



# KAYAK KAPERS

October 2012

## Promotions reward good marathon racing

The Lane Cove marathon on Sept 9 was a huge success from any point of view – it was a bright sunny day, there was a big turnout of locals and visitors, racing was keen in all divisions, LCRK grabbed a swag of top finishes and the fact that so many stayed on for the BBQ showed everyone enjoyed themselves.

Races were run smoothly, there was good access to and from the water, the 4-lap course layout meant spectators on the bank had plenty to cheer about, and there were some exciting finishes.

The BBQ and other food available were very popular and added to the overall enjoyment for the competitors, who turned out in 119 singles and doubles, and their friends.

The basis for any successful event lies in its organisation, and congratulations to President Wade Rowston, race organiser Matt Swann and a big band of helpers for their pre-race preparation and race-day activities. From course set-up to registration, catering to final clean-up, everything ran like clockwork.

Thanks are due to Tim Hookins, Tom Simmat, Jeremy Spear, Tony Carr, Kenji Ogawa, Andrew Pratley, Peter Edney, Roger Deane, Jon Harris, Carmen Ellis, Steve Paget and his Dad, Jason Cooper, Liz Winn, Tom Holloway, Ruby Gamble, Steve Russell, John Thearle, Mark Sier, Rhiannon Sier,

division 1, David Hammond and Tony D'Andreti maintained their steady form with a 2<sup>nd</sup> in division 4 and Duncan Johnstone



**Don Rowston and Tim Dodd had steering problems**

surprised even himself with 2<sup>nd</sup> in division 6.

One of the old couples of paddling (not odd, and not that old, really), Phil Geddes and Paul van Koesveld, had a 3<sup>rd</sup> in division 4 and Len Hedges celebrated his fairly recent return to paddling after a year out with injury problems by taking 3<sup>rd</sup> in division 5.

Don Rowston and Tim Dodd were moving along comfortably in second place in division 6 before steering problems forced them to the river bank where they lost several minutes.

All this good paddling has downstream results, of course. It means that over the past few Marathon 9 races a dozen or so of our finest have been rewarded for their efforts by promotion to the next highest division. Among these are:

**Janet Oldham** and **Freddie Welter**, who started the year in division 6, moved to division 5 and have now been bumped up



**Duncan Johnstone's 2nd saw him promoted**

Friederike Welter, Janet Oldham, John Duffy, Paul van Koesveld, Diane Cooper, John Greathead, Tony Walker, Justin Paine and Anjie Lees. Apologies to anyone who has been missed. Thanks also to everyone who contributed to raffle prizes including Matt Blundell from ProKayaks, Steve Newsome from Epic and Tony Carr from Freedom Outdoors.

In terms of racing, it was a good day for Lane Cover River Kayakers: 2 firsts, 3 seconds and 2 thirds in the 6 20km races.

Tom Simmat just seems to get better and better. He was a clear winner in division 3 in a fantastic time of 1.44.53.

Janet Oldham and Friederike Welter are the success story of the year. They won division 5 in 1.50.32, the sky's the limit as far as they are concerned.

Toby Hogbin was half a boat length behind the winner in



**Wade Rowston calls the winning raffle numbers, Diane Cooper holds the tickets**

to division 4.

**Wade Rowston**, who was named the club's most improved paddler in 2012 and paddled division 6 last year, has done extremely well in division 5 this year and gone up to division 4.

**Derek Simmonds** blames a good washride he caught in the Windsor race for the 1.57.22 which saw him moved up from 6 to 5.

**Duncan Johnstone's** steady improvement and 2<sup>nd</sup> at Lane Cove has seen him go from 6 to 5.

**Don Rowston** and **Jon Harris' 1.55.20** at Windsor saw them leap from 6 to 5.

**Andrew Mathers** has gone from 5 to 4.

**Tom Simmat** moved up from 4 to 3 and promptly won at Lane Cove.

After a 3<sup>rd</sup> and a 2<sup>nd</sup> in successive races, **Dave Hammond** and **Tony D'Andreti** went up from 4 to 3 (Dave was disappointed that they were promoted without having had a win).

**Bob Turner** and with **Kristy Benjamin** are chopping a couple of minutes off their time each occasion they race and are on the verge of cracking 1.40; they have gone from 3 to 2.

To see a large selection of photographs of the Lane Cove marathon, go to the photo gallery at [www.lcrk.org.au](http://www.lcrk.org.au).

At Port Hacking on Sept 22, the high point of the day was the amazing third place in division 6 to Richard Barnes and Joan Morrison. They're getting faster every race as they prepare in their TK2 for the Hawkesbury Classic. Joan, 82, plans to become the first octogenarian to do the great race. She certainly knows how to pick the right partner – he's a veteran of 31 Classics.

Matt Blundell celebrated the arrival of another daughter with a win in division 1. There were thirds to Toby Hogbin in division 1, the brother/sister act of Craig and Carmen Ellis in division 3 and Tom Holloway in division 4.

## Are you confused about your points?

Many competitors are confused about their end-of-series points standing in the Marathon 9 series after they have been moved from one division to another. In response to a request from *Kayak Kapers*, Bob Turner from the Marathon Committee has provided the following explanation:

Rule 10 states: *All paddler's points shall be retained and carried through (unless changing distances) regardless of the re-ranking or whether in singles or doubles or quads. However, for determination of prizes, we look at where a paddler has spent MOST of their time, and a minimum of 4 races (keeping in mind that there is a total 5 race minimum for eligibility for end of year prizes).*

As an example, take Wade Rowston. This year Wade has competed 5 times in Division 5, accumulating the following points: Woronora 4th 47, Narrabeen 3rd 48, Wyong 4th 47, Nepean 2nd 49 and Windsor 2nd 49; before moving up to Division 4, where he has now accumulated the following points: Lane Cove 4th 47 and Pt Hacking 5th 46. This gives Wade a total of 333 points.

Let's assume he paddles at Illawarra (the last round) and finishes 4th in Division 4, earning him a further 47 points, taking him to a season total of 380.

Under Rule 5, his points in Division 5 have been carried up to Division 4.

Under Rule 7, his seven best scores will be counted, and his lowest score (Pt Hacking 46) will be dropped. He will finish with a total of 334.

Under Rule 10, he has not competed the required minimum of 4 races in Division 4.

Under Rule 10, he will be deemed to have paddled MOST of his races in Division 5, and his points will be measured against all other paddlers who qualify for Division 5.

We won't know final standings until we've done these same calculations for every paddler, and this can realistically and practically (for us on the Committee) only be done at the end of the last race. If anyone is still confused, and wants to know specifically about their own situation, contact me, and I'll be happy to work it out for you.



**Above: Freddie Welter and Janet Oldham win division 5. Left: Tom Holloway crosses the finishing line. Below left: John Thearle cooks up a storm.**



M9 Lane Cove Sept 9			
Competitor	Div	Time	Plc
Toby Hogbin	1	1.32.47	2
Steve Newsome/ Jeremy Spear	1	1.37.18	6
Bob Turner/ Kristy Benjamin	2	1.41.05	5
Tom Simmat	3	1.44.53	1
David Hammond/ Tony D'Andreti	4	1.48.44	2
Phil Geddes/ Paul van Koesveld	4	1.51.14	3
Wade Rowston	4	1.51.19	4
Andrew Mathers	4	1.51.42	6
Tom Holloway	4	1.53.02	9
Janet Oldham/ Friederike Welter	5	1.50.32	1
Len Hedges	5	1.54.07	3
Tim Hookins	5	1.54.28	5
Derek Simmonds	5	1.59.15	20
Andrew Pratley/ Peter Edney	5	2.00.25	21
Duncan Johnstone	6	1.55.35	2
Richard Lindsay	6	2.02.26	7
Tim Dodd/ Don Rowston	6	2.02.38	8
Anjie Lees	6	2.20.15	14
Nick Race	6	2.19.01	Rnk
Tony Carr	7	1.32.14	5
Tony Walker/ John Greathead	8	57.33	8
Paul Gibson	8	1.11.45	14
Andrew Kucyper	9	1.07.25	14
Justin Paine	9	1.11.35	15

M9 Windsor Aug 25			
Competitor	Div	Time	Plc
Matt Blundell	1	1.31.30	1
Toby Hogbin	1	1.34.29	3
Tony Hystek/ Tom Simmat	1	1.34.32	4
Bob Turner/ Kristy Benjamin	2	1.41.59	7
Ryan Cousins	3	1.41.32	1
Bruce Goodall	4	1.47.38	2
Phil Geddes/ Paul van Koesveld	4	1.50.30	8
Wade Rowston	5	1.52.54	2
Jeremy Spear	5	DNF	
Don Rowston/ Jon Harris	6	1.55.20	3
Derek Simmonds	6	1.57.22	9
Richard Barnes/ Joan Morrison	6	2.01.27	15
Richard Lindsay	6	2.09.28	18
Andrew Pratley	6	2.14.29	19
Peter Edney	6	2.03.04	Rnk
Anjie Lees	6	2.24.08	Rnk
Paul Gibson	6	DNF	
Andrew Kucyper	9	1.05.58	11
Ann Lloyd-Green	9	1.06.52	13
Tracey Hansford	9	1.06.53	14

M9 Port Hacking Sept 22			
Competitor	Div	Time	Plc
Matt Blundell	1	1.33.02	1
Toby Hogbin	1	1.39.27	3
Jason Cooper/ Steve Paget	2	1.41.40	5
Bob Turner/ Kristy Benjamin	2	DNF	
Craig Ellis/ Carmen Ellis	3	1.47.19	3
Tom Holloway	4	1.49.28	3
Phil Geddes/ Paul van Koesveld	4	1.49.31	4
Wade Rowston	4	1.50.15	5
Tim Binns	5	1.58.14	13
Derek Simmonds	5	2.00.55	16
Richard Barnes/ Joan Morrison	6	2.03.06	3
Bert Lloyd/ Don Rowston	6	2.04.09	6
Richard Lindsay	6	2.07.46	8
Craig Ryan	6	2.10.20	Rnk
Duncan Johnstone	8	57.57	10
Tony Walker/ John Greathead	8	58.56	11
Andrew Kucyper	9	1.09.13	10
Justin Paine	9	1.14.44	14



Sporting club colours are Paul Gibson and Jon Harris



BBQ chef Mark Sier with race organiser Matt Swann

## Iceberg racing with Jeremy Spear

It was great that the weather for the last event of the Iceberg Series, the Middle Harbour GP on Sept 1 was a perfect clear, cool spring day with around 16 knots of breeze from the SSW. This meant we could lay a safe course in the lee of the Mosman hills, giving a direct downwind on-water start before a left hand turn to head north towards the Spit Bridge. The water temp was around 18°, much the same as the air temp later in the morning.

After the first downwind leg into the 0.5m swell with a small following chop, the first turn was well negotiated as the fleet had stretched out into an orderly fashion by then. The next leg was into a bit of cross-chop from the left for the long leg we would have preferred would be downwind. The tide had peaked 30 minutes before the start so its effect was negligible. By this stage the paddlers in the small doubles who were experiencing paddling in such events for the first time were getting themselves sorted out and paddling in more or less a straight line.

Around the top mark near The Spit and then back to the start gate in the lee of the land past Balmoral Beach. By this time the start mark had been moved closer to the cheer squad of supporters and general public who were taking great interest from the headland. The two rescue boats had a pleasant and incident-free event – these have got to be the best safety craft available and make running these events in this patch of water so easy, professional and safe.

All up 92 paddlers had a great race followed by a BBQ

The harbour racing competitor numbers are growing. More and more new boats are showing up. We look forward to an even bigger series next season. Plenty of time between now and February to train. With some of the events attracting 150+ paddlers, this sport is certainly experiencing strong growth in and around Sydney.

**Tony Hystek** had this brief report from the previous race on Aug 12:

What about all those who braved the Iceberg conditions up at Lake Macquarie!

Fantastic course, and a couple of retirements but generally most made it through. Steve Newsome and I in a double ski, Matt Blundell, Tom Simmat and Len Hedges all did the full course (though Len did retire at half way), and Tim Hookins did the short course between taking the results.

An easy sheltered upwind paddle followed by a fast, testing downwind leg in big wind. It suited the singles, but the short wave interval swamped the double. Not many swimmers, thankfully.

A great event that has huge potential.



Iceberg Series					
Competitor	Category	Time	Plc	Cat	plc
<b>Middle Harbour Sept 1</b>					
<b>Long course</b>					
Matt Blundell	M40-49	1.07.21	3		1
Steve Newsome/					
Michal Hrcka	Dbl ski	1.10.09	4		3
Bob Turner/					
Kristy Benjamin	Dbl ski	1.18.39	22		6
Tom Simmat	M60+	1.19.44	25		1
Andrew Mathers	M40-49	1.26.00	29		13
Len Hedges	M50-59	1.33.38	37		8
Jeffrey Tonazzi	M40-49	1.36.58	40		20
Phil Geddes	MSeakyk1	1.41.56	45		1
<b>Short course</b>					
Tim Hookins	M60+	44.04	3		1

Iceberg series					
Competitor	Category	Time	Plc	Cat	plc
<b>Lake Macquarie Aug 12</b>					
<b>Long course</b>					
Matt Blundell	M40-49	1.32.42	5		1
Steve Newsome/					
Tony Hystek	Dbl ski	1.32.52	6		1
Tom Simmat	M60+	1.50.12	15		1
Len Hedges	50-59	DNF			
Jeffrey Tonazzi	40-49	DNF			
<b>Short course</b>					
Tim Hookins	60+	59.20	4		1



Jeffrey Tonazzi



Andrew Mathers



Len Hedges

# Paddlers battered in Akuna Bay Multisport

Lane Covers turned in some terrific performances in the annual Akuna Bay Multisport race, held on Aug 18.

Matt Shields, in particular, had an outstanding result, finishing 7<sup>th</sup> in the solo event in a very hot field. Matt Blundell was 12<sup>th</sup> and, because of the rough water conditions, called for his support team to bring a ski to replace the K1 he originally planned to paddle.

In the relay, which is always popular and fiercely contested, Tony Hogbin and Michael Mueller combined with former member Dave Kavanagh to come in 2<sup>nd</sup>. Close on their heels was the team of Tony Hystek and a couple of strangers.

The gale-force winds of the previous day had abated somewhat but a brisk westerly still gusted across the course and battered competitors in exposed places. This was most noticeable in the kayak leg, with paddlers having to smash their way into the elements for the first half of the 12km before they turned at Cottage Point and had an easier run down to Appletree Bay.

Damage from a fire in Bobbin Head marina forced organisers to change the run course, and instead of the trail run along Cowan Creek competitors did two laps up and down the ridge between Appletree Bay and Bobbin Head. No trail running – just straight up and straight down.

The outright winner, by 11 minutes, was Victorian Jarad Kohler who was so far ahead by the end of the kayak leg that the next competitor could not be seen.

Matt Shields said: “I had a great start to the race, getting in a break with 5 other riders on the first climb out of Akuna Bay, Unfortunately Jarad Kohler made the break

as well. After putting time into the main field we worked together in the tough conditions until the last few kilometres when I attacked the group, taking two others riders with me to the bike finish.

“After a good transition I tried washriding Jarad until he unloaded me and I got stuck in no-mans-land. My legs were



Justin Paine looked a mess after a fall in the run leg



Dave Kavanagh, Tony Hystek and Toby Hogbin relax at Appletree Bay after having done their relay legs



Jeremy Spear and Richard Robinson swap comments about the tough paddle leg

feeling good and I had a great run, enjoying the technical aspects of the course. On the final climb I was overtaken by a bush turkey.”

Jeremy Spear did the paddle leg in a team with two non-member friends in the same time as last year (72 min) and commented: “I stopped for a couple of minutes in the big headwinds to put a spraydeck on with frozen hands, and I’m glad that I did.”

Meg Thornton paddled the *Frank McDonald* club Flash in a mixed team and had this to say: “I’m proud to say I remained upright the whole way in the craziest winds ever. My roll-out of the boat at the Appletree Bay ramp was totally intentional so the Flash didn’t scratch on the concrete ramp!”

Tony Hystek and Richard Robinson weren’t content with just doing the 12km paddle leg. Using the event as training for the Hawkesbury Classic, they started out from Appletree Bay and paddled together up to Akuna Bay, then reversed direction and

## LCRK Competitors at Akuna Bay

Competitor	Category	Cycle	Paddle	Run	Total	Plc	Cat	plc
<b>Solo</b>								
Matt Shields	Open	51.05	1.15.00	59.23	3.05.28	7	6	
Matt Blundell	Vet	57.42	1.04.45	1.06.02	3.08.29	12	4	
Steve Paget	Vet	59.04	1.18.14	1.08.56	3.26.15	28	10	
Richard Barnes	Master	1.08.11	1.21.24	1.06.54	3.36.29	38	3	
Michael O’Keeffe	Master	1.05.28	1.29.14	1.24.28	3.59.11	72	8	
Wayne Wanders	Master	1.32.56	DNF					
<b>Pairs</b>								
James Mumme/?		1.17.46	DNF					
<b>Relay</b>								
Dave Kavanagh/ Toby Hogbin/ Michael Mueller	Vet	-	-	58.06	2.55.03	2	2	
?/Tony Hystek/?	Vet	53.02	1.03.05	1.03.57	3.00.04	4	3	
Keith Austen/ Duncan Johnstone/ Andrew Frantz	Vet	55.48	1.20.30	1.12.07	3.30.25	25	8	
John Davies/ Mike Finnegan/ Alison Finnegan	Vet	58.32	1.29.49	1.07.43	3.36.04	30	12	
Simon Bolton/ Jeremy Spear/ Chris Robson	Vet	56.23	72.20	1.28.27	3.47.10	36	15	
Dene Hall/ Meg Thornton/ Rachel King	Mixed	59.12	1.46.24	1.19.36	4.05.12	48	13	
Derek Simmonds/ Richard Robinson/ Justin Paine	Vet	1.18.55	1.11.13	1.38.29	4.08.38	50	17	



**Left: Matt Shields disembarks at Appletree Bay. Above: Three kayaks battle into a strong westerly headwind and a vigorous chop as they head for Cottage Point**

raced back.

Justin Paine had a bad fall coming down the ridge on his first lap in the run leg, tripping and landing smack on his face. He later had to have his mouth stitched up, where his teeth cut into his upper lip, in the emergency department of Ryde Hospital. But at least his lip gave his teeth a soft landing – better to

have a cut lip than broken teeth.

The lack of individuals' names in team results made collation of LCRK results difficult and apologies to anyone who has been missed. It should be noted that paddlers got the rough end of the pineapple in split times – both transitions are included in their times.

## LCRK in force at the Myall with Joy Robinson



Competitors in this year's Myall Classic were blessed with a perfect paddling day at a comfortable 20° and a light westerly breeze to start, a pleasant change from the recent August/September winds.

The start was tackled with the enthusiasm of a Marathon 9 race and was particularly rough, with some 92 boats in the 47km start (followed by the odd swimmer). Shortly after passing Witts Island everyone had settled in to a comfortable pace, with some of the lucky ones establishing themselves into some handy washride groupings.

The start coincided with the end of the incoming tide at Tea Gardens, which gave all of us tide assistance up to the top mark just short of The Broadwater. With the tide change occurring just over 3 hours into the race most paddlers had some or most of the return journey against the tide. By that time a 10-12 knot south-easterly breeze had picked up which chopped up the exposed areas towards the finish. The obligatory stink boats were out and I was fortunate enough to encounter the ferry which tested the coordination at race end!

Lane Cove fielded around 21 entries, down slightly on last year's 26 entries, and we had some excellent results:

The fastest Lane Cove paddlers over 47km were Toby Hogbin in 3:42:43, followed by Matthew Shields and Michael Quinn in 3:52:58 and Richard Robinson 3:53:40. Also, Bob Turner and Kristy Benjamin continued their Lane Cove Marathon 9 form, having a great paddle in the mixed double, finishing in 3:56:20.

The veteran double was won by Matthew Shields and Michael Quinn, the mens open by Toby Hogbin, the mixed double by Bob Turner and Kristy Benjamin, and the veteran

single by Tom Simmat. Interestingly the top

10 boats featured 6 paddlers from Lane Cove spread across both singles and doubles, which augers well for the upcoming Commonwealth Bank Cup.

Over 27km Matt Swann and John Beesley had a great win, with Jeremy Spears finishing in 2:25:20. Don Rowston had a great 12km paddle.

For anyone who hasn't paddled the Myall Classic before (as I hadn't until this year), it is a fantastic race. Picturesque sandy beaches, melaleucas, wetland flowers and a variety of wildlife help break up the monotony of hours spent in the boat, and it provides an invaluable opportunity to fine-tune your nutrition and comfort for the Hawkesbury.

Just Paddlers organised a great fun day for all paddlers with entry money going to the Cure for Life Foundation. The 47km race attracted 92 competitors, the 27km race 34 and the 12km race 18. Full results: <http://www.justpaddlers.org.au/results-myall-classic-2012/>

Myall Classic		
Competitor	Time	Plc
<b>47km</b>		
Toby Hogbin	3.42.43	1
Matt Shields/ Michael Quinn	3.52.58	5
Richard Robinson	3.53.40	6
Bob Turner/ Kristy Benjamin	3.56.20	7
Tom Simmat	4.06.00	9
Dave Hammond/ Tony D'Andreti	4.12.00	11
Tim Hookins	4.17.45	14
Bruce Goodall	4.18.15	15
Carmen Ellis/ Craig Ellis	4.18.20	16
Tom Holloway	4.26.40	22
Cathy Miller/ Trevor Waters	4.29.30	25
Wade Rowston	4.35.25	33
Duncan Johnstone	4.35.40	34
Rae Duffy/ Neil Duffy	4.38.25	38
Joy Robinson	5.06.18	55
Nick Race	5.10.20	62
Anjie Lees	5.23.16	71
Meg Thornton	5.28.50	77
<b>27km</b>		
Matt Swann/ John Beesley	2.16.56	1
Jeremy Spears	2.25.20	5
Derek Simmonds	2.35.15	8
Richard Lindsay	2.42.50	10
<b>12km</b>		
Don Rowston	1.17.46	5

## Rec paddle

Freedom Outdoors has a recreational paddle in Middle Harbour on Oct 30, a rec weekend at Jervis Bay on Nov 10-11 and a Bay of Islands, NZ, kayaking trip March 6-12. There is also a wind and chop workshop on Nov 3. For details email [tonycarr@ozemail.com.au](mailto:tonycarr@ozemail.com.au) or phone .0417-502-056.

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## Congratulations Tony!

Tony Carr reaches the venerable age of 70 on Oct 12, joining a group of ancients in LCRK whose clique is becoming less and less exclusive. He brings our number of septuagenarians to six, and all are still racing. Preceding him were Justin Paine, Don Rowston, John Greathead, Tony Walker and Andrew Kucyper. There'll be more soon.

# Preparing for the Classic

with Paul van Koesveld



That Holy Grail of distance paddling and charity support, the Hawkesbury Canoe Classic, approaches and it is clear LCRK members will again be there in force. We look like having about 40 craft this year, with a couple of non-member partners in doubles.

Have we ever had a bigger Classic fleet than this? As a percentage of our membership, this is close to half and very impressive.

Club President Wade Rowston has joined the list – welcome aboard for 2012 Wade. The list includes a broad range of proven performance and first-timer enthusiasm.

As to craft categories selected, we will probably have one or two “cautious K1s” and Janet and Friederike in a “sensible K2”, Richard and Joy Robinson in two slippery multisport craft and half a dozen skis – Tony Hystek has switched to a ski in his continuing (but soon to end) “unfinished business” with the unlimited class age record and Tim Hookins has become comfortable on a ski in any conditions. Andrew Mathers has entered an OC1 outrigger – Andrew certainly likes to try out and succeed in a range of paddling types (did you see him on a stand-up board on the river recently?).

Most others are in long or medium recreational craft, true sea kayaks and a couple of TKs. The doubles include impressive teams such as Bob Turner with Kristy Benjamin, the Matt Shields/ Michael Quinn unit and the Craig and Carmen Ellis family combo. In addition, we will see the return of the highly successful LCRK team of Urs and Arni Mader who are taking a break from their paddling retirement in Queensland.

Tom Simmat is rebuilding a boat to tackle the 60+ short rec record and is seeking sponsors – how much they pay will depend on if he can break the record, and by how much. The record is 17.26.00 so he’s in with a chance...

John Duffy will be on his 11<sup>th</sup> trip down the river in a Mirage while we struggle to count the number of HCCs completed by Richard Barnes and his legendary paddling partner, Joan

Morrison from SSCC. Matt Swann will be there, leading the “one foot off the accelerator” group to support paddlers wanting company on the river.

It seems this year we will have three paddlers aged over 70, one of whom will have just celebrated that birthday (congratulations Tony). With 70 now often described as “the new 60”, numbers in this category will grow.

As we all know, LCRK members paddle the Hawkesbury for personal satisfaction and to support the Arrow Bone Marrow Foundation’s cause. However, as an old saying goes: *if you are going to be in it, you might as well win it* – in this case, it means the Commonwealth Bank Cup for the most successful club in the HCC. While breaking a class record or getting within an hour of a record provide useful bonus points, club success overwhelmingly depends on the number of paddlers participating, whether in Brooklyn-or-Bust or competitive classes. Even those who are unable to complete the 111 kilometres contribute valuable points to the club total, according to the number of kilometres achieved. All paddlers need to do to contribute to the club total is to remember to nominate LCRK as your club when you enter: if you have forgotten, go back and add LCRK to your registration. LCRK has a proud record to maintain.

Our new Hawkesbury Canoe Classic webpage shows updates as advised or searched out. Please let the club know if/when you are ready to provide additional information.

The other way club members can help the club perform well is to perform well as **volunteers**. This can be by helping out at our **club support points** at Windsor, Sackville and Wisemans Ferry so paddlers and landcrew can share knowledge and support each other. Alternatively, club members can volunteer to act as **landcrew** for club paddlers. With so many of us paddling, we need a good turnout on the volunteering side to provide the strong

## Expected LCRK Classic competitors

Richard Barnes/ Joan Morrison	TK2X50+	TK2
Tony Carr	LRec60+	Challenger
Tim Dodd/ Bob Kenderes		TK2
John Duffy	BoB	Mirage Sport
Peter Ebney	TK1	TK1
Craig Ellis/ Carmen Ellis	BoB2	SLR2
Mike Finnegan		
Ruby Gamble	MRecOL	Marauder
Bruce Goodall	MRec 40+	Matador
Phil Geddes/ Paul van Koesveld	LRec2 60+	Tolerance
Toby Hogbin	UN1 O	Epic V10 ski
Tom Holloway	MRecO	Flash
Tim Hookins	UN1 60+	Fenn Elite ski
Tony Hystek	UN1 50+	V10 ski
Caron Jander	BoB	V10 ski
Duncan Johnstone	LRec50+	Renegade
Tim Knox	BoB	Renegade
Andrew Kucyper	BoB	Mirage 580
Anjie Lees	MRecOL	Barracuda
Ann Lloyd-Green	MRec60+L	Mirage 530
Urs Mader/ Arni Mader	Rec2X	Vortex
Rob Manning	BoB	Dorado ski
Andrew Mathers	OC1 40+	Pegasus
Bill McIntosh	BoB	Obsession
Cathy Miller/ Trevor Waters	BoB2	TK2
Kenji Ogawa	BoB	Pitterrack
Janet Oldham/ Friederike Welter	K2 40+L	K2
Glen Orchard	UN1 O	Fenn Elite ski
Justin Paine	BoB	Flash
Andrew Pratley	BoB	Dancer
Nick Race	BoB	Mirage 580
Joy Robinson	UN1 40+L	Arrow
Richard Robinson	UN1 40+	Sisson
Wade Rowston	MRec50+	Marauder
Craig Ryan	BoB	Marauder
Matt Shields/ Michael Quinn	LR2 O	Vulcan
Tom Simmat	SRec60+	Homemade
Matt Swann	BoB	Raider X
John Thearle/ James Mumme	LRec2 40+	Tolerance
Chris Thompson	BoB	Mirage 580
Meg Thornton	LRec50+L	Flyer
Bob Turner/ Kristy Benjamin	LRec2XO	SLR2

support our paddlers deserve. Volunteering is good fun and a great introduction to the joys and tribulations of this event.

**Lane Cove River Kayakers**  
**PO Box 163 Lane Cove 1595**  
 rowsto@tpg.com.au  
 0421-978-033 www.lcrk.org.au  
**President:** Wade Rowston  
**Vice-President:** Tom Holloway  
**Secretary:** Paul van Koesveld  
**Treasurer:** Nigel Colless  
**Committee members:** Jon Harris, Derek Simmonds, Liz Winn, Phil Geddes, Matt Swann

**Kayak Kapers Editor:** Justin Paine 9858-3323

## Timekeepers

Oct 17 Nick Chai, Duncan Johnstone  
 Oct 24 Tony Hystek, Tracey Hansford  
 Oct 31 Post-Classic BBQ  
 Nov 7 Matt Acheson, Craig Ryan  
 Nov 14 Andrew Pratley, Peter Edney  
 Nov 21 Jon Harris, Angela Welsh  
 Nov 28 Tim Hookins, Tony Mathers  
 Dec 5 Tim Dodd, Anjie Lees  
 Nov 12 Chris Thompson, Adrian Clayton  
 Nov 19 Christmas BBQ

Please confirm your availability a week before with Andrew Mathers at roster@lcrk.org.au.

## Mountain Man

Richard Barnes took his sister Linden tandem biking again in the Gloucester Mountain Man. Their times for the 20.4km mountain bike/10km paddle/8.8km run were 1.25.55/1.24.12/1.22.10=4.12.17. They were 134<sup>th</sup> overall and 3<sup>rd</sup> in their tandem category. James Mumme finished 82<sup>nd</sup> with times of 1.25.44/1.20.10/57.07=3.43.31. Former Lane Cover Craig Elliott was 31<sup>st</sup> in 3.11.02.

## Sprint series, round 2, Sept 30

**1000m.** Race 2: Jason Cooper 5.03 3. Race 3: Derek Simmonds 6.15 5. Race 4: Tim Binns 6.37 4, John Greathead 6.37 5.  
**500m.** B final: Jason Cooper 2.24 3. C final: Nigel Colless 2.36 3, Derek Simmonds 2.58 7. D final: Tim Binns 3.13 6. E final: Tony Walker 3.25 2.  
**200m.** B final: Jason Cooper 0.53 3. C final: Nigel Colless 1.02 6. D final: Derek Simmonds 1.07 3, Tim Binns 1.23 5.

# If the Paddle Fits ...

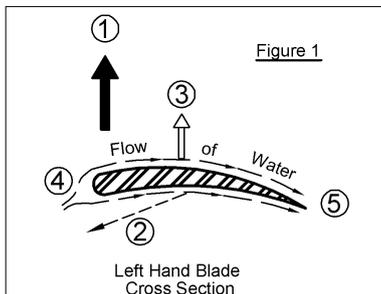
by Jason Cooper



Over the years I have been taught how to paddle to become faster and more efficient and recently I had the pleasure of a one-on-one lesson with 5-time Olympian, Clint Robinson OAM. While he told me the "what to do" he also explained a little on the "why to do it". On hearing this I thought I would do a bit of research on the "wing" paddle.

I had been looking at getting a new paddle for a while, all I had to do was get to a shop and pay my money, or so I thought.

What I discovered was that back in the early 1980s a Swede by the name of Stefan Lindeberg, coach of his national kayak team, noted that his paddlers (using flat bladed paddles) were starting their strokes close to the boat but by the time the paddle was at their hips it was further away. This got him thinking about blade design and how he could improve it. Stefan, along with Leif Håkansson, filed a patent (No. 4737126) on June 20 1985 for the first "wing" paddle.

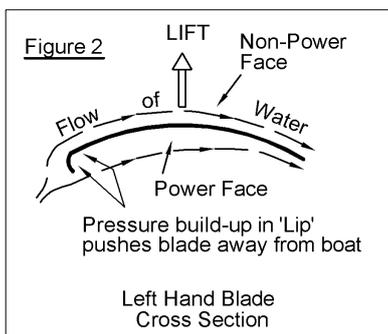


1. Direction of Boat
2. Lateral movement of paddle
3. "Lift"
4. Leading edge of blade
5. Trailing edge of blade

The original design had a solid cross section as shown in fig. 1, but they were heavy and difficult to use. Only the strongest of paddlers were getting any benefit. Along came Norwegian kayaker Einar Rasmussen and he developed the blade we pretty much use today. He found that if the power face of the blade was hollowed out it retained the properties of the original design only it was lighter and easier to use.

Einar has since gone on to dabble in kayaks with hydrofoils, as has our own Tom Simmat. (To fill in an hour or two, search hydrofoil kayak on Youtube.)

The principle works the same as an aeroplane wing, hence the name. At the "catch" the paddle is planted in the water and we pull the boat towards the paddle. As shown in fig. 2 a wing paddle has a tendency to move away from the boat. This lateral, or sideways, movement is where the "lift" is generated.



As the paddle moves sideways water flows over both sides of the blade. Because the non-power face is convex and longer the water has to travel faster, thus creating less pressure than on the power face. This type of stroke is what makes the wing paddle more efficient than the old flat blades.

The blade is not only finding "cleaner", less turbulent water as it moves away from the boat, giving it a better hold of the water, but it also allows the paddler to use the larger torso muscles to more effect, which in turn generates more power in the stroke. This technique also lifts the boat up off the water slightly, thus reducing drag and making it run better. In theory, if you use the correct technique your paddle will be further forward at the exit than it was at the entry.

To see this for yourself stand at the edge of the pontoon one night, hold your paddle upright with one blade in the water

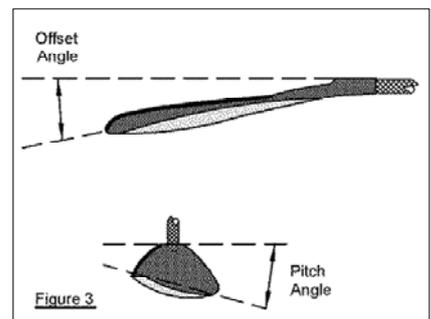
and sweep it sideways in the direction of the lip. You will notice it moving slightly forward.

As for finding the right paddle, there are also different blade shapes to consider. There are 3 main types (see at right) that come in all different sizes, with varying offset, pitch and feather angle of the blades as shown in fig. 3.

What about length? When I bought my first wing paddle I was told that if I stood the paddle on end beside me and I could curl my fingers over the top



without too much of a stretch that it was the correct length for me. The general consensus now is that this is incorrect. Paddle length should be determined by, among other things, torso height, arm span, type of boat we paddle and conditions we paddle in.



They all feel different in the water, all have their good and bad points and what may work for one paddler may not necessarily work for another.

I was never a huge fan of split shafts after hearing stories of the connections coming loose while out in the ocean or

witnessing one snap at the World Masters Games and on TV watching the Olympics, but with so many variables to consider they are starting to appeal to me. In recent times the locking mechanisms have improved and you can vary the paddle length by up to 100mm as well as feather angle. And who am I kidding, I am not strong enough to snap a shaft unless I drive over it with the car.



Feathered Paddle



Non-Feathered Paddle

The best thing you can do is take your time and try a variety of paddles to find out what works best for you. I even tried a solid wing paddle like Stefan's original design called a *Lendal Kinetic Wing*. Not for the faint-hearted in a tippy boat at first, but interesting. For me, I think I will settle on the adjustable *Jantex Gamma Medium +* or the *Meek A Series Medium.....* or hang on, was the *Epic Mid Wing* better?

## References:

- California Canoe & Kayak for Paddle Feather Photos*
- Topsport NZ for Offset & Pitch diagrams*
- Adventure Racing Chronicles for Paddle Cross-Section*
- World Patents for Paddle Cross-Section*

# When in Rome, Prepare for Lower Standards

by Tony Hystek



The Marathon World Masters Cup (and I didn't see the cup anywhere!) in Rome was run in conjunction with the World Marathon Championships for Opens and Juniors. Masters accompany the Opens teams, often acting as team officials and mentors/coaches for the juniors. Portages are included for all age groups and genders.

In Australia's case, most Masters stayed in the official team accommodation, which was particularly substandard and twice the price compared with what Alanna and I booked elsewhere. At \$200 per person/night in cramped rooms, you'd at least expect the air-con to work. The accommodation was arranged by the event organisers, as was the course; a poor effort all round.

The 4.7km course was on the Trevere (Tiber) River, conveniently close to the centre of Rome, sponsored by the city to demonstrate how they have cleaned up the river. They still have some work to do!

A flow similar to the Murray, around 2km/h, created some eddies and whirlpools in unexpected spots, and many hazards such as trees and rocks lurking just under the surface were unmarked.

The portage was dangerous, with unpainted timber decking and ramp behaving like an ice rink when wet. Many paddlers slipped and fell, including Michael Leverett from Victoria. At the last minute, portages for V70+ men, and V60+ women were cancelled, to save litigation costs.

For the rest of us, the event took us to a new level of competition. The turbulence at the start, and in the wash, was unbelievable; the whole nose of my boat was under water on many occasions. I didn't like being beaten by balance problems



**Tony Hystek and Tony Haines (right) about to tackle the slippery Rome marathon obstacle course, doubling as the portage**

in the hired Elio K1, but it fitted me perfectly so I bought it! Expect to see a new swim school at Lane Cove over summer.

NSW paddlers fared reasonably well, though the Victorians do have the edge on us when racing K boats. Of our local paddlers, Darren Lee had rudder problems after a collision approaching the start pontoon. He eventually had to stop and make adjustments.

Dianne Chellew and Ann Lloyd-Green had lonely races in the V60 women's class, and should have collected silver and bronze medals respectively when two other competitors cut a corner but weren't disqualified.

I had a very enjoyable doubles race with Tony Haines in the K2. I wasn't totally happy with my setup, getting only limited time on the water beforehand, but unlike the K1, this boat was incredibly stable. Geoff Horsnell also finished his event, though I did notice he was wet.

In the open class, some very aggressive paddling by South Africans McGregor and Jenkins in separate incidents resulted in both being disqualified. It is possible they mistook some other paddlers for rugby players.

But star of the day for the Australians was Michael Leverett, as he fought his way back into contention from midfield after a slow start due to

shoulder reconstruction. Only 30 seconds behind the three leaders at the finish, it followed his comprehensive win by nearly 2 minutes in the V40 class 3 days prior.

If we are to improve our marathon paddling to an international level, we must include more portage practice and promote K boat paddling. There are many stable K1s out there suitable for Masters, and portages can be done as fast or slow as you like. Portage introduces a whole new set of boat-handling skills to a marathon event, and creates a great spectacle for spectators. I'll be doing a lot more practice on mine.

## City2Surf – for some a chance to chat

The City to Surf on Aug 12 had some new LCRK faces in it this year, plus some veterans who braved the cold, windy weather.

Richard Barnes did it again, of course, and no doubt enjoyed having 85,000 people to talk to along the way. He had the race number 2020, which makes us wonder whether this is a sign of great eyesight which makes him a visionary, or whether he is in secret a cricket tragic. He was our quickest with 59.52.

Carmen Ellis finished the race "with a couple of friends after a rather windy run down to Bondi. Most enjoyable despite the freezzzing cold at the other end. My time was 90 minutes, same as last year with not much prep, so happy with my time." Her time was 91.21.

Steve Paget had a 64.48, Tom Holloway a 77.31 with practically no training, and James Mumme after a 71.51 was delighted that he survived with no injuries.

Martin Dearnley made it a family affair with wife Robyn (88.43) and daughter Catherine (94.59). Martin, whose time was 76.55, sent in this race report and training guide: "We ran with the Blue group and all had a great time. The event is as tough as ever with hills continually from the start to the finish. Most of my uphill included some walking, while the downhill were an opportunity to make up for lost time. Although it is a

scenic and popular event, it should be treated with respect. It is an event worth doing at least once. For those who may be interested, my preparation has included running about 3-5km about 4 times a week – plus paddling twice a week and occasional cycling. Preparation has also included reshaping my running style to use short quick steps (180 steps/minute) landing flat on the front half of my foot. This modern style is not only quicker, it also reduces risk of injury. For those who enjoy reading, the current bestseller for runners is called *Born to Run*."

New member Anjie Lees did a very creditable 100.08 and is going to smash the 100 mark next year.

## Kayak sprints

### Sprint series, round 1 Aug 11

**1000m.** Race 2: Richard Robinson 4.31.34 2, Tony Hystek 4.42.40 5. Race 3: Jason Cooper 5.09.26 2. Race 5: Joy Robinson 5.52.31, John Greathead 6.25.40 4, Tony Walker 6.48.78 5.

**500m.** Race 2: Richard Robinson 2.12.00 1, Tony Hystek 2.22.11 5. Race 3: Jason Cooper 2.24.38 1, Jeremy Spear 2.44.12 6. C final: Tony Hystek 2.15.39 2, Jason Cooper 2.20.51 4.

**200m.** Heat 3: Richard Robinson 49.40 2, Jason Cooper 54.88 4. Heat 4: Jeremy Spear 59.73 6. Heat 5: Joy Robinson 1.09.37 6. C final: Richard Robinson 48.63 1, Jason Cooper 53.87 3. D final: Jeremy Spear 57.39 2.