



# KAYAK KAPERS

February 2008

## Lane Cove triumph at Murray Marathon

Lane Cove's successes in the Murray capped a triumphant year in 2007. Following our club victories in the Hawkesbury Classic and Winter Marathon Series, Tom Simmat's first place on handicap was the icing on the cake. He won by a huge margin: 1h 22m 45s. Not only was it a great result for the club, it completed a fantastic treble for Tom – three Murrays, three handicap wins! Rob Vallis and Michael Mueller were incredible with their second fastest boat outright and a class record with a sub 30 hours total time. Steve Paget was outstanding in his first Murray, and Merridy and Warren Huxley finished in a very fast time in the Just Paddlers K4. Bert Lloyd and Trevor Williamson unfortunately had to withdraw at the end of day 2 but they'll be back. To complete the LCRK connection Liz Winn, who has since joined the club, had a brilliant 37.21.48 in Urs Mader's black carbon Mirage 580. The LCRK flag bearers tell their stories below.

### Tom Simmat

**Day 1.** Yarrawonga to Tocumwal, 94km (warm to hot). River flow was noticeably slower and I had trouble holding my target times. Finished the day one minute behind schedule, but with a sore bum. I was notified by the media that night that I was the race leader, but unable to establish the margin.

**Day 2.** Tocumwal to Picnic Point, 96km (hot). Developed a sore bum, I suspect the heat had flattened the foam in my seat. At first check point asked for foam pad to be brought to second check point. Bumming around on that day put me a further 6 minutes behind my target finish time.

**Day 3.** Picnic Point to Echuca 76km (hotter). I am able to pass all the boats that start ahead of me by checkpoint Bravo, then chase the "River Closed" boat until about the 65km mark when the relay and unrestricted classes caught me. Seat much better.

**Day 4.** Echuca to Torrumbarry, 63km (even hotter). The media asked me to see if I could be first over the line today. To save weight took only one 3-litre bladder. About one kilometre from the finish the unrestricted caught up. I arrived a few minutes behind them, absolutely bugged. I was now a few minutes ahead of my 2003 record and had moved another 15 minutes ahead overall.

**Day 5.** Murrabit to Swan Hill, 75km (even more hotter). The bow of my boat goes along normally underwater and goes even further when immediately in the wash of another kayak, but it was now buried back to the cockpit and washing over the coaming. I realised something was seriously wrong when a splash from a double Mirage's stern wave filled the cockpit and down I went. I battled into the bank, looked under the boat for a hole and found none. Then I saw water pouring out

of a split on the deck chine just behind the bow. I jammed a stick into it to open it up so I could empty the water out quicker. On the deck I have a strip of white cloth tape with my ETAs for each checkpoint. I peeled the tape off and plastered it over the split, hoping it would hold to the first check point



Tom Simmat was the focus of media attention

10km away. The closer I got to the checkpoint the braver and faster I was able to paddle. As soon as I could see the checkpoint I started yelling "GAFFER TAPE" to my trusted land crew. While Russ raced back to the car for the tape, Christine and Liz's Terry helped me dry the area of the split, on Christine's soft dry bum. We put new tape over the old and off I charged to recover lost time.

I had lost my target times on the first repair, so I had no idea at what time or distance it was to the rest of the checkpoints. I also had no idea how long the repairs had all taken.

### Murray Marathon times

|  | Day 1<br>94km | Day 2<br>96km | Day 3<br>76km | Day 4<br>63km | Day 5<br>75km | Total<br>404km | Hcp<br>time | Hcp<br>plc |
|--|---------------|---------------|---------------|---------------|---------------|----------------|-------------|------------|
| Rob Vallis/Michael Mueller                                       | 6.53.30       | 7.04.37       | 5.42.14       | 4.45.51       | 5.27.28       | 29.53.40       | 29.17.45    | 10         |
| Warren Huxley/Merridy Huxley<br>(with Noel Camin, Bernie Craggs) | 7.03.21       | 7.15.53       | 5.57.33       | 4.59.42       | 5.41.37       | 30.58.06       | 30.20.53    | 16         |
| Tom Simmat   | 7.39.39       | 7.59.53       | 6.26.33       | 5.26.55       | 6.31.02       | 34.04.52       | 24.52.05    | 1          |
| Steve Paget  | 8.31.30       | 9.14.04       | 7.18.15       | 6.23.30       | 7.04.53       | 38.32.12       | 32.22.12    | 29         |
| Trevor Williamson/Bert Lloyd                                     | 8.40.26       | 9.02.21       | withdrew      |               |               |                |             |            |



### James gets Michael and Rob under way

While I knew I had an hour up my sleeve how much of that had I used? I felt very strong and paddled as hard as I could. It was all or nothing. Slowly I picked back all the boats in my start and the start in front. Then my calculations put me ahead of my original time.

I ended up 14 minutes ahead of my original target time and 2003 record and fifth fastest single kayak.

### Robert Vallis and Michael Mueller

With temperatures around 40° for all 5 days, plenty of snags and low river levels, we picked a tough year to crack 30 hours. We really had to push ourselves, physically and mentally, and be very conscious of our time targets – right up until the finish. We just couldn't afford to slacken off, particularly as we were off the last start, which meant little or no wash rides. On top of that, we had the usual array of blisters, abrasions and sore muscles.

Yet, somehow, in the midst of all that discomfort, we had fun. You just meet too many great personalities on the water not to enjoy yourself, with loads of witty banter, a touch of Ricky Ponting sledging and even some on-water karaoke –

## How to prepare for the Murray

Tom Simmat is known for his meticulous race preparation. This is what he did for the Murray Marathon.

**The Boat.** The class is RKSO. Which stands for Short Recreational, Open. (No age category). General 4.5m long but does not permit a rudder or skeg. A keel is permitted up to 30mm deep. The rules require a PDF in the boat. I had a Garmen GPS for speed, distance and time. On white cloth tape on the deck I had written the accumulative time and distance to each checkpoint and required average speed to achieve those times. I had a foot pump to keep the boat dry. I did not wear a skirt

**Landcrew.** Christine (current wife) and Russ (current friend).

**Fuel.** *Before the start:* I had an early 7.10 start so not a lot of time to water up. Up at five, had a large bowl of muesli, two bananas, cup of straight apple juice, and a cup of strong black coffee. On the way to the start I tried to have at least three litres of water, plus 600ml of Poweraid. *During the race:* I do not stop at checkpoints so I carried all I needed for the day – two 3-litre bladders with 25% apple juice, two bananas and Sanitarium apricot cubes. At the third checkpoint, about half way, I threw ashore what was left of the first bladder, about a litre. I only ever drank about half of the second bladder. On the shorter days, 4 and 5, I took only one 3-litre bladder, plus an emergency 600ml bottle of water.

**Race clothing.** Budgie smugglers, Skins top and bottom, hat (without neck shield) and paddling pants. No shoes or gloves. I put Vaseline on my hands and bum if possible an hour before the start. Lot and lots of suncream.

Rob "Billy Joel" Vallis' remix of *The Piano Man* is a definite standout (although calling it a highlight would be going too far).

We will long remember the shouts of "Go Lane Cove" from Lane Cove landcrew, Merridy's morning team hugs, Bernie Craggs' kamikaze steering of the K4 and James "Superman" Mumme being at every single checkpoint to yell encouragement (James, do you have a twin?).

At the end of the day, the real heroes were our landcrew: Emma, Spencer, Bethany and Rory Vallis, Laura van Klaveren, Bernhardine Mueller and James Mumme – we couldn't have done it without you guys! Service with a smile, despite the really tough conditions – as an example, Laura and James up to their chests in the flowing river on Day 5 (which hid the knee-deep mud), dodging relay boats, holding our boat and somehow passing us drink systems, protein shakes and whatever else we needed.

On the water, our key success factor wasn't our training, our drinks or our equipment (and it certainly wasn't our technique!). It was the ability to motivate and give each other support, to find that extra bit of effort for each other when you know you're both doing it tough and, above all else, to always maintain a good humour and positive mind-set. The Vindicator gave us a super ride, fast and ultra comfortable.

### Merridy and Warren Huxley

Having completed four Murrays with Marg Cook in a K2 and TK2, I was resigned to the fact that I wouldn't be going for a fifth this year. Until an unexpected approach in late October from Noel Camin and Bernie Craggs from Just Paddlers to see if Warren and I were interested in doing the Murray in a K4 – an offer I just couldn't refuse.

Unfortunately we were not allowed to compete in a mixed K4, so I became the token male for the week! (In fact, as I was just short of 50 we had to compete in the men's vet 40 K4, the others were all well over 50.) Bernie was in the front steering, Warren in number two seat, me in number three and Noel in number four. We had so much fun – telling jokes, singing or chatting to whoever came near us. I'd like to think we helped quite a few paddlers' morale, specially those paddling single kayaks. I could not have asked to be with three nicer guys.



**Bert and Trevor watch from the river bank**

Our landcrew, members of Noel's family, looked after us brilliantly – meeting us at stops and feeding us when we came off the water each day. We camped at the regular campsites except for day 2 at Picnic Point and day 4 at Murrabit, which was good but meant missing out on the nightly and most welcome massage. As usual it was very hot but it was only when you finished paddling for the day that you really felt it.

We started each day last at 8.30am, with Rob Vallis and Michael Mueller, and played catch-up all day, until day 4 when we asked to start earlier with the two relay K4s for a bit of competition. If we had started with them each day I think our time would have been quicker overall. We came in 16<sup>th</sup> on handicap, beating the two relay K4s convincingly, with a time of 30 hours 58 minutes 6 seconds.

2008 is the 40<sup>th</sup> year of the Murray Marathon and it would be great to have Lane Cove out in force, so start planning now! I know where I'll be between Christmas and New Year 2008.

### Steve Paget

**Day 1.** My only battle plan was to take the first two days easy



to increase my chances of finishing. Rob Vallis told me that getting to the end of day 2 was like getting to Wiseman's Ferry in the Hawkesbury Classic. It's the mental half-way mark. I figured that today would be like the first leg to Sackville. Don't push too hard and get there in reasonable shape. However, when the gun went off whiteline fever kicked in. Plan out the window, I chased the main pack to Checkpoint Alpha.

**Day 2.** The day was pretty much a repeat of the first day and set a pattern for the rest of the trip. I would bid farewell to the leading pack and commence 6 hours of Bum Pain management. In the back of the boat were a selection of the seat cushions, foams, padding, borrowed sheep skins and small bubble and large bubble bubblewrap. As I paddled along, the BP-o-meter would steadily rise until it reached 10. I would look for a place to get out, stretch my legs and try a different selection of spongy remedies. I would need to do this about every 45 mins. Steve Russell lent me his moulded TK1 seat. It made no difference. I wanted to make the checkpoint stops efficient as I knew I had to make BP stops in between. This made life a little harder for my wife Caroline doing the landcrewing. I would come into a checkpoint and see Caroline standing in waist-deep water, waving her big red hat to attract my attention.

**Day 3.** I felt sick and daunted again this morning. I certainly didn't feel like I was on the homeward straight. James Mumme was at the start again this morning with his words of wisdom for the day ahead. I was about to launch the boat when Kenji gave me one of his lucky origami kangaroos which I attached to the camelback. It produced my first smile of the day.

One of my daily highlights was watching the mixed K2 team fly past in their polka dot shirts in perfect synchronisation. Soon after our Rob and Michael would fly past in hot pursuit of the polka dots. We would exchange greetings, offer encouragement and I would give a cricket score update from the transistor radio I was listening to. Day 3 however was different. I had given up on cricket due to the one-sided overnight score and when Rob and Michael approached they caught me heading for a beach for a stretch with the BP-o-meter maxing out at 11. They ripped into me, then dragged me up to a relay double and told me to stay there for the rest of the day. Now I confess. I paddled with the relay girls till Rob and Michael were out of sight, swore the girls to secrecy, then slinked off to a beach feeling very ashamed.

Due to the different starting and finishing times and different accommodation arrangements, we never saw much of the other Lane Cove competitors. However, James Mumme became the common thread to all the campaigns. He was always at the start and finish and some intermediate checkpoints, full of news on how the other boats were going.

**Day 4** brought aches to parts of my body that I hadn't had before. My paddling gloves, however, were a savior. Each evening I sent out a text message report to family and a couple of old friends. On day 4 I finally got the reply I needed: "Stop your wingeing and get on with it."

**Day 5.** The flies were not too bad until today. They were at their worst around the commercial piggery at Checkpoint Charlie. The stench was bad. But we still ate bacon for breakfast next day.

The final moments of the race were a bit of an anticlimax.

James helped me pull the boat up the bank and Caroline handed me a beer. As I headed back the river for a cooling dip I slipped on the river bank. I got grabbed by two paramedics and spent the next 20 minutes in the first aid tent having all sort of tests done on me despite my protestations.

Michael Mueller invited us to Quo Vadis restaurant to join the other Lane Cove paddlers which was a fitting end to the adventure. The lure of the challenge of the great Murray Marathon has introduced me to a sport I love.

#### Trevor Williamson/Bert Lloyd

We already held the race record for the LongRec-2 50+ at about 37½ hours, so we entered in our Mirage 730 in the unrestricted double where the record was about 39½ hours.

The weather was fine at the start on day one, warm without being excessively hot. We were both okay at the end of the first day but by about the second checkpoint on day two Trevor was having problems with leg pains and blisters on his hands. We had numerous stops so he could get out and walk around.

By the end of the day he had severe blisters, his hands were red raw. He visited the medicos and had his hands bandaged on both the first and second nights. Soon after the start he was fairly crook, not only with his hands and leg pains but also flu-like symptoms.

We had to withdraw at the first checkpoint. We saw everyone come in at the end of the day and came home the following day. We were disappointed but that's life. Trevor's leg problem was the same he had in the Murray 200 in June, where he had to withdraw on the first day.

Our biggest success in the Murray Marathon was taking an international chef with us as landcrew. We stayed in motels and Kenji Ogawa cooked for us on a little cooker in the motels'

outdoor area, just simple meals because that's all we wanted as we were racing.

#### James Mumme

I was part of the landcrew for Rob and Michael, along with Rob's wife Emma, children Spencer, Bethany and Rory, and Michael's mother Bernie and fiancée Laura. Michael and Rob had two aims, the first was to go under 30 hours and the second was to be the best singing team on the Murray with their repertoire of hits from the 70s and 80s. Fortunately I was subjected to only one rendition of "I was made for loving you baby ..."

For 5 days I got to watch the fortunes of Rob and Michael, Steve, Liz, Warren and Merridy, Tom, and Bert and Trevor. Home was a tent and life was simple.

One month after the event, my recollections have been reduced to a series of snapshots:

- ❖ Rob and Michael following their plan to break 30 hours and just cranking it out and raising the effort when needed. At the end of each day they had a swim with the kids, smiles all around.
- ❖ Steve, at the end of the first day's paddle, saying "Have you ever thought that 96km is a long way to paddle and all the paddlers are crazy?" Feeling quite emotional at Echuca (end of day 3). Stating that every part of his body was sore at day 4's end. Elation and the final sprint to the finish at Swan Hill.

*(Continued on page 7)*



Steve comes into a checkpoint



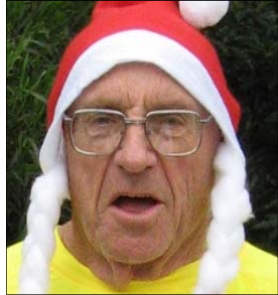
Michael gets a hug from the Huxleys



# Fat Goat race and Christmas BBQ











**Future kayaking champion Liam Riley Meade brought his proud parents, Neil and Deb, along with him when he paid his first visit to Lane Cove River Kayakers for the Christmas BBQ. Liam was born on Nov 22. Congratulations to Neil and Deb, we hope to see you back soon at Wednesday night time trials – maybe alternately for a while.**

## The Big Kayak Test

Results of the exhaustive tests which were carried out in Melbourne on a broad range of kayaks and published last year are available on the web.

They make interesting reading and are worth looking up if you haven't seen them.

Craig Elliott and Matt Blundell were among those carrying out the tests.

You can access them at [www.rapidascent.com.au](http://www.rapidascent.com.au), then go to Training: Kayaking and MTB, then to The Big Kayak Test.

There are 6 categories, plus an introduction and conclusion, each of which has to be downloaded separately.

Files range up to about 6MB and can take a while to download, so it's a good idea to save them to your hard disk and avoid delays next time you want to look at them.

## Time-keeping roster

Feb 20 Michael Mueller, Len Hedges  
 Feb 27 Bob Kenderes, Rob Grozier  
 Mar 5 Marg Cook, Merridy Huxley  
 Mar 12 Urs and Arni Mader (BBQ)  
 Mar 19 Joanne Mansell, Andrew Whitehead  
 Mar 26 Dave Kavanagh, Graeme Jeffries  
 Apr 2 Don and Wade Rowston  
 Apr 9 Paul Myers, Nick Salom (BBQ)  
 Apr 16 Rowena Frith, Jennie Neil-Smith  
 Apr 23 Peter Munro, Chris Kent  
 Apr 30 Frank and Marg McDonald  
 May 7 Rob Cook, Phil Newman  
 May 14 Richard Barnes, Biru (BBQ)  
 May 21 Peter Munro, Bert Lloyd  
 May 28 Matt Blundell, Matt Acheson  
 Jun 4 John Greathead, Tony Walker  
 Jun 11 Tom Simmat, Wayne Mulder (BBQ)  
 Jun 18 Nick Chai, Peter Giesbuhl  
 Jun 25 Al Whiteman, Jeff Bannerman  
*Please confirm your attendance with Tony Hystek ([tony@actionsound.com.au](mailto:tony@actionsound.com.au), 0409-229-994) the week before you're rostered.*

## Beware of thieves

Storerooms and rest rooms at the pontoon were broken into on Sunday, January 13.

A number of items were stolen from the Little A's area and the barbecue and a heater were taken from the LCRK storeroom. Police are investigating.

It's a timely reminder that thieves are active and that precautions should be taken to secure property while at the pontoon.

**Check out our club website [www.lcrk.org.au](http://www.lcrk.org.au)**

**Derek Simmonds and his wife Sue have been front page news in the local press. Their Eastwood home has been tagged by Parramatta Council for heritage listing, and a local real estate agent estimates its value will drop by up to \$200,000 as a result. A Council consultant initially described the house as having "very few external alterations" and refused to back down when Derek informed him a second storey had been added to the original structure. Derek and Sue are fighting the Council proposal. Wish them good luck!**



## Fat Goat races? What next!

by Ozzie Folbot



Was the Christmas BBQ a sign of the future? Are we going to have more fat boat challenges? Or some other outrageous contest?

The President came over to me after paddling last Wednesday night and asked me what I thought of it and whether I felt more variation was needed for the usual weekly outing.

I told him it was all a lot of carefree fun, a good way to celebrate the onset of the festive season, but I noted a couple of our big names were AWL.

"You can't please everyone," he said. "Is it time for a change? Is the 12km time trial getting a bit tired? You know, same old, same old."

"It's very traditional. And a lot of members like it because they don't have to think what they're going to do, they just program to auto. What do you have in mind?"

"Matt suggested that we should

have a scratch sprint with a winner-take-all \$10,000 purse. And if that's not a goer, he wants a portage where we take the boats out at Wirong and put them back in at the Steakhouse."

"That might work if we can pull in for a medium-rare T-bone and a glass of red on the way. Do you like Tom's plan for everyone to take their rudders off and have a rudderless race?"

"That's just what I'd expect from him, he'd love to have everyone going round in circles chasing their own tails. Good heavens, it would be chaos! What about Richard's idea for an event where the winner is the person bringing along the greatest number of total strangers? His mother has offered to make a tray of lamingtons as a prize."

"Wow, what an incentive. If word got out about that we'd have cars parked back on to Epping Road."

El Presidente took off his glasses to

wipe away the sulphur mist he'd picked up while paddling. "Personally I quite like Bert's proposal to stop at the rockwall near Figtree and have to catch a fish before continuing."

"Let's make it more interesting," I said. "You have to cook the fish and eat it."

"That's going a bit too far. Would you eat anything that could survive in this river? Anyhow, I know a few people who'd visit the local fish shop and bring their catch with them."

"I saw a surf carnival on TV where one competitor swims out to a buoy and another has to rescue him," I said. "How about something like that? One paddler goes down to Figtree and the other has to tow him back."

"That's about as enticing as a Le Mans start with the boats parked in the middle of the river," he snapped.

So we followed precedent and shoved the problem into the too-hard basket. Maybe we should form a committee to investigate. That would look after things for another year or two.

The weather was windy and the seas wild and rough for the big World Cup ocean racing ski event in WA in December, from Rottnest Island to the coast north of Fremantle. Tom Simmat compiled this account of the race.

## Take the drop – it's bloody scary

I had left my Mako XT in Perth at my daughter's and Kobi was able to hire a Mako 6 from Deano (Dean Gardiner).

Race day one was from Rottnest Island to Sorrento Surf Club, about 40 kilometres.

In the field were perhaps the world's top 30 surf ski paddlers, led by the Epic Chalupsky team from South Africa. About ten of them were finishing a world circuit, all fully sponsored. Competitors and skis are taken across to Rottnest Island by ferry or charter boat.

Getting ready and briefing on the island were well over a hundred skis. I found myself looking around for someone I could beat. By 1 in the afternoon the wind ("The Doctor"), a southwesterly, was getting well over 20 knots and increasing, even in the lee of the island. I was glad I was on a relatively stable XT rather than my Mako 6. At the deep water start, the starter's boat had a lot of trouble keeping everyone behind the starting line and sent plenty back around to try again.

A hooter start, and away went all the heavies into the distance. From your ski you can only just make out the coast. As a guide, the Sun City tower near city beach is a good landmark to head for. That is when you have your head above water. The course takes you inside the reef, then up the coast. Inside the so-called reef there are more reefs, which come at you out of nowhere.

I like a long hard slog and have not done a lot of time in these fast surfing conditions. As soon as we were out of the lee of the island, catching runners was on. The waves were up to 2 metres and short and steep.

"Take the drop" Deano used to say, that is if the wave is peaking in front of you, don't back off, paddle over it and



Tom and Kobi are dwarfed by legendary Oscar Chalupsky

accelerate down the face. This will catapult you across two or three waves in front of you and you can do it again. OK, but bloody scary and I chickened out many times.

It is amazing, having started with over a hundred paddlers, how everyone soon disappears, but I found myself holding my own against the back group of about twenty.

Take the drop and try and stay on the ski, with runs of more than a

hundred metres and you pass a few. Then they pick up a run and pass you. It was getting very wild, with waves breaking all around me, trying to keep the waves over my right shoulder to work my way inside the reef.

Somehow I managed to just make it inside the pole channel marker that is at the end of the reef and there next to me was Paul Chalupsky, the father of Herman and Oscar. He has a few years on me and has that amazing ability in these conditions to dip his paddle in once for my ten.

Now it was really wild and I had to turn and take the waves over my left shoulder, not easy with the change in motion. It must have been blowing thirty knots with nothing but white water. Above the finish, on the horizon, there are a couple of pine trees and the red roof of the Sorrento Resort. Not easy to look and at the same time concentrate on staying off the coast and upright.

Every set pushed me against the beach and I had to give speed away to get off the shore.

And then Paul Chalupsky appeared again out of nowhere further out to sea, riding a big set.

The last kilometre was a real battle staying off the beach and around the rock piers.

Finally I spotted the finish turning buoy and caught a wave into the beach which unceremoniously dumped me on the sand. And yes, there were a lot behind me, but not Paul Chalupsky.

PS: Kobi came in about 20 minutes ahead of me.

## Murray Marathon

(continued from page 3)

- ❖ Tom managed to do some paddling in between radio, TV and press interviews and win on handicap.
- ❖ Liz, effervescent each day, happy, happy, happy, just loves beating the guys.
- ❖ Bert and Trevor – Kenji nicknamed them "the grumpy old men", also said "boat 66, how appropriate, that's how many kilos this thing weighs." The event just wasn't the same when Clickety Click withdrew.
- ❖ Merridy and Bernie, in Bernie's

K4, were having a ball and enjoyed taking on the blue and green K4 teams.

At the New Years Eve dinner it became obvious to Rob and Michael that only one aim had been achieved, that of breaking 30 hours. They could only marvel at the oldies belting out hits like "Tie a yellow ribbon round the old oak tree" (thanks Tom), "Jake the Peg" (well done Liz) and "You picked a fine time to leave me Lucille" (someone too embarrassed to identify themselves).

As a challenge the Murray Marathon is a big one for both paddler and landcrew. My advice

for those who have not done it is to do the double – compete and landcrew. This year is the 40<sup>th</sup> and I hope it is well supported.



Laura and James wade to a checkpoint





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Lane Cove River Kayakers has sent a message of warm congratulations to James Castrission and Justin Jones on their magnificent achievement of becoming the first kayakers to paddle from Australia to New Zealand. In applauding their physical and mental toughness and their courage, the message said: "Your adventure has given a new meaning to endurance kayaking. We hope that at some time in the future you will be able to meet with us and tell us about your historic paddle."

## K1 trainer wheels

Rob Vallis has organised dawn training sessions from Wirong Flat two or three times a week. They provide a tough workout, down to Figtree bridge and back mixing sprints with repetitions and other strength and endurance demands.

Among those taking part (mostly in K1s) are Michael Mueller, Tim Sindle, Steve Paget, Tony Hystek, James Mumme, Derek Simmonds, Julie Stanton, Roger Aspinall, Graeme Jeffries, Nick Chai and Peter Janacek.

Rob calls them the K1 trainer wheels squad. The proof of the pudding will come in this year's Marathon Series and other races.

## Relax on a club rec paddle

Investigate some of Sydney's beautiful waterways on one of Lane Cove Kayak Club's popular and well organised recreational paddles.

**Sunday, March 2:** Garigal National Park and Middle Harbour Creek (led by Tom Simmat).

**Sunday, March 30:** Woronora Wonderland, Sutherland Shire (led by Trish Hamilton).

**Saturday, April 19:** Cowan Creek and Ku-ring-gai National Park (led by Ian Wilson).

Partners and friends welcome on these leisurely outings. You must register in advance with Tony Carr via 0417-502-056 or [tonycarr@ozemail.com.au](mailto:tonycarr@ozemail.com.au).

## PADDLERS DIARY

|           |   |  |
|-----------|---|--|
| Feb 23-24 | NSW Marathon Champs<br>Nelligan Challenge               | <a href="http://www.bayadventurekayakers.org.au">www.bayadventurekayakers.org.au</a> |
| Mar 2     | LCRK recreational paddle,<br>Middle Harbour             | 0417-502-056   |
| Mar 8     | 10M Race 1, Canberra                                    | 6254-7162, 0418-861-613  |
| Mar 21-24 | Australian Marathon<br>Championships, Penrith           | <a href="http://www.canoe.org.au">www.canoe.org.au</a>                               |
| Mar 30    | LCRK recreational paddle,<br>Woronora                   | 0417-502-056   |
| Mar 30    | Charity paddle, Sydney Hbr                              | <a href="http://www.arocsport.com.au">www.arocsport.com.au</a>                       |
| Apr 5     | 10M Race 2, Narrabeen                                   | 0409-404-366   |
| Apr 6     | NMS Race 1, Woodburn                                    | 6621-4456, 0414-242-562  |
| Apr 19    | LCRK recreational paddle,<br>Bobbins Head               | 0417-502-056   |
| May 3     | 10M Race 3, Berry                                       | 4285-2595, 4262-5343   |
| May 4     | NMS Race 2, Bonville                                    | 0418-656-770, 6652-6626  |
| May 24    | Viking Challenge, Jannali                               | 9528-7141  |
| May 31    | 10M Race 4, Cooks River                                 | 0411-797-699   |
| Jun 7-9   | SA Murray 100/200/Relay                                 | <a href="http://www.mcc.canoe.org.au">www.mcc.canoe.org.au</a>                       |
| Jun 8     | NMS Race 3, Brunswick River                             | 6685-7806  |
| Jul 6     | 10M Race 5/NMS Race 4,<br>Forster                       | 6554-8287, 0412-652-756  |
| Jul 19    | Hawkesbury Familiarisation<br>Brooklyn-Spencer-Brooklyn | 0403-932-348, 9626-3741  |
| Jul 25-29 | Yukon River Quest, Canada                               | <a href="http://www.yukonriverquest.com">www.yukonriverquest.com</a>                 |
| Jul 26    | 10M Race 6, Windsor                                     | 0408-283-553   |
| Aug 2-3   | Avon Descent  | <a href="http://www.avondescent.com.au">www.avondescent.com.au</a>                   |
| Aug 9     | Hawkesbury Familiarisation<br>Windsor-Sackville         | 0403-932-348, 9626-3741  |
| Aug 10    | Hacking Classic, Hacking R                              | 9531-5460  |
| Aug 17    | 10M Race 7, Wyong                                       | 4325-2789  |
| Aug 17    | NMS Race 5, Lismore                                     | 6621-4456, 0414-242-562  |
| Aug 30    | Hawkesbury Familiarisation<br>Wisemans-Spencer          | 0403-932-348, 9626-3741  |
| Sep 14    | 10M Race 8, Lane Cove                                   | 0418-205-169   |
| Sep 27    | Myall River Classic                                     | 6554-1612, 0417-533-559  |
| Sep 27    | NMS Race 6, Currumbin                                   | 07-5570-2735, 07-5533-9957   |
| Oct 4     | Hawkesbury Familiarisation<br>Sackville-Wisemans        | 0403-932-348, 9626-3741  |
| Oct 3-4   | Hansa Powerade Fish<br>Marathon, South Africa           | <a href="http://www.fishmarathon.org.za">www.fishmarathon.org.za</a>                 |
| Oct 11    | 10M Race 9, Woronora                                    | 9528-7141  |
| Oct 25    | Hawkesbury Familiarisation<br>Sackville-Windsor         | 0403-932-348, 9626-3741  |
| Nov 1-2   | Hawkesbury Canoe Classic                                | 1300-853-541   |
| Nov 15    | 10M Race 10, Wagga Wagga                                | 6971-1168, 0427-102-707  |
| Dec 27-31 | Murray Marathon   | <a href="http://www.redcross.org.au/vic">www.redcross.org.au/vic</a>                 |