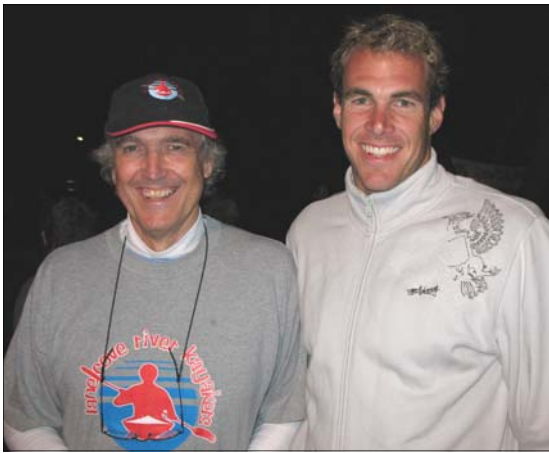
Emails flew thick and fast and the word spread. The whole concept was an exciting one and the opportunity to paddle with the best too inviting to miss.

At the auction the equal top price of \$510 was paid by Laurie Kenyon to go with Matt Blundell, Peter Tedesco to go with Lance O'Connor, and Peter Carmody to sit behind Yanda Nossiter (the female winner of this year's big Bridge-to-Beach race on Sydney Harbour on March 11).

Tim Hookins shelled out \$360 for the ride of his life with Tim Jacobs, while Rob Grozier also bid \$360 for the stoker's seat with surfing ironman legend Guy Leach. James Mumme contrib-



Celebrity paddlers Matt Blundell, Chantal Meek, Yanda Nossiter and Tim Jacobs are presented for auction by LCRK President Tim Hookins



Tim Hookins and Tim Jacobs



James Mumme and Dean Gardiner



Chantal Meek and Nick Chai



Ron Grozier and Guy Leach

uted \$310 to paddle with another legendary figure, Dean Gardiner, and Nick Chai also paid \$310 to team up with Olympian Chantal Meek (who recently conducted a couple of highly successful coaching sessions for LCRK).

The celebrities might have been there to play but they play hard. Those who went with them said later they had never had to work so hard before. The first 15 boats all beat 58 minutes.

At the finish line it was the Jacobs/Hookins crew (50.36) by a whisker from the Blundell/Kenyon team (50.40). (Don't be surprised if Tim Hookins turns up one Wednesday night with 50.36 tattooed on his forehead.)

Finishing times for the other celebrities were O'Connor/Tedesco 53.09, Gardiner/Mumme 55.28, Meek/Chai 55.33 and Leach/Grozier 57.14. The Nossiter/Carmody craft did not finish after a shortcut led to a rocky end.

The evening continued with a BBQ, the takings of which were also contributed to the Leukaemia Foundation.

Comments from some of the evening's stars:

Tim Hookins: "It was fantastic. Tim Jacobs is probably the fastest paddler in Australia right now. Before the start he asked 'What's the game plan?' I said 'I want to win!' and he said 'Right.' We stuck close to Matt Blundell and Laurie Kenyon, and Tim was at them all the time, making remarks and even bursting into song to try and put them off their stroke. They got back at us at the top mark, banging us into the barnacles on the bridge and into the boat, but we got away from them in the last 200 metres and won by 4 seconds. I'll never do 50 minutes 36 seconds again and I'll never finish ahead of Matty B again - this was magic, worth every cent."

Peter Carmody: "Yanda paddled at a rate I could maintain. Sitting behind her I focussed on her, uh, technique, more than on the river. She took out the rudder of my ski by introducing it to some rocks just before the last bend coming back to the start/finish line, it was dark and unfortunately she didn't know the river. In the bidding I tried to get into the spirit of things, I also paid an extra \$100 to get Dean Gardiner to wear Lance O'Connor's Red7 colours. I'd like to see an event like this each year, we can have some fun with the celebrities and put something back into the community."

Nick Chai: "It was a great experience. Chantal rated very quickly, faster than I would normally rate, and for me it was a matter of not letting her down. We were racing with Dean Gardiner/James Mumme and Graeme Jeffries/Kobi Simmat, with Graeme giving his usual words of encouragement. There was a bit of rivalry between Chantal and Dean, they duded us on the bridge turn by coming on the inside and forcing us to go wide. We did 55.33 which is 10 minutes faster than I usually go and that was a thrill."

Matt Blundell: "I had Laurie Kenyon with me and we were contesting the lead. There was a bit of friendly banter between us and Tim Jacobs, of course we pulled back and let them have a win. It was a lot of fun and good to have a change from the usual Wednesday night time trial routine."

Rob Grozier: "It was full on at the start with 7 boats going off, I've never worked so hard in my life. I was exhausted but after about 15 minutes I seemed to settle down and it was good. Guy's motto is 'long and hard' and that's how it was. The boat jumped forward every time he put his paddle in the water. We did some washriding and if we fell back he would turn and say quietly 'Pick it up, Rob' and we would go for it and get back up. I've never gone so fast in my life and never will again, it was a lot of fun."

James Mumme: "It was like mortal combat, all those little interplays, little manoeuvres with one boat taking the lead and another getting in behind them. On the last corner we smashed inside Nick and Chantal, probably illegally. Our time was 15 minutes faster than I usually do. Was I happy? You bet. I was on a high for the next two days."



Peter Carmody and Yanda Nossiter

Our White Water Wannabes

Paddling in white water is fun, it's demanding, it can be tricky and if you're not careful it can be dangerous. Just ask the LCRK party who went to Tumut for a 2-day camp in April to learn some basic white water skills.

The group was led by former Australian junior slalom K1 representative Craig Elliott (white water K1s are a different beast from their flatwater K1 cousins). Enjoying the fun with him were Christine Gordon, Tim Hookins, James Mumme and Urs and Arni Mader.

It all started from Craig suggesting to Tim and Urs that as they were planning to do major events involving rough water, they should get some experience of it in advance. Tim is aiming for the Fish River Marathon in South Africa, which he says is full of grade 2 and 3 rapids, in late September. Urs is off to Canada in late June to tackle the Yukon River Quest which has some rough patches.

They stayed in a picturesque camp site overlooking the Tumut River where some grade 1 rapids were ideal for learning.

"It was a beautifully modulated training weekend," said Tim. "Craig took us through the basic strokes on the first morning and although the rapids were only a foot deep they were like a tidal wave to us. He had a throw bag – a rescue line – and as we kept falling

in he was pulling us out the whole time."

James found the paddling was not easy, even though the water flow was down, and a lot more technique was involved compared to flatwater paddling.

In the afternoon they drove to the base of Blowering dam and paddled the 26km back to the campsite, a 3-hour test which left them "really stuffed". Although they used short white water boats for the morning instruction, they used their own craft for the afternoon paddle – Craig in his Khan downriver racer, Tim in a Flyer, James in a Marauder and Urs in the Reflection he is taking to the Yukon (the ladies didn't paddle).

Craig took the lead and showed them which way to go down the rapids.

Next day was something of a repeat, with more instruction near the campsite in the morning followed by another 26km paddle from below the dam in the afternoon. But this time Craig stayed back in the downriver journey and let the others take turns in the lead, which suddenly made it all more difficult.

Tim took his carbon-fibre Illusion this time and managed to hole it on a rock (all is not lost, it can be repaired).

Urs was washed under a rock and for about 20 anxious seconds was trapped underwater by the rush of wa-



The correct way ...



... and the other way

ter pinning him in the cockpit. However he managed to kick himself free and said the incident taught him to treat the river with respect.

"White water can be very unforgiving. I was not really worried but I can see how it could develop into a very dangerous situation," he said.

So much for Tumut. Next stop: Barrington Tops.



James Mumme, Urs and Arni Mader, Craig Elliott, Tim Hookins



Outdoor classroom at the camp site

WMS Race 3 Narrabeen

Competitor	Div	Time	Plc
Ian Hofstetter	2	1.41.00	2
Matt Acheson	2	1.41.22	3
Craig Elliott/ Tim Sindle	2	1.41.36	5
Thomas Reif	2	1.42.16	6
Peter Giesbuhl	2	1.42.26	10
Jeff Bannerman	3	1.55.58	7
Tom Simmat	4	1.50.46	3
Len Hedges	4	1.52.14	8
Simon Mann	4	1.53.59	9
Tony Hystek	4	1.54.15	11
Evan Oppen	4	1.55.32	12
Nick Chai	4	1.55.41	13
Tim McNamara/ Derek Simmonds	5	1.55.36	5
James Mumme/ Matthew Swann	5	1.55.43	7
Ian Purves	5	1.56.08	10
Don Andrews	5	1.58.24	13
Frank McDonald	5	2.02.27	19
Tommy Nolan	5	2.04.59	23
Don Rowston/ Wade Rowston	6	2.00.37	2
John Greathead/ Tony Walker	6	2.00.43	3
Bert Lloyd	6	2.02.48	7
Christie Brown	6	2.04.07	10
Stephen Padget	6	2.04.11	11
Greg Appleyard/ Trevor Williamson	6	2.05.38	15
Kevin Melville	6	2.07.57	17
Paul van Koesveld	6	2.14.44	25
Justin Paine	6	2.25.44	28
Jeremy Spear	8	1.32.08	7
Marcus Eakin/ Nicholas Salom	9	1.00.31	7
Christopher Kent	9	1.10.25	14
Divs 1-6 20k, Divs 7-8 15k, Div 9 10k			

WMS Race 4 at Berry

Competitor	Div	Time	Plc
Tim Hookins/ Tony Hystek	2	1.37.33	1
Peter Giesbuhl	2	1.40.24	3
Ian Hofstetter	2	1.44.57	12
Michael Mueller/ Rob Vallis	3	1.44.16	4
David Edelman	3	1.46.11	7
Tom Simmat	4	1.49.58	3
Graeme Jeffries	4	1.50.01	4
James Mumme/ Matthew Swann	4	1.50.08	5
Simon Mann	4	1.52.43	11
Len Hedges	4	1.55.14	14
Evan Oppen	4	1.56.43	16
Ian Purves	5	1.58.54	12
Tommy Nolan	5	2.06.36	22
Neil Meade	5	2.15.56	30
Don Rowston/ Wade Rowston	6	1.58.12	2
John Greathead/ Tony Walker	6	1.58.27	3
Stephen Padget	6	2.03.21	10
Bert Lloyd	6	2.06.08	14
Greg Appleyard/ Trevor Williamson	6	2.07.42	16
Steve Russell	6	2.07.42	17
Adam Green	6	2.09.54	20
Kevin Melville	6	2.10.10	21
Jeremy Spear	6	2.13.19	27
Justin Paine	6	2.34.20	37

WINTER MARATHON SERIES

Some like the wind, some don't

Well, our boys have been turning out in force for the Winter Marathon Series, as the number of names in the two results lists indicate (the girls, however, have gone missing).

It just goes to show how popular these monthly races are becoming. At Narrabeen for WMS3 there were 146 boats and 179 paddlers, while at Berry in WMS4 there were an astonishing 190 boats and 228 paddlers.

At Narrabeen it was a warm sunny day and the tide was low enough for the course to go under the bridge. With loads of plastic rentals dotting the water, it was at times a bit like dodgem

cars at the fair.

We had 4 of the top 6 in division 2, led by strong outings from Ian Hofstetter and Matt Acheson with 2nd and 3rd respectively. Divisions 4, 5 and 6 also had a string of excellent Lane Cove performances.

At Berry we unearthed a new powerhouse team. Tim Hookins combined with Tony Hystek in the Supersonic to demolish division 2 on a day when a strong, blustery sou'westerly made it hard going for most of us.

"We weren't bothered by the wind, in fact it was actually an advantage. Every time we saw a gust coming



Tom Simmat (centre) and Nick Chai (centre, rear) battle for positions at the start of division 4 at Narrabeen



Ready to race at Narrabeen: Peter Giesbuhl, Len Hedges, Tony Walker, John Greathead, James Mumme, Tony Hystek, Matt Swann (in front) Craig Elliott, Jeremy Spear

across the water we thought 'Good, that's going to cause problems for someone else'," Tim said later.

There was a hiccup at presentation time when a division 1 paddler was mistakenly declared the winner of division 2, with Tim and Tony relegated to 2nd place. However this was sorted out peacefully.

James Mumme and Matt Swann were happy with their first race outing in James' new Vindicator, coming in 5th in division 4, hot on the heels of Tom Simmat and Graeme Jeffries.

Division 6 was a re-run of the Narrabeen race, with the same 3 boats contesting the lead around the course and finishing in the same order. A pair of Canberra girls won again by a nose from Don and Wade Rowston, with John Greathead and Tony Walker on the podium for 3rd.



Racers and fellow-travellers at Berry: Judy and Tim Hookins, Adam Green, Tony Hystek, Tom and Christine Simmat, Trevor Williamson

Detailed results of all WMS races are available at www.nswcanoe.org.au under Marathon.



James Mumme and Matt Swann (foreground) duel with Derek Simmonds and Tim McNamara in division 5 at Narrabeen



Neil Meade and Bert Lloyd at Berry

All hands on deck for the Hawkesbury Classic

It's coming up to that time of the year again – the Hawkesbury Classic is just over four months away (Oct 27/28), the first of the popular familiarisation paddles is on in a couple of weeks and everyone is starting to think about how they can fit that extra training in.

It's going to be a big year for Lane Cove River Kayakers. We're the reigning club champions and have been for the past four years. We can expect the other clubs to have us in their sights and to use as a benchmark.

One thing is for sure: it's going to take a huge effort to claim the Commonwealth Bank Cup for the fifth straight year.

The Armidale School pressed us last year and will be hard to keep at bay again this time. They mightn't win many classes but they bring an enormous fleet and overwhelm the opposition by sheer numbers.

This makes it critical for LCRK to get as many boats on the water as possible. Last year many of our members, including some class winners from the previous year, had a sabbatical. So not only did we miss the points they might have scored by good results, we lost the points they would have accumulated just by being in the

race.

Remember that every competitor scores points. No matter how slow you are or how far you paddle, you still score. If you call it quits at Dargle you still score valuable points.

If you think the full race is too much for you, why not start with the intention of only going as far as, say, Wisemans?

**Hawkesbury Classic seminar
At the pontoon
Wednesday June 20
(in conjunction with BBQ)
Covers all aspects of the race**

You'll have some fun, experience the thrill of being in the race, score points and give yourself a solid base for doing the full event next year.

For those doing the race this year for the first time, don't be afraid to seek advice from the dozens of club veterans who are happy to share their knowledge and experience with you.

The familiarisation paddles, excellently organised by Windsor club, are not only the best way to get to know the river in bite-size portions, they also provide valuable training. LCRK always has a good number of paddlers in

them, so you'll be among friends.

The first, from race finish at Brooklyn to Spencer and return, is on June 30. Then follow Wisemans-Spencer July 28, Sackville-Wisemans Aug 25, Windsor-Sackville Sept 22 and an afternoon/evening Sackville-Windsor Oct 20.

Buses are laid on for all except the first of these, so make sure you contact Lyle Mead (9626-3741, 0403-932-348, lylem@dodo.com.au) if you need transport.

Finding a landcrew is often a problem for would-be competitors, so the club is making a special effort this year to help out. In particular we are urging those members who are not entering the Classic to offer their services as landcrews. Landcrewing is an experience in itself and you may the difference between another member being able to achieve a life's dream or missing out. It's also a valuable way to learn about the race before actually paddling it.

If you're a paddler desperate for a landcrew or a non-competitor volunteering as a landcrew, please contact Graeme Jeffries or Justin Paine. Graeme will keep a register and match the two up.

All aboard the Yukon Express

It's Yukon time again, and once more Tom Simmat is making the now familiar trip to the icy wastes of far north Canada.

But this time he won't be the sole Ozzie in the field for the 750km Yukon River Quest. Joining him in this famous wild



river race through the wilderness will be three other paddlers from Lane Cove and a fourth from Central Coast.

Urs Mader will, like Tom, be paddling a single. Peter Anderson and Steve Pizzey will be in a double. (Steve, who started paddling only last August, has the rugged 6-day, 240km Marathon de Sable desert run in Morocco in his cv.) And CC's Liz Winn will also be in a single.

In his third Yukon, Tom will paddle the same Horizon Tourer he used last year. For convenience in transporting it half way around the world, he had planned to cut it into three sections, but then decided against this idea.

Urs is freighting his new carbon Reflection to Vancouver and Peter and Steve are hiring a Passat G3 double on site. Liz is doing the race in a Mirage 530, which will offer comfort and stability even if it won't be the fastest boat on the water.

The Maders and Liz are driving from Vancouver to the start at White Horse, a cozy little 2000km outing. It's like driving from Brisbane to Cape York. Just what you need before a 700km kayak race!

At White Horse they will all share a rented house.

The race starts on June 27 and you can check on results at www.yukonriverquest.com.

Ideas to improve kayaking for women

In the April issue of *Kayak Kapers* some of our female paddlers commented on the pluses and minuses of kayaking as a sport for women. In this issue they respond to the follow-up question *Should more be done to encourage women in kayaking? If yes, what? If no, why not?*

Julie Stanton

Of course it should. This is a hard question to answer. Perhaps at the recreation level there need to be some fun "races" or "events" or organised that can show people that kayaking can be fun and competitive. They could also attend "educational" presentations that show all the areas of kayaking you can be involved in.

- Maybe do "women on water" courses like Prokayaks already does.
- Get kayaking into schools.
- Have someone like Chantal Meek talk to interested women to offer motivation.
- Have women's "clinics" or coaching clinics to increase skills.



comers feel comfortable. Intermediate and advanced courses could be offered to encourage women to improve their technique and as a means of supporting women to grow in confidence in a very male-dominated sport.

- Access to on-water storage areas to avoid boat transport hassles.
- Making prize-giving more equal compared to men in competitive series.

Marg McDonald

Yes and no. It is not an easy sport for a single lady. The weight of the kayak is a problem for a lot of women. Lifting it on their own could cause back problems. So other sports may be more suitable for lots of women.



could do something to assist older single women who don't have a man to help them. I'm sure our men would be happy to help but women don't like to impose on others.

Merridy Huxley

Yes, more should be done to encourage women in kayaking. As a fitness professional we should be getting more women (and men) involved in sport, out enjoying our beautiful environment. So, like all sporting bodies, we should be encouraging women to participate at all levels of kayaking. We need incentives for young girls to take up kayaking while at school. The Murray Marathon has involved hundreds of school relay teams and I think this is a great model for greater participation.



Rhiannon Sier

Yes. Have more women's classes and more coaching of women.



Arni Mader

Women should obviously be encouraged more into kayaking. There are a huge number of older guys doing kayaking for fitness but very few older women. The younger women in the sport seem to have children and then don't return. Handling a kayak is so cumbersome and it puts older women off. Some of my girl friends envy me going kayaking but they feel it would be too difficult for them because of the physical demands they can't cope with. Maybe the club



Marg Cook

There are many women who would make excellent paddlers. Arrange women-only events, single and double. Also try mixed races. Note that women are not "just" passengers. Women make good kayakers. As they don't have the sheer power they need to invest more in style. They tend to be more flexible and therefore can get better rotation, a better whole-body "involvement" in style.



NSW marathon titles

LCRK competitors figured prominently in the State Marathon Championships at Woronora River on March 24/25. But it was the same old story – not many people turned up, fields were tiny and many classes had only one competitor.

Mind you, you can only beat those who are there to race against you, so those who did well – and LCRK had plenty of winners – should feel proud of their efforts.

There has been plenty of criticism over the years that the State titles should be held in conjunction with one of the Winter Marathon Series races which would guarantee many more paddlers and generate more interest. Until something is done to make the event worthy of being called State championships, it will retain a low interest rating in the racing calendar.

The championships were held on the zigzag Woronora River where pleasure craft are sometimes very close by and local knowledge can be a distinct advantage. There were even reports of junior paddlers portaging their craft across shallow sandbanks in mid river.

Our fastest representative was Ian Hofstetter whose 1.52.42 in taking out 2nd place in the V45 K1 was our only

time under 2 hours for the 20km course. With 8 starters, this was the largest class of the titles.

Tom Simmat won the next largest class, the V55 K1, which had 5 starters.

Other winners were Craig Elliott, Tommy Nolan, Trevor Williamson, John Greathead, Trevor Williamson/Bert Lloyd and John Greathead/Tony Walker.

Competitor	Class	Dist	Time	Plc	No. boats
Craig Elliott	OM MRec1	20	2.07.48	1	1
Stephen Padget	V35M TK1	20	2.29.32	3	3
Ian Hofstetter	V45M K1	20	1.52.42	2	8
Len Hedges	V45M K1	20	2.10.44	8	8
Tommy Nolan	V45M LRec1	20	2.19.00	1	1
Tom Simmat	V55M K1	20	2.06.03	1	5
Tim Hookins	V55M K1	20	2.07.38	3	5
Trevor Williamson	V55M TRec1	20	2.36.09	1	1
John Greathead	V65M MRec1	15	1.32.59	1	1
Trevor Williamson/ Bert Lloyd	V55M TRec2	20	2.18.50	1	1
John Greathead/ Tony Walker	V65M TRec2	15	1.23.15	1	1

Chasing the Old Fox for a washride

by John Greathead



Tony Walker and I decided on a whim (V65+ courses were only 15km) that I would enter the State championships on Saturday in the V65+ medium rec class to try out my new Marauder, and if I was still functioning we would then paddle in the V65+ rec2 on Sunday.

We did this and had a thoroughly enjoyable experience on both days as I am sure the other LCRK attendees did.

The hospitality and organisation were great. The course, as many of you would know, has many bends and lots of sandbars (on Sunday the triple-dead-heaters in the U18 TK1 were seen portaging in mid stream). The weather on Saturday was very hot but on Sunday was much cooler and a bit livelier.

The only item of regret was the lack of competitors in several classes, which meant that they were “unconstituted” and medals could not therefore be awarded. Old farts like me are not afraid of a little shame and ridicule so I will relate this account of the race.

I noticed as I lined up for the “500”

start that there only three likely looking lads in TK1s and I could hear the commentator referring to one of these as the “Old Fox”. I thought to myself “these blokes look like they know where they are going, they are obviously around my vintage so they may be worth following and maybe I can cadge a washride”.

This clever plan looked like paying off until I discovered I had been lured on to the mudflats at which stage I lost the connection with the trio of Bert Laurendet (the “Old Fox”, apparently), Kevin Newton (an old enemy from marathon doubles) and Peter Sigal. Kevin and Peter were at this stage both washriding Bert.

Having learned the hard way to “head for the red”, follow the bends in the course and stay in deep water, I decided to extract the digit and try to pull these guys back. I was partly successful in this, but it took me from the top mark at the rail bridge to the up-river mark to get on Kevin’s tail just before rounding the mark. I thought

that Peter, who by now was washriding me, might just have been able to get back on Kevin’s wash and then I could relax and watch the trio battle to the finish. It turned out that we finished Bert (1.32.16), Kevin (1.32.24), me (1.32.59) and Peter (1.34.41).

I was talking to Peter later and mentioned that at the mark I thought we were about to overtake Bert and Kevin. It was then that I learned Bert is 74, had paddled every day and covered at least 600km in preparation for the race and, as Peter smilingly said, “he was just playing with us”. I am not sure but I think both he and Kevin are a couple of years older than me.

Tony and I suffered further humiliation on Sunday as we tried very hard over the last two kilometres to pull back Emma Thomson from CSCC, the second-placegetter in the U16 female K1 (1.22.59). We finished in 1.23.15. Close but not close enough! Danielle Gowan, also from CSCC, was first in 1.19.41. We may need some more age and experience?

Frank and Marg off

Frank and Marg McDonald have deserted Sydney again for the winter, making their customary four-month pilgrimage to northern Australia. Instead of going to the Kimberleys, this time they’re going to far north Queensland. They’re taking a couple of Mirages with them and no doubt they’ll go out and annoy the local crocs.

Beware grey power

The fire still burns in the bellies our older members. The desire for speed is as strong as ever. You want to go faster? Get a faster boat.

Derek Simmonds is the latest to switch to a K1, although he is still trundling around in a TK1 in mixed company until he gets used to it. He has bought a preloved but mint condition Wizard.

Bert Lloyd has been astonishing himself as well as others with his Wednesday night times since his move to a Wizard K1. Frequent outings on Narrabeen Lake gave him confidence to produce excellent times in the Winter Marathon Series. The best is still to come – he’s upgraded to a faster K1, a Cleaver believed to have been used originally by the 2000 Hungarian Olym-

pic team as a training boat.

Tim Hookins has progressed remarkably since his first tentative outings in his Illusion K1. He came an excellent 3rd in the 55+ K1 class at the recent State titles and even took it through the rapids at Tumut.

Correction

Apologies to Tim Sindle for the typographical error in spelling his name in the article “A Desperate Race Against Time” in the April issue of *Kayak Kapers*. Tim and Neil Meade competed in the Coast-to-Coast multidiscipline race across New Zealand.

Tassie adventurers are home

The boys are back – Richard Barnes and Phil Newman returned to Sydney on May 25 after spending a challenging and exciting 53 days circumnavigating Tasmania by kayak.

Their epic 1940km voyage, anti-clockwise from Devonport, has been followed eagerly by LCRK members through their frequent satellite phone reports published on the club website.

Richard says some of the seas were “big enough” but they only had to turn back to land once and generally the water was much calmer than it could have been – “we were so lucky”. They paddled every day except one at Strahan.

Richard said the way his new Mirage 580 performed was sensational: “The front hatch remained totally dry through 53 days of battering by big waves. Some water got through the neoprene over the rear hatch.” Phil’s Greenlander, being older, leaked a bit more, requiring careful use of dry bags, but he had to use the pump only a couple of times.

The weather was mostly good and

the evenings were cool enough for them to enjoy fires made from driftwood at their camp sites. They had tents and sleeping bags.

“We took it in turn to cook and had gourmet meals,” said Richard. “Breakfast was usually weetbix and muesli. Most days we would land for lunch and had vitawheat, Don salami and Tassie cheese. For dinner we had three-course meals – packet soup followed by pasta, rice or potatoes with something, then cake or something for dessert. We made a few dampers and scones, and Phil is a master at making sponge puddings. We even had hamburgers.”

He names the “fantastic cliffs” at three spots as highlights of their amazing journey: South Cape, Bruny Island (on the south-eastern corner) and Tasman Peninsula (east of Hobart). Maatsuyker Island off the south-western corner was another standout.

They took their kayaks to Devonport via the car ferry from Melbourne and Richard’s parents flew to Melbourne to greet them on their return trip. They had thought about paddling back across Bass Strait “but we ran out of time”.

A full report of their adventure, plus pictures, will be in the next issue of *KK*.

**Lane Cove River
Kayakers
AGM AND DINNER
Friday August 3 at the
Lane Cove Club
A great social evening for
paddlers and partners**

LCRK Committee
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Vice-President:

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Wednesday Night Convenor:

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Classic & Marathon

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What was the best article?

A competition will be held to find the best article contributed by a member to *Kayak Kapers* in the past year. The winner will be announced at the Annual Dinner on August 3. A short list of contenders has been selected and an independent panel of judges chosen from members will name the winner. The contenders, in order of appearance, are:

- **Back to the Yukon** by [Tom Simmat](#) (*KK* August 2006) – an account of Tom’s race in the 750km Yukon River Quest
- **Propeller Blades – which shape suits you?** by [Roger Aspinall](#) (*KK* August 2006) – a technical article on propeller blades
- **Bang, Crash – It’s the Avon Descent** by [Matt Blundell](#) (*KK* October 2006) – an account of Matt’s race in WA’s great 2-day event
- **Washrides, Massages & Paddle Steamers** by [Marg Cook](#) (*KK* February 2007) – an account of Marg’s race (with Merrydix Huxley in a TK2) in the Murray Marathon
- **A Desperate Race Against Time** by [Deb Meade](#) (*KK* April 2007) – a landcrew’s account of the NZ Coast-to-Coast race in which Neil Meade and Tim Sindle competed.

If you want to read any of these articles and haven’t kept back copies of *Kayak Kapers*, you can find them on our web site at www.lcrk.org.au.

The big new digital timer is an impressive sight at the Wednesday night timekeepers’ waterfront position. Not only can you get your finishing time on the spot, you can also now judge how you’re travelling on the upriver leg with 2km still to go. May 23 timekeeper Wade Rowston is shown here seconds after he set the clock rolling at its baptism.



Membership rising

The surge in club membership continues and the latest official count is 119. With several applications still being processed, this number will rise. The increase is coming at a time when membership of other clubs is said to be steady. The reason? It’s being put down to the club’s camaraderie combined with the success of the new website (www.lcrk.org.au).

Figures produced at the most recent club committee meeting showed there had been 1271 hits on the website in the previous 3 months.

Most interest centred on the paddle around Tasmania by Richard Barnes and Phil Newman. At that time, when they were about half way around the Apple Isle, there were 907 hits.

Other popular areas included members (490 hits), photo gallery (422) rules (270) and newsletter (205).

The red carpet

Our Wednesday night regulars are delighted with the carpet which is laid down on the Wirong Flat ramp to aid entry to and exit from the water. A big pat on the back to [Tony Hystek](#) who provided the carpet and [Chris Kent](#) who brings it each week.

Driver wanted

[Bert Lloyd](#) and [Trevor Williamson](#) are looking for a driver/landcrew for the Murray Marathon. All they need is someone to drive their vehicle from the start to the finish each day. The rest of the day is free as they’ll look after themselves.