



KAYAK KAPERS

December 2007

Lane Cove again champion club in the Classic

Lane Cove River Kayakers have retained the Commonwealth Bank Cup as the champion club in the 2007 Hawkesbury Classic for the 5th successive time – just.

It was a desperately close affair, with only 5 points separating us from The Armidale School (TAS). If any one of our finishers had pulled out, the result could have gone the other way.

The victory, along with our triumph in the Winter Marathon Series (see page 6), stamps LCRK beyond any doubt as the top endurance paddling club in the State.

Final standings of the major clubs in the Classic were Lane Cove 2090, TAS 2085, Central Coast 1801, Windsor 1776, Just Paddlers 1685, St Francis Xavier College 1430, Burley Griffin 1428 and Manly Warringah 1051.

Lane Cove had four record breakers:

- Tony Hystek and Tim Hookins, men's open UN2, 8.57.00
- Roger Aspinall, men's 40+ MRec, 9.44.02
- Tom Simmat, men's 50+ SRec, 9.58.35
- Urs and Arni Mader, mixed 50+ LRec2, 10.06.20.

Class winners were:

- Rob Vallis and Michael Mueller, men's open UN2, 8.52.10
- Peter Anderson (with Simon Blumenthal), men's open LRec2, 9.35.10
- Steve Paget, men's 40+ TK1, 11.23.15
- Christie Brown, ladies' open UN1, 11.40.15
- Bob Kenderes, men's open SRec, 11.44.19.

In the days leading up to the Classic there was the usual chopping and changing. Peter Anderson, having missed out



Roger Aspinall ... "my race plan was to go hard"

in an attempt with others to race in a K4, teamed with veteran Simon Blumenthal (and took out the Open LRec2). James Mumme and Matt Swann switched from a double to singles (and both recorded great times). Matt Blundell didn't race, nor did Jennifer Neil-Smith/Rowena Frith. Kenji

Ogawa reluctantly conceded that he needed more time to recover from surgery.

Conditions on the Saturday race night could hardly have been better. It was relatively warm and there was just enough breeze to freshen the air. The incoming tide was dispensed with in the first half of the race by the faster paddlers and the outgoing tide swept them down to Brooklyn at 12 and 13 kilometres an hour. Perfect for breaking records.

For the rest of the field there was the small matter of a pea-soup fog at Spencer. If you can imagine a seasoned veteran like Richard Barnes getting lost, it will give you an idea how thick it was.

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LANE COVE PADDLERS IN HAWKESBURY CLASSIC 2007

Class	Competitor	Time	Plc	No. of Boats	Hcp	Hcp Plc
M OUN2	Rob Vallis/ Michael Mueller	8.52.10	1	1	9.51.14	17
M 50+UN2	Ⓡ Tony Hystek/ Tim Hookins	8.57.00	1	2	9.26.32	8
M 40+K1 M OLRec2	Ian Hofstetter	9.22.58	3	5	10.45.43	45
M 40+MRec	Peter Anderson/ (Simon Blumenthal)	9.35.10	1	6	10.32.41	37
M 50+SRec	Ⓡ Roger Aspinall	9.44.02	1	7	9.46.22	15
Mx 50+LRec2	Ⓡ Tom Simmat	9.58.35	1	2	9.28.39	9
Mx 40+UN2	Ⓡ Urs Mader/ Arni Mader	10.06.20	1	1	9.40.16	12
M OLRec	Warren Huxley/ Merridy Huxley	10.29.47	2	2	10.37.58	41
M 40+MRec	Kyle Wilson	10.40.29	3	11	10.56.30	52
M 50+LRec	James Mumme	10.55.58	2	7	10.58.35	54
M 40+MRec	Phil Newman	11.00.04	2	10	10.42.54	44
M 50+LRec	Jeremy Spear	11.14.35	3	7	11.17.17	65
M 40+TK1	Matt Swann	11.17.19	3	10	10.59.42	56
M OLRec2	Steve Paget	11.23.15	1	3	11.11.38	63
M 40+K1 B-or-B2	Andrew Charlton/ (with Mark Gillett)	11.27.01	2	6	12.35.43	100
M 50+LRec2	Richard Barnes	11.31.50	5	5	13.13.32	117
L OUN1	Wade Rowston/ Don Rowston	11.33.07				
M 50+MRec	Ernst Friedlaender/ Dirk Langenfeld	11.38.33	3	6	12.09.59	92
M OSRec	Christie Brown	11.40.15	1	3	11.03.08	58
M 40+MRec	Paul van Koesveld	11.40.37	3	4	11.21.42	69
B-or-B	Bob Kenderes	11.44.19	1	1	11.44.19	78
B-or-B	Tim Dodd	11.44.19	5	7	11.47.08	81
M 50+LRec2	Wayne Wanders	11.52.48				
M 60+LRec	Jason Cooper	12.21.30				
M 60+MRec	Bert Lloyd/ Trevor Williamson	12.22.45	5	6	12.56.10	111
B-or-B	Tony Carr	12.36.50	6	10	11.53.42	84
B-or-B	Justin Paine	13.52.13	3	7	13.03.37	114
B-or-B	Chris Kent	17.07.45				
L 40+UN1	Joanne Mansell	19.04.35				
Ⓡ	Andrew Whitehead	19.04.35				
	Julie Stanton	6.28.00 (withdrew at Wisemans)				

Ⓡ denotes class record

There was no-one more jubilant after the Classic than Roger Aspinall. And this was not so much because he smashed the 10-hour barrier and set a class record of 9.44.02 for the 40-plus medium rec in his vintage white Flash. It was more because he came in 2¾ minutes ahead of Jason Slade, also in a Flash, who won the open med rec event.

Lane Cove took out the trifecta in the 40+ MRec, with James Mumme getting a just reward for his hard training by finishing 2nd and Jeremy Spear coming 3rd. To cap it off, Tim Dodd came 5th.

The doubles of Rob Vallis/Michael Mueller and Tony Hystek/Tim Hookins promised a great stoush, despite being in different age categories in the UN2. Throw in Windsor club's Bruce Goodall/Christine Lalor, who showed brilliant form in the familiarisation paddles and Myall River, and it's a three-way fight. Rob and Michael were confident after their stunning victory in the Winter Marathon Series at Lane Cove, and the boys delivered.

They drove their Vindicator home in a brilliant 8.52.10. Tony and Tim in their Supersonic sprinted from Milson Passage to finish in 8.57.00 – beating the class record by a mere 3h 58m 15s – and edge out Bruce and Christine by less than a minute. Three tough crews all across the line in under 9 hours! Fantastic racing! (It was good to see Bruce, a former LCRK member, at our BBQ a few days later.)

If you're looking for awesome performances, head straight for the short rec classes. Tom Simmat's sub-10 hours in his self-designed "Cow" almost defies belief. What sort of a goal can you set yourself after that! He complained later that the bow was throwing weed up on the front of the boat and said the Cow "grazed on seagrass all the way down the Hawkesbury". Tom and old foe Paul Bourne exchanged records – Tom in taking Paul's 50+ SRec and Paul in knocking off the 50+ LRec time Tom set last year.

In the Open short rec Bob Kenderes had everyone smiling by winning in a B-Line he bought almost 30 years ago for \$260.

Urs and Ani Mader set a record again, of course, and that was no surprise, we've come to expect it from them. When the Swiss machine clicks into gear, anything's possible. With



Christie Brown wins the ladies unrestricted single



Michael Mueller and Rob Vallis at the post-race BBQ

the run-out tide after Wisemans they were hitting 12-13km/h. Wonder what they've got their sights on next year.

Ian Hofstetter was our fastest single with a fine 9.22.58 in his K1, despite repeated stops to massage a sore bum.

And hats off to Joanne Mansell and Andrew Whitehead, who raised the bar to a new height for doggedness and determination. They made the mistake of leaving their liquid food in the sun after scrutineering and it went rancid. Repeated throwing up and "feeding the fish" followed in the first 3 hours and they missed the benefit of favourable tides that the early Brooklyn-or-Bust start afforded. 19 hours after the start, long after most others would have thrown in the towel, they smiled their way into Brooklyn and said they had enjoyed the race.

Julie Stanton, a record-breaker last year, was a deeply disappointed casualty this year. She misjudged her supplies and ran out of liquids just after Dargle. By the time she had fought the tide to Wisemans she was in a very distressed state – "everything was blurry" – and spent over two hours in the medical tent with her temperature dropping to 33° at one point.

There was no better example of the contribution Lane Cove makes to the Classic than that of the scrutineers. Chief scrutineer Rob Grozier and assistants wife Karen, Marg and Rob Cook and Frank and Marg McDonald spent hours checking in competitors' craft, and when they'd finished that they headed off down the river as landcrews. Kenji Ogawa, despite feeling weak after his recent surgery, was also among the ranks of the scrutineers, along with Derek Simmonds and Mark and Liam Sier.

And Roger Deane was there again as race controller, in something like his 20th Classic in one role or another, making sure the race went smoothly.

There was plenty of celebration at the club BBQ on the Wednesday following the Classic as LCRK competitors recounted their experiences and congratulated one another.

President Graeme Jeffries, who did a lot of organisational work behind the scenes in preparing race schedules for various paddlers, invited everyone who raced in the big event to tell of their experiences. There was plenty to talk about, and there were lots of funny anecdotes about what happened during the night.

But perhaps most striking was the club spirit and atmosphere evident everywhere. Almost everyone at the BBQ was involved in the Classic. Lots of regulars who didn't race this year were landcrews. Others just turned up to help. A third of our entrants were first-timers. Many said they drew heavily on the encouragement and advice offered by veterans at the pre-race club seminars. Tony Hystek's idea of a common LCRK meeting point at Wisemans was a great success and brought everybody together.

For more Classic pictures, go to the Photo Gallery at www.lcrk.org.au. For detailed Classic results go to www.canoeclassic.asn.au.

Foggy recollections of a moonlit Classic

Every Lane Cove competitor in the Hawkesbury Classic had an interesting tale to tell ... sore bum, rancid food, lost in the fog, going for a 4am swim, and lots more. Here are the shortened versions. If you want the full story, don't hesitate to ask the paddlers themselves.

Peter Anderson (with **Simon Blumenthal**), (Open LRec2, landcrew Simon's wife Ruth, Steve Pizzey): "We had only paddled together twice before. It was my first Classic and Simon's 18th, so all the experience was in the front of the boat. He was very easy to follow and we just ploughed along. It was lots of fun, a good atmosphere, and there were lots of boats around us. We stopped once, at Wisemans."



Roger Aspinnall (M40+ MRec, landcrew Graeme Jeffries, Simon Mann, Nick Chai, Dave Kavanagh, Rudolf Mueller): "I was 2nd in the race to the first bridge in the 4.45pm start and 2nd boat home to Brooklyn. I felt really strong right through, my race plan was to go hard all night and see how I went. I had an unscheduled stop after Dargle to adjust my seat and stopped briefly at Wisemans to top up my drink. I was aiming for 9.40-9.45 and my time of 9.44.02 took half an hour off my previous best last year. I had an hour from checkpoint N and 15 minutes from Bar Point to break the class record, which I did."



Richard Barnes (M Open K1, landcrew mother Barbara, father Eric, sister Linden): "I lost about a quarter of an hour in the fog at Spencer, I've never been lost like that before. I went right and thought I was doing the right thing until I saw five other boats coming towards me and I realised I had doubled back. So I followed Christie Brown who had a GPS. I went past Bert and Trevor before the fog and then at Bar Point there they were again in front of me. Other than that I had a good time, stopped at Cattai, Dargle, Wisemans and Pit Stop and partied all the way."



Christie Brown (L Open UN1, landcrew Dom Sofia, Megan Longley): "The incoming tide into Wisemans was soul-breaking but I was still passing other boats. I was throwing up from Sackville to the finish, I don't know the reason. I had a GPS and in the fog at Spencer I found 4 lost paddlers and was able to tell them which way to go. I paddled from here most of the way to the finish with Richard Barnes. After the race my left shoulder was really inflamed."



Tony Carr (M60+ LRec, landcrew Gavin Godfrey): "My daughter told me I had to do something outrageous to mark my 65th birthday - a nude bungy jump or my first Classic. I loved every minute of it - the buzz at Windsor, the cheers from the crowds on the banks, the sunset, lots of laughs with other paddlers, Steve Russell's knuckle massage at the fabulous LCRK compound at Wisemans, the cup of tea with some coppers at checkpoint H. Pumped down the river to *Boogie Wonderland* and 99 other disco hits from the 70s on my MP3 player. Had decided not to stop at Spencer but visited it twice in the fog."



Andrew Charlton (with Mark Gillett), (Open LRec2, landcrew wife Julie, father Garth, sister Dee): "I was absolutely thrilled with how we went. Our objective was under 12 hours and we did 11.27. Mark only started paddling in March and we trained religiously on Saturday mornings. I had a rough patch between Sackville and Wisemans, just hit a flat spot and had

to work through it. Mark had a few shoulder problems but Dad did a brutal shoulder massage on him at Wisemans and he was right after that."

Jason Cooper (Brooklyn or Bust, landcrew brother John and friend Brigitta): "It was good to Dargle but then heavy going against the tide to Wisemans. I was thinking of pulling out and then I thought of Rob Vallis in his seminar talk saying the best thing to do is to get into dry clothes at Wisemans. I put on another beanie and a dry thermal, had a bit of food and drink and felt better, and had a good run to Brooklyn. I probably have to credit Rob with finishing."



Tim Dodd (M40+ MRec, landcrew Ian and Alec Wilson): "It was a magical experience. I thank Bob Kenderes because he persuaded me to enter a competitive class instead of Brooklyn or Bust, even if this meant paddling into the tide at the end. We were together most of the way and made it to the finish before the oncoming tide. I hit the wall between checkpoints F and G and had to slow down, but strangely enough after that I got into a groove which lasted until the finish."



Ernst Friedlaender/Dirk Langenfeld (M50+ LRec2, landcrew Ernst's wife Sue and daughters Kim and Ruth, Dirk's wife Val and son Mark): "Our race went perfectly and our time was slightly ahead of what we aimed at. We paced ourselves in our Mirage 730 and enjoyed chatting to other paddlers along the way. It was the first time for both of us and I cannot imagine the weather being any better. The organisation was stunning."



Ian Hofstetter (M Open K1, landcrew son Tyson, daughter Pia, ex-wife Helena): "Comfort was a big issue in the K1, I had bum soreness and stopped at Sackville, Wisemans and Pit Stop for a bum massage. I had a PB in a single by 10 seconds, but I was in a Rocket before and if I had been in that again I would have stopped at Wisemans only, if that. I think I was 20 minutes behind schedule at Wisemans but by Spencer I was back on time and I got to Brooklyn in 9.22, almost on my target of 9.20. When I went through Spencer there was wind and a rolling swell - no fog."



Warren Huxley, Merridy Huxley (X40+ UN2, landcrew Marg Cook, Marg and Frank McDonald): "There was no pressure on Warren and me. I wanted to finish because this was my 10th Classic and it turned out to be my fastest in a double. I was happy because I haven't done much racing this year. We were stopped by all four ferries and had a bit of fog but otherwise it was a good night."



Tony Hystek/Tim Hookins (M50+ UN2, landcrew Judy and Oliver Hookins, Steve Russell, Alanna Ewin): "Our teamwork was really good. We stopped for a minute at Dargle and for

11 minutes at Wisemans, where we got out of the boat and changed. It was jousting all the way between the three doubles of us, Rob Vallis/Michael Mueller and Christine Lalor/Bruce Goodall, and we all benefited.



We thought we'd overtaken Chrissie and Bruce and it was a shock when we saw them in front of us at Milson Passage. It was a sprint from there to the end to beat them by less than a minute and we can probably thank them for us getting into the sub-9hr club."

Bob Kenderes (M Open SRec, landcrew brother Richard, Jenny Kennett): "The start was good and for the first 50km I felt great. I was paddling with Tim Dodd and he said I should go on as he couldn't keep up. I followed a double which was in the middle of the river against the full tide and I felt I wasted a lot of time and energy. Then Tim was back with me. We stopped for 15 minutes at Wisemans and went the rest of the way together. We started and finished together."



Chris Kent (Brooklyn or Bust, son David, sister Jenni McGregor): "I guesstimated at 17 hours and finished in 17.7.45, so that was pretty close and I'm pleased about that. I can see how I can save time in my next Classic, particularly not having such a long stop at Wisemans where I was at least 1¼ hours. I ate small amounts of food all the time and nutrition wasn't an issue. My neoprene skirt had a shoulder strap and this left me with a sore shoulder. It was a moving experience coming into Brooklyn with the commentator giving personal background about finishers and giving them recognition."



Bert Lloyd/Trevor Williamson (M50+ LRec2, landcrew Robert Moller): "We were on target until about Wisemans for an 11-hour race. For much of that time we were with Frank Kingma and Helen Tongway (X40+ LRec2) who did 10h 44m. Unfortunately Trevor didn't eat and drink enough early, and later he was unable to eat and drink and felt ill. We struck the fog at Spencer but with luck chose the right way, We'll be back.."



Urs Mader/Arni Mader (XLRec2, landcrew Penelope Watkins, Caroline Hashimoto): "The moon was fantastic and the tides were very favourable. Finishing with the big outgoing tide we were doing 12-13km/h. It was awesome. The GPS was a great help but you have to have the correct track set up on it beforehand to get the full benefit. We were going for a 10-hours finish and we knew from Spencer that we could break the record of 10h 22m."



Joanne Mansell (Brooklyn or Bust, landcrew Darren Mansell, Sascha Joura): "I paddled with Andrew Whitehead and our food went rancid because it was in the sun before the start. I kept vomiting early on, he held my boat while I threw up. The moonlight was spectacular and we had a lot of fun, we enjoyed the spirit of the race. We stopped at Dargle, Wisemans and Pit Stop."



James Mumme (M40+ MRec, landcrew Terry Lew): "I didn't feel good through the race, I just tried to keep paddling. I couldn't eat anything but had a couple of energy drinks. At Wisemans Craig Elliott suggested I have a can of soft drink which helped. I'm grateful to Tim McNamara for giving me a massage at Dargle, and Phil Newman let me



washride him for 3km into Wisemans which was pivotal."

Phil Newman (M50+ LRec, landcrew Eric Barnes): "I had my most comfortable Classic in my loaned Sea Leopard and finished better than ever before. I used a different paddle which was dry and had no water running down it and I got three blisters on my right hand before Sackville. When I realised what was happening I started doing a deep stroke occasionally, submerging my hands, and from then on it was good. Because of this problem I struggled psychologically early and it was Dargle before I really got into the race. The cheers from the people going past the checkpoints were fantastic and I loved the jam on the scones at Low Tide Pit Stop."



Steve Paget (M40+ TK1, landcrew wife Caroline): "The first part was pretty good but I found the last 6 hours tough, tougher than I expected. Rob Vallis said in one of our seminar sessions that if you get to Wisemans you'll finish and I kept thinking of that. I got lost in the fog and couldn't see anyone and suddenly another competitor appeared from behind and got me going."



Justin Paine (M60+ MRec, landcrew Tony and Jonathon Walker): "It was a pretty good night for paddling, with calm conditions and a magnificent moon. The run-out tide to Spencer was a boon although I hit the mudflats a couple of times in the fog. The incoming tide from around Spencer was a tough test for us slower boats. I was pleased to knock an hour off my previous best time."



Wade Rowston/Don Rowston

(Brooklyn or Bust 2, landcrew Louise and Carly Rowston, Leon Baker): "Our race went sensationally up to the Windsor bridge, where we were first. Despite early rudder problems due to weed and some cramping, we progressed well to Dargle, then we found it hard against the tide to Wisemans. Don's back was bad in the latter stages and we struggled to finish. We both spent some time later in the medical tent."



Tom Simmat (M50+ SRec, landcrew son Daen and his girlfriend Kerrie): "Graeme Jeffries gave me a spreadsheet and I had the target times marked on my map. I couldn't keep the speed I wanted against the tide but I was still hitting the checkpoints on time. The bulb on my bow picked up every bit of debris in the river and dumped it on the deck. I got hit by sticks a couple of times when it threw them up. The huge run-out tide really bit after Spencer and I got to 12-13km/h."



Jeremy Spear (M40+ MRec, landcrew wife Ginny, Raf Chemke): "I had a GPS failure 5 minutes after the start but it didn't worry me. I paddled with James Mumme for quite a bit of the race. I took 1h 6m off last year's time which I put down to more training, being generally fitter and lighter and psychologically fitter, and being better organised with my food and water regime."



Julie Stanton (L40+ UN1, landcrew same as for Roger Aspinall): "I ran out of fuel, my liquid carbs and water, just after Dargle and didn't think to stop and ask someone for a top up. I paddled against the tide without liquids and because of the lack of food and rehydration I got hypothermia. I stopped about a dozen times, I knew something was terribly wrong. At Wisemans I spent 2¼ hours in the medical tent. My temperature went down to 33, everything was blurry, I couldn't walk in a straight line and I



thought I was going to vomit. I felt very sorry and disappointed."

Matt Swann (M50+ LRec, landcrew partner Margaret, Craig Elliott): "It was good fun. My bum didn't hurt as much as usual, I had an air cushion in my Flyer. When I went around the corner at Sackville my speed dropped suddenly from 11 to 7km/h, obviously there was a big change in the tide. I met a lot of people and chatted. I was grounded on the mud near Spencer."



Rob Vallis/Michael Mueller (Open UN2, landcrew same as for Roger Aspinall): "It all went according to plan. The worst for me was the first 4km when I felt we were going a touch too fast and I said to Rob: 'Let's back off a little.' It took a while to work into the race. Our big goal was to break 9 hours and from Pit Stop we knew we had to go flat out to do this - and we did. I have to point out that our time was 13 seconds faster than Graeme Jeffries and Ian Hofstetter did when they won in the 40+ UN2."



Paul van Koesveld (M50+ MRec, landcrew wife Angela, Pam and Roger Mail): "I aimed to finish in a span off 11.30 to 12 hours, and did 11.40. For a while after Cattai I got into a 'drone' stage, I was working hard and getting nowhere, even with the tide. Tim Dodd and Bob Kenderes went past and that woke me up, I picked up the pace and that seemed to lift my metabolism."



Wayne Wanders (Brooklyn or Bust, landcrew wife Diana, daughter Emma, son Ben): "I was really happy, I targeted 12 hours and did 7 minutes better. I met all my intermediate targets, had no problems and felt good at the end. At the start I sat on some fast guys and got a tow for the first 5 or 6 kilometres, as one dropped off I sat on another."



Andrew Whitehead (Brooklyn or Bust, landcrew Darren Mansell, Sascha Joura): "I paddled with Joanne Mansell and our food, a powder mixed with water, went off in the sun after registering. The first 3 hours was the worst and we didn't get the benefit of the early start with the tide, which meant our game plan went out the window. We loved the moonlight and the fog, being ex-Navy I was able to find my way through the fog with my compass. There were plenty of schoolkids in Nomad doubles to draft behind."



Kyle Wilson (M Open LRec, landcrew parents John and Mea): "I didn't really train for it, it was the toughest race I have ever done. 10km from the end I hit something and went for a swim, right in the middle of the river. I was very anxious, I felt there was something in the water. Two double



Paul van Koesveld met by a welcoming committee

Mirages helped me back in and waited while I bailed out about two-thirds of the water and was able to continue. I went to the officials at the finish and got them back 15 minutes on their times."



Roger Deane after another successful Classic



Tim Hookins and Tony Hystek waded into Wisemans



Tasmanian circumnavigators Richard Barnes and Phil Newman with Richard's mother Barbara, who landcrewed for the 27th consecutive year.



LCRK sent trans-Tasman adventurers James Castrission and Justin Jones a message wishing them good luck shortly before they left Forster on November 13 in an attempt to paddle 2200km from Australia to New Zealand. They expect to cover about 50km a day in their strange looking kayak, named Lot 41 which was Phar Lap's designation when he was sold and before he was renamed. They hope to be in Auckland by Christmas. They have 50 days supply of dehydrated food and two tiny desalination plants to provide drinking water. A satellite transmitter will continually update their position to an Internet page and you can check their progress on their website, www.crossingtheditch.com.au.

Lane Cove wins State series

Lane Cove River Kayakers won a nail-biting finish to the NSW Winter Marathon Series at Wagga Wagga on Nov 11 and took out the title of champion club – by 4 points.

In a dramatic season finale, in which every division result was watched anxiously, only 12 points separated the top 4 clubs. With 6 points for a division win, 4 for 2nd and 2 for 3rd, a single different result could have changed the outcome.

The victory, our first, is a fitting reward for the loyal band of competitors who have followed the series around the range of venues.

Final points for the top clubs were Lane Cove 130, Burley Griffin 126, Manly Warringah 124, Cronulla Sutherland 118, Windsor 100, Illawarra 82, Just Paddlers 64, Central Coast 56, Wagga Bidgee 24.

Lane Cove was also prominent in the series awards for individual paddlers. Special congratulations to Ian Hofstetter who won division 2 after racing consistently throughout the year. Tony Hystek was 2nd in division 4 and the double combination of John Greathead and Tony Walker was 2nd in division 6. Third places went to Rob Vallis in division 3 and James Mumme in division 4.

Most improved awards – or should they be known as young talent time – were won by Ian Purves in division 5 and Bert Lloyd in division 6. Each won a technique training session with Yanda Nossiter.

In his race report from Wagga, **Tim Hookins** said:

Although the water level in the Murrumbidgee was low it was not too low to have a good marathon. We did, however, see the top corner buoy positioned by the Wagga official by wading out in the river.

In division 2., Tony Hystek and I were closely followed by Ian Hofstetter but could not keep up with the leading K1. At the end Lizzie van Reece and the newly youthful Greg Smith eyed us off and came steaming past us to take 2nd and the Hof put in a big final sprint

and nearly caught us.

In div 3 Craig Elliott and James Mumme put in a sterling effort to take 2nd and Tom Simmat came 3rd in div 4. In div 5 Ian Purves came a very creditable 3rd in a field of 15 boats, all scratching away in a very narrow and shallow river. Marg and Rob Cook, Peter Anderson and Steve Pizzey, and Richard Barnes with Jo Holman were also in div 5, but it was not the day of the doubles.

In div 6 we were represented by Steve Paget who took a great 2nd place in a field of 16. Steve Russell improved substantially, coming 4th in Roger Aspinall's Flash. John Greathead and Tony Walker, our usual div 6 winners, were beaten down into 10th position, while Don Rowston teamed with old Windsor friend Harry Hands to come 12th. Rowena Frith, paddling a fiery red Estuary, did 3 laps before the officials called her in thinking she was exhausted. She confirmed later she was quite ready to do the 4th lap.

Huge thanks to Roger Aspinall for running the WMS competition so well and efficiently.

(Tim's full race report and lots of fine pictures can be seen on our website, www.lcrk.org.au/.)

The Winter Marathon Series Race 9

at Lane Cove on October 14 was held in brilliant wether and was a highly successful event, run without a hitch. Course markings were great and the traditional barbie was welcomed by a large field of visitors.

The standout performance of the day without doubt was the runaway victory, with a margin of 7m 22s, by Michael Mueller and Rob Vallis in div 3. That time would have put them in front in div 2 which was won with plenty left in the tank by the ever-consistent Ian Hofstetter.

Matt Blundell was edged out into 3rd after a no-holds-barred, race-long three-way slog in div 1. In div 5, Ian Purves groaned about his new carbon-fibre Flash and then came 2nd.

Left and below: Scenes from race 9 of the WMS at Lane Cove



WMS Race 9 Lane Cove

Competitor	Div	Time	Plc
Matt Blundell	1	1.31.53	3
Ian Hofstetter	2	1.38.44	1
Richard Barnes	2	1.46.49	7
Michael Mueller/ Rob Vallis	3	1.37.04	1
David Edelman	3	1.48.43	4
Dean Wayne	3	1.48.16	5
Tony Hystek	4	1.46.39	3
Darren Keen	4	1.52.01	11
James Mumme/ Matt Swann	4	DNF	
Len Hedges	4	DNF	
Ian Purves	5	1.53.03	2
Arni Mader/ Urs Mader	5	1.55.29	7
Marg Cook/ Rob Cook	5	1.55.47	9
Derek Simmonds	5	2.04.17	12
M Barnes/ J Barnes	5	2.07.55	16
Don Rowston/ Wade Rowston	6	1.55.44	4
Steve Paget	6	1.55.53	6
John Greathead/ Tony Walker	6	1.56.23	8
Jeremy Spear	6	1.59.03	11
Ernst Friedlander/ Dirk Langenfeld	6	2.07.13	15
Jon Harris	6	2.08.17	16
Phil Newman	6	2.09.50	17
Justin Paine	6	2.30.47	20
Rhiannon Sier	9	DNF	

WMS Race 10 Wagga Wagga

Competitor	Div	Time	Plc
Tim Hookins/ Tony Hystek	2	1.39.59	3
Ian Hofstetter	2	1.40.14	4
Craig Elliott/ James Mumme	3	1.47.26	2
Tom Simmat	4	1.50.07	3
Ian Purves	5	2.04.04	3
Marg Cook/ Rob Cook	5	2.16.48	15
Peter Anderson/ Steve Pizzey	5	2.17.31	17
Richard Barnes/ Jo Holman	5	2.18.54	18
Steve Paget	6	2.12.09	2
Steve Russell	6	2.13.47	4
John Greathead/ Tony Walker	6	2.18.05	10
Don Rowston/ Harry Hands	6	2.18.31	12
Rowena Frith	6	DNF	
Rob Grozier	8	1.53.39	8
Bert Lloyd	9	1.11.54	9

Divs 1-6 20k, Divs 7-8 15k, Div 9

South African white water

Tim Hookins flew to South Africa to compete in the Fish River Marathon, a 2-day challenge in eastern Cape Province which is one of the world's great kayaking endurance races. Here is a shortened version of an article he wrote about the race:

There were the usual quiet chats with the other starters and then we were off, Le Mans start, put on the spraydeck and off with the wind on the beam. I noticed about five competitors' boats had capsized on the lake! "How will they survive on the rapids?" I thought.

Pretty soon the first weir appeared. We portaged around that. Then came the first few rapids which I did OK. Soon we were at "Toastrack." I had mentally and physically on the ground practised this. You approach the low bridge and then twist slightly to the right into separate channels under the bridge about two feet high and four feet wide. You drop down a bit into the channel and then duck fiercely so your head doesn't get chopped off by the bridge roadway! Then you put your paddle hard down your right side. No bracing, you just scrape the walls with your shoulders if you're not straight. There's a rapid on the other side and after a while calmer water. I somehow did it! And saw a few casualties strewn up on the banks.

A few minutes later we were at

Keith's Flyover, the biggest rapid of the race. I portaged it because only the top 15% do it and half of them succeed.

Another portage, around the Brakrivier Weir. Pure slapstick comedy. I just held my boat, went down on my haunches and skidded down the muddy slope back to the water, giggling to myself. Is this what it's come to?



After all the training and preparation for this event, I got quite emotional as I finished day one and thought "I've managed this, I haven't broken my boat and there are quite a few people behind me". I was relieved.

On day two there was a long flat section. It should have been easy, but my spirits just waned and waned. If someone (the devil) had said to me just then, "Come on, you can stop here!" I might have! But there was no-one in sight! It got so bad that there was a

little sideways rapid and I just fell out, cursing myself.

Around a bend and there was the Gauging weir. Next thing I was zooming down the weir, smooth as silk, only to disappear in the froth at the bottom.

The Marlowe chute was coming up and I was keen to shoot it right this time. You duck behind the reeds on the right and line yourself up on the left of the chute. I did all this, went bumpy bump down the stepped chute, did the big brace to the right and fell in, just as I had done in practice two days before. Damn!

Still, my confidence was up and I decided I was definitely going to do the big one, Cradock weir. "Nothing to lose" kind of mentality. And also "I can't tell them back in Oz that I chickened out of the big drop."

The life guards have a stop/go sign here to ensure paddlers don't tumble down on top of one another.

I set off, gliding through smooth water, not even looking at the precipice. You get directed to the right spot and then you're off! I don't remember the descent, but that is thankfully all captured on the pictures. I landed, right way up and stayed there. Still surprised at my situation I toppled over as soon as I was out of the main view!

A few little rapids and the finish archway was there with Pete, my reserve landcrew, there to meet me.

Tim's full report plus lots of spectacular pictures can be seen at www.lcrk.org.au.

Michael Mueller (right) demonstrated the balance of a high-wire gymnast during the club recreational paddle on the Georges River on November 4, standing comfortably in an admittedly broad and stable Dagger Drifter 2. For his next trick he promises to do a handstand in a K1. Steve Russell tried the same stand-up-comic trick in his TK1 and got there ... very briefly. Pictured below are (l-r) Prue Vines, Doug and Sue Taylor, Tony Hystek, organiser Tony Carr, Steve Russell, Laura van Klaveren and fiancé Michael Mueller, and (foreground) Alanna Ewin. The next recreational paddle is at Bundeena on December 2. For details contact Tony Carr at tonycarr@ozemail.com.au.



CHRISTMAS CLUB CLOTHING SALE

Looking for that elusive Christmas present for the person who's got everything?
Here's the answer – LCRK racing and casual apparel bearing the club logo.
And it's on special!



Club race rash vest, long sleeve
\$70



Club T-shirt, long sleeve, blue
\$20



Club T-shirts, short sleeve, grey, blue, red
\$15



Club cap, blue, white
\$15

Buy now for your family or yourself.

See Tom Simmat at the river most Wednesday nights or phone him on 0415-975-423

Novelty race

The last club event of the year will be a 6km fun paddle at the pontoon on Dec 19. Bring your oldest, slowest, fattest boat and an old flat paddle. No wing paddles. 6.30 mass start. Followed by a BBQ and lots of good Christmas cheer.

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Who's for the Murray?

Lane Cove members expected to compete in the Murray Marathon this year include:

Rob Vallis and Michael Mueller in a Vindicator
Bert Lloyd and Trevor Williamson in a Mirage 730

Tom Simmat in short rec
Steve Paget in a Marauder
Merridy and Warren Huxley, in a K4 with Noel Camin and Bernie Craggs of Just Paddlers.

For club news and photos go to www.lcrk.org.au

DVDs for loan

LCRK has some DVDs available for loan to members.

For separate DVDs of the great South African whitewater marathons Dusi 2007, Fish River 2005, 2006 and 2007, see Tim Hookins.

For separate DVDs of the 2005 individual and teams slalom world championships, and the 2005 marathon world championships, see Justin Paine.

Cramping stops Matt

Disappointment for Matt Blundell and his team in their recent adventure racing foray in New Caledonia. Matt suffered severe cramping after 30 hours and could not go on. "I was cramping up everywhere – calves, abductors, quads, lats, triceps, every muscle you can name." With him in his team were Mike Snell, Matt Acheson and Imojen Pearce. As the team races as a unit, that was the end of their race, too. Incidentally the race went something like this: 30km ocean paddle, 28km mountain trek, 60km mountain bike, 30km ocean paddle, 8km mountain bike, 12km horse ride, 58km mountain trek, 33km ocean paddle, 80km mountain bike, 28km mountain trek. Non-stop.

Making headlines

Alive after day in sea

HONOLULU: A woman, 49, has been rescued after staying afloat for 19 hours in the Pacific Ocean — clutching just a water container.

Lillian Ruth Simpson's canoe flipped in strong winds a couple of kilometres off the Hawaiian coast on Friday, leaving her with just the container to help her float.

"The times I thought, 'I'm going to die,' I would say, 'No, I have three kids and you're not taking me anywhere,'" she said.

Mrs Simpson was found by a passing boat.

Daily Telegraph

Crushing blow for Baggaley

AUSTRALIAN Canoeing has rejected an application from Nathan Baggaley to be reinstated to the sport, despite the Olympic silver medallist completing a two-year ban for taking steroids in September.

With the Australian selection trials to be held at Penrith in March, Baggaley's dreams of representing his country in Beijing appear to have been shattered.

In July, the three-time world champion was committed to stand trial in Brisbane Supreme Court on drug charges after police allegedly found 762 ecstasy tablets in a car he was driving on the Gold Coast in February.

Daily Telegraph