



KAYAK KAPERS

August 2010

Matt Swann takes over as President

Matt Swann is the new President of Lane Cove River Kayakers. Having carried out several other major roles with diligence and enthusiasm for several years, he is well equipped to lead the club. He demonstrated his dedication by turning up to timekeep every Wednesday night for a couple of months recently when he was off the water following major surgery.

Matt told the AGM on July 23 of his dream of having our own clubhouse. While it is still some time off, Willoughby Council supports a plan for an interim storage area at the pontoon.

Other objectives that he has include increasing membership, maintaining the high levels of camaraderie and competitiveness in the club, and winning back the Commonwealth Bank Cup as the top club in the Hawkesbury Classic.

Others elected to the Committee for 2010/2011 are Vice-President Tim Dodd, Secretary Ian Wilson, Treasurer Simon Mann and General Members Marie Carr, Tom Holloway, Andrew Mathers, Justin Paine and Liz Winn.

Matt takes over as President from Steve Russell, who has presided over a strong year for the club. Steve pointed out that participation in other areas like cycling, running and rogaining had enabled members to meet sports people in a wider field and helped bring in new members.

Treasurer Simon Mann, absent from the AGM due to a business trip to New Zealand, reported that the main financial

item in the past year was capital outlay of \$7756 as 25% of the cost of the pontoon upgrade. The club has had an excellent year financially and there was a minimal change from the previous year in cash at the bank.

He noted that the introduction of a system of paying Wednesday night paddling fees in advance has been accepted by a relatively high number of paddlers.

The AGM was followed by a highly successful Annual Dinner which included a contest to find the Most Outrageous Liar in the club. Six contestants were, one by one, placed in a fictitious situation and asked by compere Justin Paine how they would react to certain events.

The winner, chosen by the audience, was Graeme Jeffries, who was asked to describe a plan to build a 15-storey resort which included strip clubs on the banks of Lane Cove River at the pontoon site.

The runner-up was Tony Carr, who was invited to outline a plan to come to the next club Christmas BBQ undressed as Lady Godiva.

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The Committee for 2010/2011: Andrew Mathers, Justin Paine, Liz Winn, President Matt Swann, Marie Carr, Tom Holloway and Tim Dodd. Insets: Ian Wilson and Simon Mann.



Steve Russell shows off the club jacket, which will be embroidered to show his term of office, as part of a gift to him as retiring President. With him are Matt Swann and Tim Dodd.



Is Tim McNamara surrendering or about to pounce? You'll have to ask Wade Rowston, Kenji Ogawa and Rob Grozier.



Don Rowston is puzzled, but David Bloomfield and Martin Dearnley aren't bothered.



The cast of the Most Outrageous Liar contest: Caroline Paget (scrutineer), Mark Sier, Richard Barnes, winner Graeme Jeffries, compere Justin Paine, runner-up Tony Carr, Tony Hystek, Tim Hookins. Front: Phil Newman.

The other four contestants were Richard Barnes (climbing Mt Everest and trekking to the South Pole in the same calendar month), Tony Hystek (planning the downfall of NSW Canoeing and replacing it with his own regime), Mark Sier (using sausages imported from China for the BBQ) and Tim Hookins (people smuggling from South Africa to Australia).

A sin bin was used to discipline those in the audience who infringed good behaviour rules and Phil Newman was adjudged the Most Outrageous Sinner.

Justin Paine, editor of *Kayak Kapers*, announced that the annual prize for the best article in the magazine during the past year will from now on be known as the Frank McDonald Prize in recognition of the contribution Frank has made to the club and to paddling.

The prize was won by Tony Hystek for a technical article on how he prepared for last year's Murray Marathon, which he won. In accepting the prize Tony, who is President of Paddle NSW, told how Frank had introduced him to Lane Cove River Kayakers and noted that this had directly led to him going on to a senior role in paddling in this State.

The other best article finalists were Marg Cook, Kerry Tozer, Tom Simmat, James Mumme and Bert Lloyd. The judges for the competition were Frank McDonald, John Greathead, Tony Carr, Derek Simmonds and Alan Whiteman.

For more AGM and Annual Dinner pictures, go to the Photo Gallery at www.lcrk.org.au.



Sonia Rousseau, Elke van Ewyk and Angela Welsh



Tony Hystek wins the best article prize. With him are John Greathead, representing the judges, and *KK* editor Justin Paine.



Liz Winn, John Thearle, James Mumme and Bert Lloyd enjoyed themselves

Test for our new paddlers in the Classic famils

A number of our newer members took the advice of club veterans and fronted up for the early familiarisation paddles as part of their preparation for the Hawkesbury Classic. It wasn't all easy going. For the Brooklyn-Spencer-Brooklyn opener on June 26, a strong nor'wester brought aggressive waves in diagonally on the run up to Milsons Passage. The second famil, from Windsor to Sackville on July 24, was against the tide almost all the way. But you're going to have the tide against you for probably half of the Classic, so it was good training.

Trevor Distin with a time of 2.01.55 was beaten by one second for first place by a double in the B-S-B event. Other LCRK times and places were Rod Stubley 2.07.49 4, Duncan Johnstone 2.17.18 12, Nigel Colless 2.18.41 14, Tony Carr 2.22.04 15, Richard Lindsay 2.22.10 16, Tom Holloway 2.27.54 19, Andrew Kucyper 2.36.04 24, Bill Donohue 2.37.26 26, Justin Paine 2.51.07 33, Justin Stanbridge DNF.

In the Windsor-Sackville famil, Tony Hystek and Tim Hookins doubled up and streeted the field in 2.43.54. Other Lane Cove performances included Jason Cooper 2.56.12 4, Nigel Colless 3.11.32 8, Tom Holloway 3.13.49 9, Duncan Johnstone 3.15.10 10, Richard Lindsay 3.19.47 12, Tony Carr 3.20.53 13, Don Rowston/Bettina Otterbeck 3.25.22 16, Andrew Kucyper 3.30.23 20, Bill Donohue 3.39.11 24, Janet Oldham 3.42.26 26, Lisa Healey/Neville Bradshaw 3.44.03 29, Justin Paine 3.54.20 33, Sonia Rousseau DNF.



Tony Carr, Duncan Johnstone and Richard Lindsay at Brooklyn

Who's doing what

The following paddlers have put their names down on the whiteboard at the pontoon as entrants for major upcoming races.

Hawkesbury Classic: Richard Barnes, David Bloomfield, Matt Blundell, Tony Carr, Nigel Colless, Marg and Rob Cook, Jason Cooper, Tim Dodd/Ian Wilson, Bill Donohoe, Toby Hogbin, Tom Holloway, Tim Hookins, Tony Hystek, Duncan Johnstone, Andrew Kucyper, Andrew Mathers, James Mumme, Kenji Ogawa, Bettina Otterbeck, Justin Paine, Steve Russell, Derek Simmonds, Matt Swann, James Terpening, John Thearle, Elke van Ewyk, Kyle Wilson.

Murray Marathon: Richard Barnes, Marg and Rob Cook, Tony Hystek, Andrew Mathers, James Mumme, Tom Simmat, John Thearle.

If you're planning to compete in either of these races, add your name to the lists now.

If you need help in finding or being a landcrew or seek any other assistance or advice, contact one of the club committee.

PS. A tip for the Classic: keep an eye on the 60+ records – paddlers like Tim Hookins, Tom Simmat and Derek Simmonds who have recently entered this age group are more than capable of setting new marks.



Ice carver Kenji Ogawa turned his talents to chocolate and made this formula one racing car model out of chocolate for a Cadbury promotional presentation at Penrith. The 3m long model took 4 days to make and weighed 320kg – that's a lot of chocolate! A single wheel weighed 30kg. After the presentation the model was put into cold storage.



The Sunday morning coaching course conducted by Tony Hystek on June 27 attracted a number of newer members along with several of the older hands. After an on-land technique session, Tony took them on to the water for practical training, then Steve Russell videoed each of the paddlers separately. Copies of the video were made available to everyone, with further assessment by Tony as the paddlers watched themselves on screen. At the course were Tony Carr, Bill Donohue, David Hammond, Bettina Otterbeck, Don Rowston, Wade Rowston, Matt Shields, Derek Simmonds, Justin Stanbridge, Matt Swann, John Thearle, Elke van Ewyk and Liz Winn. Above left: Bill Donohue is caught on video by Steve Russell as he approaches the pontoon. Above right: Enjoying coffee and cake after the session were Steve Russell, Tony Hystek, Bettina Otterbeck, David Hammond and Justin Stanbridge, with Liz Winn and Elke van Ewyk in the background. Other pictures can be seen in the Photo Gallery at www.lcrk.org.au.

Lots of news from M10

M10 Race 3 Narrabeen

Competitor	Div	Time	Plc
Matt Blundell	1	1.32.41	1
Tony Hystek	2	1.51.49	8
Ryan Cousins	3	1.50.13	5
Steve Paget	3	1.51.51	7
Toby Hogbin	3	1.54.49	8
Craig Ellis/ Scott Gilbert	4	1.54.24	7
Jason Cooper	4	DNF	
John Greathead	5	2.01.52	14
John Thearle	6	1.58.16	6
Wade Rowston	6	1.58.37	7
Derek Simmonds	6	2.00.36	8
John Greathead/	6	2.01.49	12
Wayne Wanders	6	2.02.25	14
Duncan Johnstone	6	2.06.52	20
Tony Carr	6	2.07.17	21
Trevor Williamson	6	2.17.13	26

M10 Race 4 Windsor

Competitor	Div	Time	Plc
Matt Blundell	1	1.31.52	1
Kobi Simmat	2	1.45.26	7
Richard Barnes	2	1.53.14	10
Toby Hogbin	3	1.42.13	3
Jason Cooper	4	1.53.36	13
Tom Simmat	4	1.56.06	14
Wade Rowston	6	1.55.30	3
Don Rowston/ Jon Harris	6	1.55.57	4
Nigel Colless	6	2.01.38	8
Derek Simmonds	6	2.04.20	10
John Greathead	6	2.07.59	12
Justin Stanbridge	6	2.13.56	15
Bert Lloyd	6	2.15.56	16
Tony Carr	6	2.16.58	18
Justin Paine	6	2.23.38	19
Bettina Otterbeck	8	1.58.34	13
David Hammond	9	1.00.16	9
Brendan Murnane	9	1.02.38	13
Andrew Kucyper	9	1.04.37	19
Divs 1-6 = 20km, Div 8 = 15km, Div 9 = 10km			

M10 Race 5 Port Hacking

Competitor	Div	Time	Plc
Matt Blundell	1	1.30.01	1
Toby Hogbin	2	1.36.45	1
Richard Barnes	2	1.49.41	6
Ryan Cousins	3	1.48.47	2
Jason Cooper	4	1.51.24	6
Wade Rowston	5	1.57.21	9
John Greathead/ Tony Walker	5	1.59.45	10
Bert Lloyd/ Don Rowston	6	1.56.59	2
Derek Simmonds	6	1.57.06	3
Wayne Wanders	6	1.57.10	4
Duncan Johnstone	6	2.02.24	9
Tony Carr	6	2.06.22	12
Andrew Kucyper	6	2.16.34	16
Trevor Williamson/ Greg Appleyard	6	2.21.19	17
James Terpening	6	2.22.23	18
Justin Paine	6	2.26.39	19
Janet Oldham	8	1.45.04	12
Bettina Otterbeck	8	1.56.49	14
Elke van Ewyk	9	1.26.35	21
Divs 1-6 = 20k, div 8 = 15k, div 9 = 10k			

The Marathon 10 series continues to supply lots of news – a mixture of good racing, more computer problems which delayed posting of results, and a new species, Unidentified Paddlers (an aquatic variation of UFOs).

Finally Paddle NSW has been able to post on its website results from the M10 race at Narrabeen on May 23. It is littered with 21 UPs – finishers who could not be identified.

LCRK personnel who are among them include Don Rowston, Nigel Colless and Andrew Mathers. Plus Tony Walker who paddled a double with John Greathead but did not make the list although John did. There were one or two errors in the results from the Windsor race on June 12 with results again delayed, but things improved for Port Hacking on July 11 where results were emailed out and also up swiftly on the web.



Jason Cooper, Greg Appleyard and Tony Walker rugged up at Wyong



Tony Hystek, Liz Wilson and that pesky computer

M10 Race 6 Wyong

Competitor	Div	Time	Plc
Matt Blundell	1	1.34.06	1
Toby Hogbin	2	1.40.14	1
Tony Hystek	2	1.43.53	7
Jason Cooper	4	1.55.41	10
Andrew Mathers	5	1.56.13	3
John Greathead/ Tony Walker	5	2.01.48	10
John Thearle	6	1.57.54	1
Derek Simmonds	6	2.03.45	2
Tony Carr	6	2.12.25	7
Nigel Colless	6	2.14.56	10
Andrew Kucyper	6	2.20.23	14
Trevor Williamson/ Greg Appleyard	6	2.26.01	17
Justin Paine	6	2.46.15	18
Don Rowston/ Bert Lloyd	6	DNF	
Elke van Ewyk	9	1.32.36	20
Divs 1-6 = 20km, Div 9 = 10km			

Below: Jon Harris, Wade Rowston and Don Rowston before the Windsor race



Hopefully Liz and Tony at PNSW have eradicated all the bugs from the system and will return to their usual high standard of excellence for the remainder of the series.

At Windsor, Matt Blundell found himself the sole entrant in division 1. Race officials made things more interesting for him by making him start after division 5 and have to pass everyone in the fleet on his way to victory. His time of 1.31.52 showed he didn't slacken off despite the lack of opponents.

Other good results at Windsor included Toby Hogbin 3rd in division 3 and Wade Rowston 3rd and Don Rowston/Jon Harris 4th in division 6.

At Port Hacking, Matt Blundell at least had a couple of boats to race against in division 1 but sped away to win by 5 minutes. Toby Hogbin celebrated promotion to division 2 by winning by a nose.

New member Ryan Cousins showed he will be a valuable addition to LCRK with a 2nd place in div 3.

In division 6 a trio of LCRK kayakers washrode each other around the course and finished in close company. Don Rowston teamed with occasional partner Bert Lloyd for 2nd, Derek Simmonds was 3rd and Wayne Wanders 4th.

Race 6 at Wyong turned out to be a golden day for Lane Cove, with three wins (one shared).

Matt Blundell again cleaned up in div 1. Although he paddles for Manly Warringah he's also a staunch LCRK man.

In div 2 Toby Hogbin had his second consecutive victory on his ski, and in div 6 John Thearle cleared away from the field for an emphatic win.

Other notable results included a fine 3rd in div 5 for rapidly improving Andrew Mathers, two opportunities for Nigel Colless to test his swimming technique and a DNF for Don Rowston and Bert Lloyd after their Vulcan broke its rudder.

In the progressive M10 individual points score, Matt Blundell leads with a perfect 300 from Toby Hogbin on 291. Other LCRK paddlers doing well include Tony Carr 229 14th, Derek Simmonds 220 17th, Wade Rowston 181 35th, John Greathead/Tony Walker 179 36th, Tony Hystek 178 37th, Richard Barnes 171 39th and Jason Cooper 170 40th. In the club competition, LCRK is 3rd on 92 behind Manly Warringah on 208 and Windsor on 134.

Juggling test at the sprints

The introduction of a relay race brought a lot of fun into Paddle NSW's first event in the Sprint Series at Penrith's Regatta Centre on June 19. Teams of three were formed and raced up and down the 200m course. The first paddler passed a plastic ball to the second, who in turn passed it to the third.

Lane Cove's three paddlers at the event – Tony Hystek, Derek Simmonds and John Greathead – formed a team, but then Tony withdrew, claiming he had to drive the safety boat. He lined up a replacement – Moscow Olympian Rob Lee.

It was decided that Rob should anchor the team (ie be the last paddler, not weigh it down) but this turned out to be the biggest blunder of the day. By the time the others got the plastic ball to him they were so far behind the race was over.

Competitors were graded into divisions according to expected finishing times. LCRK's trio all raced in separate divisions.

Their results were: **1000m:** Derek Simmonds 5.31 6th, John Greathead 5.58 7th. **500m:** Tony Hystek 2.07 4th, Derek Simmonds 2.42 9th, John Greathead 2.52 7th. **200m:** Tony Hystek 0.53 5th, Derek Simmonds 1.21 9th, John Greathead 1.19 6th.

The second race of the Sprint Series was held on July 17. Results were: **1000m:** Tony Hystek 4.23.5 2nd, Nigel Colless 5.13.4 3rd, John Greathead 5.54.4 8th. **500m:** Tony Hystek 2.07.1 2nd, Nigel Colless 2.30.5 1st, John Greathead 2.54.8 5th. **200m:** Tony Hystek 49.12 3rd, Nigel Colless 43.7 5th. **200m relay:** Lane Cove 4.32 5th.



Lane Cove's relay team of John Greathead, ex-Olympian Rob Lee and Derek Simmonds

New rules for PFDs

New NSW Maritime rules governing the use of life jackets on recreational vessels, including kayaks and canoes, on all NSW navigable waters will come into effect from Nov 1 2010.

PFDs will have to be worn on canoes and kayaks "when greater than 100 metres from an accessible shore in sheltered waters and at all times in ocean waters".

Currently the rule requires PFDs to be worn when more than 400 metres from shore.

Victory for Tom and Steve at Yukon 1000

We all thought Tom Simmat was crazy (we were probably right) when he said he wanted to do the Yukon 1000 and persuaded Steve Pizzey to go along with him. But what a magnificent victory it was when they crossed the finishing line first on July 26.

We followed with gathering excitement the daily blog he and his support crew set up on the web for this 1000-mile (1600km) race from Canada into Alaska near the Arctic Circle, a distance equal to Sydney to Alice Springs.

Tom and Steve led virtually from start to finish in an incredibly close race. Their winning time was 7 days, 1 hr 27 min 27 sec. An Aussie double canoe from Cairns came in a mere 90 minutes behind, with an American double canoe third 36 minutes later.

Detailed maps for the area do not exist – an Alaskan government map has a scale of 1:1,400,000 – so there was always the chance of taking the wrong route in the braided river channel and losing time.

Was it tough? Ask Steve, whose hands "were falling apart" so badly he had to have his right hand gaffer-taped to his paddle for the last leg into a 20-knot headwind. Tom said the worst case scenario was to tow him to the finish, but Steve battled through the pain.

Tom and Steve were the only competitors in solo craft. How much faster would they have been in a double?

Kayak Kapers will have a full report from Tom in the next issue. In the meantime, relive the drama in their blog and the official race website, both of which you can reach through links in the LCRK website, www.lcrk.org.au, under News.



Above left: Tom and Steve receive their winners medals from a race official. Above right: Tom prepares to leave a mid-race point at Dawson after a 10-minute stop, Steve (in distance) has already left.



Mid-race: Tom with son Kobi.



Mid-race: Steve with wife Pip.



Steve at a placid Five Finger rapids



Tom and Steve discuss strategy

How to survive stinging trees and heat stroke

by Matt Shields



Location: Somewhere on the slightly dodgy side of Cairns.

After 9 months of preparation and countless training sessions I'm ready for the big adventure, the 700km Cairns XPD adventure race. Team number 20 Aberdeen Australia is a quartet of highly motivated and skilled adventure racers taking on the world's best in Australia's biggest and hardest adventure race. Danielle Winslow, Gary Lilley, Toby Wallace and I make up the team.

Sunday May 16 was spent mainly purchasing essential race food items and testing bikes. After coming back from the local grocery store with enough food to fill the back of a Maxi taxi we got to the task of making up the food packs for the race. Our plan was to complete the race in 5-6 days. I told Gary my plan was to be back on the couch watching Survivor on Tuesday night. Little did I know what the race held for us and the difficulties we would experience.

At the team briefing and welcome next day, race director Craig Bycroft told us there was an area on the course that was so remote the only way out would be by helicopter. We would get a map that had never been released before.

From the 18 or so course maps we could tell that the course was going to be a big one. What we discovered was the first part to mid camp was really a warm-up for an absolute epic few legs to the finish in Cairns.

After a bus ride and a boat trip on Wednesday, all teams assembled on Dunk Island ready for the start. Bang! And we were off and racing down the beautiful sandy beach. The first leg consisted of a run, and then we rafted to the outer reef to snorkel for a series of codes and then head back to the island.

Our plan was to be in the top 12 teams for the start of the white water leg. This was all going to plan until a collision between us and another team on a wooden bridge left Gary on the ground with extensive grazes and a damaged hand. Our first night out under the stars was at the top of the Tully River gorge. After a short sleep we were assembled and ready for leg 2, the rafting and Misty Mountains trek.

Thursday. White water rafting was so much fun and I had a blast tackling the rapids and riding the river. We were now off to hike the Misty Mountains. It sounded like your average tourist walk in the mountains, how wrong we were. This trail threw the worst of Northern Queensland's plants into one 50km piece of trail. It is true what they say about the stinging tree. The pain, soreness and irritation are intense and excruciating. By the time we reached the transition area (TA) 99% of the field had been stung.

Normally you are left with 4-6 months of pain. Luckily for us a new treatment for stinging tree had come out. This entailed medical staff pouring diluted hydrochloric acid over the sting area followed by a waxing of the skin. The treatment is more

painful than the sting! We had a short sleep here but we were woken many times by screams coming from the medical tent.

Friday. Once we had passed beyond the rainforest and on to the Atherton Tablelands the terrain and vegetation really changed and was very scenic. Mid camp was a great milestone to reach. We even had a real tent to get a few hours sleep in. After a kip we had a 20km foot leg which entailed pushing about 90kg of gear in a wheelbarrow towards the mighty Walsh River. A task like this can go pretty quickly in the dead of the night.

Saturday. We arrived at the Walsh River ready to tackle the first of the epic legs of the race. The Walsh River heads from the east of Queensland towards the Gulf of Carpentaria. This area is very remote and pristine with a variety of wildlife. Our first crocodile sightings got the heart racing but after a while we only looked at the biggest ones. White water rapids and waterfalls were all part of our Walsh experience. Not to mention some of the 30km of dragging our boats over boulders and rapids. One scare we had was on the final section of rapids when our kayak got pinned under a fallen tree down a grade 2 rapid in the early hours of the night. We were fortunate enough to come out of this OK. After some 30+ hours we arrived at the TA ready to start the massive Chillagoe Trek.

Sunday. The area we were about to head into is so remote no one had ventured into it in recorded history. The map was printed for the first time for the race. No roads, No people, No nothing! Our plan was to walk about 10 minutes out of the TA, grab some sleep and then head off into the wild. When I woke up I knew something was wrong, it was heat stroke. I can't recall much of what happened but my team carefully moved me back to the TA where medical staff checked me out. It was decided that I had to rest and rehydrate for 7 hours before they would even consider letting me back out on the course. Luckily I recovered and proved that I was fit enough to continue. The next 12 hours was a bit of a blur through the night until we reached the CP and started our journey towards Mt Mulligan.

Monday. Finding the CP gave us the realisation that we were taking a hell of a lot of time to go not very far. The next 5km took us close to 9 hours due to the rough scrub and Gary's terrible blisters. If they were my feet I would have just chopped them off and crawled out! By a stroke of luck we came upon some old cattle tracks heading in the exact direction we needed to go. Our pace now was pretty slow and the sleep monsters were haunting us all.

To make things worse we had all run out of water about 5 hours ago and we still had about 15-20km to trek out. Luckily for me when fully hydrated I filled up my water bottle with pee just in case of an emergency. Another 5 hours later I knew what I needed to do and slammed down my survival drink Bear Grylls style. It had an immediate impact and the pickup was noticeable against my parched team mates. Many hours later we stumbled into Mt Mulligan Station, Yippee!

Tuesday. To be back on the old trusty mountain bike felt great. The distance we covered on two wheels just flew by and





Team Aberdeen Australia: Gary, Matt, Toby and Danielle

before we knew it the CPs were behind us. After a spot of tricky navigation and a sleep in a drainage ditch we rolled into Lake Tinaroo to start the final paddle. Night time navigation can be quite hard but we did well to point the kayak in the right direction in our sleep deprived state.

Wednesday. The finish line was so close but so far away. Reports were coming in this leg would be one of the hardest, if not the hardest, of the race. It started with 10km of fire trail and ended with 20km of easy walking into town to the finish. Did I mention the 40km of extreme rain forest bush-bashing with a couple of kilometres of vertical gain? When we found the

track to the Lamb Range we had to do a double check as it was totally overgrown and full of every scratchy and stinging plant that wanted a piece of you. Many hours later we ran into the Dancing Pandas team from the USA, they had been lost in the rain forest for 11 hours.

With some great navigation from Danielle we got out of this tricky section of the track and on to the CP at the top of Lambs Head, a 1200m-high mountain. We were greeted to an amazing view of Cairns way off in the distance which gave us a boost of energy; this was our incentive to get home ASAP! Sometime around 4 am we needed a sleep, we all found a tree to prop our bodies against so we wouldn't slide off down the mountain. An hour later the alarm was buzzing and I was awake and ready to get off this mountain. There was one slight problem; I had picked up a few unwanted friends during the night. I looked down at my hand and it was covered with leaches. After a quick de-leaching we were off with a spring in our step towards the Crystal Cascades.

As we walked together for the final few hundred metres a flood of emotions flowed. But all this was pushed aside when I saw my family and friends standing at the finish. Crossing the finish line felt amazing and we were ecstatic. The result of all the preparation and effort with the combined help of family and friends got me to the finish, what an unforgettable experience.

[This is a shortened version of a longer article. The full article plus more pictures, including pictures of the Goldfish team which included Richard Barnes and James Terpening, can be seen at \[www.lcrk.org.au\]\(http://www.lcrk.org.au\).](#)

Cycling democracy makes room for old thumpers

by Derek Simmonds

Having my own personal sag-wagon and support team were among the many advantages of being accompanied by my wife, Sue, on this year's annual NZ cyclo sportif. The other departure from the usual bike tour with Ian Cooper, of Windsor Kayak Club fame, was a reckless decision to ride in three iconic road races in the South Island: Le Race, The Forrest Estate Graperide and The Great Southern Cycle Challenge.

Le Race, 100km over the hills from Christchurch to Akaroa, is touted as "famous all over NZ", as "NZ's answer to the Tour de France" and the country's "premier hill climbing event." We noted in our travels that claims to fame are generously awarded to all manner of things, from fush and chups to local beers.

The only bit of the French rave before the start that I understood was "Bon Chance", then 1500 hopefuls launched themselves from the cathedral in the centre of town to the rousing strains of the Marseillaise, elites and pros in pole position. The 10-

degree-plus gradients helpfully painted on the road by locals confirmed my fears as I started to grind up the aptly named Dyers Pass Road. The narrow goat track rollercoasted up and around the volcanic crater of Banks Peninsular, descending briefly to sea level for some sprinting before soaring skywards again before a final murderous descent into the little French village of Akaroa.

I had however achieved fame in Le Race for completing an extended course, for which I was awarded a special prize. At a crossroads, just below the summit of an especially steep pass, I chose the descent to a picturesque bay rather than the final ascent. Halfway down I had a bad feeling which was confirmed by a helpful local when I reached the flat, "There's no shortcut to Akaroa bro, you'll have to go back up to the Summit Road."

Onward north to the Grape Ride in the Marlborough region, famous all over the world for its fine white wines. Another conservative start position,

well away from the dangers of the elites, among 2500 cyclists from all over. This is a brilliant 100km scenic course starting and finishing through vineyards with mountain backdrops just like the wine labels and



traversing the magnificent Queen Charlotte Sound (think fiord). I clocked an all-time 100km PB and avoided joining the 18 admitted to hospital after what are jovially called a fall in cycling parlance.

Down south now to chilly Invercargill for the Great Southern 150km race. I'll admit to being a bit anxious about the notorious freezing winds and sleet straight off

the Antarctic, and the extra 50k of racing. Only 120 starters risked the weather, to be rewarded with a light wind, clear blue sky and bracing sub 10-degree temperature requiring a copy of *The Southland Times* under my jersey. I found a comfy spot in a bunch wearing Southland Cycle Club livery. I had a race plan now: stick with the Southland bunch. All good until we hit the inevitable road works 60km in. I lost the bunch and rode the remaining 90km alone.

Long story short: If you are partial to a bit of saddle polishing, the three iconic races in the South Island in April and May are highly recommended. The roads are excellent (which means road works everywhere), the events well-organised and high-tech (transponders for timing), the field is democratic enough to allow old thumpers to ride in the wakes of champions (safely well back of course), and the scenery and climbs are breathtaking.

[This is an extract from a much longer article with lots of race detail which cycling aficionados can see at \[www.lcrk.org.au\]\(http://www.lcrk.org.au\).](#)

Good bye, keep in touch

Three of our most regular Wednesday evening paddlers have been lost to Newcastle.

Marg and **Rob Cook** are going to Caves Beach, near Swansea, but plan to stay in close touch with LCRK. Expect to see them in the Hawkesbury Classic and Murray Marathon again flying our colors. Marg is also planning a recreational paddle, one of the Paddle NSW series under Tony Carr's direction, on Lake Macquarie late in the year.

Craig Elliott has moved to the Newcastle area where he has a new job. He wants to keep in touch with Lane Cove and hopes to be able to make the occasional Wednesday night visit. We may also see him at various races.

Sick bay report

Kenji Ogawa has been given the all clear by his doctors following intensive chemotherapy and radiotherapy for cancer at the back of his tongue. It was draining treatment but Kenji's determination shone through and he is planning to compete in this year's Hawkesbury Classic.

No-one loves being on the road more than inveterate traveller **Frank McDonald**. His battle against lung cancer has not stopped him and Marg from visiting to Forster, Coffs Harbour and Tamworth to see three new granddaughters, and making another trip to old gold-mining sites west of Bathurst. He recently started another course of chemo.

Matt Swann has recovered from a major abdominal operation and is back on the water, but seems to have lost his balance during his absence – he's been doing a bit of swimming.

James Mumme had a pin inserted in a broken wrist following a spill from his bike on the West Head road. A fibreglass cast enabled this fitness addict to do some light gym work and swimming during the recovery period. Unfortunately the break didn't heal as well as expected and James is having to delay his return to paddling.

Ian Wilson was taken out and smashed by a snowboarder while on a skiing holiday. His knee was badly injured and required a reconstruction. The incident forced him to miss the club AGM (and re-election as club secretary) and Annual Dinner but we hope he'll be back in action soon.

Timekeepers

Aug 18 Tim Hookins, Ian Wilson
Aug 25 Matt Blundell, Toby Hogbin
Sep 1 Liz Winn, Jeffrey Tonazzi
Sep 8 Doug Tucker, Glen Orchard
Sep 15 Tom Simmat, Rob Dunstan
Sep 22 Rob Vallis, Simon Mann
Sep 29 Marie Carr, Andrew Mathers
Oct 6 Tom Holloway, Len Hedges
Contact Matt Swann 0408-177-215 or matswann@bigpond.net.au a week before you are due to confirm your attendance.

The battle for Crudslime

by Tim Dodd



The secret of success is often just turning up. And as the balmy summer evenings of 2010 turned into freezing nights that's what Tony Carr and Martin Dearnley did on every Crudslime Cup night.

Now seven months later, they are sitting on top of the points table. Are they nothing but paddling functionaries dedicated to accumulating points? Certainly not. Haven't you seen the verve and style they bring to the task?

Did you know that Tony smashed his old ski to smithereens when he drove into a car park with it strapped to the roof racks? But he immediately replaced it with an Epic V10 Sport and continued the relentless task of accumulating Crudslime Cup points.

Tony is now leading the points table with 281 points and Martin is coming second with 252. Can this pair see it through? Can they finish the year with a perfect record of earning points in all 12 Crudslime Cup nights?

Much is at stake. The winner of the Crudslime Cup will use the coveted number "1" on Wednesday nights in 2011. And also hold the remarkable Cup itself.

Hard on Tony and Martin's heels are a bunch of people who cannot claim their perfect attendance record. But they don't need to. In the Crudslime Cup points tally the three worst results of the year* are discarded.

Rec paddles

by Tony Carr

The Upper Colo has quite a reputation – fast flowing, with shallow bits and a bridge you may or may not be able to paddle under. On Sunday Sept 26, Gary Roberts from Rivers Canoe Club will lead a Paddle NSW recreational paddle on a thrash down this exciting waterway. It will be a one-way, full-day journey finishing at the Putty Road bridge.

For something gentler, sign up for the Chipping Norton Lakes discovery paddle with Trish Hamilton on Saturday, Aug 28 through of a picturesque series of lakes and creeks, part of the Georges River system.

Cronulla Sutherland Kayak Club is arranging a paddle from Grays Point to Bundeena via Lilli Pilli, Yowie and Gynea Bays and back for Sunday Nov 7.

On Sunday Sept 5 Christine Heywood will run another of her popular 2-hour kayak technique workshops at Lake Narrabeen. Tuition fee \$75.

These rec paddles are free to Paddle NSW members and \$20 for single-day insurance for non-members. You must register in advance with me at 0417-502-056 or tonycarr@ozemail.com.au.

So Nigel Colless, with 248 points from six rounds (av. 41.33) is looking very good. Likewise Derek Simmonds with 205 points from five rounds (av. 41). And don't overlook Tony Hystek with 184 points from four rounds (av. 46) and Tom Holloway with 173 points from four rounds (av. 43.25). But Tony and Tom cannot afford to miss another Cup night if they are to have a reasonable chance of taking the trophy.

As the Cup is a handicapped event every club member has equal chance of winning it. The leading competitors after the July event were Tony Carr 281 pts, av 40.1, 7 races; Martin Dearnley 252 36.0 7; Nigel Colless 248 41.3 6; Andrew Mathers 231 38.5 6; Steve Russell 231 38.5 6; Tim McNamara 229 38.2 6; Wade Rowston 220 36.7 6; Derek Simmonds 205 41.0 5; Tony Hystek 184 46.0 4; Tom Holloway 173 43.3 4. You can see the full details at www.lcrk.org.au.

* Missing a race night counts as a worst result. This means a competitor's final total is his/her best 9 races.



Sonia Rousseau and Elke van Ewyk made a cake named Kermit, surrounded by a sea of jelly, to celebrate their first anniversary with LCRK. It went down well with some hungry paddlers. We reckon this should become a condition of membership for new members.

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