



KAYAK KAPERS

June 2009

Molokai shows a tamer face

Our Molokai adventurers are back, having tasted the thrill of a world championship and stared down the challenge of paddling one of the world's great ocean channels. They performed brilliantly in the world surf ski championships and were not out of place alongside the best surf ski paddlers in the world. The 52km race is a tough test and debutantes Matt Blundell, Tim Hookins, Roger Aspinall and Julie Stanton came through with flying colors.

The channel can be fearsome and wild, but on this occasion it was meek and mild. Out in the middle it was like a millpond – the powerful trade winds and big waves that are a trademark of Molokai were missing in action. Which was a sort of relief but in reality was a disappointment for these disciplined paddlers who had trained for the toughest conditions.

"I could have paddled my K1," Roger said. "In a way we



feel we haven't done it properly."

Downwind conditions are preferred because the competitors can surf the big waves. When it's flat they have to paddle and it's a long slog. With their marathon background and training, our Lane Cove representatives excelled and their times were outstanding.

They spent most of their time in Hawaii in Honolulu, on the island of Oahu. They loved the laid back, friendly atmosphere and visited landmarks like Pearl Harbour. Tim and wife Judy hired a jeep and with Roger and Julie, astride a Harley Davidson, toured Oahu, including the famed northern beaches.

They had only an overnight stay on the neighbouring island of Molokai and Julie fell in love with it – "It's peaceful and calm and my kind of place, it's got that soul about it."

Tim organised a team of 4 from himself, Roger, Julie and Illawarra's Gary David (who won the 50-59 category in a time of 4.34.45). They came 5th (out of 5 teams) in a world class field. But the story doesn't end there. Roger won an Epic V10

	Category	Time	Plc	Cat Plc
Matt Blundell	MOpen 30-39	5.02.43	56	26
Tim Hookins	MSrMaster 50-59	5.05.42	59	4
Roger Aspinall	MSrMaster 50-59	5.17.48	65	8
Julie Stanton	FOpen	5.20.35	67	6

For full results go to www.paddlensw.org.au

Ultra surf ski worth \$5000 in a lucky draw for the teams. It will be delivered to him in Sydney.

50 of the 84 starters were Australian. "We had a great camaraderie with the northern beaches guys which added to the enjoyment," Tim said.

The race has become pretty much a challenge between Australia and South Africa, and this year was no exception. It



Julie stops for a drinks refill in mid channel

was won by the sole South African in the field, Hank McGregor, in 3.54.39, with Aussie Tim Jacobs 2nd in 3.57.20. The fastest woman was Kiwi Katherine Pocock in 4.28.32.

Our Lane Cove people had this to say about their race:

Matt Blundell: Because I had been sick in the weeks leading into the race, firstly with a virus and then a bacterial infection which required antibiotics, I had nothing in the tank. It was a

Land Cove River Kayakers AGM and Annual Dinner

Friday July 31 2009 at the Lane Cove Club, 1 Birdwood Avenue, Lane Cove.
A great social evening for paddlers and partners. Come along and enjoy yourself.

long day and just a matter of plodding along. I had no zip and over the second half I struggled all the way – no energy and very tired. If it had been in Sydney I would have pulled out, but having gone so far and spent so much money I wasn't going to do that. The flat conditions didn't bother me, whatever they throw up is fine by me. I would have preferred it to be big and downwind for the fun. It hasn't been big for the last three years. Normally being flat would have suited me. I'll probably do it again but combine it as a holiday, I wouldn't go just for the race. You want to see a bit of hype with the race, you want something back for your money, but there isn't any. It costs \$US1500 – \$US750 for a rescue boat, \$US500 to hire a ski and \$US250 entry fee – and all you get is a race and a T-shirt. Hawaiians don't care about it, they're into outriggers. They call it a world championship but Hawaii generally wouldn't know there was a race on, it wouldn't make the papers.

Tim Hookins: We ate most of the time in the Outrigger Club which was just magic – 3 restaurants opening on to the water, just what every canoe club should have. There is a one-off joining fee of \$US25,000 for permanent members



Roger and Julie soon after the start

from overseas but we had free guest membership. The paddling in Hawaii is just great, lovely water, the temperature is right, and long curling waves you can ride for three minutes. We drove out to China Wall and Julie, Roger and I went swimming there, doing water-bombs 10 feet down off the wall. On the Saturday morning we flew to Molokai and stayed at a beautiful resort, palm trees and all of that. On the morning of the race we got up early and were all nervous, you couldn't help it. Judy got dumped in the shore break and half drowned while going out to the escort boat. There was a team spirit with everyone helping each other which contributed to the fun, and having the world's best surf ski paddlers around you added to it. The sea was not flat at the beginning, there were good runners for the first third and I was able to catch them. Then it really flattened out. The paddling was smooth and even and I enjoyed that. The nice thing was that I kept overtaking people. After the leading groups got away, only one person passed me. The last part was quite rough and choppy with the usual rebound from Koko Head and I dropped down from 12km/h to 9km/h. I enjoyed the rebound because I can handle it. One paddler went in too close and got washed ashore and another had his boat smashed on a reef and didn't finish. From Koko Head there were long running waves



Julie, Judy and Tim at Pearl Harbor



Matt .. "nothing in the tank"



Julie about to round Koko Head and China Wall

to the finish. I was happy with my performance and I would certainly like to do it again next year.

Roger Aspinall: The day after we arrived in Honolulu there was a short 24-25km race from Makapu'u around Koko Head to Waikiki, a taste of downwind conditions. A swell was up and it was a great hoot down the coast. The next day we lost our skis, they were packed into a case to go over to Molokai. For most of the week we went sightseeing around Oahu. We arrived in Molokai on the Saturday and the race was on the Sunday. There were no trade winds and it was like doing the Hawkesbury Classic, we had to paddle the whole way and it was a hard slog because the conditions were so mild. It got a bit rough towards the finish at China Wall, near Koko Head. We finished under a bridge and up to a marina. We were very pleased with our results, we were on XT's and everyone else was on faster boats. We chose the XT's because they are stable but it backfired in the conditions. The conditions were a little bit of a letdown, we were anticipating big winds and big seas. We were a bit anxious and in a sense it was a relief, although all our training was towards handling a big ocean crossing. In a way we feel we haven't done it properly, you go over for the famous, or infamous, rough conditions. It would



Tim ... "the paddling was smooth and even"

have been good to experience the classic downwind conditions and it was disappointing that we didn't get a taste of that. We had no sense of being out in the middle of the ocean, even though the land was way off in the distance. We could have been on Lane Cove River. We'll save our pennies for next year, maybe we'll do it again. I haven't got my credit card bill back yet but I estimate it was about \$10,000 for Julie and me.

Julie Stanton: My rescue boat arrangements fell through but I got another guy who was a fisherman, he was the loudest American on the island and was hilarious. I was disappointed with the flat conditions, there was no wind or swell. We trained for bigger conditions and were hoping for at least some assistance. Everyone joked that we'd like the conditions but we would have preferred it to be bigger. After all, it's supposed to be the worst channel crossing in the world. There was a lot of boat wash and as we were towards the back of the pack we got everyone's wash and that was good. Coming

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BBQ NIGHT AT THE PONTOON



MARATHON 10 SERIES

A great day for spectators

Forced away from our home stretch of water because of the unavailability of Blackman Park, Lane Cove turned on a first class marathon race at Davidson Park on May 31.

A 4-lap course on the upper stretches of Middle Harbour, from Roseville bridge upstream, was ideal for paddlers and spectators. The scenic route surrounded by tree-clad hills, with protected waters, interesting twists in the river and no sandbanks to worry about, was ideal.

But it was the grassy verge on a corner near the start finish where spectators – and there were plenty of them – had an excellent vantage point that really set this venue apart. Paddlers cutting the corner were only metres away and their vocal supporters gave them lots of encouragement.

Frank McDonald, looking chirpy despite his illness, had a ringside seat. With wife Marg in support, he left the impression that he was the video referee.

Perhaps the chance to race on this stretch of water, which is not in the usual marathon program, encouraged

some contestants to defy the inclement weather, because there was a big fleet of 131 boats. And after a threatening start to the day, the clouds rolled away long enough for the race to be held in the dry. A couple of showers dampened things for the post-race BBQ.

The turns on the course were well marked and the LCRK team that organised the event deserved a pat on the back for the way everything ran so smoothly.

The only real minus was the rip-off attitude of National Parks and Wildlife, which forced charges of \$1125 on LCRK to use the venue.

“We had to pay for the site, we had to hire portaloos even though we were already paying for their facilities – we even had to pay for their attendant to collect their charge of \$7 for each car entering the park,” said LCRK President Rob Vallis.

“And the attendant not only didn’t have change for the slot machine issuing tickets, she blocked the second access road with her car so that visitors with annual park entrance tickets still had to wait in what was a pretty long queue at times.

“We were fleeced. It’s incredible a not-for-profit club like ours is discouraged from using a public facility in this way. There would have hardly been a car in the park without us – they got about \$1000 from our entrance fees, which we paid them another \$235 to collect – and they still have this uncompromising take-it-or-leave-it attitude.

“Paddle NSW is keen for this great stretch of water to be used again, but in these circumstances there’s no way we could even consider it without some sort of financial help.”



Café de Rob ran a great BBQ at Davidson Park. Hard-worked, underpaid staff included John Thearle, Rob Vallis, Jeremy Spear and Steve Russell.

Jeremy Spear and Matt Swann were Lane Cove’s best in the marathon, staying upright to win a fine sprint finish in division 4. In division 1, Matt Blundell and Jay Wilson, paddling a K2 for Manly Warringah, had a comfortable victory.

In division 2 there was a much hyped contest between two of our doubles, Simon Mann/Steve Paget and Craig Elliott/James Mumme. See the results table for the outcome! There was another great doubles battle in division 6, with John Greathead and Tony Walker holding on to narrowly oust Jon Harris and Don Rowston.

M10 Race 4 Lane Cove			
Competitor	Div	Time	Plc
Matt Blundell/ Jay Wilson	1	1.29.04	1
Simon Mann/ Steve Paget	2	1.37.58	5
Craig Elliott/ James Mumme	2	1.39.30	6
Ian Hofstetter	2	1.41.18	8
Julie Stanton	3	1.47.57	13
Tom Simmat	3	1.51.13	14
Jeremy Spear/ Matt Swan	4	1.47.54	1
Michael Mueller	4	1.50.27	5
Jason Cooper	4	1.50.30	6
Richard Barnes/ Daniel Driscoll	4	1.55.16	11
Evan Oppen	5	1.53.01	5
Marg Cook/ Rob Cook	5	1.55.10	11
Wade Rowston	6	1.53.16	5
John Greathead/ Tony Walker	6	1.53.19	6
Jon Harris/ Don Rowston	6	1.53.21	7
Derek Simmonds	6	1.59.44	12
Rae Duffy/ Katrina Nicholls	6	2.01.08	14
David Hammond	6	2.01.46	16
Liz Winn	6	2.02.10	18
John Thearle	6	2.03.06	20
Tim Dodd	6	2.05.06	22
Bert Lloyd	6	2.05.19	23
Trevor Williamson/ Greg Appleyard	6	2.06.43	26
Justin Paine	6	2.20.01	30
Shannon Duffy	6	DNF	



Jason Cooper chases Michael Mueller to the finish line



Go Lane Cove! From left: Rob and Marg Cook, Jon Harris, Don Rowston, John Greathead, Tony Walker, Wade Rowston.



Frank McDonald (seated, in white cap) defied his illness to come down to Narrabeen Lake with wife Marg (centre, standing) and cheer on his LCRK mates in the marathon race on May 10. He spent almost 4 hours catching up with everyone and thoroughly enjoyed himself. Frank and Marg were there again for the Lane Cove marathon at Davidson Park. They have been buoyed by the great support they are getting from their clubmates and a host of other friends. Keep up the support — you can phone them on 0408-033-720.

In their first marathon race, new members Rae Duffy and Kate Nicholls had an outstanding debut, finishing well inside the top half of division 6.



David Hammond moved from division 8 to the 20k race and was impressive.

More race pictures can be seen at www.lcrk.org.au. For full marathon results go to www.paddlensw.org.au.

Narrabeen brought the now familiar squally rain but fortunately it cleared for the race, although it remained blustery.

Some astonishingly fast times were recorded and no doubt the handicappers will have something to

get their teeth into. The first two in division 5 had 1.44s, a minute faster than the best in division 4. In division 6, a third of the field beat 2 hours with the winner coming home in 1.52.46.

Bert Lloyd was an early casualty on his home turf, so to speak, his Super Lancer capsizing in the melee soon after the start. He continued after swimming to the shore and emptying out, but got cold and sensibly withdrew.

In division 2, Tony Hystek and Ian Hofstetter took turns at leading, with Illawarra's Gary David – who won his age category in the recent Molokai world championship – sitting on their wash. Coming out of the last turn Tony was in front in his Rocket and sprinted clear. Gary just made up lost ground and the two deadheaded, with Ian close behind. Tony was nearly 6 minutes behind Gary at Berry, so this was a huge improvement. He reckons it was the best race he has ever had.

Jeremy Spear and Matt Swann managed to stay upright, and with Jason Cooper wanting to try out his K1, Steve Paget filled the back seat on Len Hedges' double ski to get a 3rd in division 4.

M10 Race 3 Narrabeen

Competitor	Div	Time	Plc
Tony Hystek	2	1.41.02	eq1
Ian Hofstetter	2	1.41.26	2
Val Titov/ Jo Dounias	3	1.47.17	9
Richard Barnes	3	1.51.16	11
Tom Simmat	3	1.53.17	13
Len Hedges/ Steve Paget	4	1.50.14	3
Michael Mueller	4	1.53.14	7
Jeremy Spear/ Matt Swann	4	1.54.27	11
Jason Cooper	4	1.58.13	12
Simon Mann	5	1.54.45	7
Evan Oppen	5	1.57.38	9
John Greathead/ Tony Walker	6	1.57.47	5
Derek Simmonds	6	2.00.07	9
Jon Harris/ Don Rowston	6	2.00.29	10
Wayne Wanders	6	2.02.05	13
Ian Wilson	6	2.02.55	14
Liz Winn	6	2.03.11	15
Trevor Williamson/ Greg Appleyard	6	2.12.11	20
Wade Rowston	6	2.15.01	21
Justin Paine	6	2.28.21	23
Bert Lloyd	6	DNF	
David Hammond	8	1.39.46	16
Divs 1-6 = 20k, Div 8 = 15k			



1. "Let's do an Eskimo roll!"



2. "Whose idea was this?"



3. "We'll swim to the finish"



4. "I'd like a coffee break"



5. "Made it!"

Jeremy Spear and Matt Swann were a splash hit at the Berry marathon. As they raced to the finish they decided to entertain the excited capacity crowd with an Eskimo roll. They got the submerging part right, then decided to turn the race into a duathlon by swimming their Vindicator to the finish line. Their spectacular manoeuvre thrilled the watchers but cost them two places. Diane Cooper captured the drama with this great sequence of action pictures.



Lane Covers at Berry: Tony Hystek, John Greathead, Tony Walker, Greg Appleyard, Richard Barnes, Trevor Williamson.

M10 Race 2 Berry			
Competitor	Div	Time	Plc
Tony Hystek	2	1.37.26	6
Tom Simmat	3	1.45.49	12
Richard Barnes	3	1.46.41	13
Steve Paget	3	1.50.35	15
Jason Cooper/ Len Hedges	4	1.44.51	2
Jeremy Spear/ Matt Swann	4	1.48.45	6
Michael Mueller	5	1.47.35	1
Evan Oppen	5	1.48.09	3
Simon Mann	5	1.50.25	9
John Greathead/ Tony Walker	6	1.52.18	11
Jon Harris/ Don Rowston	6	1.52.20	12
Wayne Wanders	6	1.52.51	13
Derek Simmonds	6	1.55.02	16
Wade Rowston	6	1.55.26	17
Liz Winn	6	1.57.26	20
Greg Appleyard/ Trevor Williamson	6	2.03.22	26
Bert Lloyd	6	2.03.48	27
Justin Paine	6	2.14.24	29
David Hammond	9	59.00	7
Brendan Murnane	9	1.04.26	15
Divs 1-6 = 20k, Div 9 = 10k			

The **Berry** marathon, always one of the most eagerly anticipated, started in the rain. We even had paddlers in lower divisions sheltering in the dry under the bridge while waiting for their call-up.

However, the squally, blustery southerly didn't seem to bother too many people and even offered a welcome push in the back for some on the return trip on a course which seemed to be a bit short of 20km.

It was a one-lapper - out and back - with the organisers saying they couldn't have multiple laps because turning under the bridge would be too dangerous.

This brings the observation that Lane Cove paddlers turn safely under Fullers Bridge every Wednesday night, in the dark for half the year, and it's a narrower bridge. Maybe we are a better disciplined lot than they get in the marathons. But even if they won't turn under the bridge, why not have turning buoys between the start/finish line and the bridge, right in front of the spectators?

Michael Mueller, in his first race longer than 12km since January, blitzed the field in division 5. He used his Lancer and said the seat in it doesn't cause the numbness problem in his legs that he has with other boats in his fleet.

In their first race together, Len Hedges and Jason Cooper drove Len's 32kg double ski into 2nd place in division 4 - a fine effort.

Steve Paget capsized twice - he's getting quite good at this - and the second time couldn't catch his boat because it was swept away by the wind. A spoilsport in another boat grabbed it for him.

So you want to do the Nationals ... here's what happens

by Liz Winn with the aid of a ghost (writer, not spook)



Entering the 2009 National Marathon Championships was a bit of a problem as Australian Canoeing does not recognise Lane Cove River Kayakers because we are affiliated with Paddle NSW, and Paddle NSW does not exist as far as they are concerned.

So we all had to join Australian Canoeing and were entered as "direct members". Who knows how the



internationals got on. I entered the Womens Long Rec Vet (you don't want to know my age) division. There were not enough other women who did not want to disclose their age so they put me in the vet multisport/surfski division.

The championships were at Lake Kawana, on the Sunshine Coast, on April 11. Lyle Mead kindly drove me up, over a couple of days – cost me petrol, a regatta T-shirt and ... a couple of lunches. Lyle, from Windsor Club, was paddling a TK1.

Got a phone call from Tom Simmat soon after we arrived, he travelled up with his current wife and picked

up a very tippy brand-new K1 from Max Kayaks on the way. He said when he got to the factory they were closed and he was very worried he would not have a boat to paddle at all. Tom said to me: "You can't just pick up a new boat and expect to do well in a race the next day." Sucked in, Tom.

We all had a trial paddle on the Friday before the race. The venue is great, a man-made lake like Penrith, with racing lanes and start and finish towers, great little sand beaches to get in and out at and for the spectacular portages – but no toilets, probably because they need to keep the lake topped up. I had my trial paddle in the morning with Lyle and missed Tom, who had his in the afternoon.

The Saturday morning was very windy, with an easterly

about 20 knots. The lake runs north-south, so the wind was across the lake and set up quite a cross chop.

I saw Tom warming up before the briefing, having some difficulty staying upright. I followed him in for a warm-up myself.

The east side of the lake was OK, lots of little bays and beaches, but the west side was concrete walls. The waves looked half a metre high going downwind across the lake and were bouncing back off the concrete walls.

Just before the briefing Tom said he was going to suggest to the organisers that the race be across the lake, the way the waves were going, instead of down it. That way you could catch the waves across the lake and catch the backwash all the way back.

He disappeared into the very official starting tower and came back and said: "They said the lake is only 100 metres across and 20 kilometres would be 200 laps and everyone would lose count. Bloody Queenslanders, they can't count if they run out of fingers and toes, and most of the inbreds nearly have that many anyhow."

At the briefing it became clear that they had shortened the race for the vets (who are not prepared to disclose their age) to 13.5 kilometres, hardly a marathon.

I noticed there were enough entries to make up a sea kayak division and my Flyer is a sea kayak (sort of). There certainly were "sea" conditions out on the lake. But I stayed in the multisport. Tom suggested seeing it was multisport I should simply run around the lake.

The race was uneventful except that while waiting for the divisions to start everyone was blown across to the west side of the lake and it got very crowded, and very rough.

Tom was a couple of starts before me and he took off through the lane buoys to the east side in the calmer water.

The course took us under a bridge to the far end of the lake, about 2.5 kilometres, with turning buoys thankfully in the calmer west side, then back down the east side and up into a relatively sheltered bay, again out of the wind on the western shore, and back to the start. Two full laps and one short lap.

Somehow Tom managed to stay upright.

I got a 3rd with a time of 1.12.32 behind some very quick ocean skis. Tom got a 5th with a time of 1.10.39 and Lyle a creditable 3rd.

In the afternoon we watched the open marathon – great portages, even more wind and rougher water, and more than 15 capsizes and withdrawals.

A good turnout with more than 200 entries.

Molokai [Continued from page 2](#)

to the end, at China Wall, it got very messy. That's where our training did help and we were able to survive without any problems. I was happy with how I went but the way it turned out I should have used my own boat, a Fenn Mako 6, instead of the more stable Fenn XT. We had to arrange the boats before we left home and there was no way of knowing what the conditions would be. With another year of training we would be able to handle the tippier boats, no matter what. I'm keen to go back and hope the seas would be bigger so we could give it a proper go – I'll probably go anyhow. It was daunting to be part of such an elite group, I sort of felt I shouldn't be there. And it was all very low key, which was disappointing. Kayaking is not very big in Hawaii, it's all outriggers. Almost all our time in Hawaii was in Waikiki, just a day in Molokai. We got a cheap flight on Jetstar – \$599 return – but that's where the savings ended, everything was really expensive.



Team Lane Cove Illawarra: Julie, Roger, Gary David and Tim

Tom Simmat prepares for the Classic

For me, like most people, it's almost time to decide what boat to do the Hawkesbury Classic in this year.

The Classic is now part of the NSW rankings so I need a fast boat to try and finish in the top 10 fastest singles. I like to set unachievable goals.

Also the tides are good for a late start and a fast boat looking to finish a bit better than 9½ hours. A weak tide against me for maybe 2 hours, maybe 6 hours of tide with me and only an hour and a half against to the finish.

My boat choices are:

- ❖ Mako 6 surf ski, in unrestricted, modified like I did last year to make it lighter, but then I cannot use it as a surf ski while I am training.
- ❖ My new K1, very tippy. One of my goals is to do the Hawkesbury in a K1. Maybe this is the year, but I am not yet faster than my ski and not yet confident enough to spend nine hours in it.
- ❖ Then there is the secret Subfoiler. Yes, it has had some trials and I have added a little more buoyancy to the rear foil. I'm ready to try it again next weekend. If that works, it might be the boat – but it's a real weed catcher.

Whatever it's to be, I will have to make the decision soon.

Currently I'm training about eight hours a week, mainly in the K1. I have

had a few two-hour trials in it and the seat feels good. But I need to step that up to four hours.

My seat and my electronics let me down last year. So, get the seat right, get the electronics right and see if I can survive some of the rougher parts of the river in the K1. I'm looking forward to the first of the famil paddles.

Next I have to get my electronics right – GPS, time and map lights. And get much more familiar with the river downstream from Wisemans to Spencer.

In coming issues of *Kayak Kapers* I'll talk about landcrew, paddling fuel and clothing.



The Subfoiler ... a weed catcher

Planning to do the Hawkesbury Classic this year? You'll find a great training manual on the Lane Cove River Kayakers website. Prepared by Lane Cove veterans, it covers all aspects of the race, from training and race strategy to what to wear and eat/drink to racing and land crew. Go to www.lcrk.org.au and look for the news item which provides the link to the manual. It's in PDF and can be downloaded.

Rec paddle program

Want a break from racing and just enjoy a leisurely outing with some friendly paddlers? Then go on one of the recreational paddles run by various clubs under the banner of Paddle NSW.

You don't have to be a skilled paddler to join these outings. They are designed to accommodate and encourage new paddlers as well as those with years in the sport.

Upcoming dates:

Sunday June 21 – Nepean Gorge and Blue Mountains National Park.

Saturday July 25 – Brisbane Waters

Saturday Sept 26 – Lake Burley Griffin, Canberra.

A paddling technique workshop which is particularly valuable for new paddlers will be held by top instructor Christine Heywood on Sunday Sept 6.

Pre-registration for the paddles and workshop required with Tony Carr at tonycarr@ozemail.com.au or 0417-502-056.

Renew your membership

Membership renewals of Lane Cove River Kayakers and also Paddle NSW are due on July 1. You can do both on line, at www.lcrk.org.au and www.paddlensw.org.au.

Timekeepers roster

June 17 Tim Hookins, Martin Dearnley

June 24 Lloyd Armstrong, Len Hedges

July 1 Kate Nicholls, Julie Stanton

July 8 Jay Wilson, James Mumme (BBQ)

July 15 Tony Carr, Matt Acheson

July 22 Rob Vallis, John Thearle

July 29 Marg Cook, Rob Cook

Aug 5 Tim McNamara, Roger Aspinall

Phone or email Steve Russell (0423-056-774, slicknz@hotmail.com) the week before your duty to confirm you will be there. If you can't make it, arrange a replacement.

Best article

The best article contributed by a member to *Kayak Kapers* in the past year will be announced at the club's Annual Dinner. It will be selected by an independent panel of judges, chosen from members, from the following short list of contenders:

- **Whale watching from a paddle board** by Rob Grozier (KK August 2008) – a visit by whales into Sydney Harbour
- **Delve into radical kayak design** by Tom Simmat (KK October 2008) – a technical article on innovative design
- **Race, and enjoy the wild flowers** by Marg Cook (KK October 2008) – an account of the Akuna Bay multisport race
- **Myall magic** by Derek Simmonds (KK December 2008) – an account of the Myall Classic
- **'A huge shark just swam beneath us'** by Tim Hookins (KK April 2009) – surf ski paddling in South Africa

PFDs, lights, lightning

Now that the Wednesday night time trial is indeed a night-time event, remember that PFDs and lights are compulsory. This is a Maritime regulation – **it's not optional**.

You must wear a PFD and you are putting the club at risk if you are not. We are required to observe Maritime regulations. To say you forgot, or you didn't bring one this time, or you don't like wearing one, is not acceptable.

Wear a PFD and set a good example for others.

And if you see a visitor who is not wearing a PFD, make sure they are aware of the rules.

Lights must be visible for 360°, which means one at the front and one at the back. The lights are there for you to be seen by others on the water, not for you to see by, so don't use a torch that's going to blind anyone in its path.

If there's lightning about, don't paddle. You need a period of 30 minutes after the last lightning has been seen before you go on the water. If lightning starts while you're on the water, land immediately.

LCRK Committee

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President: Rob Vallis

Vice-President, Membership Secretary: Matt Swann

Secretary: Ian Wilson

Treasurer: Simon Mann

Marathon/BBQ: Ian Hofstetter

Wednesday night convenors: Steve Russell, Steve Paget

Waterways: Jeremy Spear

Clothing: Tim Simmat

Website: Tim Dodd

Kayak Kapers Editor: Justin Paine 9858-3323

Committee members: Liz Winn, Graeme Jeffries