



# KAYAK KAPERS

October 2008

## Windy marathon on Lane Cove River

The drizzling rain finally stopped, the skies cleared ... and the wind blew. And blew. And strengthened.

The Lane Cove marathon on Sept 14 turned out to be a real endurance test, a good ride with the wind and tide in one direction but a tough slog back into the teeth of a powerful northerly (not to forget the outgoing tide) on each of the three return legs.

103 kayakers challenged the conditions and there was the usual strong competition. Not only for the top spots and valuable points, but personal battles throughout the divisions. Races within races.

Times were generally slower because of the conditions.

In division 2, the new combination of James Mumme and Steve Paget was a big winner.

Tim McNamara and Derek Simmonds took promotion to division 3 in their stride and overcame the problem of a broken seat to finish a highly creditable 4<sup>th</sup>.

Wade Rowston sat in for father Don to partner Jon Harris in division 6 and take first place by something like half a



**Jon Harris and Wade Rowston on their way to a 3½ min victory in div 6**



**When Matt Swann competes he doesn't leave any petrol in the tank**

kilometre. As usual, this division was highly populated by Lane Cove personnel - 13 out of 30 starters. Tim Dodd distinguished himself by going for a swim twice in the same spot, but on different laps, under the footbridge near the factory.

Shortly after the race finished the rain set in again, and this rather dampened proceedings. A good crowd

came back, however, for the barbecue. Thanks to the Vallis family for the huge role they played, with other volunteers, in feeding the masses.

For LCRK results in the Lane Cove and Wyong marathons, see page 2. For detailed results of these events, go to [www.paddlensw.org.au](http://www.paddlensw.org.au). For lots more pictures of the Lane Cove Marathon, go to [www.lcrk.org.au](http://www.lcrk.org.au).



### M10 Race 7 Wyong

Competitor	Div	Time	Plc
Matt Blundell	1	1.48.47	4
Tony Hystek	2	1.43.24	2
Tom Simmat	3	1.50.30	7
David Edelman	3	1.52.27	9
Richard Barnes	3	1.54.03	10
Tim McNamara/ Derek Simmonds	4	1.48.43	2
Simon Mann	4	1.53.02	8
Len Hedges	4	1.55.16	11
Tim Hookins	4	1.56.18	12
Marg Cook/ Merridy Huxley	5	1.56.49	2
Evan Oppen	5	1.57.04	3
Jason Cooper	5	2.01.35	13
Tim Dodd/ Ian Wilson	5	2.03.34	16
John Greathead/ Tony Walker	6	1.59.19	2
Jon Harris/ Don Rowston	6	1.59.22	3
Steve Russell	6	2.01.11	5
Wade Rowston	6	2.03.09	7
Wayne Wanders	6	2.03.29	9
Warren Huxley	6	2.05.19	12

### M10 Race 8 Lane Cove

Competitor	Div	Time	Plc
Matt Blundell	1	1.36.46	4
James Mumme/ Steve Paget	2	1.42.39	1
Michael Mueller/ Rob Vallis	2	1.45.09	5
Ian Hofstetter	2	1.45.20	6
Tim McNamara/ Derek Simmonds	3	1.48.15	4
Tom Simmat	3	1.52.32	10
Tim Hookins	4	1.54.52	5
Dean Wayne	4	1.55.00	6
Roger Aspinall	4	1.57.07	7
Len Hedges	4	DNF	
Marg Cook/ Merridy Huxley	5	1.59.11	7
Evan Oppen	5	1.59.20	9
Jason Cooper	5	DNF	
Jon Harris/ Don Rowston	6	1.58.07	1
Steve Russell	6	2.03.13	3
John Greathead/ Tony Walker	6	2.05.21	7
Ernst Friedlaender/ Dirk Langenfeld	6	2.07.10	9
Warren Huxley	6	2.07.32	10
Brendan Murmane	6	2.11.45	14
Matt Swann	6	2.11.55	15
Liz Winn	6	2.11.58	16
Frank McDonald	6	2.12.02	17
Bert Lloyd	6	2.13.08	21
Wayne Wanders	6	2.17.20	23
Greg Appleyard/ Trevor Williamson	6	2.19.35	25
Tim Dodd	6	2.19.41	26
David Hammond	8	1.40.11	6

Divs 1-6 = 20km, Div 8 = 15km



Above: Steve Paget and James Mumme get ready for the action at Lane Cove. Below left: Tim Dodd searches for a mangrove branch to swing himself back into his Flash. Below right: Heading for the water.



Water levels for the Avon Descent in August were the highest for 15 years and the river was wild and threatening. Matt Blundell had gone only 800 metres on day one when another competitor on a plastic surf ski capsized him as they came to a weir and ran over his paddle. Matt got to the shore, emptied out and started paddling again, but only for three strokes – then the blade flew off! The collision had cracked the paddle. Return to the shore, run 2km back to the car for another paddle, then run another 2km back to the boat. Off again, and the rest of the day was relatively uncomplicated except for some tendonitis in his arm because the replacement paddle had a split shaft and in his hurry he set the offset to the wrong angle. On day two he got through safely to the last major rapid, then had a collapse of concentration and fell in. Away in the torrent went his brand new K1 and the paddle. The paddle was never seen again. The K1 he found wedged against a tree 3km downstream. He swam out to it, but as he touched it the boat folded completely around the tree. He left it there. Two weeks later back in Sydney he received a phone call from someone who said he had the boat – in two pieces – in his backyard. Matt didn't tell us his response. A bad two days at the office! Better news from the Australian National Wildwater titles at the King River in Victoria 7 weeks later. Matt finished 3<sup>rd</sup> in the 35+ category and 8<sup>th</sup> overall. All those who finished ahead of him have represented Australia. And he came back with his boat in one piece.



# Race, and enjoy the wild flowers

with Marg Cook



It is remarkably cold at 5am, far too early for one who loves her warm soft bed. Anyway, I had promised myself I would do a multisport event and the Akuna Bay Challenge sounded like a good idea. So we arrived at Akuna Bay on Saturday, August 16, to find lots of like-minded and equally cold people preparing for the event.

The challenge involves a 32km cycle from Akuna Bay to West Head and back. Then launch the kayak and paddle 12km from Akuna Bay via Cottage Point to Apple Tree Bay. The third leg is a 12km bush "run" from Apple Tree Bay up and over to Bobbin Head, around via the water and up to the Sphinx, along the fire trail and down to Bobbin Head, and up and over to Apple Tree Bay to the finish.

You can enter as a single, a pair in your own kayak or one of their hugely quick ??? Voyager doubles, or in a relay team.

My preparation for the event involved a bit of cycling using my trusty hybrid, some paddling borrowing Phil Newman's Flash, and I had to start from scratch with the running. I found the running the most difficult, specially since I had injured a leg early in training and was eventually able to run only 2 weeks before the event.

There were quite a few Lane Cove faces among the crowd, many doing the paddle leg, and several also doing the whole thing. I might add that was the last I saw of most of them, they all disappeared into the blue yonder ahead of me.

The weather was fantastic. Cold early, fine and only a mild breeze developed during the morning - making the paddle a real pleasure.

On the cycle leg I saw how fast road bikes with good

engines can go. I had a good opportunity to observe lots of Sydney wild flowers as well.

On the paddle leg, as with most of the other Lane Cove paddlers, I managed to pass lots of others, in slower "far more difficult top move" craft. The water was clear and the skies blue. Almost forgot I was "racing".

The run leg at the end was a mixture of a sort of run, shuffling and walking the hills. I was very happy to have finished the event and enjoyed it immensely. If only I was fitter! Maybe next year with more training?

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Marg's sectional times were cycle 1.21.41, paddle 1.24.32, run 1.58.31, total 4.46.46; 3<sup>rd</sup> in female veteran category, 75<sup>th</sup> overall.

Also doing the event solo were: Alan Whiteman 55.31, 1.01.41, 1.21.20, 3.18.34; 2<sup>nd</sup> male veteran and 12<sup>th</sup> overall. Richard Barnes 1.03.59, 1.10.39, 1.21.25, 3.36.05; 8<sup>th</sup> male veteran and 24<sup>th</sup> overall. Jeff Bannerman 1.13.47, 1.18.50, 1.47.02, 4.19.41, 29<sup>th</sup> male open and 55<sup>th</sup> overall.

In the team's category, Matt Blundell had the fastest paddle with 56 minutes and his team, Millie Prokayaks, blitzed the field, winning by more than 21 minutes in 2.46.49.

Also competing as part of various teams were Tony Hystek (paddle 1.01.32), Graeme Jeffries (cycle 1.03.16), Wayne Wanders (paddle time not available), Toby Hogbin (paddle 1.02.40), Simon Mann (paddle 1.02.38), David Kavanagh (paddle 1.03.36), Merridy Huxley (paddle 1.32.12) and Wayne Mulder (run 1.25.01).

Steve Paget completed the race in a pair in 4.34.19.

## Our recreational paddle program goes Statewide



by Tony Carr

The Lane Cove River recreational paddle program has morphed into the Paddle NSW program, and this is good news for Lane Cove members. It means more paddles to more places and the opportunity to mix it with paddlers from around the state.

The formula for these events developed successfully at Lane Cove will continue, as will my personal involvement. The Paddle NSW folks see this as a good way to bring new people into the sport and with appropriate marketing I'm sure they are right. From recreational paddling to racing is but a short step. Clubs will see their memberships grow. Paddle NSW will cater to a wider market. It's a good strategy.

On September 21 the 14 paddlers at the Nepean River outing experienced how well this is going to work. Hosted by Paul Bourne and colleagues from the Windsor Canoe Club, it also attracted people from the Sutherland Club and a visitor from the UK. Perfect weather, a spectacular waterway and everyone agreed that the mix of people added an extra dimension to the day. One of the ladies

brought chocolate cake and Steve Russell went through his regular *Cirque du Soleil* standing-dive-over-the-side-of-the-Titanic - and for the first time we captured it on film!

The next recreational paddle on the calendar is *Berowra Waters* on Saturday October 18.

Originally a Lane Cove event, this now moves under the Paddle NSW umbrella. On November 23, Derek Simmonds and Justin Paine will host their historic Parramatta River wreck paddle and on February 14 we'll do Magic Middle Harbour - Salt Pan Creek, Split Rock Beach and under the Roseville Bridge and into Garigal National Park.



The Nepean River offers idyllic paddling. Inset: Abandon ship! Synchronised splashing by Steve Russell.

The popular partners practice sessions on Lake Narrabeen will continue with Christine Heywood teaching basic skills and raising confidence levels. Upcoming dates for these are November 16 and December 14. Boats can be provided.

To register for any of the above email me at [tonycarr@ozemail.com.au](mailto:tonycarr@ozemail.com.au) or call on 0417-502-056.

# Another Classic beckons – are you ready?

A large fleet of Lane Cove paddlers is assembling for the 32<sup>nd</sup> Hawkesbury Canoe Classic, to be held on November 1 and 2. They will need all their skill and endurance if we are to hang on to the Commonwealth Bank Cup as the top club in the State's most prestigious canoe race.

The Armidale School (TAS), with its huge number of competitors, has leapfrogged other established canoe clubs as the main contender and came within a whisker of snatching the trophy last year.

Barring last-minute tricks by the weather on the day, conditions look suitable for some fast times and that will help Lane Cove, as we have plenty of crews capable of gaining bonus points by finishing within an hour of the current record. Or even better, setting records!

Most of the field will start near the top of the tide at Windsor and get to somewhere around Sackville or Dargle before beginning a long slog into the incoming tide. Finishing with a receding tide is always great, and run-out will continue to about 6am at Brooklyn. Daylight saving time will be in operation, which means an extra hour of daylight at the front end of the race. But get ready for enveloping darkness after that – the moon will have disappeared by 10.30pm.

Most crews will stop at Wisemans and Lane Cove plans a single river-bank landing point for all club members. This is a great plus for the landcrews who can share each other's company in the hours of waiting, and also means there are plenty of hands available whenever a boat pulls in. Check for location details before the race.

Injuries have forced a few regulars out of the event, including Jeremy Spear, Jason Cooper, Dean Wayne and Phil Newman.

Jason bought a Flash for the Classic, and is lending it to Tim Dodd (who is having some stability problems following the switch from his Mirage 530). Phil is landcrewing for Matt Wootton, a Tasmanian who helped him and Richard Barnes during their kayak circumnavigation of the Apple Isle last year. Matt has done the same around-Tasmania trip solo three times, with a fastest time of 26 days. He busted a couple of ribs during a recent bushwalking fall but will be okay and a little outing like the Classic should be a breeze for him, in either a Time Machine or a Time Bandit.

Kenji Ogawa is still recovering from his operation a year ago but says he will be paddling. Watch out for his purple Flyer.

Former doubles regulars Bert Lloyd and Trevor Williamson are turning out in singles this year. Bert has borrowed a Marauder from James Mumme, who in turn has borrowed a Renegade from Craig Elliott.

Roger Aspinall turned 50 in March, too late for the 50+ category (which dates from January 1). He already holds the 9.44.02 record in the 40+ medium rec class, and if he can't have a go at the 50+ record he's doing the next best thing and having a crack at the open record of 9.45.59.

Marg Cook and Merridy Huxley had a taste of quartet racing two years ago with Sandra Burwood and Buzz Powell. This year they're in a mixed 40+ K4 with Rob Cook and Bernie Craggs.

Matt Blundell is having another shot at the open K1 record of 8.29.28 which narrowly eluded him in 2006. He'll also aim to be fastest boat.

Urs Mader and Paul van Koesveld have moved to Queensland but are planning to return to race in Lane Cove colors.

John Greathead and Tony Walker have been performing well in the Marathon series in their Vulcan and look a good thing to beat their own 60+ Long Rec 2 record of 14.18.48.

Kobi Simmat is planning the risky venture of introducing fiancée Fiona to the Classic. Incidentally he is hoping the club will organise a "paddle past" for his and Fiona's wedding at Clontarf on November 22. A major problems looms – how to keep the father of the groom in his wedding togs and off the water. Keep the date free..

Richard Barnes will be the joker in the Lane Cove pack in this year's Classic. He is forsaking his usual K1 for the wild water boat, measuring in at something less than 2.5 metres, which he is taking to Nepal for a canoeing holiday. He gets back only a couple of days before the race. It will be his 28<sup>th</sup> Classic and knowing Richard he will stop at every port on the way down the river.

Michael Mueller's and Rob Vallis' experience with a broken rudder in a famil race (see next page) is a lesson for all of us. Check your boat and the rest of your gear thoroughly before race day. The only thing worse than being forced to retire with gear failure soon after race start is for the same thing to happen just before the finish.

And treat your boat to a wash and wax. It will look good and go faster.

## Expected Lane Cove entrants

Paddler(s)	Category	Craft
Peter Anderson/ Simon Blumenthal	MO LRec2	
Roger Aspinall	MO MRec	Flash
Richard Barnes	BorB	
Matt Blundell	MO K1	
Tony Carr	M60+ LRec	Challenger
Rob Cook/Marg Cook/Merridy Huxley/Bernie Craggs	Mx40+ K4	
John Chearle	M40+ UN	Mirage 22S
Martin Dearnley	M50+ TK1	
Tim Dodd	M40+ MRec	Flash
Ernst Friedlaender/Dirk Langenfeld	M50+ LRec2	Mirage 730
John Greathead/Tony Walker	M60+ LRec2	Vulcan
Jon Harris/Don Rowston	M50+ LRec2	Vulcan
Michael Hollingworth	BorB	Mirage 530
Tim Hookins	M50+ UN	Mako Elite
Tony Hystek	M50+ UN	Rocket
Chris Kent	BorB	Mirage 530
Bert Lloyd	M60+ MRec	Marauder
Urs Mader	M50+ LRec	Renegade
Simon Mann	MO UN	Sonic
Frank McDonald/Ian Cooper	M50+ UN2	Supersonic
John McNamara	BorB	Mirage 22S
Michael Mueller/Rob Vallis	MO K2	
Brendan Murmane	MO TK1	
James Mumme	M50+ LRec	Renegade
Kenji Ogawa	M50+ LRec	Flyer
Justin Paine	M60+ MRec	Flash
Wade Rowston/Derek Simmonds	M40+ LRec2	Mirage 730
Steve Russell	MO TK1	
Kobi & Fiona Simmat	BorB2	
Tom Simmat	M50+ UN	Mako 6
Matt Swann	M50+ MRec	Marauder
Paul van Koesveld	M50+ MRec	Marauder
Wayne Wanders	M40+ LRec	Time Traveller
Andrew Whitehead	MO LRec	Renegade
Trevor Williamson	M60+ LRec	Mirage 580
Kyle Wilson	MO LRec	Flyer
Liz Winn	L50+ LRec	Flyer



Classic chief scrutineer Rob Grozier (left) gets a hand from Mark Sier in pre-race checking of competitors' PFDs during the marathon race at Lane Cove

# T-boned in a famil

There were some really serious performances from Lane Cove paddlers in the Hawkesbury Classic familiarisation outing from Wisemans to Spencer on August 30. Perhaps we should say between Wisemans and Spencer, because quite a few did it both ways. And the times suggested good results come the big night out on November 1-2.

Rob Vallis and Michael Mueller did the warm-up trip from Spencer to Wisemans, of course, together with Tony Hystek, Simon Mann and Wayne Wanders. James Mumme went up with Craig Elliott and came back with Steve Paget. He and Steve formed a formidable partnership, notching the winning time for the famil paddle (and also taking out division 2 at the Lane Cove Marathon on Sept 14).

That pack were the smart ones, timing their runs to go up with the last of the incoming tide and then back with the outgoing tide.

Urs Mader did the famil and then paddled back to Wisemans – against the tide.

Tony Hystek suffered a sore wrist on the return journey and it has caused some continuing worries..

Wayne Wanders was just past Low Tide Pit Stop on the way back when a passing powerboat sent up a bow wave. Liz Winn was washriding him and as the wave jostled the kayakers she T-boned him, sending him for a swim in the

widest part of the river.

With the help of others he got to the shore, emptied out and continued, but found his Time Traveller continually slewing off course. Only later did he find the collision had left him with a badly bent trailing rudder.



**Rob Vallis points an accusing finger at Michael Mueller who holds the broken rudder. Simon Mann thinks the whole thing is just like a Greek tragedy.**

And talking of rudders: Michael Mueller was loading his and Rob's K2 on to the car at Spencer when the rudder came away in his hand. It had been hanging by only a thread. Better then than in the middle of the night on November 1 ...

# Over 70s in the Classic

The Hawkesbury Classic race committee has rejected a request by Lane Cove River Kayakers that a 70-plus category be introduced for the big race.

In a brief letter Race Director Caroline Kessler wrote: "The race committee discussed your request with regards to over 70s class for the Hawkesbury Canoe Classic the race committee decided that the classic would not be introducing an over 70s class." No reasons were given for the decision.

The response is disappointing, particularly given that three Lane Cove members in their 70s are planning to race in this year's Classic.

We believe it is contrary to public awareness of our ageing population and growing community acceptance of the need to cater for older people.

The World Masters Games, to be

held in Sydney next year, has an 85-plus age category in its canoe/kayak races. The triathlon Ironman, including the famous Hawaii Ironman, which is widely accepted as one of the world's toughest endurance races (3.8km swim, 180km bike, 42.2km run) not only offers a 75-plus category but fetes its older competitors and singles them out as a show of respect.

Lane Cove believes the introduction of a 70-plus category in the Hawkesbury

## Who's Who

There are plenty of pictures of Lane Cove paddlers in the 2008 Hawkesbury Classic race book. And so there should be, given the big part we play in the event. If you've got nothing better to do, see if you can spot the following faces: Tony Carr (under an alias), Rob and Marg Cook, Jason Cooper (twice, once under an alias), Tim Dodd, Roger Deane, Merridy and Warren Huxley, Bob Kenderes, Frank and Marg McDonald, Kenji Ogawa and Trevor Williamson.

Classic would enable older competitors to compete in their own age group and would actively encourage competitors in their 60s to continue on in the sport when they hit their 70s.

The club will ask the Classic committee why it opposes an over 70-plus category and seek to pursue the matter from there.

## Wisemans-Spencer famil

Paddler	Time	Plc
James Mumme/Steve Paget	2.03	1
Michael Mueller/Rob Vallis	2.08	2
Bruce Goodall	2.11	4
Simon Mann	2.17	9
Urs Mader	2.18	12
Tony Hystek	2.18	15
Brendan Murmane	2.26	17
Dirk Langenfeld	2.30	19
Bert Lloyd	2.30	20
Tony Carr	2.34	23
Justin Paine	2.37	30
Liz Winn	2.37	31
Wayne Wanders	2.38	33
Michael Hollingworth	3.05	46



**Richard Barnes has chosen this wild water boat for his 28th Classic**



**Tony Hystek, James Mumme, Simon Mann and Craig Elliott at Spencer**



It was an eventful City to Surf for Deb and Neil Meade and son Liam, 8 months (pictured above at Bondi). Neil dropped the car off at Bondi the night before so they would have transport after the race. But he forgot that he had left the race stroller in the boot! So he had to make a late night taxi trip from Kirribilli to pick it up. Then they had to walk across the Harbour Bridge to the start next morning because the trains were cancelled due to track work. Fortunately the weather was fine and they enjoyed the race, which they did in a time of 92 mins 22 secs. Liam slept most of the way (some people might say this is the best thing to do during the City to Surf). A few days later the trio were off to Abu Dhabi where Neil has started in a new job as a project construction manager. Other Lane Cove people in the City to Surf included Richard Barnes who ran the 14km in 54.52, Alan Whiteman who battled a cold but still did 56.09, James Mumme 70.42, Martin Dearnley 75.18, Steve Paget 83.54, Matt Swann 87.33 and Justin Paine who made a comeback after a break of 6 years to complete his 20<sup>th</sup> City to Surf in 88.02.



Remember Rob Grozier's articles on stand-up paddling in previous issues of *Kayak Kapers*? Well, we've got a new challenge for you, Rob. This picture in the *Sun-Herald* shows a stand-up paddler bracing blistering temperatures and poisonous gases as streams of red hot lava spill into the ocean from Hawaii's Big Island. Professional big wave surfer C.J. Kanuha, 19, paddled to within 6 metres of the lava flowing from Mt Kilauea. His board began to melt and a few days later the skin on his legs began to peel off.



We've been pestering Matt Blundell for a baby picture and this is what he offered us. Start 'em young! That's Matt's motto. Here he is with daughter Liberty out on the water at the age of 8 weeks during July. With this sort of a start, she's obviously going to be a champion. We reckon about the 2028 Olympics will be the time to watch for her.



Tony Carr claims he had an unusual experience when he and 10 friends walked the Kokoda Track recently. He not only met someone older than himself, he met the oldest Fuzzy Wuzzy Angel from World War II. (For the benefit of our younger readers, the Fuzzy Wuzzy Angels were the PNG natives who helped and often carried Australian soldiers, wounded in action against the Japanese, along the Kokoda Track and elsewhere in New Guinea.) This particular Angel claims to now be 103. Tony says the Track took 8 days to walk "and you're either going up or going down in high humidity and temperatures of 30°-plus. It's a great physical and mental challenge and lots of fun. I wouldn't want to do it at 103, though!"

### Murray landcrew wanted

Last year Bert Lloyd and Trevor Williamson appealed through *Kayak Kapers* for a landcrew for the Murray Marathon. Kenji Ogawa offered his services and the trio had a great time. This year Bert and Kenji want to do the race in a double, but need a landcrew to drive their vehicle from the start to the finish each day. Anyone interested in a fun week on the banks of the Murray? Phone Bert 9999-2056.

### New AC CEO

Those who have been following the Australian Canoeing/NSW Canoeing/Paddle NSW saga will be interested to hear that AC has a new CEO. AC chairperson Danielle Woodward announced on Sept 4 that Greg Doyle, formerly CEO of Athletics NSW, will take over the job on Oct 13.

# Delve into radical kayak design with Tom Simmat



## SH SH SH TOP SECRET STUFF

In order to maintain our dominance of the big marathon events like the Hawkesbury Classic, a secret subcommittee of the secret main committee has been working on radical new kayaks that will ensure Lane Cove River Kayakers continue to dominate these events well into the future.

*STRICTLY CONFIDENTIAL LCRK R&D REPORT September 2008*

Key members of the committee come from a background of interest in racing yacht design that has now developed into experimentation in kayak design.

The factors that affect a kayak's speed through the water are: *wetted surface*, the ideal minimum wetted surface is a hemisphere in the water, or even a whole sphere just under the water, but that does not make a very good shape for the next factor that is *wave-making resistance*, the third factor we shall call *streamlining* which is not the same as wave-making resistance.

A fish is streamlined. It operates under the water and does not have any wave-making resistance. Next time you are out paddling, have a look at a dolphin or better still a shark – moving very fast very close to the water surface but not making any waves.

Interestingly there are no natural fish or amphibians that swim at speed at the surface. All swim under the surface. Amphibians such as snakes and lizards, including crocodiles, swim at speed under the surface and only surface to observe and cruise. All fish swim under the surface, except of course flying fish but they break the surface and fly to escape predators.

Kayaks traditionally have pointed sterns and pointed bows. This shape tends to lock the kayak into a maximum speed that relates to weight, length and length-to-beam ratio. While a stronger paddler can push the same kayak a little faster, that little faster takes a whole lot more effort.

Current yacht designs and certainly skiff racing designs now have squarer, flat sterns to encourage the boat to

plane. That is, to reach speeds beyond the locked-in beam-to-length ratio.

We first experimented with a short rec of 4.5 metres with a flat planing stern. Although a little heavy, this kayak planed at normal paddling speed and could be pushed very fast for short periods. It still holds the record in the Murray Marathon open short rec. It won that first year by over an hour.

We then converted it to a TK1 by adding a rudder and a little length. We

experimented also with a long rec and again with another experimental, super-wedge short rec in ply.

They both need a little more work, but we got side tracked with other thoughts.

One of the other thoughts was bulb bows. Bulb bows you can see on large ships. Tank test show these make the hull much more efficient using less fuel. They have been tried on yachts, but no-one has persisted. Bulb bows help with streamlining, but not so much wave-making resistance. Our short rec with a bulb bow won last year's Murray and smashed the short rec record in the Hawkesbury Classic.

The thinking then went back to putting the bulb bow or the whole kayak under the water. Modern submarines go faster under the water than on the surface and we have already talked about fish, snakes and lizards that go fast under the water.

So how do we put the whole kayak under the water? The committee has nearly finished the prototype. If it works it will turn fast marathon kayak racing on its head.. The idea is a central buoyant underwater submarine (like a torpedo), balanced by two forward submarines. Each is stabilized by hydrofoils.

In principle, say the kayaker weighs about 75 kilograms and the "craft" about 15 kilograms, totalling about 90 kilograms. There is about 55 kilograms buoyancy in the submarines and the rest of the lift in the hydrofoils keeps the seat out of the water.

This is a hybrid hydrofoil/submarine. (subrofoil) We are not aiming for the speeds you can get from a pure hydrofoil over a 200 metre dash. We are after a high average speed over a long distance, say just 13 to 14 kilometres per hour for a few hours. That is about 7hrs plus a bit for the Hawkesbury Classic. The aim is to be home in bed by a little after 1am.

If it works you will hear more from the committee, if it does not the secret committee will not say another word.



**Above left: Last year's Classic and Murray winner, with a bulb bow, the front of which was fully submerged. Right: Experimental planing short rec.**



**The front of the subrofoil has two forward submarines (like torpedoes), with hydrofoils which are angled up on the outside for directional and rough-water stability. Under the seat at the rear is the central submarine, with horizontal hydrofoils. The submarines are made from hollowed-out foam covered with carbon-fibre which gives buoyancy. The 1.5m-long seat is like a waveski seat. The craft is about 4m long, 0.8m high and 1.5m wide at the front submarines. When stationary, only the top is out of the water. In motion, the top will be about 20cm out of the water. Any higher would be hard for paddling. Inset: The main submarine of the subrofoil with its horizontal hydrofoils and the vertical extension to the seat.**

## Aussies at Olympics

Were you frustrated and annoyed by the lack of information on TV and in the newspapers about how our flatwater kayak/canoe team went in the Olympics? While the slalom team had a good run on SBS, the early rounds of the flatwater competition were largely ignored. We were thrilled by Ken Wallace's late surges in winning gold and bronze, and the women's K4 gutsy fight to hold on for bronze by five hundredths of a second, but knew little of what happened in other races. Well, here are the details of how the Aussies went.

### Men's K1 500m Ken Wallace

Heat 3 2<sup>nd</sup> 1.36.208 (winning time 1.36.099). Semifinal 1 3<sup>rd</sup> 1.43.340 (split 49.96, winning time 1.42.438). Final 1<sup>st</sup> 1.37.252. **GOLD**

### Men's K1 1000m Ken Wallace

Heat 1 2<sup>nd</sup> 3.30.306 (winning time 3.29.043). Semifinal 1 1<sup>st</sup> 3.33.255 (splits 50.90, 1.44.52, 2.39.65). Final 3<sup>rd</sup> 3.27.485 (winning time 3.26.323). **BRONZE**

### Men's K2 500m Clint Robinson, Jacob Clear

Heat 1 6<sup>th</sup> 1.31.712 (winning time 1.28.736). Semifinal 1 7<sup>th</sup> 1.33.839 (split 45.63, winning time 1.31.232).

### Men's K4 1000m Dave Smith, Tony Schumacher, Tate Smith, Clint Robinson

Heat 1 5<sup>th</sup> 3.00.920 (winning time 2.57.148). Semifinal 1 4<sup>th</sup> 3.02.743 (splits 43.55, 1.29.76, 2.16.28, winning time 3.00.459).

### Women's K1 500m Chantal Meek

Heat 1 5<sup>th</sup> 1.53.374 (winning time 1.49.424). Semifinal 1 7<sup>th</sup> 1.54.876 (split 55.60, winning time 1.51.558).

### Women's K2 500m Hannah Davis, Lyndsie Fogarty

Heat 2 3<sup>rd</sup> 1.45.124 (split 51.72, winning time 1.42.162). Final 6<sup>th</sup> 1.43.969 (winning time 1.41.308).

### Women's K4 500m Lisa Oldenhof, Hannah Davis, Chantal Meek, Lyndsie Fogarty

Heat 2 3<sup>rd</sup> 1.36.516 (split 47.27, winning time 1.34.321). Final 3<sup>rd</sup> 1.34.704 (winning time 1.32.231). **BRONZE**

### Men's C1 500m Torsten Lachmann

Heat 1 500m 7<sup>th</sup> 2.00.594 (winning time 1.48.095). Semifinal 2 7<sup>th</sup> 1.59.119 (split 57.22, winning time 1.51.029).

### Men's C1 1000m Torsten Lachmann

Heat 1 5<sup>th</sup> 4.15.188 (winning time 3.55.319). Semifinal 2 6<sup>th</sup> 4.09.792 (splits 1.00.28, 2.03.15, 3.06.17, winning time 3.57.607).

For complete flatwater results go to [au.sports.yahoo.com/olympics/sports/results/-/paddling-flatwater](http://au.sports.yahoo.com/olympics/sports/results/-/paddling-flatwater).

### LCRK Committee

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**Marathon/BBQ:** Ian Hofstetter

**Wednesday night convenors:** Steve

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## Kayak design set in concrete

Do you sometimes long for a lighter kayak? Feel that plastic craft are to be disdained, fibreglass is past tense and even kevlar should be cast aside in favor of carbon or carbon-fibre in the search for light weight?

Then spare a thought for enthusiastic engineering students in South Australia who constructed concrete canoes for their 2<sup>nd</sup> Annual Concrete Canoe Competition.

An article in *Concrete in Australia*, the journal of the Concrete Institute of



Australia, describes how 2<sup>nd</sup> and 3<sup>rd</sup> year engineering students from Adelaide University and the University of South Australia designed and built their craft.

The hull designs of the Adelaide University craft were based on US concrete canoes plus commercial wooden and plastic canoes. To keep the weight to a minimum, glass beads were used in the concrete as a primary aggregate.

The University of South Australia also used glass beads and carried out lots of experiments to decide on the ratio of cement to sand and other aggregates. It built an inner and outer mould, leaving a small gap for the concrete.

The article does not give details of weights and dimensions for the canoes.

Race day consisted of several sprint and endurance races on Mawson Lakes, near the UniSA campus. In a tight contest, Adelaide University won on a countback.

If you want to read the complete article and see many more pictures, go to [www.lcrk.org.au](http://www.lcrk.org.au).



### Timekeepers

Oct 15 Liz Winn, Tony Carr  
Oct 22 Martin Dearnley, Rob Vallis  
Oct 29 Jason Cooper, Ian Wilson  
Nov 5 Len Hedges, Michael Mueller (BBQ)  
Nov 12 Tim Dodd, Matt Swann  
Nov 19 Wayne Mulder, David Hammond  
Nov 26 Jay Wison, Richard Barnes  
Dec 3 Brendan Murmane, John McNamara

Please confirm your attendance with Steve Russell 0423-056-774 or [slicknz@hotmail.com](mailto:slicknz@hotmail.com) the week before your duty.

Urs Mader (centre) had his last cup of coffee from Café de Justin and said goodbye at his final Wednesday night paddle on Sept 24. He and Arni have moved to the Gold Coast, but they will be back for the Hawkesbury Classic.

### Myall Classic

The Myall Classic on Sept 27 attracted a big field, with Lane Cove strongly represented. Record times were produced in good race conditions. A full report with pictures will appear in the next issue of *Kayak Kapers*.