



KAYAK KAPERS



February 2012

A Supreme Entrance to the Christmas BBQ

The master of the fancy dress, Tony Carr, excelled himself at the LCRK Christmas BBQ, surpassing even his memorable appearances of the past. With accomplices Steve Russell and Kyle Wilson, he formed a trio resplendent in long, glamorous golden gowns to make a triumphant entrance from up the river as Diana Ross and the Supremes.

And what an entrance it was! In high heels on a platform strapped across three kayaks, adorned with lipstick, false eyelashes, heavy makeup, black wigs and padding to give them curves in the right places, they arrived to the sound of the famous group belting from loudspeakers on their craft.

In a blast from the past, they swayed to and fro, miming recordings of the 1960s songs. It was all carefully researched and choreographed, with expensive and eye-catching authentic dresses (see page 2).

Paddlers who minutes earlier had been racing in front of the pontoon rushed up to greet them and provide a flotilla escort.

Their arrival was the climax of a fun-filled session on the water, featuring team relay races in plastic fantastics loaned by Matt Blundell.

Two teams competed on a figure 8 course in a "pursuit"-style event where teams start on opposite sides of the arena and try to catch up to each other. Blocking tactics reminiscent of American football ensured there was plenty of mayhem.

At the following barbecue a number of prizes were awarded. On the serious side, Wade Rowston, having knocked 6 minutes of his Wednesday night PB – an amazing achievement after 20-

plus years of kayaking – was named the most improved paddler of the year. Lisa Healey and Neville Bradshaw were named the most improved double. Derek Simmonds finally received his prize for naming the new club K4: *The Wirong*.

On the festive season side of things, Craig Ellis and Steve Newsome were rewarded for their Father Christmas outfits by taking the prize for the best Santa costumes, and Elke van Ewyk had the best Christmas shoes.

For lots more Christmas pictures, go to the Photo Gallery at www.lcrk.org.au.





How Big Momma saved the Supremes by Tony Carr

Why come to the LCRK year end barbecue as yourself when you can be the pope, a pirate, Miss Lane Cove, Julia Gillard or Tony Abalone?

Our resident Christmas clowns Steve Russell and Kyle Wilson, led by myself, came up with another Christmas confection on December 14 – our most ambitious to date. In glittering golden gowns worthy of *Les Girls*, we floated into view on a stage constructed across three double kayaks – yellow in colour of course, to beautifully co-ordinate with our shimmering off-the-shoulder ensembles (Girls, every sequin was hand sewn).

On the pontoon everyone *Stopped in the Name of Love* – it was the *Supremes*! Or at least a muscular, miscoloured, miming version of the 60s super group that, let's remember, had 12 back-to-back No. 1 hits and record sales that threatened The Beatles. What a deserved tribute this was!

As with all major theatrical events, much planning went into the big show on the river. I can reveal the plot was hatched a year prior and the challenge from the start was the dresses. No fancy dress outfit in Sydney could help – but one* did offer to purchase the garments for \$70 a piece if we could organise a manufacturer.

Enter former Mr NSW, bodybuilder Mark Patience, who just happens to be my gym trainer. His wife Debbie runs a dance school and each October gets hundreds of costumes made in Thailand at a factory run by a generously proportioned lady called Big Momma. Three were added to the latest list and Debbie and Mark set off to Thailand with the our measurements and a still from one of the group's appearances on the Ed Sullivan Show.

Mark zapped a pic back to Sydney. Wardrobe approved. Then disaster struck! The floods engulfing Bangkok were about to submerge Big Momma. Undeterred, the dear lady waded thigh deep, with garments held overhead, to a waiting Fedex boat headed for the airport.

Two memorable backstage moments from the night:

From one Supreme to the other – "Isn't it great being able to look down on our breasts like this. I mean ... they are so close. It must be great being a girl!"

False start: the three lashed-together Dagger Drifter 2s were poised on the wet and slippery ramp at Wirong. Stage, sound system – everything was in place. Kyle was to be first to take his position. Up on the stage he got and ... whoosh! The extra weight caused the boats to accelerate down the ramp at a great rate, crash into the water and skid across the river – with Kyle on his back and legs in the air. A miracle he didn't end up in the drink. Derek Simmonds and Justin Paine, providing paddle power but still onshore, doubled up with laughter. Diana Ross would not have been impressed!

So, what's for next year?

Well, we built a stage for three by lashing three boats together. With five we could put on a whole Broadway show!

* [Need an outfit for the Gay & Lesbian Mardi Gras? The Wardrobe in Chatswood can hire you up to three authentic Supremes outfits!](#)

Jason and Bob were ‘up to it’

Fastest boat on the river – that’s a pretty good honour to bring home with you from the Murray Marathon. And that’s what Jason Cooper and Bob Turner did for the 5-day, 402km epic, their time of 31.16.08 being well over an hour faster than the next best.

They also picked up 3rd in the open handicap.

They were first home on each of the opening three days, with day 2 being a rerun of day 1 because recent floods had made the river banks of the day 2 course impassable for landcrews.

Day 3 was the big one for them. Their main opponents, a relay OC6, wanted to be first into their home town of Echuca “and we killed ourselves to come in ahead of them,” they said. There are lots of spectators at the finish, plus paddle steamers and cheering holidaymakers on houseboats offering beer to the passing paddlers. Got to put on a show for the crowd.

“The last checkpoint was 22km to go, and as we were pulling out the OC6 pulled in to change to fresh paddlers,” said Bob. “Jason said to me ‘Are we



Giving Bob a win – crossing the finish line in reverse

up to it?’ and we put our heads down and went full bore for the whole 22km, and finished more than 10 minutes ahead.”

On day 5 they planned to take it easy, then a girl from the OC6 asked if their boat could be let first through a narrow passage just after the start because they had a heavy boat. No way! This is a race! Jason and Bob were first through the gap.

At Swan Hill they did a 180 and crossed the final finish line in reverse so Bob, in the rear seat, could beat Jason.

“We stuck to our usual race strategy of paddling for 2 hours, stop and have goo, a drink and Nurofen, then paddle another 2 hours and do it all again – and it worked,” Bob said.



Bob and Jason ... walking on water

Kayaking first, then yachting

Craig Ellis all but conquered the Murray in a kayak, then sailed his yacht *Future Shock* to glory in one of Australia’s major ocean races – in a whisker over 8 days.

These twin feats at the height of the festive season required a remarkable level of endurance, stoicism to paddle through pain and discomfort, and an ability to go without sleep.

Craig took delivery of his brand new Sonic on Christmas Eve, ready to race it in the Murray Marathon. Trouble is he forgot to take with him the seat Tony Hystek loaned him which had been tried and tested in a Sonic.

He had to make do with a “bumfortable” seat, and his bum didn’t find it comfortable at all.

“I couldn’t tell Tony I took the wrong seat until after I had finished, it was causing me some serious grief and left some huge welts, enough to really cut into my paddling speeds. Massages, ointment and lots of drugs were helping but not enough, I didn’t know whether to cry or laugh from the pain,” he said.

To cap it off, he suffered a blistered back and cuts drawing blood from a heart rate monitor used on day one and then ditched.

“Days 1 and 2 were OK, a bit of a learning process in paddling 94km each day. Day 3 was really good for 40km, then bum pain took over. Day 4 was a matter of completing the distance, I was hurting all over, particularly my bum,” he said.

Day 5 of the race, New Years Eve, he drove back to Sydney, having had to pull out of the Marathon to prepare for the Pittwater to Coffs Harbour yacht race. After going shopping and making 70-plus sandwiches, he was “too knackered” to stay up for the midnight fireworks.

Craig said he has completed in over 15 of the annual Pittwater-Coffs yacht races and this was the toughest. “We smashed into the seas the whole time, not once did the wind let up. The sheets were hard on and we tacked all the way up the coast for just over 36 hours and didn’t ease the sheets until after we crossed the finish line.”

They came in 11 nautical miles ahead of the next yacht, enough to secure not only line honours but also a win on handicap.

Oh yes, the small matter of sleep. In the whole of the race he nodded off twice for an hour.



Future Shock in the Coffs race



Craig guides his new Sonic into a checkpoint

	Day 1	Day 2	Day 3	Day 4	Day 5	Total	Plc	Hcp	Hcp
	94k	94k	76k	63k	75k	402		time	plc
Jason Cooper/									
Bob Turner	7.11.26	7.13.38	5.59.01	5.04.50	5.47.14	31.16.08	1	33.27.28	3
Craig Ellis	8.08.18	8.17.58	6.52.25	6.00.54	DNS	29.19.35	-	-	-

LCRK volunteers out in force for the sprints



Justin Stanbridge and Tony Mathers check the weight of Olympian Ken Wallace's K1



Nigel Colless, Bill Donohue and Wade Rowston at the numbers table



Steve Paget and Joy Robinson in the rescue boat



Enjoying it all are John Greathead, Tony Walker, Lisa Healey and James Mumme

If you went to the NSW Kayak Sprint Championships at the Penrith Regatta Centre on the weekend of Jan 14-15 you could almost be excused for thinking it was an LCRK event.

Nigel Colless, one of the prime organisers, sent out a call for volunteers to club members and it was answered en masse.

Paddle NSW and Australian Canoeing officials filled many of the key positions, but if it had not been for the swarm of LCRK volunteers in official yellow T-shirts it would not have been possible to stage the championships. They did everything from handing out race numbers to organising the starters, from judging to weighing boats, from driving rescue boats to taking photographs.

LCRK members who volunteered included: Tower: Nigel Colless, Tony Hystek, Alanna Ewin, Janet Oldham, Tony Walker, John Greathead, Tom Holloway, Bettina Otterbeck, Craig Ellis, Steve Newsome; Start: Richard and Joy Robinson, Lisa Healey; Numbers: Bill Donohue, Wade Rowston, John Duffy; Safety boats: James Mumme, Tony Mathers, Steve Paget, Tim Hookins, Tom Simmat; Weighing: Jon Harris, Justin Stanbridge, David Bloomfield, Jason Cooper; Photos: Justin Paine.

And what an exciting and well-run event it was. The packed program was seldom more than a couple of minutes behind schedule and Tony Hystek's race descriptions kept everyone informed about who was racing.

Australia's best sprinters were there, plus the Italian squad, and there were some surprises, including Manly Warringah's Murray Stewart taking out the 1000m and 500m K1 ahead of Olympic K1 gold medallists Ken Wallace and Clint Robinson. Alana Nicholls from Bayswater made a clean sweep of the women's 1000m, 500m and 200m K1 races.

Times were interesting, and it was an eye-opener to see how fast the top paddlers go. Stewart won the 1000m in 3.36.99, the 500m in 1.38.61 and was 2nd in the 200m in 36.03 (behind Joel Simpson 35.91). Nicholls won the 1000m in 4.14.16, the 500m in 1.51.30 and the 200m in 40.92.

Wade Rowston, having nothing better to do, later worked out some average speeds and compared them to our Wednesday night time trials. Speeds in km/h for the winners were: 200m men 20.6, women 18.0; 500m men 18.8, women 16.2; 1000m men 16.7, women 14.2. Which makes Matt Blundell's 14.4 for the 12km course look pretty good.

It was worth driving out to Penrith just to watch the technique and power of not only the top male and female competitors but also the hot junior field, which included some with world rankings. The upper body physique of the leading men was astonishing - these paddlers don't have six-packs, they have twelve-packs!

Some of Lane Cove's finest shed their volunteer shirts to race in various age events. They included Tony Hystek, Nigel Colless, Richard Robinson, Tom Simmat, Tim Hookins, Craig Ellis and Steve Newsome.

Full race results can be seen at www.paddlenewsw.org.au.



Nigel Colless debates a point with Richard Robinson, who finds it all too much, and Tony Hystek

'It was not a race but a survival adventure'

Lane Covers were in three teams tackling the Adventure Racing World Championships in Tasmania, and they found the 700km course challenging, to say the least. The gruelling event started on Oct 31 and finished 8, 9 or 10 days later, depending on the team.

"It was a tough race, like a survival event," said Matt Shields.

"After day 2 for us it was not a race but a survival adventure. The course was set out to test the best adventure racers in the world."

Matt's team, No Roads Expeditions, suffered an early setback when Mel Pelly twisted her ankle as she slipped off a big log during a canyoning leg on day 4. She battled through the kayaking leg across Lake Mackintosh and the bike leg into Strahan where race medical staff told her to withdraw.

The other three - Matt, Mark Howell and Jeffrey Price - kept going to the start of the kayaking leg on day 6. Then a wrist injury Matt suffered on the first day pulling a sinking kayak out of the ocean put an end to his race.

"I had strained the tendon and by day 6 my right arm was severely swollen and I was unable to use it, so completing the final kayak leg was impossible," he said. "We only had another 1½ days to go to the finish, but it was a fantastic adventure and we got to cover the best parts of Tasmania."

The Goldfish team of Richard Barnes, Mardi Barnes, James Terpening and Andrew Perry came 32nd, finishing at 5.08pm on Nov 8.

Comments from their website blog included: "Started with a blizzard up in the country and then we descended into the mud on foot ... major tandem riding in heaps of mud, the weather is being kind to us with heaps of mud and lolly pops ... sleep monsters on the bike on an easy road ... the sun has come out and have been dry for the first time ... hey hey we finished."

Phil Newman was in the Old Dogs New Tricks team with Buzz Powell, Anne Powell and Andy Halliday. They came 64th, finishing at 11.44am on Nov 9.

Extracts from their blog: "Our journey so far has taken us to

some pretty special places in this wild and beautiful land ... Phil is going great guns and keeping his sense of humour ... finish line, the Dogs have landed ... trek down the coast was long and quite technical, over lots of pebbles, huge rocks and scrubby bush, lots of scratches and chunks out of hands, knees."

The team blogs are highly entertaining. You can see them at www.trackmelive.com.au/xpd2011/Teams.aspx.



Matt Shields looks as if he would rather go skiing



A coastering leap of faith



James Terpening takes the tandem along 7km of axle deep mud

'I'm not out here alone'

Why?

During the post XPD dinner, there were the usual type of complaints; "wow what a tough race!", "how bad was that bit?" (usually in reference to pushing bikes). But then somebody said: "The feelings of hardship that you feel now, all the bad times you had out on the course; I say to you, these are the real adventures that you came here seeking". This struck a chord with me and they were absolutely right.

This brought back to me the very reason why we pay money and dedicate so much time to tough events like XPD, HCC and the Murray. These events take us places and put us in situations that otherwise we might never find ourselves. For example, if the Goldfish were out on a weekend bushwalk, there would be no way we would: a) go to sleep at 1am, b) wake at 4.30am, c) put on wet clothes, d) proceed to swim down a cold canyon. But races like these force us into these situations, situations we view fondly in time. They help us to find the true adventure we seek.

What gets you through the tough times is obviously the support of others along the way. Times when I was out of my depth, like rock scrambling/climbing along the coast, I still felt reassured that I would be ok, because I had Andrew, Mardi and Richard along with me. Staying together the whole race helped us all to moderate the extremes of emotions and ultimately to keep going. It's just the same in the HCC. When you're down and out and think that you can't go on, some familiar voice from LCRK says "G'day" from the darkness, and then you get that feeling "hey, I'm not out here alone, I'm out here with my friends doing stuff I enjoy".

Through various Goldfish events over the last few years, we have come to race under the motto of *Friends, Fun, Finish*. How well we do these three things largely controls the final *F* - how fast we end up going. Keep on racing.

- James Terpening

The Classic and Moreton Island - in the same day

by Rae Duffy



Everyone paddling the Hawkesbury Classic wants to finish quickly. It's a race! But in last year's HCC, I had an added incentive. I had a plane to catch. Destination? A 10-day paddling trip departing for Moreton Island in Queensland, hours after crossing the finish line in NSW.

My doubles partner Cathy Miller and I raced to Brooklyn in just over 12 hours, which left me just enough time to start the next race - the sprint to the airport.

My daughter picked me up from the HCC finish line, fed me, tended to the blisters, cleaned up my gear, allowed me a 1½-hr powernap, and had me in the check-in queue by 10am. The plane had hardly reached the end of the runway before I was fast asleep. In Brisbane, my husband Neil picked me up. He had left Sydney on Saturday morning, our car loaded up with our sea kayaks, camping gear, food, clothing and everything else we would need for 10 days kayak camping on Moreton Island.

At 2pm, when some of those in the HCC were just arriving back in Sydney, 8 of us from the sea kayak club were on the beach near the Stradbroke ferry terminal at Cleveland, packing our gear into kayaks, eager to start our adventure. Like Mary Poppin's suitcase, I'm always surprised how much gear fits into a kayak, so there was no skimping on good food and wine.

The trip was led by Mark, who had done the route before. He did a brilliant job planning a trip that took us the length of Moreton Island - even getting the weather right, blue sky and tail winds 9 out of 10 days. More importantly, he'd also planned the trip around a strong tidal influence. It was important to land at high tide at some sites to avoid carrying a loaded kayak 3km to our camp site.

Our first leg was mainland to Peel Island, a short paddle of 8.5km. The water was remarkably warm, especially after our endless winter in Sydney. I was thinking about a lazy swim and an early night when Mark warned that the area is a tiger shark breeding ground, so ... no swim.

This thought was foremost in our minds when 9 fantastic days later, as we were paddling home again via Peel Island, Neil

and I ended up on a sand bar in the middle of Moreton Bay. Forced to hop out and walk the kayaks towards deeper water, we disturbed a very young tiger shark buried in the sand. 3 more crossed our path in the next few steps, so we hastily jumped



into the kayaks - just in time for Neil to notice that 8 baby tiger sharks had circled back and were coming at us from behind. Some frantic paddling followed!

Amity, on the tip of North Stradbroke Island, was our next stop, the site of a 2006 fatal shark attack on a swimmer so ... still no swimming.

The crossing to Moreton Island the next day was fun: lots of sand bars and a strong tidal flow between the islands provided some good surfing opportunities. That night Neil and I celebrated our 31st wedding anniversary with a bottle of bubbly, watching the sun go down at the top of a huge sand dune. Most days ended in watching amazing sunsets slip behind the distant Glass House Mountains.

Tangalooma campsite offered wonderful snorkelling over coral and purposely sunken wrecks, all teeming with fish. The tidal current provided a challenge, so we had a couple of



Rae and Neil ... all smiles and raring to go

kayaks on duty to assist swimmers back to shore.

From Northpoint, at the tip of the island, we paddled 6km out to Flinders Reef, the southernmost point of the Great Barrier Reef. Blessed with another beautiful calm day, we snorkelled from the kayaks using a paddle float or tethered ourselves to our boats with our tow line. The fish and coral were amazing.

The marine life in Moreton Bay was spectacular. Each day we were blessed with interesting sightings, we saw humpback whales, dugong, dolphins, mantaray and sharks. The water was so clear, we watched as turtles, fish and stingrays swam under the kayaks.

With no day over 20km, the relaxed pace allowed us plenty of time to meander along the coast, check out the mangroves or wrecks and stare into the clear water. But as always, it was the company that made this an adventure definitely worth hurrying down the Hawkesbury for!

Trip distance 140 km, 10 nights camping including 2 lay days.





Carnage in the 20 Beaches

So you fancy the idea of racing in the ocean, driving through the waves, catching runners, bursting dramatically through the salt spray! Lots of paddlers are making the move offshore, discarding their K1s and multisport kayaks for long, bulky and incredibly light skis.

And there's plenty of drama available and unlimited excitement, as you'd have seen if you were at Palm Beach for the final stages of the annual 20 Beaches race on Dec 17.

Steve Newsome was more accurate than the weather forecasters and even the political pollsters when he spotted a sandbar starting to form 50 metres out from the beach and predicted: "There's going to be carnage out there this afternoon!"

The early finishers had relatively small waves to contend with, but as the tide receded the sandbar became more pronounced – and the surf got bigger and nastier.

Breakers 2 metres high spat expensive ocean racing skis out like champagne corks, spearing them high into the air. Competitors were flung away like discarded dolls, rolled and pummelled in the boiling surf.

The air was filled with "ooohs" and "aaahs" from spectators lining the beach as the attrition rate worsened.

The sight of a ski hanging precariously at the crest of a big wave, its nose dipped at an alarming angle as its paddler sensed impending doom, had everyone holding their breath. Then came the crash, with everything disappearing into a mass of foam before the ski was hurled skywards.

It was a scene repeated over and over as exhausted racers fought desperately to find a way through the tormenting surf to the security of the beach.

Some were able to guide their craft safely through the waves, others were thrown into the water but able to hang on to their skis as they bounced their way to the beach.

Many abandoned their craft and swam through the malevolent shore break to run up the beach and through the finishing arch. They included the only two Lane Covers in the race, Tom Simmat and Tim Hookins.

And after all the drama and carnage, this is what Tim – still dripping wet and totally exhausted after a draining ride on his new Swordfish – had to say: "This is great, you know. I thought, this is just perfect, you're out there catching runners and competing with your mates. What more could you want?"

He had this comment about the race: "Coming past Avalon Head it was very bumpy. I thought it was time to hit the chop and get a few runners but it didn't work out that way. At the finish I waited for a break and then paddled my heart out on a little runner hoping to avoid the big ones. But a big one did come through – it was not that big, let's not exaggerate – but it took my boat away. I let it go and swam in."

Tom, who paddled his Infennity, said: "It was really big at the start at Harbord and up to Long Reef. A big easterly pushed the south-running set inshore along the coast, it was running at one and a half knots and I wanted to get inside it. The idea is to find the line of the bluebottles and get inside it. I found them and thought I was going well, there were lots of runners and I felt I was going really fast. I saw some fellows offshore and I thought, what are they doing out there? My plan was to go really close to Avalon Head, within 20 metres, but then I went out and joined the others. Maybe that was a good thing, it was bumpy. Coming in to the finish I waited for two big sets to come through. The trick is to get on the back of the wave so that the next one doesn't catch up to you – but it didn't work. I came in sideways and the boat disappeared."

Tom's time for the 25km race was 2.27.04 and Tim's 2.31.42. They came 3rd and 5th respectively in the 60+ class.

The event was won by Clint Robinson in 1.36.44 from Tim Jacobs 1.38.13.



Race Diary 2012

Marathon 9 series

Feb 25 Sat Canberra
Apr 21 Sat Woronora
May 27 Sun Narrabeen
Jun 24 Sun Wyong
July 21 Sat Penrith
Aug 25 Sat Windsor
Sep 9 Sun Lane Cove
Sep 22 Sat Port Hacking
Oct 13 Sat Lake Illawarra (sailing club)

Apr 7/8 Sat/Sun National Marathon Championships. SIRC.

Harbour series

Feb 11 Sat Botany Bay
Mar 4 Sun Lake Macquarie
Mar 31 Sat Middle Harbour
Apr 29 Sun Rose Bay
May 12 Sat Pittwater

Iceberg series

Jun 23 Sat Botany Bay
Jul 14 Sat Pittwater
Aug 12 Sun Toronto
Sep 9 Sun Rose Bay

Mar 18 Sun Bridge to Beach

Mar 1 Thu Oceania Sprint Championships SIRC

Mar 14-18 Wed/Sun National Sprint Championships SIRC

Sprint series SIRC

Jun 16 Sat
Jul 14 Sat
Aug 11 Sat
Sep 22 Sat
Jun 9/10/11 Sat/Sun/Mon Murray 200/100

Jun 27 Yukon River Quest

Jul 7/8 Sat/Sun State Marathon Championships, SIRC

Aug 4/5 Sat/Sun Avon Descent

Aug 12 Sun City to Surf Aug 18 Sat Akuna Bay Multisport (entries open March 1)

Sep 15 Sat Myall Classic

Oct 5/6 Fish River Marathon, South Africa

Oct 27/28 Sat/Sun Hawkesbury Classic

Dec 27/21 Thu/Mon Murray Marathon

Bass Strait crossing

Richard Barnes completed his third kayak crossing of Bass Strait, taking the 300km "eastern" route and reaching Mussleroe Bay via Swan Island on Jan 24. With him were sister-in-law Mardi Barnes, Dave Fisher and Gary Roberts. We'll have a fuller report in the next issue of *Kayak Kapers*. For descriptions of the trip go to <http://fisher-family.com.au/wp/>.

Kayak Kapers is printed by *The Rock-itt*, a newsy magazine distributed along Sydney's northern beaches, which contains a regular kayaking section. Check it out online at www.therockittmagazine.com.au. It's a great avenue for advertising, so if you're promoting goods or services in this area, get in touch with editor Pete Johnson on 9975-1105 or pgjay2001@yahoo.com.au.



Are you wondering why so many people are turning up early for the Wednesday evening time trials? They're attending Tony Hystek's training sessions. Tony had an overwhelming response to his offer to do the coaching, with 20 immediate responses and more arriving each week.

Tom Simmat at The Doctor

Tom Simmat once again demonstrated what a great competitor he is by winning his category, ski under 20ft, in the famous Doctor ocean ski race in WA on Jan 21. His time was 2.23.24 and he finished 134th overall.

Son Kobi was 119th in 2.21.03 and 63rd in the 21-39yr ski category.

Glen Orchard was 60th in 2.10.53 and 14th in the 40+ ski category.

Tim Jacobs won the 27.5km race, from Rottnest Island to Sorrento Beach, in 1.50.10 in conditions described as "hot, flat, unforgiving and near-millpond".

Antarctica first

James Castrission and Justin Jones have become the first people to ski unassisted from the edge of Antarctica to the South Pole and back. Appropriately, they finished their 89-day, 2270km hike on Australia Day. James, who started off weighing 101kg, and Justin, 106kg, lost a quarter of their body weight during the arduous trip, both dropping to 76kg, but a medical check cleared them of any major problems. The two, who were the first to paddle from Australia to New Zealand, are both honorary life members of Lane Cove River Kayakers.

Trevor is still in hospital

Trevor Williamson, longtime LCRK member and former President of NSW Canoeing, is still in St George Hospital 10 weeks after a serious cycling accident.

He has recovered from the smashed ribs, dislocated shoulder, cracked neck vertebrae and bleeding on the brain, but is still battling severe infection in lungs punctured in the accident.

For some weeks he had to have operations every second day to relieve lung congestion, but this has now improved to the point where the procedure can be carried out without anaesthetic. He

is on constant pain medication.

At this time he does not know when he will be able to leave hospital, and when he does he faces a period of rehabilitation.

He has no recollection of what caused the accident.

He would welcome a call or short visit from friends.



Tony Carr's rec paddles

Tony Carr's paddle company Freedom Outdoors is expanding to offer regular day and weekend paddles for boat owners, as well as overseas kayaking opportunities.

Day paddles for people who own their boats start on Saturday March 10 with a trip on Mooney Mooney Creek. Nothing to pay, nothing to join, just register with Tony.

He will host a week-long paddle around Fiji's famous Northern Yasawa Islands from June 23 to July 1. Paddle between the islands, camp on isolated beaches, snorkel the coral reefs and stay at small resorts and native villages, getting to know the friendly locals.

Contact him at tonycarr@ozemail.com.au or 0417-502-056.

Neville Bradshaw raced in the Canberra Half Ironman triathlon – now known as the Canberra 70.3, referring to its total distance in miles – on Dec 11. He completed the 1.9km swim in 36.09, the 90km cycle in 2.49.54 and the 21.1km run in 1.46.58, for a total time of 5.19.17 including transitions. He was 7th in his age category.

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