



# KAYAK KAPERS

August 2012

## New President a blast from the past (and present)

Wade Rowston, a pioneer of club kayaking on Lane Cove River, is the new LCRK President, elected at the annual general meeting on July 27. He and his father, Don, were among the group of paddlers who in January 1990 began the first of the Wednesday night time trials.

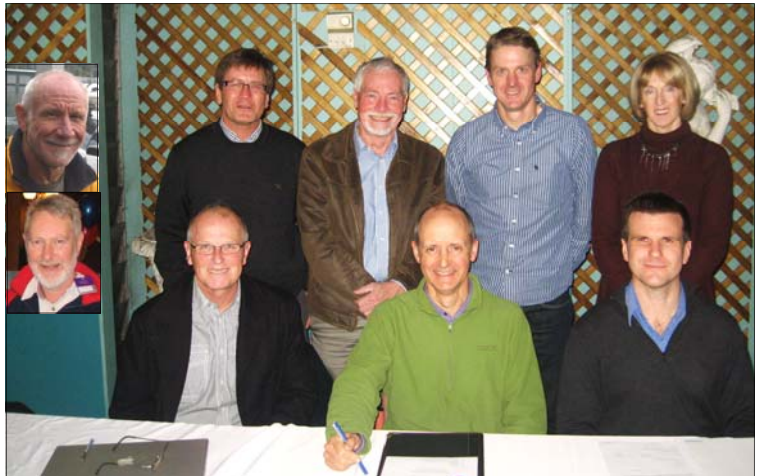
They were members of Lane Cove Valley Canoe Club, the predecessor to Lane Cove River Kayakers. Instead of just meeting on the river after work on any afternoon of the week, they and their mates decided on regular Wednesday timed runs and competed for the Crudslime Cup, recently reintroduced to the LCRK calendar.

For over two decades Wade has been a staunch and active club member and a regular participant in all activities. Along with his long history of kayaking locally has come a sharp improvement in his paddling times – at the AGM he was named the most improved paddler of the year.

Recently he has taken over collating Wednesday night results and sending out interesting and humorous email summaries to members, and also writing a regular Wednesday Night reports in *Kayak Kapers*.

Elected to the new club Committee were Tom Holloway as Vice-President, Paul van Koesveld as Secretary, Nigel Colless as Treasurer, and Jon Harris, Derek Simmonds, Liz Winn, Phil Geddes and Matt Swann as Committee members.

Matt Swann noted in his retiring President's report that



**The 2012-13 Committee. Front row: Paul van Koesveld, Wade Rowston, Tom Holloway. Back row: Matt Swann, Phil Geddes, Nigel Colless, Liz Winn. Insets: Jon Harris, Derek Simmonds.**

LCRK had a long list achievements in the past year, notably retaining the Commonwealth Bank Cup in the Hawkesbury Classic, having Jason Cooper and Bob Turner take line honours in the Murray Marathon, and seeing Tony Hystek set a record as the fastest paddler ever in the Murray 200. Accompanying these successes was the high spirit of camaraderie and friendship for which the club is renowned.

Jeremy Spear, who has been working tirelessly behind the scenes on a boat storage proposal at the pontoon, had some exciting news for members. He is proposing a low-cost addition to the existing shed nearest to the river which he believes will be acceptable to Willoughby Council and other stakeholders and park users. The next step will be to proceed to a Development Application.

"While we understand there is a large master plan for the entire facility which includes 2-storey clubhouses and shared facilities, there is no money in the combined kitty at present to progress this," he said.

"Instead we are pushing ahead to get a low-cost, minimum-impact, almost temporary storage facility whereby singles, doubles and, most importantly, the club's K4 may be safely stored adjacent to the pontoon.

"This will enable a fee-based boat storage facility to be offered with the primary intent being to store club boats and perhaps some members' boats securely. Fees charged would be intended to cover costs. The club's current facility will be enlarged by the larger building.

"Ideally the club will then be in a position to obtain a small fleet of junior and training boats so they can open up a youth



**The proposed boat-storing addition would be on the river side of the existing facility, behind the BBQ area**

program and invite more members of the public along to use club boats to discover the rapidly growing sport of paddling – especially with the current focus on fitness, health and wellbeing in the community at large.

“The actual construction will need to call on club members to assist in any way in which they can in order to reduce cost. Anyone with experience in building, designing or any trades is invited to make this known to the Committee.”

Guests at the annual dinner which followed were treated to an entertaining talk from Sean Smith, better known as the Fat Paddler. Sean related how he had over come serious injuries from a car crash and weight problems to become an active outdoorsman with a penchant for paddling and encouraging others to get more out of their lives. In the past three years he and his team of followers have raised \$60,000 for charities, and open water paddling has taken him to places as far afield as Alaska and Mauritius. His immediate future plans include paddling in Hong Kong and South Africa and offering an alternative lifestyle for “ordinary people who are fat, injured or just lazy”.



Richard Barnes won the Frank McDonald Memorial Prize for the best contributed article to *Kayak Kapers* in the past year. The winning article, in the April 2012 issue, described his third crossing of Bass Strait by kayak. The prize was presented by Frank’s wife Margaret, a longtime member of LCRK. At right is *KK* Editor Justin Paine. Other finalists were Wade Rowston, Rae Duffy, Matt Blundell and Paul van Koesveld. Judges for the competition were Elke van Ewyk, Joy Robinson, Duncan Johnstone, Tim McNamara and John Greathead.



Sean Smith signs copies of his book, *The Fat Paddler*: part of the money from sales went to charity.



# LCRK at the weedy NSW Marathon Championships

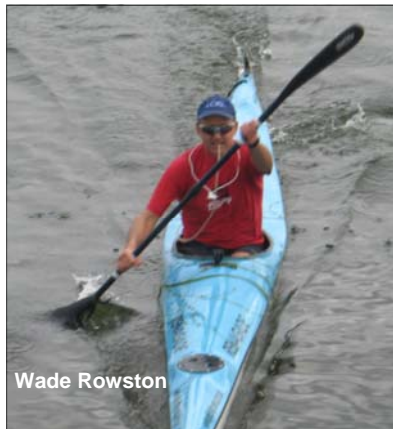


Medal winners Jeremy Spear, Phil Geddes, Joy Robinson, Tom Simmat, Tim Hookins, Tony Hystek, Wade Rowston, Tracey Hansford, Tony Walker, John Greathead, Richard Robinson at the SIRC

NSW Marathon Championships					
Competitor	Category	Distance (km)	No. of competitors	Time	Plc
Richard Robinson	K1 V40	24	2	2.00.48	1
Tony Hystek	K1 V55	24	1	2.01.28	1
Joy Robinson	WK1 V45	18	1	1.55.50	1
Tom Simmat	K1 V60	18	2	1.39.50	1
Ann Lloyd-Green	WTK1 V60	12	1	1.23.41	1
Tracey Hansford	MR V50	18	1	2.10.17	1
Wade Rowston	LR V50	24	2	2.20.17	1
Phil Geddes	LR V65	12	2	1.10.56	2
John Greathead	LR V70	12	1	1.18.17	1
Jeremy Spear	UN1 V45	24	1	2.20.22	1
Tim Hookins	UN1 V60	18	1	1.50.08	1
Tony Walker	UN1 V70	12	1	1.21.17	1
Tony Hystek/ Tony Haines	K2 V50	24	2	1.58.39	1
Phil Geddes/ Liz Winn	LR2 V60X	12	1	1.04.41	1
John Greathead/ Tony Walker	LR2 V70	12	1	1.08.34	1



Joy Robinson



Wade Rowston



Phil Geddes



Jeremy Spear



Tony Hystek



Tracey Hansford



Tom Simmat



John Greathead



Tim Hookins



Richard Robinson



Tony Walker

# LCRK paddlers smash records in Murray 200

An LCRK contingent went to South Australia for the Murray 200, dominated the event and came home with a bagful of medals. Tony Hystek, in his initial outing in his recently acquired NZ-made 5.95m Sisson multisport, not only was outright winner but set the fastest time ever recorded, 16.03.17, for any non-relay craft. Ironically, the 3-man SA K1 relay team which broke all records with a 15.42.29, included Robert Lee who paired with Tony in the Australian national sprints earlier this year. Tom Simmat was second overall and, like Duncan Johnstone, broke the previous record. Andrew Mathers and Janet Oldham/Friederike Welter set records. Peter Edney and Andrew Pratley won their class but didn't break the existing record, which was until this year the fastest Murray 200 time (16.22.14).

## The lure of the Murray

by Tony Hystek

The 2012 Murray 200 lured 8 LCRK paddlers and friends the 1200km to Berri in SA. Our club was by far the best represented from interstate, with Andrew Mathers (lc. Marie Carr), Duncan Johnstone (lc. Cheryl Johnstone), Tom Simmat (lc. Christine Simmat), and Tony Hystek (lc. Alanna Ewin) in singles, and Janet Oldham and "Fred" Welter (lc. Jo Brama and Janet's parents Doug & Margaret) in a Supersonic double, and Andrew Pratley & Peter Edney (friends of Richard Barnes) in a TK2 (lc. Jen).

This being the 25th running of the event, the weather and water gods smiled upon us with mild days and good river flows.

Saturday registration and scrutineering were conducted in total darkness, with the 6.30am start just as the first rays of light broached the horizon. The flow this year was excellent, around 2km/h generally, allowing progress almost as good as the Murray Marathon. There was talk of many records tumbling, just as they did last year with similar flows.

Two starts on the first day, all the LCRK paddlers in the first start, relay teams 15 minutes later. The first checkpoint was Lock 4, 11km downstream, and a chance for everyone to assess their gear while we waited for the tailenders to assemble at the lock. Some warmer clothing was abandoned,



Locks were a temporary resting place for frozen bodies

some landcrews even had warm food and drinks ready.

Into the lock, and an interminable, freezing wait for the water to be released, which happens quite rapidly once the decision is made. The exit was a test of skill, the boiling flow over the weir alongside making life difficult for the K boats.

At the finish, we were greeted with a welcome warm cup of soup, and took the opportunity to modify our seats, work on different nutrition systems, or just reflect on the highs and lows

Competitor	Category	Day 1 76km	Day 2 69km	Day 3 63km	Total time	Lock delay	Race time	Plc
Tony Hystek	UR1 M55	6.41.28	5.44.59	5.16.33	17.43.00	1.39.13	16.03.17	1
Tom Simmat	RKL1 M55	7.03.43	6.12.18	5.49.59	19.06.00	1.59.11	17.06.49	2
Andrew Mathers	UR1 M45	7.30.09	6.44.33	6.24.39	20.39.41	2.15.07	18.24.34	7
Duncan Johnstone Janet Oldham/	RKL1 55	8.00.16	7.19.40	6.50.20	22.10.16	2.01.04	20.09.12	13
Friederike Welter Peter Edney/	RKL2 W35	8.05.55	7.25.53	6.56.10	22.27.58	2.13.58	20.14.00	14
Andrew Pratley	TK2 MO	8.05.26	7.15.15	6.39.14	21.59.55	1.41.42	20.18.13	15

Competitors lost time waiting for locks to open and this was deducted from their total time

of the day.

Duncan's aim of just completing the event looked doubtful. Fred and Janet were paddling well and taking advantage of the 3 checkpoints each day to rest and refresh. Andrew's seat needed some work. Tom and I inadvertently built technique correction tools into our boats. Tom's cockpit cowl took chunks



Tony Hystek is all aglow awaiting an early morning start

off his thumbs when he became weary and leaned forward, while my cockpit coaming did the same when I dropped my stroke low. The sight of Tom washing the blood off his boat had some onlookers wondering!

Day 2 dawned slightly warmer. There was a lock 20km from the start, but this time much easier to exit. Unfortunately for those up front, the "safety boat" insisted on sitting just 500m in front of the leader (a relay K1), making it very difficult for everyone following. In the Murray River, the wash from even a slow displacement boat can affect the water for 2km behind, especially along the cliff-lines.

Instead of paddling beautiful conditions, we were forced to just try to stay upright in bumpy slop. I developed a rash of blisters on my hands from holding the paddle too tightly. But the drivers are just volunteers, so probably don't know what effect they are having on those behind. Driver education is one of the very few improvements that could be made to a great event.

The finish into Waikerie was reminiscent of Echuca, with towering cliffs lining the river for the last few kms, before a dash to the finish. The car ferry just before the finish showed remarkable South Australian generosity in waiting for me and others to pass. (That wouldn't happen back 'ome.)

Day 3 started 30 minutes earlier in complete darkness. Cyalumes fitted, and off we went. The earlier starts meant navigation was interesting as the early fog rolled over the river, while those later on battled directly into the rising sun. It was a spectacular dawn, one of the highlights of the event.

The arrival at Morgan was marred by an idiot powerboat driver blasting down through the field, but the sight of the finish line spurred us on. Tom and Andrew Mathers bettered their last year's performance, Tom coming in second overall after an early battle with a young K2 crew. Fred and Janet were

Pictures by Alanna Ewin

all smiles, relieved to finish on a high note. Duncan proved he can do the big events, getting stronger throughout the race for an excellent finish.

## *Left hanging in a coffin*

by Tom Simmat

**Day 3** Waiting at the first checkpoint, 20 k's just paddled. I really put it in to see if only on this last day, I could hold Tony Hystek. I had tried to spike his drinks the night before with ouzo and vodka, but to no avail. He is such a big bloke, alcohol-soaked blood must take about a week to circulate through his body.

While there was still ice on the bow of my Infennity, I was warmed up from my effort and coffee. Tony started 20 minutes behind I was now waiting that 20 minutes. He had not picked up much, but the cold was now starting to penetrate through my thermals and into my skin.

We were called into the lock, I gave my warm coffee cup to my ever-suffering land crew, the Current Wife, and slithered down the muddy bank and into the cockpit.

The lock is like a big concrete coffin that absorbs every last bit of warmth left in your body. There are four steel ladders



**Congratulations to Duncan Johnstone, Andrew Mathers, Tom Simmat, Janet Oldham, Friederike Welter and Tony Hystek**

the lock water at its lowest level.

I had three problems. One, if I let go of the ladder rung my shivering would tip me out of the boat for sure. Two, how was I going to get my hand from the ladder rung across to the paddle shaft without falling in? And three, my hand was frozen to the ladder rung anyway.

Perhaps it was my body weight, or the vision of the lock opening in front of me and the wild water beyond, or perhaps it was the shove from behind from a competitor more anxious than me to leave the lock.

But I landed with a thud in the cockpit, somehow grabbed the paddle and was launched into the surging Murray water roaring over the weir.

How did Tony get so much vodka into my lemonade?

## *Riverland reminiscing*

by Janet Oldham

It was very dark at 6am, not unlike a weekday morning at the same time on Lane Cove River in winter. It was 2°C with a hint of frost on the boat, a little colder than that to which the Supersonic was accustomed. It was foggy, with visibility about 20m, a bit like the morning after a big night out. We were both wearing 4 layers of clothing; did we miss a turn and end up in Hobart by mistake? We were paddling backwards on the call of "Go". The starter forgot he had called us to fall back in line, wherever that was ... but hell, it was too damned cold for formalities.

It was Day 3 of the Riverland Murray 200 – the home straight (well, not quite). We had a mission to accomplish: two women, a double kayak and 64km of brown river remaining. "Murray" the (chocolate) Cod, our mascot, safely insulated in his gold foil, was cheering us on from the shore ... wait a



**Tom Simmat and his landcrew, Current Wife Christine**

down to the water. I headed for the front one on the left side where I could steady myself as the water dropped. My hand tightened around the steel rung, the cold was now through my skin and down to my bones.

After an age all the competitors were in the lock, Tony waiting somewhere behind me. I started shaking uncontrollably, a bit like having the DTs. Maybe Tony spiked my drinks. The lemonade did taste a bit funny.

Then the water started to drop. My hand rose, still clamped to the ladder rung. I wondered if I could reach high enough with



**Janet Oldham and Friederike Welter with their mascot, the chocolate Cod**



**Duncan Johnstone gets a fond farewell from landcrew Cheryl**



**Tony Hystek at a checkpoint with paddler Andrew Mathers**

minute, what are the signs of hypothermia again? Confusion and lack of coherent thought?

Never mind, the fog lights on the safety boat were looming up ahead. Sitting in the front, I couldn't see where the river went between us and it. Friederike, sitting behind, was probably no worse off than normal as she only ever sees the back of my head in any case! So it was blind faith on both parts that propelled us forward, me with no feeling in my hands and she with no feeling in her feet. That's what teamwork is all about – combining your strengths!

That said, there is something reassuring about combining your strengths in the light of day. As the darkness softened and the fog thinned, the river was like a mirror. Birds were singing (how do they manage to be so cheerful at that hour?), pelicans and black swans were cruising near the shoreline (how do they remain so composed with frozen toes?) and pink hues behind the fog became ribbons of gold across the water (ah – there is a river there somewhere!). For a moment even time froze and we forgot we were on a mission. High on the privilege of witnessing the breaking dawn we owned the river for that instant ...

Now then, where are those hands and feet?

## *Underdone, overwhelmed, undersold*

**by Duncan Johnstone**

Do yourself a favour: the next time the June long weekend comes around, grab your paddle and whatever watercraft is your fancy, take a mate and head south 1200km to the Riverina in South Australia and experience the highs and lows that go to make up the Murray Riverland Marathon.

Getting there along is time out – across great expansive plains and spectacular, ever changing horizons, through cotton country to this magnificent fruit-growing region (politics aside).

I got to hear about the event 3 weeks before the start and had in mind this might be a great way to get some much needed training in ahead of the Hawkesbury and Murray Marathons later this year.

We decided to use Waikerie as our base for the three days. This meant an early start every day. A 4.30am rise on the first day to get to the start by 6am saw us arrive at Berri with no sign of anyone. Panic stations! 15 minutes later Pam and Gerald Wilson (10-time finisher at 70 years plus) appeared out of the dark, confirming we were in the right place.

The start at Berri was as casual and relaxed as you'll ever find for a major marathon and set the tone for the rest of the race.

The morning routine of paddling up to 20km to the first lock meant the fleet would come together again and I had time for a change of clothing and a cup of hot soup, for it was normal to start in temperatures of -4° and the afternoon to arrive before it reached just 14°. Andrew Mathers would somehow come steaming past me just short of reaching the lock each day. I never did get used to the cold and it would take me until the



**Andrew Pratley and Peter Edney**

start of the third leg each day before I finally got going, so I settled for underdone.

Each day I quickly had to remind myself why I was doing this race and so spent my low times consciously making an effort to take in the magnificent scenery – sandstone cliffs, river redwoods buried in water up to their waists and pelicans suddenly sailing out of the mist as I paddled in the foggy silence. I learned too about the conditions this race is normally paddled under, which perhaps would make it a much tougher prospect than this time around. I listened in silence to stories about paddling the length of the Murray and about the friendships made and the camaraderie enjoyed and realised this is why I paddle/race.

## *Caught short*

**by Andrew Mathers**

This was my second Riverland Paddling Marathon. I was paddling a Sonic in the Mens Vet 45+ Unrestricted class. Marie was my support crew again this year and again I was left without my support crew at one checkpoint. Unlike last time, this year there were a number of other Lane Covers paddling which added elements of both friendly rivalry and team spirit.

There were a number of things that stood out for me this time. For the first time I went to the effort of padding a seat. I asked Tony H for the dimensions of the holes, expecting a simple answer, however there is not a simple answer. After a couple of conversations and eventually a diagram I finally felt I had it sorted. At the end of the first day first day, however, some fine tuning was required. Tony pointed out that the padding had been glued on back to front and there were some other areas that should be shaved down a bit to avoid chaffing which, by then, I was painfully aware of.

On the second day I had an upset stomach. Was it the Voltarin I took to prevent the back pain that plagued me the previous day? Was it the supplement that I was using in my water for the first time this weekend? Was it the multitude of protein bars I ate on Friday during the drive to SA? Was it the leftover chicken I had on Friday night after being in the car unrefrigerated during the 24-hour trip? I'll never know, but it made for an interesting night when I was caught short making a dash from our tent to the toilet block some distance away. The next night we camped closer to the toilet block, but by then things had settled down.

By the end of Day 3 I'd forgotten the first day's back ache and although I had told my support crew about half way through Day 1 that "no matter what I say next year, don't let me do this again" I was already thinking about next year, what boat to use, what class to enter, what time to aim for. What a short memory...

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## A hot time at Wyong

Tony Hystek had yet another doubles partner in the Wyong marathon series race, this time Richard Robinson did the honours. And what a pairing it turned out to be. For lap after lap they surged alongside the undisputed king of the Marathon 9 series, Matt Blundell.

As usual, Matt had something in reserve and edged away at the finish to win division 1 by a couple of boat lengths. But the real story lay in the time. 1.30.25 for Matt and 1.30.36 for Tony and Richard! This was around 4 minutes – equivalent to almost a kilometre – faster than the usual div 1 winning time.

Hats off to Matt, though, he won again at Penrith and seems unbeatable.

There have been some very solid performers recently, among them Dave Hammond who won div 4 with Tony D'Andreti at Wyong and came 2<sup>nd</sup> with Tim Binns at Penrith. Phil Geddes and Paul van Koesveld were 6<sup>th</sup> in the same div at Wyong and improved to 3<sup>rd</sup> at Penrith.

Wade Rowston continued his impressive results with a 4<sup>th</sup> at Wyong and a 2<sup>nd</sup> at Penrith in div 5, and Janet Oldham/Friederike Welter were 3<sup>rd</sup> in div 5 at Wyong. In div 3, Bob Turner has continued his successful combination with Kristy Benjamin with a couple of 3<sup>rd</sup>s. And talking of pairings, how about Richard Barnes and Joan Morrison who are showing fine form as they prepare for the Hawkesbury Classic.

Jason Cooper turned up at Penrith with a new Think ski which the distributors gave him as a replacement for his year-old one which had some serious hull delamination. It has a different seat so he tried it out in the 15km div race, coming 2<sup>nd</sup>, and gave it the thumbs up.

A talking point about the Penrith course was that it was weed-free. Recent flooding has washed away a lot of weed and continuing discharges from Warragamba Dam had the river level so much higher than normal that it was ankle deep over the pontoon. Which meant any weed that was there lay well below the surface. Beautiful!



Kayaking is a great sport, made even more so by inspirational people like Glenn Pyne from Penrith Valley Canoeing. In the background are the doubles of Don Rowston/Bert Lloyd and Joan Morrison/Richard Barnes.



Matt Blundell finishes ahead of Darren Lee at Penrith

M9 Wyong June 24			
Competitor	Div	Time	Plc
Matt Blundell	1	1.30.25	1
Tony Hystek/ Richard Robinson	1	1.30.36	2
Toby Hogbin	1	1.37.08	3
Richard Barnes/ Joan Morrison	2	2.07.26	9
Bob Turner/ Kristy Benjamin	3	1.45.34	3
David Hammond/ Tony D'Andreti	4	1.52.31	1
Phil Geddes/ Paul van Koesveld	4	1.55.08	6
Andrew Mathers	4	1.56.40	8
Janet Oldham/ Friederike Welter	5	1.55.53	3
Wade Rowston	5	1.57.01	4
John Thearle	5	1.59.48	9
Richard Lindsay	5	2.13.14	12
Derek Simmonds	6	2.03.47	7
Duncan Johnstone	6	2.05.09	12
Tony Walker/ John Greathead	8	59.39	5
Craig Ellis	8	1.03.28	10
Tracey Hansford	9	1.07.20	9
Andrew Kucyper	9	1.08.40	10
Justin Paine	9	1.09.44	11
Ann Lloyd-Green	9	1.09.50	13
Bert Lloyd	9	DNF	

*Divs 1-6 = 20km, divs 8-9 = 10km*

M9 Penrith July 21			
Competitor	Div	Time	Plc
Matt Blundell	1	1.34.46	1
Richard Robinson	1	1.43.36	4
Bob Turner/ Kristy Benjamin	3	1.43.13	3
Dave Hammond/ Tim Binns	4	1.49.44	2
Phil Geddes/ Paul van Koesveld	4	1.50.19	3
Bruce Goodall	4	1.50.34	4
Andrew Mathers	4	1.53.50	9
Tom Simmat	4	1.54.54	10
Wade Rowston	5	1.55.35	2
Richard Lindsay	5	2.06.20	11
Duncan Johnstone	6	1.59.34	6
Derek Simmonds	6	2.00.54	9
Bert Lloyd/ Don Rowston	6	2.08.05	14
Richard Barnes/ Joan Morrison	6	2.08.08	15
Joy Robinson	6	2.11.27	
Jason Cooper	7	1.18.11	2
Tony Carr	7	1.33.01	4
Tony Walker/ John Greathead	8	59.24	3
Ann Lloyd-Green	9	1.07.42	8
Andrew Kucyper	9	1.09.04	10
Justin Paine	9	1.12.01	13

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



Tony Carr crosses the finish line at Penrith



Derek Simmonds has plenty to smile about

Iceberg Series				
Competitor	Category	Time	Plc	Cat plc
<b>Botany Bounty June 23</b>				
Long course				
Matt Blundell/ Brett Greenwood	Dbl ski	1.18.02	1	1
Tony Hystek	M50+	1.25.19	9	1
Jason Cooper	M40+	1.37.26	44	21
Tom Simmat	M60+	1.45.36	58	2
Andrew Mathers	M40+	1.49.37	64	
Jeffrey Tonazzi	M40+	1.53.22	70	31
Phil Geddes	MSeakyk1	1.57.0673	2	
Short course				
Tim Hookins	M60+	56.51	3	1
<b>Pittwater Stroke the Lion July 14</b>				
Long course				
Toby Hogbin/ Dave Coward	Dbl ski	1.04.03	1	1
Tony Hystek	M50+	1.14.49	10	2
Steve Newsome/ Allison Roberts	Dbl ski	1.18.10	11	7
Bob Turner/ Kristy Benjamin	Dbl ski	1.19.27	23	10
Tom Simmat	M60+	1.22.03	38	2
Andrew Mathers	M40+	1.24.30	46	13
Jeremy Spear	M50+	4.30.13	65	13
Len Hedges	M50+	1.30.42	67	14
Jeffrey Tonazzi	M40+	1.30.53	68	20

## Wednesday nights at the pontoon with Wade Rowston



The colder nights of June saw boat numbers drop to below 25 each week for the Wednesday night time trial but they have suddenly picked up in the last few weeks to average 35-40 boats. Keep in mind on a cold day that it's only really chilly in the car park before the time trial and once you are under way it's toasty warm. Then best of all there is a hot shower waiting for you when you've finished. It took me a while to realise the hot shower is a much better option than the quick change act in the car park.

Great to see long-term paddler Len Hedges has returned to regular Wednesday night time trials after taking a year and a bit off to recover from elbow problems.

As we have to come to expect, Richard Barnes seems to paddle a different boat each week and, while he is a very fast

paddles so it's time for all Coffee Cuppers to turn up and put up a challenge.

Having said that, on July 11 there were suddenly 12 boats in the 6km time trial which was great to see.

We are anticipating that numbers will now continue to rise as it starts to get a bit warmer and as everyone starts their Hawkesbury Classic preparations.

Happy Paddling!



Nothing beats a hot chocolate after a cold winter paddle

paddler capable of very fast times, he is more than happy showing new paddlers around the course.

In the Crudslime Cup, Craig Ellis continues to have a comfortable lead on the points table but the opposition is closing in. Craig is trying to get going in a K1 which takes some resolve, particularly over winter. He reports that he is losing some technique and fitness in the process but I'm sure he'll be ready for the Cup nights. Catching up on the points table are Jeffrey Tonazzi, Tom Holloway and myself.

Tracey Hansford's Coffee Cup campaign is still going very nicely. The opposition has been missing in action in recent Cup



Tim Hookins



Craig Ryan



Tim McNamara

## The right-sized kayak to take on holiday

Here's a kayak that's going to melt the heart of our resident origami expert, ice-caving king Kenji Ogawa. It's the Oru Kayak, labelled "the world's first origami kayak".

And what a sleek, snappy looking little chap it is. You mightn't want to make it your regular craft for the marathon series or Wednesday night time trials, but if you want to take it on holiday it's about as much trouble as throwing a folding chair in the back of the car.

It has been designed by American Anton Willis and featured in the American magazine *Make*. It folds up to about the size of an artist's portfolio, weighs 9kg and is made from "corrugated plastic, the same material as the political advertisement in your neighbour's front lawn".

According to *Make*, it was fast and comfortable in a test run in San Francisco Bay, and the only water it takes on is spray and paddle drip. In appearance it is much like a small sea kayak and apparently does not have a rudder. The length was not given but it looks about 3½ metres. It is expected to retail in the US for about \$500.

Google it to see a video of it being assembled and paddled. It takes about 5 minutes to put together. (Thanks to Phil Newman for the tipoff about this article.)



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