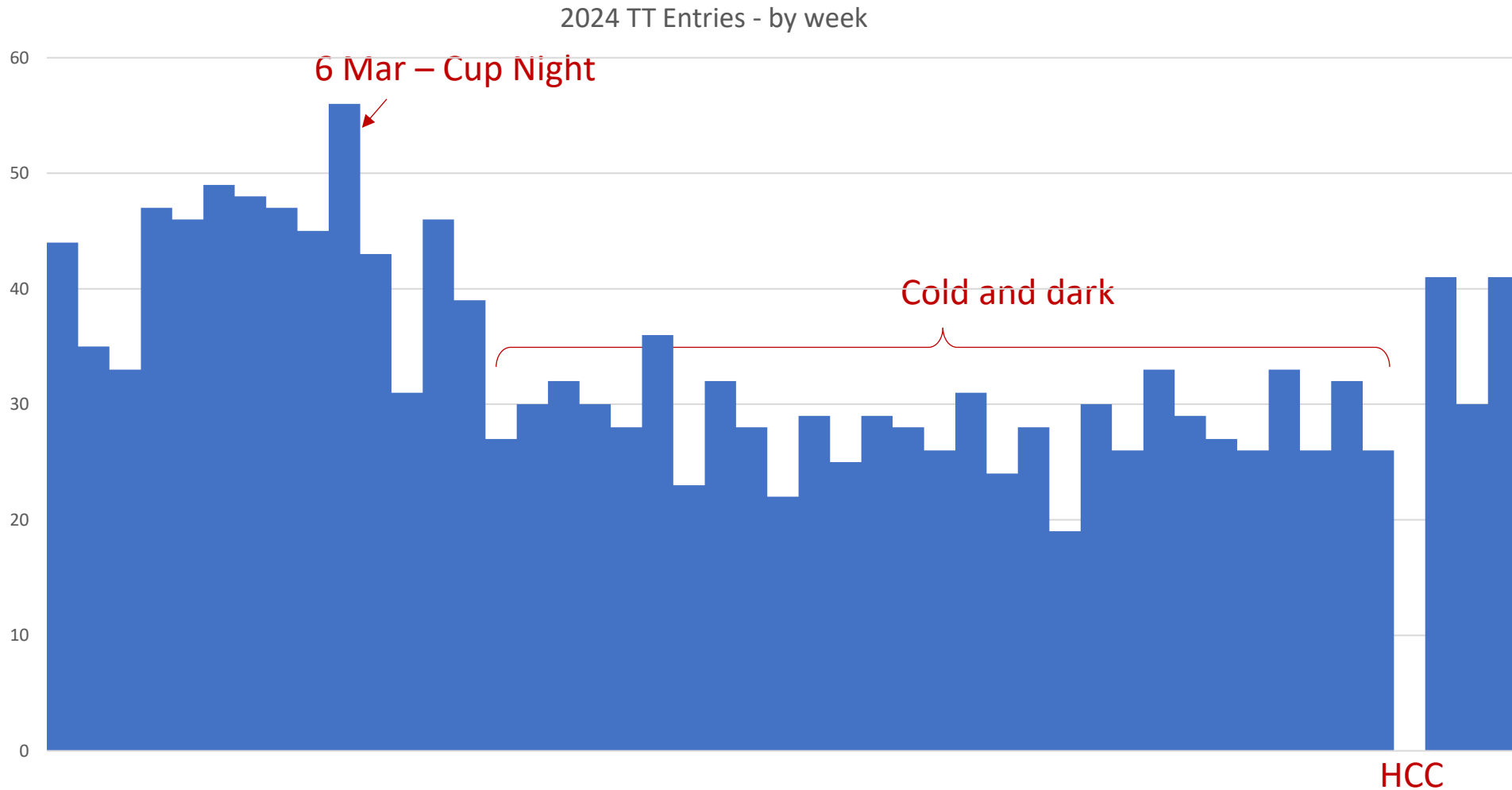


# LCRK – 2024



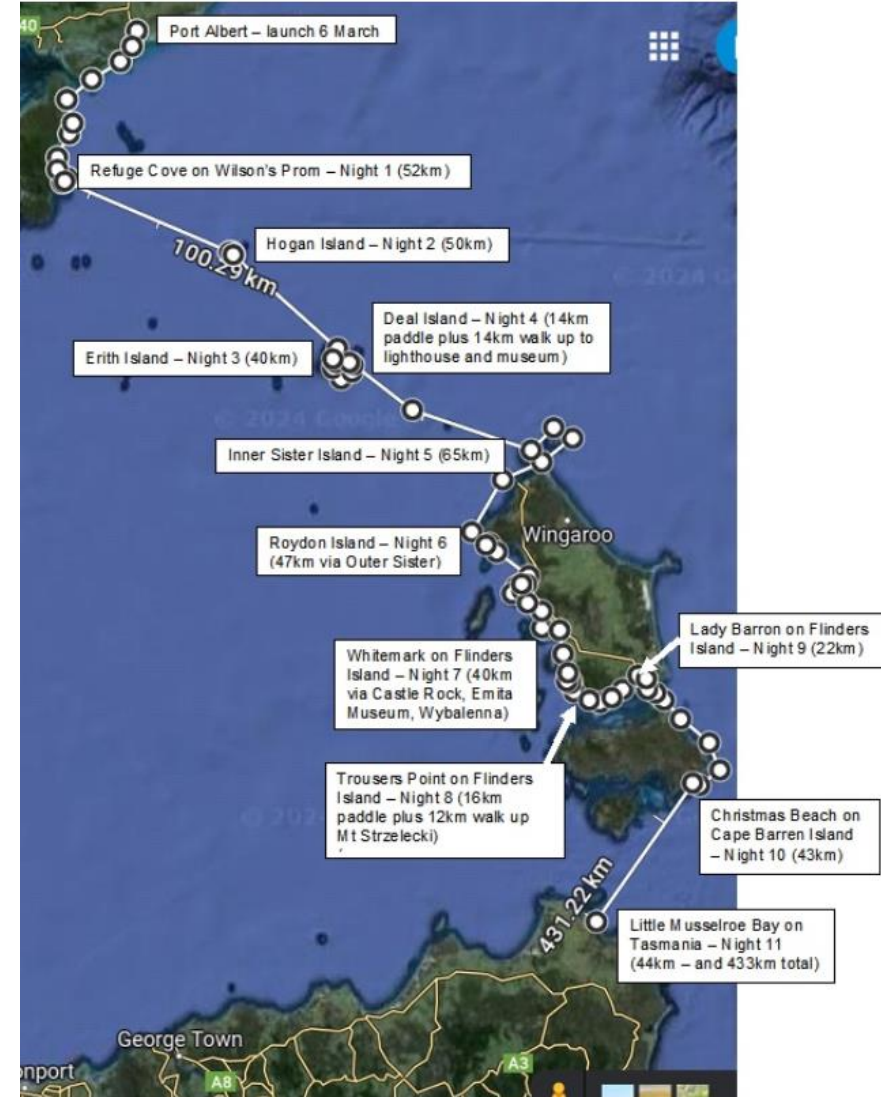
# Time Trials – 2024 Statistics



# Time Trials – 2024 statistics

	2024	2023	2022	2021	2020	2019	2018
Boats:	1,648	1,782	1,641	1,665	1,632	2,070	1,869
TT's :	49	47	47	36	36	49	48
Average:	33.6	37.9	34.9	46.3	45.3	42.2	38.9
Km's	18,128	19,602	18,051	18,315	17,952	22,770	20,559

18,128km = 36 x Bass Strait crossings the scenic way





# Most Paddled TT's

Peter Manley (42)

Naomi Johnson (39)

Andrew Pearce (39)

James Pralija (38)

Richard Barnes (38)

Ian Wrenford (38)

Most 6k singles

Most 9k singles

Most 12k singles

Most 9k doubles

Most 12k doubles

Ian Wrenford (36)

Jana Osvald (25)

Peter Manley (37)

Anne Skewes (22)

Richard Barnes (26)

# Time Trials – 2024 12k records



12km Records	Result	Name	Date
Course	50:47	Brett Greenwood & James Harrington	10-Jan-24
Club	50:47	Brett Greenwood & James Harrington	10-Jan-24
Single: Male	50:52	Brett Greenwood	13-Mar-24
Single: Male 20s	51:39	James Harrington	21-Feb-24
Single: Male 30s	52:09	James Pralija	27-Mar-24
Single: Male 40s	54:17	Dmytro Medvedyev	19-Jun-24
Single: Male 50s	50:52	Brett Greenwood	13-Mar-24
Single: Male 60s	52:16	Brett Greenwood	7-Aug-24
Single: Male 70s	64:36	Ian Cooper	7-Feb-24
Single: Female	58:57	Naomi Johnson	21-Feb-24
Single: Female 30s	58:57	Naomi Johnson	21-Feb-24
Single: Female 40s	69:21	Esther Wheeler	21-Feb-24
Single: Female 50s	59:20	Daniela Torre	13-Mar-24
Single: Female 60s	65:14	Pauline Findlay	7-Feb-24
Double: Male	50:47	Brett Greenwood & James Harrington	10-Jan-24
Double: Male 20s	65:17	Ben Taylor & Tim Taylor	13-Mar-24
Double: Male 50s	56:52	Don Johnstone & James Carter	10-Jan-24
Double: Male 60s	61:55	John Duffy & Tony Hystek	11-Sep-24
Double: Male 70s	66:09	Tim Hookins & Tom Simmat	9-Oct-24
Double: Female	60:41	Naomi Johnson & Pauline Findlay	14-Feb-24
Double: Female 50s	71:09	Alanna Ewin & Merry Sugiarto	24-Jan-24
Double: Mixed	51:39	James Harrington & Naomi Johnson	28-Feb-24
Double: Mixed 30s	55:09	Cassie O'Connor & James Pralija	21-Aug-24
Double: Mixed 40s	62:10	Esther Wheeler & Richard Andrews	10-Jan-24
Double: Mixed 50s	52:44	Brett Greenwood & Daniela Torre	28-Feb-24
Double: Mixed 60s	58:36	David Little & Pauline Findlay	13-Nov-24



# Time Trials – 2024 course records

## NEW course records

9km Women's Doubles	Anne Skewes / Kim Stokeld	56:06	2024
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## NEW 12km course records

Double: Mixed 60s	58:36	David Little & Pauline Findlay	13-Nov-24
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# Timekeeping



Mike Thom – a huge thank you



Special mention and a wonderful contributor to LCRK TTs over many years – Nigel Colless



# PNSW Marathon Series

Brian Norman Club Championship Trophy - Lane Cove River Kayakers

PaddleNSW ICF Club Trophy - Lane Cove River Kayakers

Divisional Podiums for LCRK...

Div	Position	Name	Team name	Total points
Division 1 (20km 1:30-1:40)	1 of 19	James Harrington	Lane Cove	500
Division 1 (20km 1:30-1:40)	2 of 19	Brett Greenwood	Lane Cove	495
Division 1 (20km 1:30-1:40)	3 of 19	Dmytro Medvedyev	Lane Cove	477
Division 3 (20km 1:45-1:50)	1 of 25	Daniela Angela Torre	Lane Cove	494
Division 3 (20km 1:45-1:50)	2 of 25	Don Johnstone	Lane Cove	487
Division 4 (20km 1:50-1:55)	1 of 23	Pauline Findlay	Lane Cove	477
Division 4 (20km 1:50-1:55)	3 of 23	Scott Tyers	Lane Cove	388
Division 5 (20km 1:55-2:00)	2 of 16	Cassandra O'Connor	Lane Cove	491
Division 5 (20km 1:55-2:00)	3 of 16	Chris Dickman	Lane Cove	294
Division 6 (20km 2:00-2:10)	3 of 10	Esther Wheeler	Lane Cove	292
Division 6 (20km 2:00-2:10)	3 of 10	Duncan Johnstone	Lane Cove	292
Division 7 (20km 2:10-2:20)	1 of 12	Andrew Pearce	Lane Cove	497
Division 7 (20km 2:10-2:20)	2 of 12	Linden Barnes / Richard Barnes	Sydney Uni	396



# Hawkesbury Canoe Classic

Commonwealth Cup -  
Lane Cove River Kayakers

Place	Bib	Name	Team name	Distance	Category	Time
1 of 1	228	Naomi Johnson	Lane Cove	Classic	ORS1 Women Open	9:39:10.8
5 of 9	221	Don Johnstone	Lane Cove	Classic	ORS1 Men 50+	10:32:44.0
2 of 2	229	Lee Wright/Nam Nguyen	Lane Cove	Classic	LREC2 Men 40+	10:33:34.9
1 of 1	235	Chris Johnson	Lane Cove	Classic	UN1 Men 50+	11:21:59.2
1 of 1	212	Phil Newman	Lane Cove	Classic	MREC1 Men 70+	13:29:19.5
2 of 32	102	Tony D'Andreti	Lane Cove	BorB1	BorB 1 (Singles)	10:55:05.6
3 of 32	103	Richard Yates	Lane Cove	BorB1	BorB 1 (Singles)	10:55:05.6
12 of 32	101	John Duffy	Lane Cove	BorB1	BorB 1 (Singles)	13:00:19.8
26 of 32	104	Craig Ellis	Lane Cove	BorB1	BorB 1 (Singles)	DNF
4 of 7	111	Chris Stanley/Richard Barnes	Lane Cove	BorB2	BorB 2 (Doubles)	14:17:56.8
3 of 10	401	Chris Thompson	Lane Cove	Dash	Dash	7:53:54.5
5 of 10	408	Robert Tiong	Lane Cove	Dash	Dash	7:53:54.5



# LCRK 2x2 Relays

Caroline Marschner was instrumental in organising a 2-boat handicap relay of 2km laps on a Sunday morning

With Wade's help, she co-ordinated 6 such events – with themes of Music, Iconic Aussie Food, Country of Origin, LCRK Olympics, Dress in White and Christmas.

50 paddlers took part (up from 35 last year) ranging from under 10 to over 90 and there were rave reviews with close racing and delicious post-race feasts





# And plenty of other events .....

- Marathon State Championships, Canberra
- Marathon National Championships, Victor Harbour SA
- ICF Marathon World Championships, Croatia
- Riverland Paddling Marathon
- Wyong 30
- Myall Classic
- Clarence 100
- Massive Murray Paddle 415
- BGCC 24-Hour Paddle Challenge
- Triple Crown
- Harbour Series, Tri Series, NSW Surf Ski Championships and Ocean Series
- Sustainable paddling workshop
- Technique training morning
- Clean Up Australia – Lane Cove River

Awards...

# Paddlers Paddler

Criteria - A member widely considered to have shown remarkable participation, dedication, achievement and support in LCRK activities, embodying the club spirit.

## John Duffy

The lifeblood of the club has traditionally been the TTs and these would not have continued without Mike Thom and JD stepping in. JD has also made huge contributions to the HCC and Marathon Series handicapping so his influence extends beyond just LCRK to key events that are integral to the club





# Most Improved

*Criteria: A member at the beginning of the calendar year who has shown most improvement in TT and other events*

## Awarded to **Renae Watkins**

- shaved 2:31 off her initial 6k time
- then stepped up to 9k where she shaved 3:14
- before stepping up to 12k and shaved 6:29

### Honourable mentions:

- Phil Newman who shaved 2:53 off his year opening 12k time
- Cassie O'Connor who improved her 12k PB by 2:48
- Steve Wooden shaved 5:01 off his opening 6k time
- Geraint shaved 5:54 off his opening 6k time

# Rookie of the Year

Criteria: A new member, new to paddling, who has shown improvement in times and has embraced the sport of paddling by participating in a range of events

## Awarded to Laura Hosnell

- Participated in three 2x2 relays
- Raced twice in the marathon series
- Made her debut in a 9km time trial
- Took on the 27km Myall Classic

Special mention to Selina Foo and Spencer Ellis who joined the club only recently but have made a big impact



# Turrumburra Cup (the fastest men's singles paddler)

Criteria - best average time over 15 TT's, minimum 15

1<sup>st</sup> – James Harrington (52:13 average)

2<sup>nd</sup> – Brett Greenwood (52:25 average)

3<sup>rd</sup> – Dave Coward (52:45 average)





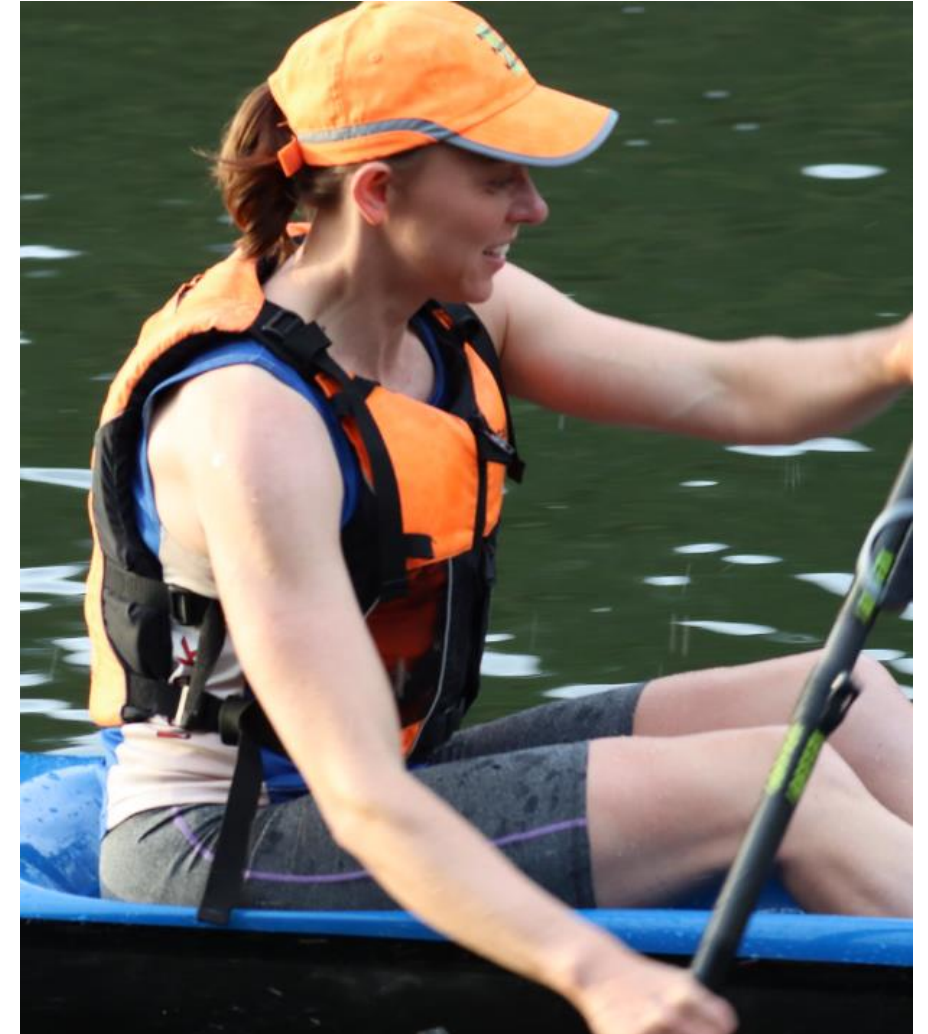
# Womerah Cup (the fastest women's singles paddler)

Criteria - best average time over 15 TT's, minimum 15

1<sup>st</sup> – Naomi Johnson (61:20 average)

2<sup>nd</sup> – Daniela Torre (61:21 average)

3<sup>rd</sup> – Pauline Findlay (67:02 average)



# LCRK's HCC Trophies

Fastest Outright – Naomi Johnson 9:39:10

Fastest on Handicap – Naomi Johnson  
9:08:22

Fastest Woman – Naomi Johnson 9:39:10



# LCRK's HCC Trophies – Oldest Paddler

Phil Newman 13:29:19

Set new record for MREC1 Men 70+



# Blue Moon Trophy

Criteria: an LCRK member who has been inspired to follow their own paddling goals and dreams. Contenders will be those who set their own goal/paddling dream – and plan for, train for, and execute it.

## Awarded to Ben & Tim Taylor

Part of a group of 5 who paddled across Bass Strait in January. All the logistics were a challenge, like navigation, and other basic planning which had to be learnt and overcome. They managed amazing fundraising on top of the physical challenge. The team formed into a cohesive group, exemplified by sticking together throughout the Classic, and towing each other when needed.

Special mentions to Adrian Clayton and Don Johnstone who were part of a group of 4 who crossed Bass Strait in March



# Squaddie of the Year

Criteria – Regular squad attendance; Enthusiasm And a desire to push beyond comfort zone; Encouraging/supportive of others; Receptive to feedback of others; Paddling improvement!

## Awarded to **Rich Yates**

Rich always turns up at morning squad with enthusiasm, a smile and a helping hand. He doesn't seem to know what winter paddling gear is, wearing a T-shirt when much of the rest of the group are donning thermals. He is always happy to give new ideas and technique feedback a crack (even when it means going for a swim), and maintains a lovely sense of humour around the whole thing. This year, he has persevered with his K1 despite some low patches, and then turns things around in a matter of days to out-sprint most of the group! Rich seldom leaves the shed without ensuring that stools and hoses are tidied away and always has words of encouragement for others.



# Doubles Cup (12km doubles)

Criteria - best 9 of 12 Cup nights

1<sup>st</sup> – James Pralija (436 pts)

2<sup>nd</sup> – Wade Rowston (372 pts)

3<sup>rd</sup> – Andrew Pratley (366 pts)



# Coffee Cup (6km singles)

Criteria - best 9 of 12 Cup nights

- **1<sup>st</sup> Ian Wrenford (443 pts)**
- 2<sup>nd</sup> Chris Dickman (434 pts)
- 3<sup>rd</sup> Steve Wooden (432 pts)

Paddled *ALL* 12: Nix



# Sugarloaf Cup (9km singles)

Criteria - best 9 of 12 Cup nights

- 1<sup>st</sup> David Little (443 pts)
- 2<sup>nd</sup> Jeff Tonazzi (442 pts)
- 3<sup>rd</sup> Tony Carr (424 pts)

Paddled *ALL* 12: no one....





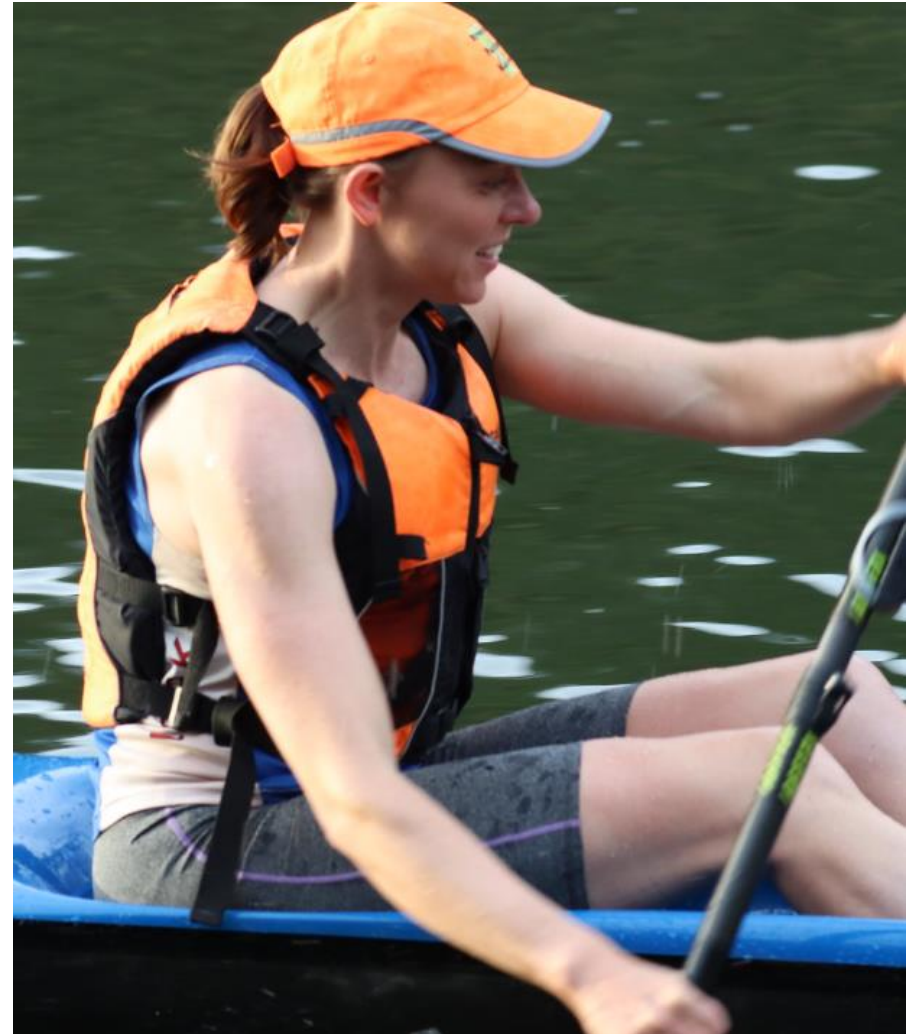
# Crudslime Cup (12km singles)

Criteria - best 9 of 12 Cup nights

1<sup>st</sup> – Naomi Johnson (422 pts)

2<sup>nd</sup> – Wade Rowston (415 pts)

3<sup>rd</sup> – Peter Manley (398 pts)



Paddled *ALL* 12: Peter Manley

# Beat-Your-Age (12km singles)

Criteria – paddle most faster than your years



Year Achieved	Paddler	Best for 2024	Youthfulness (years)	Youthfulness (%)
2011	Tony Hystek	57.53	11.04	16.1%
2013	Adrian Clayton	69.78	10.01	12.5%
2018	Brett Greenwood	50.87	9.59	15.9%
2017	Jeff Hosnell	65.95	6.93	9.5%
2023	Ian Cooper	64.60	6.86	9.6%
2011	Tim Hookins	69.50	5.88	7.8%
2011	Tom Simmat	70.95	5.68	7.4%
2022	Kevin Mulally	72.30	4.56	5.9%
2021	Peter Manley	55.90	3.34	5.6%
2022	David Coward	50.95	2.99	5.5%
2024	Phil Newman	67.72	2.56	3.6%
2020	Duncan Johnstone	69.62	2.09	2.9%
2024	Tim Harrington	62.83	1.89	2.9%
2021	Peter Fitzgerald	61.15	1.62	2.6%
2019	Ian Hofstetter	61.43	1.40	2.2%
2019	Robert Llewellyn-Jones	68.15	1.11	1.6%
2019	David Young	64.42	0.28	0.4%



# Media Award

Criteria – Media Contributions 2024

Awarded to:

**Caroline Marschner** – for reporting on the 2x2 relays and fostering social interaction and cultural education as well as fun and challenge on the water

**Don Johnstone** – for blogging about Bass Strait crossing

**Justin Paine** – for 2<sup>nd</sup> Edition of Gone Paddling – including a comprehensive description of Richard Barnes' historic kayak journey from Australia to New Zealand

