



KAYAK KAPERS

June 2011

Paddling up the legendary Paroo Overflow

Two of LCRK's keenest expeditioners, James Mumme and Bert Lloyd, have just finished paddling the full length of the famous Darling River. Last year they paddled the lower half and this year, joined by John Thearle, they paddled the upper half – a total distance of around 1600 kilometres. The highlight of their latest trip was paddling up the Paroo River, almost certainly the first kayakers ever to do so. The Paroo is legendary through Banjo Paterson's "Clancy of the Overflow": only two or three times in recorded history has it had enough water to fill its storage area and overflow into the Darling, and this was one of those occasions.

Their journey took 12 paddling days and 2 rest days. The Darling starts at the junction of the Culgoa and Bogan Rivers, about 70km above Bourke. To get to it the Lane Cove adventurers had to drive along a slippery muddy track through a cattle station. James and Bert were in Marauders, John in a Mirage 22S.

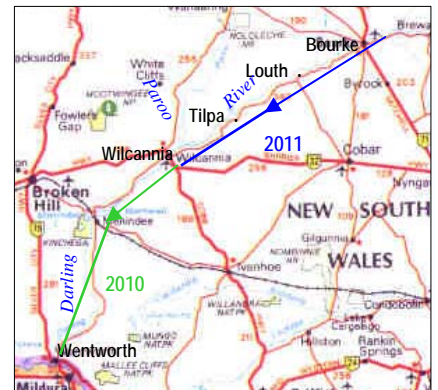
James and Bert describe the trip in the following articles.

by James Mumme

Last year Bert and I paddled the lower half of the Darling River, 820km from Wilcannia to Wentworth. This year our aim was to paddle the upper half (short) of the river from Warraweena to Wilcannia, a further 720km (as measured on Google Earth). All we needed was water, which fortunately was provided by Queensland summer rain.

When John Thearle heard, he soon signed up for the trip, dates decided, my sister Les and her partner Morris agreed to drive us to the start and pick us up at the finish. Bert had spoken to Wayne O'Malley, the owner of Warraweena cattle

station. We drove to Bourke and on to Warraweena, where Wayne gave us a hand-drawn map, in sections "down the river over the second cattle grid follow the fence off to the right, may pick up some 4 wheel drive tracks as a couple of fishermen went there the other day".



We packed the craft, thanked our landcrew and paddled upstream to the junction of the Culgoa and Barwon – the official start of the paddle!

Bert was feeling average at the best, quite crook for a couple days prior, but gutsed it out over the next two weeks.

We paddled to Bourke, then had to portage over the Bourke weir (downstream of Bourke). And for Bert, this day was a real battle, he was still crook and we decided to set up camp early. He wondered if he would be able to go beyond Louth.

This trip, the muddy banks were not the same problem as last year. If the river levels drop quickly, say 4 to 5 metres in a week or two, you have difficulty getting footing, either sinking into the mud near river level or sliding down the slope of the bank. Fortunately we had river heights about 4 to 5 metres the whole trip.

John, Bert and I soon settled into a daily routine, breaking camp, a short rest every hour and a longer break out of the boat every two hours, lunch after four hours etc till we looked for camp sites for the evening.

The aim was to make it to Louth by day 5 and have a day's break and reassess the trip. It looked as though this would not be possible, as we would probably fall 10 to 12 kilometres short. I think Bert saw this as a bit of a challenge and sure enough we got there on sunset with the daily average back up to 57km.

Louth provided the perfect rest spot for us and Bert was soon back on track, getting stronger each day. By the time we got to the next town, Tilpa, our paddling averages were



In this historic picture Bert of the Overflow paddles up the Paroo River from the Darling. It's the first time a kayaker has ever paddled in this "overflow" made famous by Banjo Paterson.



John and James stop for an hourly break

way up, mission achievable. Maybe some day we will be able to return for the Louth races which they liken to the Birdsville races. This year I think it is run on August 8.

Tilpa is a small town, basically a pub. We arranged for a couple of cabins, meals and refreshments.

The trip this year was memorable for the night sky, a couple of rainbows and the waterbirds. The weirs caused a logjam effect, with the carp concentrated on the lower side of the weirs, providing hawks with a ready meal, 60 or more were circling at one time.

For me, paddling up the Paroo was the highlight. John was keen as, just to keep on paddling. It is a rare occasion for the Paroo to flow from Queensland through to the Darling, only 2-3 times since white man inhabited Australia. A photo of Bert paddling up the Paroo is my favourite.

Also you could really appreciate A.B. Paterson's "Clancy of the Overflow" which refers to the Paroo overflow and the comparison with the scribe in his office.

We were just a camp and a short paddle from Wilcannia and the end of an adventure for Bert and me and a mid chapter for John.

Wilcannia soon approached, the outskirts, telegraph posts, hospital, ripple above the weir, the old and new bridges, the mandatory photos, the smiles and a huge sense of satisfaction. A must do ... done.

The drive back was long, our minds going backwards over the trip, and forwards towards the possible. "Hey Bert, how about the Gregory River out of Mt Isa next year?" John, what do you think? What about a gourmet paddle from Gundagai to Wagga or Warrandera ... heard the local wines and fare are good."

by Bert Lloyd

Where to start? 5.20pm the day before we were due to go on our trip, the last appointment of the day, my GP had just squeezed me in. Yep, a nasty chest infection and a stomach infection, pills and a week's bed rest. Then, with a sigh as he showed me out the door, have a good trip anyway.

The first day's paddling was short, so I survived that. But the second day involved 60+k's and a portage around the



Can you see the three kayaks in this picture?

Bourke weir. By the time we made camp I was ready to quit. If there had been any way out I would have taken it, but there wasn't so I didn't. No-one can paddle your kayak for you, but thanks to James and John for doing most of the carrying during the portages and up the banks to set up camp.

So what did we see? Birds, lots and lots of birds of just about every type. Birds of prey from wedge tails and other eagles to hawks and kites. Ducks, possibly millions of ducks (thousands at least), pelicans, shags, ibises, and others I couldn't name. Parrots and cockatoos of all types, black, red tailed black, white, white with pink, white with yellow and pink and grey, also budgies, tree parrots, grass parrots and others.

Not many animals, mostly goats (originally feral, they are now prized by landowners as they have some value and require little maintenance), some cattle and sheep, a few pigs, kangaroos, foxes, snakes and not much else. EXCEPT ... MICE; probably due to the current good conditions and abundance of foods, the area currently has a plague of mice. Initially I thought this almost funny as both John and James ended up with them as bedfellows and I managed to escape that. However, on arriving home I found I had a hitch-hiker, only one fortunately but it took some dislodging.

The surprising thing again was the lack of people. Between



John and Bert prepare to camp for the night

towns we saw almost no-one - one or two campers, either fishermen or pig shooters, and this was over the Easter break. Each night we camped on the river bank where we finished paddling (after the usual 10 metre climb up the mud cliffs) and not once did we see anyone.

There are four towns on this section of the Darling, Bourke, where we started, is trying to revitalise and rebuild. Louth is a small town of one pub and about 20 homes. The hotel has recently been rebuilt by new owners who couldn't do enough for us during our brief stay. If there is one town on the upper half of the Darling that I would revisit it is Louth, everyone was friendly (Pooncarie was my pick of the lower Darling). Tilpa consists of a pub and not much else. It really is the Wild West, in all ways, if you want to see something different. Wilcannia, where we finished our trip, is the midpoint of the Darling. Let's just say that Wilcannia has problems.

The PAROO, the legendary Paroo River written about by all our early bush authors and poets, drains the far, far west of our state. Trouble is, it runs out of water before it gets anywhere. Only two or three times in recorded history (it seems the historians can't agree) has the river run its full length and drained into the Darling. It is now, or was then, and we were there. Not only that, but we paddled 8 to 10 k's up, then back down, so I feel reasonably confident in claiming a first ascent and descent for our group.

For the final point I can only repeat what I wrote 12 months ago. "What is the lasting memory of the trip? Not only the river itself but the MAGNIFICENT ISOLATION of the river banks and the whole area. You should really visit 'the river' not just because you're a paddler but because you're an Australian."

These articles have been shortened. The complete articles, with more pictures, can be seen at www.lcrk.org.au in News.

Adventure racing through mountainous Victoria

by Tony Hystek

Three LCRK paddlers attacked the Marysville2Melbourne multisport challenge on 10th April. It is a 155km run/cycle/run/paddle from bushfire devastated Marysville, through equally charred Kinglake, and on to the upper Yarra, to follow its course from Camberwell along almost its entire navigable length.



Richard Barnes and James Mumme did full distance, while I opted for the lazy approach and brought brother Phil for the cycle legs, and cousin Colin for the two runs.

My team was named "Goldie's Grandsons" in memory of my recently departed gran of 102 years.

It is three times the distance of Akuna Bay, but also three times the fun.

The run is a 34km graded walking trail, the cycle a 90km road ride through the famous Black Spur mountain region, and the paddle a 31km combination of narrow winding upper Yarra River (with a decent flow after heavy overnight rain), to a 400m portage around Dights Falls then on to Docklands through ever-widening and capitalised lower Yarra.



Richard Barnes ... as usual defied the cold in an SUCC T-shirt

Possibly the most difficult part of the whole trip for many was the final scrape under the very low footbridge at the finishing pontoon that had many exhausted paddlers falling in.

Unfortunately, the folk from Marysville seemed oblivious to the scores of visitors who had descended on their town; the shops closed early, no eateries, supermarket closed early, etc etc. We may as well not have been there. I'm sure the chamber of commerce will rue the opportunities lost.

In darkness, we assembled at the Marysville startline, sending off our runners in steady drizzle. The final killer hill to the first transition was so steep plenty were walking, but Colin made the most of this and passed many on his run to the top, changing over to Phil for the next two concurrent cycle legs.

This started with a winding, sometimes slippery passage up Black Spur and across to Kinglake, and from there a narrow, steep descent down to Templestowe with a few dangerous corners to negotiate. Fortunately we had advance warning, though there were a few with "local knowledge" who seemed to be on rails, and flew on to a decent lead. Phil picked up around 20 places in the cycle leg.

Colin, who had saved a bit from the first run, gave it his all on the second run, and made up several more places before



Tony Hystek ... holed his kayak on a submerged rock

handing over to me at Camberwell.

Amazingly, James Pretto, with whom I paddled the entire Murray Marathon in 2009, was also there beside me at the start of the paddle leg, but could only hang on to my wash for a few k's. He was doing full distance, and looking decidedly second-hand.

The river had good flow, with the occasional tricky eddy that had some paddlers swimming though, being so narrow, not far to shore. I passed several more boats before the Dights Falls portage, where, as I came belting in to shore, I managed to hole my boat on a submerged rock. We threw the boat down on the

grassy bank 400m downstream and I seal-launched into the lower Yarra for the final leg. Here the flow slowed down, and so did the boat as I approached the finish, the front compartment almost totally full of water. But still we managed to catch and pass several other competitors.

Jubilation as we found out Goldie's Grandsons were home in 6th place outright, totally surprising all of us. We'd only wanted to finish.

And so we waited for Richard and James Mumme to come in, Richard first in 10.41, and James in 11.19, having torn a muscle early in the first run leg. It shows his great determination to finish, as he limped home at a brisk walk in the second run leg. Up till then, he and Richard Barnes were trading places and looked to be a good chance of coming in together.

The chill Melbourne wind was sending us all shivering for our coats. All bar Richard, who refused all extra coverings at the end, quite comfortable in his – you guessed it – SUCC T-shirt! He eventually succumbed as night fell.

Next year will see us back again, and hopefully some more LCRK paddlers might think about doing this fabulous event too.

Results link: <http://www.marysville2melbourne.com.au/OverallResults.aspx?y=2011>. More pictures in the Photo Gallery at www.lcrk.org.au.



James Mumme ... raced with a torn calf muscle

| Competitor | Run 19k | Bike 50k | Bike 40k | Run 15k | Paddle 15k | Paddle 16k | Time | Plc Cat |
|--------------------|---------|----------|----------|---------|------------|------------|----------|---------|
| Goldie's Grandsons | 1.45.29 | 1.33.51 | 1.07.33 | 1.05.55 | 1.07.40 | 1.19.04 | 7.59.32 | 6 1 |
| Richard Barnes | 2.06.21 | 2.24.22 | 1.34.39 | 1.29.04 | 1.28.03 | 1.38.47 | 10.41.36 | 173 5 |
| James Mumme | 2.11.07 | 2.15.35 | 1.25.31 | 1.59.19 | 1.35.44 | 1.52.11 | 11.19.27 | 216 6 |

Lots of thrills as the K4s come out to play

The K4s have come out to play, and it's making a thrilling sight for both other competitors and spectators.

In the Pittwater Harbour series race, an LCRK crew comprising Jason Cooper, Steve Paget, Jeremy Spear and Tony Hystek borrowed a boat from Manly Warringah to compete against another of their K4s. Unfortunately they filled up with water in the choppy conditions and didn't make the finish, while the MW boat won.

In the Narrabeen Marathon 9 race it was on again, with Tony Hystek and Tom Simmat in one K4 crew and Jason Cooper in another. There was nothing between them for 20km until the former, after having been beached on a sand bank at half way in contentious circumstances, surged to the lead for the first time in the final straight to win by a nose.

Tom was filling in for Rob Chant who is training with the other three – Tony, Lawrie Kenyon and Tony King – for the Hawkesbury Classic.

At Narrabeen David Hammond teamed with Tony D'Andretti to score a big win for LCRK in division 6 for their second successive race. They may find themselves in a higher division next time.

New Lane Cover Joy Robinson had a fine start to her marathon racing career with a 7th in division 9 at Penrith but was brought back to earth – or, more accurately, water – in the

next round at Narrabeen when she capsized. Husband Richard sped past without stopping to help her and explained later: "She was in enclosed waters."

Jason Cooper and Bob Turner followed up their win in division 3 in Canberra (where rough conditions overturned many competitors, including Phil Geddes) with a 2nd in division 2 at Penrith. A lawnmower had been run over the weed in the Nepean for the latter race but there were still enough pieces floating around to cause problems for some.

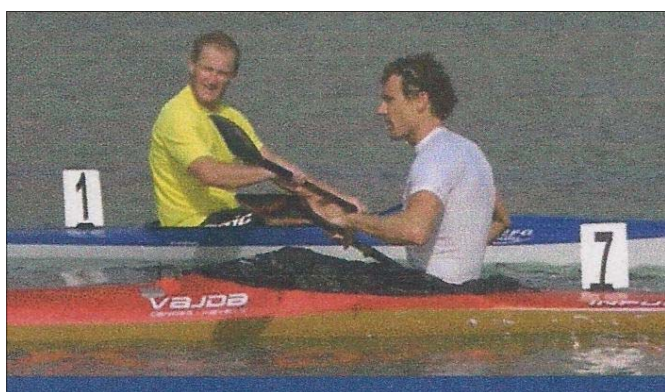
[Lots of pictures in the Photo Gallery at www.lcrk.org.au.](http://www.lcrk.org.au)



Richard Lindsay at Narrabeen



Tom Simmat puts the brakes on as his K4 comes in for a portage. Behind him are Lawrie Kenyon, Tony King and Tony Hystek.



Matt Blundell recorded second place in the New Zealand Kayak Marathon Championships on Porirua Harbour, near Wellington, on April 16 despite a wrist injury suffered just before the event. The race was won by Kiwi Olympic silver medallist Ben Fouhy (seen here with Matt) who is preparing for the London Olympics. Matt's time for the 28km 6-portage race was 2.14.15, well behind Fouhy's 2.07.37. Fouhy also won the Australian Marathon title in Geelong a week later. Matt was 11th.

M9 Race 4 Narrabeen

| Competitor | Div | Time | Plc |
|--|-----|---------|-----|
| Tony Hystek/ Tom Simmat/ (Lawrie Kenyon)/ (Tony King) | 1 | 1.30.08 | 1 |
| Jason Cooper/ (Brett Greenwood)/ (Dave Cleverley)/ (Mark Coulter) | 1 | 1.30.37 | 2 |
| Toby Hogbin | 1 | 1.37.43 | 4 |
| Richard Robinson | 3 | 1.43.23 | 4 |
| Jeremy Spear/ Nigel Colless | 4 | 1.47.56 | 4 |
| John Greathead/ Tony Walker | 5 | 1.58.43 | 13 |
| Wade Rowston | 5 | 1.59.47 | 14 |
| David Hammond/ Tony D'Andretti | 6 | 1.48.00 | 1 |
| Bert Lloyd/ Don Rowston | 6 | 1.58.37 | 5 |
| Derek Simmonds | 6 | 1.58.43 | 6 |
| Andrew Benoit | 6 | 2.00.59 | 10 |
| Liz Winn | 6 | 2.06.11 | 15 |
| Richard Lindsay | 6 | 2.06.58 | 17 |
| Phil Geddes | 6 | 2.11.46 | 19 |
| Trevor Williamson/ Gregg Appleyard | 6 | 2.14.55 | 20 |
| Duncan Johnstone | 6 | 2.16.12 | 21 |
| Andrew Kucyper | 6 | DNF | |
| Bruce Goodall | 7 | 1.21.03 | 4 |
| Tony Carr | 7 | 1.37.26 | 18 |
| Ian Wilson/ Alec Wilson | 8 | 1.04.21 | 11 |
| Justin Paine | 8 | 1.07.03 | 12 |
| Joy Robinson | 9 | 1.12.36 | 12 |
| Elke van Ewyk | 9 | 1.31.57 | 17 |

Divs 1-6=20k, Div 7=15k, Div 8-9=10k

M9 Race 2 Canberra

| Competitor | Div | Time | Plc |
|---------------------------------------|-----|---------|-----|
| Matt Blundell | 1 | 1.32.56 | 1 |
| Toby Hogbin | 1 | 1.37.52 | 2 |
| Jason Cooper/ Bob Turner | 3 | 1.42.23 | 1 |
| Richard Robinson | 3 | 1.48.49 | 5 |
| Wade Rowston | 5 | 2.05.36 | 17 |
| John Greathead/ Tony Walker | 5 | DNF | |
| Richard Lindsay | 6 | 2.07.13 | 12 |
| Liz Winn | 6 | 2.10.03 | 14 |
| Phil Geddes | 6 | 2.13.09 | 16 |
| Trevor Williamson/ Gregg Appleyard | 6 | 2.14.04 | 17 |

M9 Race 3 Nepean

| Competitor | Div | Time | Plc |
|-----------------------------------|-----|---------|-----|
| Jason Cooper/ Bob Turner | 2 | 1.40.49 | 2 |
| Tony Hystek | 2 | 2.01.13 | 5 |
| Richard Robinson | 3 | 1.45.35 | 3 |
| Richard Barnes | 3 | 1.57.16 | 9 |
| Tom Holloway | 4 | 1.56.00 | 9 |
| John Greathead/ Tony Walker | 5 | 2.02.40 | 14 |
| Wade Rowston | 5 | 2.03.20 | 15 |
| John Thearle | 5 | 2.04.18 | 16 |
| David Hammond/ Tony D'Andretti | 6 | 1.59.15 | 1 |
| Derek Simmonds | 6 | 2.04.35 | 9 |
| Duncan Johnstone | 6 | 2.06.41 | 10 |
| Bert Lloyd/ Don Rowston | 6 | 2.06.50 | 11 |
| Richard Lindsay | 6 | 2.08.12 | 14 |
| Liz Winn | 6 | 2.08.15 | 15 |
| Phil Geddes | 6 | 2.14.45 | 20 |
| Justin Paine | 6 | 2.29.28 | 25 |
| Andrew Kucyper | 6 | DNF | |
| Bruce Goodall | 7 | 1.23.28 | 3 |
| Tony Carr | 6 | 1.50.27 | 17 |
| Joy Robinson | 9 | 1.08.48 | 7 |

Divs 1-6=20k, Div 7=15k, Div 9=10k

Harbour Racing Series

Competitor Time Plc Cat plc

Race 5 Rose Bay Challenge April 30

| | | | |
|-------------------------------|---------|----|----|
| Toby Hogbin/ Matt Blundell | 1.07.36 | 1 | 1 |
| Tony Hystek | 1.16.57 | 12 | 1 |
| Ryan Cousins | 1.22.42 | 36 | 3 |
| Richard Robinson | 1.23.33 | 43 | 9 |
| Evan Oppen | 1.26.58 | 47 | 11 |
| Tom Simmat | 1.27.01 | 52 | 2 |
| Jeremy Spear | 1.32.55 | 67 | 3 |

Short course

| | | | |
|-----------------------------|-------|----|---|
| Tim Hookins/ Steve Ralph | 42.28 | 1 | 1 |
| Jeffrey Tonazzi | 50.31 | 13 | 4 |

Race 6 Pittwater Classic May 14

| | | | |
|---|---------|----|---|
| Tom Simmat | 1.27.31 | 45 | 3 |
| Wayne Wanders | 1.46.33 | 81 | 3 |
| Jason Cooper/ Steve Paget/ Jeremy Spear/ Tony Hystek | DNF | | |
| Jeffrey Tonazzi | 1.06.42 | 16 | 4 |
| Andrew Kucyper | 1.09.46 | 21 | 3 |
| Hayden Tonazzi | 1.19.12 | 24 | 5 |

A rough ride in this year's Bridge to Beach

by Wade Rowston



Being mostly just a pure flatwater paddler, it was with a little trepidation and with fingers crossed for good weather, that I agreed to enter the annual 1.1km Bridge to Beach paddle event.

Dons' (ie Dad's) regular doubles partner, Bert Lloyd, was going for a little wander down the Darling River and was unavailable, so I was called upon about a week before to fill the vacant seat in the back of a double Mirage.

This year's event was held on Sunday April 15 and official race start time was at 8am. The course starts under Sydney Harbour Bridge and finishes at Manly on the harbour-side beach next to the ferry wharfs, with a 150m beach run to the finish line.

You need a willing driver to drop you off and meet you at Manly (thanks Carly!).



Derek Simmonds hits the beach at Manly

Manly (thanks Carly!).

Blues Point Park was already covered in skis and kayaks by the time we arrived at around 7am under threatening clouds and a gentle (at the time) southerly. Lots of "colour and

movement", Derek observed.

A quick chat to other fellow LCRKers, and a briefing explaining just how easy and calm the conditions had become. The briefing information was a pleasant surprise given the day before there had been a very strong southerly blowing and a stormy day in Sydney.

Next 385 craft hit the water from a very restricted access point.

Everyone paddled over to the bridge for a mass start. An official craft zoomed back and forth keeping the 200m-wide start line under control. Then suddenly, a bit after 8am, a blast of the hooter and we were away. Never have I seen such a big wash put out by paddling craft at a start.

The speedsters were already several hundred metres ahead as we headed across to Cremorne

Point and settled down to a good pace. I kept looking around for familiar faces or boats but no-one I knew was in sight.

The wind was picking up and a southerly chop started to hit from the right side. We were required to keep to the left of the harbour and out of the main navigation channel, and also to the left of official marshalling boats.

Around the buoy at Taronga Park and then to Bradleys Head, all the time the wind getting stronger and the chop getting bigger and bigger. Throw in the surf waves the occasional Manly ferry wash presents you with, from either behind or in front, and things were starting to heat up. In fact I thought the water was quite warm, so wasn't too worried about going for a swim.

Still the wind was getting stronger and as we approached more open territory towards Clifton Gardens and Georges Head the wind chop was enjoying the vast expanse of the width of the harbour to really build up.



Wade Rowston is out and running ... or fast plodding

We started passing some skis that understandably had become hesitant in the rough, then we saw a few fall in. Add to the wind chop, the start of the swells coming in through the Heads and things started to get tricky. Next we saw an outrigger go over so we knew it must be rough.

The swell (2-3m) was ever increasing as we got closer to Middle Head. We were now in very open water.

We headed out towards a marshalling boat because it seemed to be the best angle to tackle the conditions and keep away from backwash off the rocks as the big swells rebounded (and after all we only had to keep to the left of the marshalling boats). As we approached we were advised we had to round the buoy about 500 metres perpendicular back towards the shore. We ran with the swell and somehow managed to round the required buoy (good steering, old man!).

For the last km into Manly the conditions settled into nice running waves and were great fun.

As competitive as ever, the call came from Dad 50m out from the shore to get ready to run (only one paddler from a double needs to run). Ten metres out I had the spray deck off and one leg out ready to go and hit the sand sprinting to the finish line, stopping the clock at 1hr 6m. Well ... when I say sprint I mean a fast plod along, Clifly Young style. I joined a throng of other finishers, wide eyed and happy just to finish.

All the talk was about just how tricky and rough the conditions were. Much to my dismay, looking back out across to Middle Head from the beach there was no sign of them. It looked flat!



Tony Hystek sprints to the line

| LCRK in Bridge-to-Beach | | | | |
|-------------------------------------|---------|-----|---------|---------|
| Competitor | Time | Plc | Cat | Cat plc |
| Glen Orchard/ (Jason Cunningham) | 47.00 | 9 | Dble | 3 |
| Tony Hystek | 54.01 | 32 | 50+ | 4 |
| Tim Hookins | 58.12 | 65 | 60+ | 2 |
| Matt Acheson | 58.24 | 66 | 40+ | 28 |
| Matt Shields | 1.01.44 | 101 | Open | 23 |
| Tim Dodd/ Ian Wilson | 1.01.53 | 103 | Dble | 11 |
| Jason Cooper | 1.05.02 | 127 | Open | 30 |
| Wade Rowston/ Don Rowston | 1.06.06 | 142 | Dlbe | 13 |
| Jeremy Spear | 1.07.32 | 148 | Seakyk | 8 |
| Wayne Wanders | 1.08.23 | 154 | Plastic | 1 |
| Steve Paget | 1.09.42 | 173 | 40+ | 57 |
| Derek Simmonds | 1.10.52 | 184 | Seakyk | 14 |
| Tony Carr | 1.13.06 | 197 | Seakyk | 17 |
| David Hammond/ (Maria Hammond) | 1.17.20 | 220 | Dble | 15 |
| Bob Turner | 1.23.57 | 256 | Seakyk | 31 |
| Jeffrey Tonazzi | DNF | | | |

Big game fishing at Figtree

by Derek Simmonds

Night fisherpersons at Figtree have enjoyed some good sport lately.

One crafty paddler got hooked when he decided to cut in close to the rocks to gain an advantage over the rest who were going wide. Like Moby Dick, he resorted to a death roll to get free. Fortunately he was rescued by a mermaid.

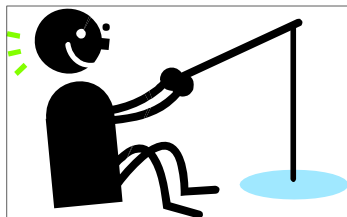
Another paddler was heard muttering "fishy business" when he arrived back at the pontoon trailing nylon streams of glory.

One intrepid angler even tried to land his prize. Armed with a line of massive breaking strain, he bravely fought to reel in his catch towards the rocks despite screams for mercy from the paddler who was dragged backwards. With the hook embedded somewhat uncomfortably in his armpit, all that prevented a serious gaffing was the raw prawn.

Like the Old Man and the Sea, the struggle seemed to last for an eternity. When the fisher of men finally released his catch, the field had all passed on the home run with the traditional cheer of "you all right?"

After removing the hook, the one that got away made a shaky solo return but was a bit green around the gills when he finally landed at the pontoon.

The moral: go wide at Figtree, don't take the bait and don't get hooked.



Training paddles for the Hawkesbury Classic

With the Hawkesbury familiarisation paddles not being held this year, Lane Cove River Kayakers will organise a series of out-and-back events on the famous river to help our members prepare for this year's Hawkesbury Classic.

They will offer paddlers, specially those who have not done the Classic before, the opportunity to test themselves on sections of the river. And they will also offer valuable training opportunities for newcomers and veterans alike.

They will be club events, strictly open to LCRK members only, with the exception that members who want to paddle in a double with a non-member may do so.

To accommodate faster and slower paddlers, there will be two start times, with the slower paddlers going off first.

Dates for the series are:

Sunday June 26: Brooklyn-Spencer-Brooklyn. About 23km. 9am and 10am.

Sunday July 10: Wisemans-Low Tide Pit Stop-Wisemans. About 34km. 9.30am, 11am.

Sunday July 31: Wisemans to the upstream corner of the Big W and back to Wisemans. About 24km. 9am and 10am.

Saturday Sept 24: Day/night paddle. Windsor-Cattai-Windsor. About 24km. 3pm and 4pm. Followed by dinner at Windsor.

The Wisemans starts will be from the small beach next to the ferry. There will be a charge of \$5 per event (\$10 for any non-members paddling with a member). Paddlers will time themselves and should bring their Wednesday night race numbers. Register at the event start.

LCRK AND NSW MEMBERSHIP RENEWALS are now due and should be paid before June 30. They should be paid online and there are links to do so on the club website, www.lcrk.org.au, under Join LCRK.

Membership of LCRK for 2011-12 costs \$50 if you do it before your current membership expires on June 30. Renewals after that date will cost \$60. Members will be given one month's grace to renew. If you have not renewed by July 31 you will be required to pay the visitors' fee (to rise from \$6 to \$8) for Wednesday night time trials and will be removed from the list for *Kayak Kapers*.

In order to have insurance cover, paddling members of LCRK are required to be also members of Paddle NSW, which costs \$55. The link to do this is also on the club website, or at paddlensw.org.au.

When renewing LCRK membership, you have the option of pre-paying for your Wednesday night time trials. The nightly fee will rise from \$3 to \$4 from July 1, but the pre-payment option will remain at \$70 which covers the full year (after 18 paddles you'll be in the black and potentially get 30 paddles for nothing). Non-members will pay \$8 per visit.

To cover increasing costs, the monthly BBQ charge will rise from \$5 to \$7 from July 1.

Lane Cove River Kayakers

2011 ANNUAL DINNER

Come along with your spouse/partner and enjoy the fun and camaraderie with your paddling mates.

Test your knowledge and see how you fare in

THE GREAT KAYAK TRIVIA QUIZ

Each table will form a team, so make sure you sit with the gurus

There'll be a lucky door prize, raffles with big prizes and the annual award for best article in *Kayak Kapers*.

The Annual Dinner will follow the 11th Annual General Meeting. The AGM is members only, but partners and guests arriving from 6.30pm will be provided with free nibbles and drinks.

Date: Friday July 29. **Venue:** Lane Cove Club, 1 Birdwood Avenue, Lane Cove. **Time:** AGM at 6.45pm, Annual Dinner at 7.30pm. **Cost:** \$40 per person. **Inquiries:** Ian Wilson, 0417-009-802, ian@idplanning.com.au.

The Woman in Black to tackle South America

In September 2011, Freya Hoffmeister, arguably the world's most famous sea kayaker, will start her trip to become the first person to paddle the entire coast line of the South American continent.

The 47-year-old business owner from Husum, Germany will start in Chile in the middle of the West Coast.

Departing from Valparaiso, the main harbour just off Santiago, she will head south on the Pacific Ocean towards Cape Horn. Freya will round the Cape plus the southernmost big island of South America, Tierra del Fuego.

Heading north again along Argentina on the Atlantic coast, she will end her first stage in Buenos Aires, Argentina, having paddled roughly 7500km in 8 months.

In between legs she plans to return to Husum to spend time with her 15-year-old son and attend to her two ice cream shops and a Christmas shop.

Starting again in September 2012, Freya will head north along the east coast along the tropical countries of Uruguay and Brazil. After crossing the equator, she'll pass French Guyana, Surinam, Guyana and end the second stage in Caracas, Venezuela after another 8000km and about 8 months of paddling.

Stage three picks up in September 2013 and takes her past Colombia, through the Panama Canal and along the rest of Colombia. Ecuador, Peru and back south to Valparaiso, Chile. She will finish the last 7500km stage just in time for her 50th birthday in May 2014.

In all, she'll have paddled along 12 countries, traveled as far south as the 50th latitude and as far north as the 10th, and crossed the equator twice.

The trip around the world's fourth-largest continent will be her fourth big adventure.

Her previous trips took her in 2007 around Iceland in a record 33 days. Three months later, she became the first woman to round the notoriously rough South Island of New Zealand in a record 77 days, solo and unsupported.

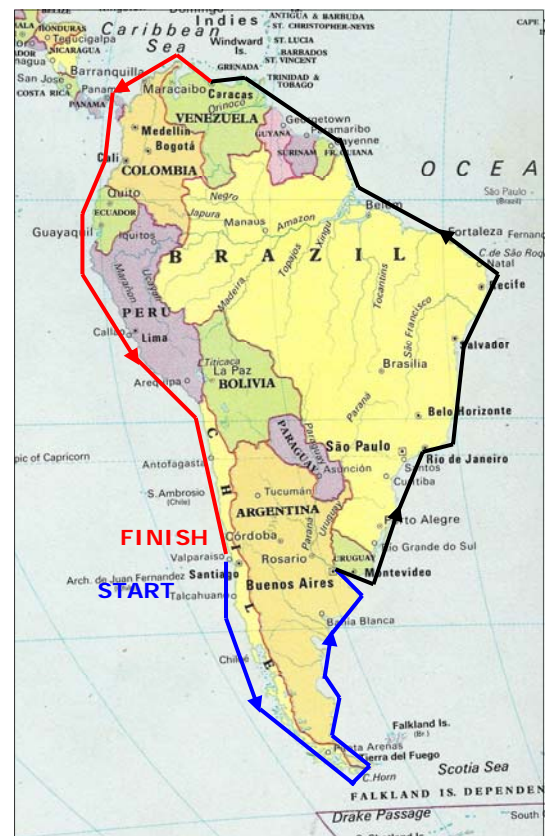
On January 18, 2009, she paddled out of Melbourne, heading east to become the first woman solo and just the second person rounding Australia by sea kayak. Along the route she encountered salt water crocodiles, great white sharks, venomous sea snakes and deadly jelly fish, massive surf, an 8-day open-water crossing and hundreds of kilometres of sheer cliffs without any landing zones.

She also had to deal with tropical heat, cyclones and the challenge of obtaining drinking water and food – not to mention the physical toll of averaging upwards of 60km per day.

332 days and 13,800km later, the kayaker known as "The Woman in Black", closed the circle and set another record.

When she has circled South America, Freya will probably have paddled more kilometres than any expedition sea kayaker ever has done.

For progress reports follow her on qajaqunderground.com or freyahoffmeister.com.



Wednesday nights at the pontoon with Tim Dodd



Did I just read that Sydney has had its coldest May since 1970? Yes, it's true, and on top of that we've had our fair share of wind and rain. We even had to cancel the time trial on May 25 such were the blustery conditions – although I have a feeling the State of Origin was the main reason some paddlers stayed away – and the few who did come still hit the water. That night aside, we have had very healthy turnouts of paddlers keen to test themselves in the big chill.

Yes folks, it's winter time and I have this recurring dream that Wednesday nights are a crazy, twisted remake of *Apocalypse Now*. We leave the bridge and head upstream into the heart of darkness, doing battle with rocky shoals, hidden snags, floating tree stumps and God knows what else is lurking beneath.

Somewhere toward Fullers Road the hallucination takes hold and some mad bugger yells at out of the darkness – “Go! Go! Go!” At that point there truly is no turning back. Then we come face-to-face with what we fear – LCRK's Marlon Brando look-a-like Tony Carr, who is ready to take on allcomers. He has the Crudslime Cup and by God he's not giving it back.

OK, let's get back to reality, Tony you really are much more svelte than Marlon.

But seriously, back in Pliocene (warm) era, aka April, whoever thought it would get so cold.

“Yet another superb warm, windless autumn night on river with perfect visibility. Just the sort of night for match racing and a bunch of paddlers appeared to do just that,” reads a Wednesday paddle report from mid- April.

The warmth obviously lulled many of our members into thinking they belonged to the Lane Cove River Swimming Club, given the number who decided to test the healing properties of salt water, road run-off and mangrove mud. Andrew Mathers, Tim McNamara, Derek Simmonds, and Andrew Benoit have all been seen with the fishes, and hands up any more who've been secretly swimming under the cloak of darkness.

Despite the dark we continue to see more junior members in the time trial than we have had for a long time. Alec Wilson has become a regular in the 730 with dad Ian. Not only are they pushing their times down, but they also graduated to the 12km course. Benjamin Colless took on the 6km course again and knocked over 10 minutes off his debut time set last summer. And we had possibly our youngest ever time trialler, six-year-old Guy Robinson, who went around the 6km course with mum Joy and dad Richard.

Congratulations are due to Matt Shields who



Tony Hystek joined the ranks of those who have beaten their age on the Wednesday night time trial course with a 54.52 on April 13. Wednesday night adjudicator Tim Dodd declared: “Arise Tony Hystek. You are the latest immortal, a member of that select band who have paddled the 12km course in a time (in minutes) which is less than their age (in years). But it was a fine run thing. When you decimalise Tony's age and his time you get – age 54.89, time 54.87. Not only has Tony joined the club but he is its youngest member.” There has been a bit of discussion since about whether you should have a margin of a whole number, not a fraction, to qualify. Tony's going to fix that shortly by posting another sub-55 after his 55th birthday on May 23. The others in this exclusive club are Justin Paine, Don Andrews, Tony Carr, Tim Hookins and Tom Simmat.

cracked the big 60 on April 20, getting around the 12k course in 59.56. What a difference 4 seconds makes! And welcome to new LCRK member Shane Millsom.

Thanks to John Duffy we now have two directors chairs in the shed for timekeepers. The chairs have “timekeeper” labelled on the back, recognising their occupants' exalted status.

We also saw the return of one of LCRK's great technical achievements, the Greathead horizontally-stepped, portable boarding facility. Designed and fabricated by John Greathead himself it is, in short, a ladder fixed to the pontoon to aid paddlers in getting in and out of their boats.

Finally a shout out loud to all who contribute to making Wednesday nights a success. Many contribute but particular thanks to **Tom Holloway** for preparing the timekeeping roster and keeping Wednesday nights running smoothly; **Justin Paine** for often arriving first and opening up, and then slaking hunger and thirst at his Café de Justin; **Jason Cooper** for getting things set up and banking our enormous takings; **Andrew Mathers** for doing the countless things that need doing; **Roger Dean, Mark Sier** and **Rhiannon Sier** for preparing, running and cleaning up after the BBQ (if you can stay behind for a few minutes on BBQ nights, please give them a hand); and El Prezzo himself, **Matt Swann**, for keeping the ship on course and buying a new hose every time some bastard knocks it off!

Cleaning tip

Do those small marks on your kayak irritate you? And the yellow sludge reminder along the waterline offend you?

Try cleaning it off with tooth paste. Toothpaste is a mild abrasive and can be very effective.

You may be surprised how it restores to your boat the sparkle you wish you still had on your teeth.

If you don't want to use your toothbrush, a soft cloth will do.

(Tooth paste is also excellent for cleaning jewellery.)

Timekeepers

Jun 15 John Duffy, Jeremy Spear
Jun 22 Elke van Ewyk, Marie Carr
Jun 29 Ian Wilson, Duncan Johnstone
Jul 6 Rod Stublely, Ryan Cousins
Phone/email Tom Holloway (0415-901-555, tomfrh@gmail.com) and confirm your attendance the week before your duty

James Mumme for Ironman

A punctured tyre which took 20 minutes to replace cost James Mumme's doctor son, Chris, 26, dearly in the Australian Ironman at Port Macquarie on May 1. After a brilliant swim in which he was first age-grouper and 4th overall out of the water from the 3.8km swim, the lost time on the 180km bike leg shunted him back through the field.

He was unable to make up sufficient time on the final leg, the 42.2km run, and failed to qualify for the world championships in Hawaii. His overall time was 10.04.53 and he was 7th in the 25-29 age group and 67th overall.

To make matters worse, he missed out on entering next year's Australian Ironman, with the limited field filling up in a few hours.

Chris and James have now both entered in the 2012 New Zealand Ironman.

LCRK Committee

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President: Matt Swann

Vice-President: Tim Dodd

Secretary: Ian Wilson

Treasurer: Simon Mann

Membership and Website: Andrew Mathers

Kayak Kapers Editor: Justin Paine
9858-3323

Committee members: Marie Carr, Tom Holloway, Liz Winn