



KAYAK KAPERS

December 2008

6th Classic victory in a cliffhanger

Lane Cove River Kayakers raised the level of club spirit to a new high in the 2008 Hawkesbury Classic – and also, to the surprise of many, won the Commonwealth Bank Cup as the highest scoring club for the 6th successive time.

A surge in support from non-competing club members added to the non-stop enthusiasm of landcrews and buoyed all our representatives through the long, dark night. Injuries forced several strong regulars out of the race but could not stop them becoming cheerleaders.

Our Wisemans checkpoint stopover was even bigger and brighter than last year, and the tent at Windsor was a popular pre-race gathering point.

And as for the Commonwealth Bank Cup win – well, most of us had conceded that TAS (The Armidale School) would take the big prize through weight of numbers. Last year we scraped in ahead of TAS by only 5 points. This year was another cliffhanger: Lane Cove 2076, TAS 2063, Central Coast 1831. A 13-point margin!



Fastest boat in the 2008 Classic ... Matt Blundell and Paul Lancaster

It's disappointing that only these three groups tallied their points and sent in entries for the Cup. Other traditional entrants like Central Coast, Windsor, Just Paddlers, Burley Griffin, Manly Warringah and St Francis Xavier College didn't bother. Is this an inevitable result of one club being a dominant force?

Although the extremely dark conditions made the race tough, 89% of the field finished, possibly a record. This is even more



Winners are grinners ... Handicap winner Liz Winn with two other Lane Cove class champions, Kyle Wilson and James Mumme

LCRK PADDLERS IN HAWKESBURY CLASSIC 2008

Class	Competitor	Time	Plc	No. of Boats	Hcp	Hcp Plc
M OK2	Matt Blundell/ (Paul Lancaster)	8.20.07	1	1	9.25.08	6
M 50+UN1	Tom Simmat	9.42.28	1	2	10.02.51	24
M OMRc	Toby Hogbin	9.46.30	1	8	9.37.07	10
M 50+UN2	Frank McDonald/ (Ian Cooper)	9.47.18	1	1	10.13.08	29
M 50+LRec	(R)James Mumme	10.05.10	1	8	9.28.51	7
Mx 40+K4	(R)Merridy & Warren Huxley/Marg Cooper/ Bernie Craggs	10.07.36	1	1	11.37.31	86
M 50+LRec	Urs Mader	10.16.17	2	8	9.39.18	13
L OUN2	(R)Val Titov/ Jo Dounias	10.23.40	1	1	9.58.14	19
M 40+LRec2	Martin Deaves/ (John Dower)	10.31.25	3	8	10.54.47	55
M OLRec	Kyle Wilson	10.31.34	1	11	10.31.24	42
M 50+UN1	Tim Hookins	10.31.26	2	3	10.53.32	53
M 40+LRec	Wayne Wanders	10.39.42	2	16	10.20.31	34
M OLRec2	Andrew Charlton/ (Mark Gillett)	10.48.00	1	4	11.32.22	84
M OTK1	Steve Russell	10.52.42	1	2	10.54.39	54
L 50+LRec	(R)Liz Winn	10.59.33	1	1	8.34.27	1
M 50+LRec2	Don Rowston/ Jon Harris	11.08.50	4	7	11.12.11	68
M 50+LRec2	Dirk Langenfeld/ Ernst Friedlaender	11.12.58	5	7	11.16.20	73
M 60+LRec	Tony Carr	11.36.26	6	9	10.40.43	45
M 40+MRc	Tim Dodd	12.12.00	1	5	11.38.20	87
M 50+LRec	Kenji Ogawa	12.28.44	6	8	11.43.49	89
BorB	Brendan Murnane	12.38.47				
M 60+LRec2	(R)John Greathead/ Tony Walker	12.58.54				
BorB	James Farrell	13.35.36				
BorB	John Thearle	14.41.20				
M 60+MRc	Chris Kent	14.27.28	1	3	13.04.45	123
M 50+C2	(R)Rob Cook/ (Chris Cunliffe-Jones)	14.32.29	1	1	13.49.44	134
BorB	Richard Barnes	15.56.49				
BorB	Michael Hollingworth	18.29.11				
M OUN1	Simon Mann	6.06.00			(withdrew at Wisemans)	
M 40+LRec2	Derek Simmonds Wade Rowston	6.20.00			(withdrew at Wisemans)	
M 40+MRc	Ian Thompson	7.07.00			(withdrew at Wisemans)	
BorB	John McNamara	7.16.00			(withdrew at Wisemans)	
M 60+MRc	Justin Paine	7.32.00			(withdrew at Wisemans)	
M 60+MRc	Bert Lloyd	7.44.00			(withdrew at Wisemans)	
M OUN2	Rob Vallis/ Michael Mueller	3.17.00			(withdrew at Dargle)	

(R) denotes class record

HAWKESBURY CLASSIC 2008

remarkable given that the number of first-timers, usually around 50:50, was 70%.

There were many great performances from Lane Cove paddlers, none better than Liz Winn who not only broke 11 hours in winning the ladies 50+ long rec in record time but also took out the prestigious first



Michael Hollingworth arrives at Brooklyn after an incredible 18½ hours of endurance: "I felt elated, exhausted and bewildered."

place on handicap – ie best overall result by any paddler.

It was a traumatic experience for Liz. After placing her first on handicap in the preliminary results put on the web, race organisers sent out the official Result Booklet dropping her to third. Later they changed their minds again and reinstated her to first place.

"It was the best three days of my life, then the worst three days," Liz admitted later.

Matt Blundell suffered in the opposite way. After he and double partner Paul Lancaster were originally placed 5th on handicap, they were listed as winners – by over 28 minutes – in the Result Booklet.. Then they were relegated to 6th and given a handicap time 1h 19m slower.

So please note that the handicap results in the Booklet are incorrect. The correct results are on the web at www.canoeclassic.asn.au.

Matt and Paul had the fastest time in the race, 8.20.07. Matt was a bit disappointed and said they were hoping to go faster, perhaps break 8h. Who else but Matt would be disappointed with an 8.20?

As well as Liz Winn, five Lane Crews established records:

- ❖ James Mumme was rewarded for all his hard training with a resounding victory in the 50+ long rec in 10.05.10, taking 3m 43s off Paul Bourne's 2007 record.

- ❖ The mixed 40+ K4 crew of Marg Cook, Merridy and Warren Huxley and newly acquired LCRK member Bernie Craggs established a record of 10.07.36.

- ❖ New member Val Titov, with Jo Dounias, broke her own record in the ladies open UN2, their time of 10.23.40 being 33 minutes faster than her mark with a different partner last year.

- ❖ John Greatehead and Tony Walker capped a fine year in the marathon series with by breaking their own record in the 60+ long rec 2, their time of 12.58.54 was 1.19.54 better than their 2005 mark.

- ❖ Rob Cook teamed with Chris Cunliffe-Jones to establish a record of 14.32.20 in the 50+ C2. These two were instrumental in creating the Hawkesbury Classic – Chris was the first race chairman and Rob the third.

Toby Hogbin did a fine 9.46.30 in winning the open medium rec, only to miss Jason Slade's record by 31 seconds. Other category winners were Tom Simmat (open UN in 9.42.28), Kyle Wilson (open long rec), Tim Dodd (40+ medium rec), Chris Kent (60+ medium rec), Steve Russell (open TK1),



The very existence of the Hawkesbury Classic stems from pioneers like Rob Cook and Chris Cunliffe-Jones, who established a class record in this C2

Frank McDonald (with Ian Cooper, 50+ UN2) and Andrew Charlton (with Mark Gillett, open long rec 2).

It was a dark, dark night and this caused widespread problems. Most of the field had navigation difficulties, some hit trees, lots reported fatigue from the strain of constantly trying to see where they were going. Don Rowston said: "We couldn't washride because we couldn't see the back of the boat in front of us."

Race President Kent Heazlett told the LCRK post-Classic BBQ it was so dark there could have been dire consequences had the weather turned foul, and future Classics will not be scheduled on moonless nights – "If I've got a breath in my body it won't happen again."

The Result Booklet marked significant milestones, including Marg Cook and Kenji Ogawa completing their 15th Classic, Tom Simmat and Bernie



Trust Richard Barnes to be different. He paddled this white water playboat, and took a little longer than usual.

Craggs completing their 10th, and Kyle Wilson and Val Titov completing their 5th.

Several LCRK regulars were unable to compete this year due to injuries but were there throughout the day and night helping out as volunteers, landcrew or at checkpoints. Among them were Tony Hystek, Jeremy Spear, Trevor Williamson, Phil Newman and Jason Cooper. Lane Cove provided the usual swag of volunteers, others including race controller Roger Deane, chief scrutineer Rob Grozier, Tom Simmat (before he got on his ski and raced), Matt Swann, Tim McNamara, Paul Myers and Joanne Mansell.

Because he couldn't race, Jason Cooper lent the Flash he had bought specially for the Classic to Tim Dodd, who kept true to form and fell out of it. Tim has now bought his own Flash so he can practise falling out for next year.

Tony Carr said the highlight of his race was seeing a cow give birth on the river bank near Cattai. Tony Walker gave an unhappy update to the tale: The calf was born dead and was still lodged in the cow's body. Two of his vet friends paddling past went to the cow's assistance, removing the calf, before continuing on in the race.

No race would be complete without a disaster. The same Tony Carr reported that he salivated for ages over a Mars bar, then as he pulled it out to pop into his mouth it slipped into the river.



Jon Harris and Don Rowston bright and cheerful at Brooklyn

The night the moon disappeared

Paddlers in the Hawkesbury Classic told of a night so dark it caused fatigue. For some it meant unnecessary meandering, even swimming. Compensating for this was the enthusiasm of landcrews and club supporters at the checkpoints. Many took advantage of the tempting scones and coffee at Low Tide Pit Stop (if you could make it through the "bottomless mud"). All had a tale to tell.

Richard Barnes (BorB, landcrew Eric, Barbara and Linden Barnes): "The Recky Jive white water playboat I used is similar to the one I've just been paddling in Nepal. I always wanted to see if it was possible to paddle in a race like this. It's different to a K1 where I am usually overtaking, this time everyone passed me. People are fixated on fast boats, we should be getting people in their backyard boats to do the race."



Matt Blundell/(with **Paul Lancaster**) (MO K2, landcrew Jay Wilson): "It was very dark, I don't see the logic in not having the race in a full moon. This was my first Classic in a double. The time of 8h 20m was okay but we weren't happy with it, we'd like to have done sub-8, maybe 7.55, but the incoming tide was too strong and there were head winds."



Tony Carr (M60+ LRec, landcrew Eloise Carr, Tom Baxter): "The first highlight of my race was when a cow gave birth on the river bank approaching Sackville. The second was watching Tim Hookins as he ploughed into a tree. I was washriding him and could feel the bottom with my paddle. I told him he was too close to the bank but he kept going. I had a plan for the race and kept to it. Optimistically I hoped for 11h 30m and did 11.36m, which was an hour better than last year."



Andrew Charlton/(with **Mark Gillett**) (MO LRec2, landcrew wives Julie and Anne): "We had a good run to Sackville with a group which included Dirk Langenfeld and Ernst Friedlaender in a 730 but the group broke up after that. We took a hammering into the tide. Then we were leapfrogging Dirk and Ernst down the last part and finished a couple of minutes behind them. The time we were officially given was wrong, it should be about 11h 15m, but it didn't make any difference to the result."

Marg Cook/Merridy Huxley/Warren Huxley, Bernie Craggs (Mx40+ K4, landcrew Graham Himelhoch, Ngaire and Steve Smith, John): "We had hoped to do under 9 hours but took over 10. Merridy's seat broke and kept sliding forward and back, which meant she had no leg drive and got leg cramps. We had 4 stops - at Sackville, Wisemans and 2 comfort stops. (Marg: 'The best thing that happened was Rob Vallis pulled out and his hands were available at Wisemans for a massage - I thought I'd gone to heaven.')



Rob Cook (with **Chris Cunliffe-Jones**) (M50+ C2, landcrew Jane and Simon Cunliffe-Jones): "Chris is the guy who started the Classic, he was the first race chairman and I was the third. At Portland we stopped for the ferry with a bunch of kayakers and I heard a voice cry out 'Look out, look out!' And it was Marg shouting from the front of the K4 which came



driving into us, fortunately they didn't hit anyone. We were a bit wobbly at Wisemans like everybody else but popped two Nurofen and were right to the finish."

Martin Deaves/(with **John Dower**): "We had a group of three doubles from Sydney Harbour Kayaks. Ours was a Vulcan we got from Matt Swann, the other two were Mirages but we lost them in the dark. The dark wasn't easy, we wandered around the river and at one stage I lost my bearings completely. We hit the sandbar after Milson Passage and had to push off with our hands. Our three boats finished within 32 minutes of each other. Between us we raised \$15,800 for the Arrow Foundation."

Tim Dodd (M40+ MRec, landcrew Jeff Dodd, Roz Jan): "I started fast and went well to Wisemans. My shoulder started to get sore and my other arm was also hurting. Between checkpoints J and K I went for a swim. I was just paddling along and suddenly I was in the water, out in the middle of the river in the dark. I was taken to shore by a double and it took me half an hour in the mud and mangroves to get going again."



James Farrell (BorB, landcrew Jason Cooper, Diane Cooper): "The highlight was the formula-one style pit stop Lane Cove had at Wisemans. It was amazing. At the toughest part of the race excited people pull you out of the boat, give you a complete service, oil and water changed - all very efficient. The last two years I helped out at Pit Stop so this year I thought I would call in there and get some service which I did - coffee and scones. A couple of young girls, about 15, were there and exhausted, but after Pit Stop treatment they were off again and finished the race."



Ernst Friedlaender/Dirk Langenfeld (M60+ LR2, landcrew Valerie, Jacqueline and Marc Langenfeld, Sue, Kim and Ruth Friedlaender, Chris Kightley): "It was a very aggressive start, lots of clashing of blades and taking water away. This went on for about an hour when we backed off, we were doing it for fun. We did a great time, were half an hour ahead of schedule at Wisemans but struggled over the last bit where we took a couple of wrong turns and hit a couple of sandbanks."



John Greathead/Tony Walker (M60+ LRec2, landcrew Sue and Garry Hill): "We maintained 10-11 km/h when we could, using the GPS. At Wisemans ramp we walked past what looked like a dead body, someone lying on the ground, but couldn't find our landcrew, then found them at the Lane Cove checkpoint where we had a good stop, a massage and a change of clothing. Before Pit Stop Tony got cramps and we got out at a beach. The tide was receding and a nearby SES boat was marooned by it, and so were we, we had to walk the boat out."



Toby Hogbin (MO MRec, landcrew Hannah Toormin): "This was my 2nd year and I paddled an Epic 18. I wanted to average 10½-11 km/h and was doing this up to Wisemans where I overshot the checkpoint, I didn't realise until I had got around the corner so I kept going. I had been planning to stop there for food and water, but I had enough by rationing them. Matt Blundell came by and I stayed with him for a couple of minutes which was a boost. I was 31 seconds off the record which was a bummer, I'll have to wait until next year."



Michael Hollingworth (BorB, landcrew Rick Alexander, Jeff Hollingworth): "I took two lots of good advice and they worked well. The first was not to go out hard at the beginning but to make my own pace. The second was to take some anti-inflammatories. At Dargle I saw some TAS boys having a hot shower and wondered about it. Then at Wisemans I had a hot shower myself and changed into dry clothes. I ran out of gas over the last 30km but just gritted my teeth and kept going into the tide."



Tim Hookins (M50+ UN1, landcrew Judy and Oli Hookins): "I went damned well until Dargle, way ahead of my time, but by the time I got to Wisemans I was red as a beetroot, I have the photos to prove it. I got the meanest massage you've ever seen from Martin, then went seriously off the rails, got disoriented, couldn't see where I was going. Overtaking Tony Carr, I finished among the bushes and nearly went for a swim. Then at Bar Point I hit a rock and did go for a swim."



Chris Kent (M60+ MRec, landcrew Jane Kent, Jenni McGregor): "My first stop was at Dargle where I had something to eat. Then quietly on to Wisemans, chatting to other paddlers, I saw lots of TAS boats. I was refreshed from a good stop at Wisemans and with the incentive not to paddle against the tide at the finish got past Milson Passage before the tide changed."



Bert Lloyd (M60+ MRec, landcrew Tim McNamara): "I started well, then my footrest gave way and I went ashore near Sackville to fix it. I was paddling fine but just got slower and slower. I had a temperature before the race and still had it at Wisemans. I felt unwell and pulled out."



Urs Mader (M50+ LRec, landcrew Arni Mader): "I had a good race but it was different to others in that I didn't cool down, I was overdressed for the occasion. One of my drink hoses came loose and ran dry, I didn't realise until I was past Wisemans. I was lucky, a boy and a girl in a double gave me an 850ml bottle of water and that lasted. I was happy with my time given my interrupted training due to moving to Queensland. On my way back there I dropped in to Ron Elliott to return the Renegade he lent me and bought a Vortex 5.9m double which Arni and I will paddle in next year's Hawkesbury."



Simon Mann (MO UN1, landcrew Mandy Hickmott): "I was going all right, 10 minutes ahead at Dargle and not pushing. Just after Dargle the left side of my bum became incredibly sore, I had injured it at the Woronora race and carried it into the Classic. I got out at checkpoint G and did some stretching but it was no good, so I went on to Wisemans to pull out. My physio called it a torn gluteus maximus, Rob called it a busted arse."



Frank McDonald (with **Ian Cooper**) (M50+ UN2, landcrew Marg McDonald, Chris Cooper, Ivan): "Someone carried me

out the boat at Wisemans, no way I was going to go on. But I couldn't let Ian down for a second time, so after a great massage from Tim McNamara we set out again very slowly. We caught up with some K1 and K2 girls and went with them, then did the ungentlemanly thing and burned them off at the finish. We ran into a mooring rope off one checkpoint boat and spent 3 minutes untangling ourselves."



John McNamara (BorB, landcrew wife Rhonda): "I was going fine, smoking along and doing it easy, until 7km from Wisemans when my right elbow seized up. I had a new paddle, to replace the one I lost, and the blade offset is slightly different which means using different muscles. I like the paddle but I just haven't done enough miles with it. I also got blisters for the first time. When my elbow cooled down at Wisemans it was sore and I decided discretion was the better part of ... It makes me more determined to do it next year."



James Mumme (M60+ LRec, landcrew Alison Mumme, Adam): "I was worried and apprehensive about the dark. I caught up with Urs Mader, who had a GPS, after Cattai and trailed him to Dargle where I stopped briefly. I caught Urs again after Portland and stayed with him to Wisemans where I stopped for 2 minutes but stayed in the boat. After that I followed various paddlers, including Paul Bourne, and had a good washride off a Vulcan."



Brendan Murnane (BorB, landcrew parents Trish and Kieran): "I had a sore shoulder the week before the race but saw a physio and it turned out okay. I was holding back all the way but there were no big dramas except when I almost hit a tree just past Dargle, I had to brush the branches away from my face. I've been wanting to do the Classic since I was 15, so it's been 9 years in the making."



Kenji Ogawa (M50+ LRec, landcrew Gilda Ogawa) "I was worried about my energy after my big operation last year, so I calculated 10km going quietly to warm up, then start cruising. It was my most enjoyable race out of 15 Classics and I was 20 minutes faster than 2 years ago. I stopped at Wisemans to put more foam on my seat and went into Pit Stop for a coffee - there was deep mud but the service was good."



Justin Paine (M60+ MRec, landcrew Mark and Rhiannon Sier): "I felt good early, then my back got very sore and I had to lean back against the cockpit to support it. My right hand went numb and I had to do a Tony Hystek and paddle with my thumb over the shaft. I was still up with my race plan but wasn't feeling well by the time I got to Wisemans, so decided to be sensible for once and checked out of the race."



Don Rowston/Jon Harris (M50+ LRec2, landcrew Louise Rowston, Leon Baker, Murray): "We had expectations of doing 12 hours and did 11.08, so we were pretty happy with that. It was so dark we couldn't define the river bank and we hit a mangrove before Pit Stop, we nearly went in and had to back out. The tide changed at checkpoint M and after that was ripping along."



Steve Russell (MO TK1, landcrew Steve Paget): "I started fantastically and had a race with Gareth from Windsor in a DRR to near Dargle. Then things turned pearshaped due to back soreness. Tim McNamara gave me a back massage at Wisemans and I was able to power on after that. Every now and again I



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Lane Cove River Kayakers at the Hawkesbury C



Canoe Classic. Windsor, November 1 2008

Move over Kings Cross – Wisemans is here!

by Tim McNamara



LCRK's checkpoint base at Wisemans beach for the Classic was a hive of activity this year, showing a completely new face, with more than the usual number of walking wounded paddlers joining the hardcore family stalwarts.

The normally sedate atmosphere was shattered by exuberant shouting and even some good natured verbal bullying, led by Rob Vallis, Roger Aspinall and Michael Mueller, to discourage malingers.

Formula 1 pit-stop action, organised by Jeremy Spear and Matt Swann, efficiently refuelled the speedsters, hoisted paddlers from their craft, and guided the wobbly legged up the bank and into the bright lights of "Magoo's Delights Café" and to the waiting R&D landcrews.

With so many idle hands, it was inevitable that an excess



of massaging should occur, the scene soon resembling a King Cross parlour. Supremo masseur Martin Dearnley pummeled Tim Hookins on the beach and moments later nearly ripped pieces out of Warren Huxley – both recipients very grateful if somewhat amused. Chemical pain relief this year was to the fore, with numerous Nurofen testimonials, in-

Martin Dearnley tries to bring Tim Hookins back to life while Tim McNamara watches and learns



Magoo (aka Andrew Mackay) serves it up to the ladies – and Judy Hookins and Alanna Ewing take him up on his offer



Landcrew search the dark river for their competitors

cluding one promoting Nurofen as the new performance-enhancing drug.

Most of the pain was self-inflicted, of course, but veterans Rob Cook and Chris Cunliffe-Jones breezed into Wisemans in their family-size C2 Lyrebird (6m long) both feeling great. They savoured the night, no doubt reflecting on how much the Classic still holds its magic some 31 years after their instrumental part in its creation. Prior to 1977 Chris led prisoner-release program paddles from Windsor to Milsons



Landcrew in late night action

Island, which led to Outward Bound and the Classic. The character-testing qualities have endured.

This year the activities of the paddlers and the antics of the walking wounded hogged the limelight, while landcrews went about their tasks without making a fuss.

The weather was kind to the landcrews but some things about the Classic will always be uncomfortable, including driving between checkpoints in the dark.

LCRK's Wisemans base set-up worked brilliantly (but, some think, too comfortably) bringing everybody together, landcrews helping paddlers and in the process benefiting cancer sufferers – a win for all.

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gave it a stretch. I had a great time.”

Tom Simmat (M50+ UN1, landcrew Daen Simmat): “A week before I used the ski in a surf race and I didn’t have the boat set up for the Classic – no padded seat. It was a competition between my pelvic bone and bum which would get through the bottom of the seat first. I have poor night vision and when I knocked the light off the GPS I was paddling blind. I use the GPS for speed and had no idea how I was going. Coming into Spencer I was about 4 checkpoints ahead of myself.”



Derek Simmonds/Wade Rowston (M40+ LRec2, landcrew Paul Myers, Carly Rowston): “We had a great start, nice and steady washriding with 4 other Mirages. We had a good stop at Dargle and cruised along nicely to Wisemans. As Wade stepped out of the boat there he felt lightheaded and nauseous. He took an hour to try and recover but couldn’t, so we pulled out with great disappointment. Later he vomited from car sickness on the way home.”



John Thearle (BorB, landcrew Anne Thearle): “I overheated, the only time I was dressed appropriately was between Dargle and Wisemans, the rest of the time I cooked. I stopped at Sackville and took off my neoprene skirt, it was driving me crazy. When I finished I had a heat rash all over me. I hit about 4 overhanging branches but didn’t go for a swim, I couldn’t see them until I hit them.”



Ian Thompson (M40+ MRec, landcrew wife Judy, Kevin Barrow, Ben McLachlin): “This was my first Classic. I was on schedule for the first 2 to 3 hours when 2 things got me. The first was I didn’t anticipate how tough it would be paddling into the tide for 5 hours. The other was I didn’t realise how dark it would be, I couldn’t see my GPS. I got very wet and cold on my Ocean Sprinter and decided to pull out at Wisemans.”

Val Titov/(with Jo Dounias) (LO UN2, landcrew Judy McCoy, Dave Edelmann): “We had a good race until somewhere past Spencer, maybe it was Berowra Waters, when we went the wrong way and got lost. Then coming back we found the checkpoint boat but came in at the wrong angle and hit their mooring rope. I managed to grab hold of the rope and hang on but Jo fell off the back. We were worried about the speakers from our Ipod mounted on our double Red 7 ski but fortunately the boat stayed upright.”



Rob Vallis/Michael Mueller (MO UN2, landcrew Roger Aspinall, Julie Stanton): “We had a race plan for a certain

speed but by the end of the first straight out of Windsor we couldn’t get to that speed. We found ourselves struggling to stay with boats we had been beating all year. Michael had picked up a bug during the week and by Sackville was really quite ill. We decided to back off and pulled out at Dargle.”



Wayne Wanders (M40+ LRec, landcrew wife Diana, children Emma and Ben): “The start was a bit rough, I tried to washride James Mumme but a Mirage nearly pushed me in. I was 25 minutes up at Wisemans but the back end of the race was slower than I anticipated. It was dark and I tried going near the bank to get away from the tide but after nearly being decapitated by a dead tree I went back out in the middle. I beat the other 4 Time Travellers in the race, there was only 20 minutes between us.”



Kyle Wilson (MO LRec, landcrew Mea and John Wilson) “I had a blast. There was a great fishing spot between Wisemans and Spencer, there were just so many fish jumping, one hit my boat with a real whack. In the phosphorescence of the water I saw something about a metre across, it had to be a stingray, it just went whoosh! The last 13km from Spencer were tough against the wind and waves.”



Liz Winn (L50+ LRec, landcrew Katrina Harding, Tony Winn): “I found it difficult from Wisemans onward. Overheating and concentrating in the darkness led to fatigue. I had a GPS and watched it all the way – follow the red line – and looked for washrides. From Milson Passage I hammered it, my average heart rate for the whole race was 162 which is 85% of my maximum.”



Chris Kent wins the 60+ medium rec class



These two paddled all the way to Brooklyn — in 17+ hours



Wayne Wanders at Wisemans



Tim Hookins has a rest



Tom Simmat and Frank McDonald at Brooklyn

LCRK prize winners at Wagga

Lane Cove won several of the major awards at the end-of-season presentation which followed the 2008 Marathon 10 series race at Wagga on Nov 15.

Michael Mueller and Rob Vallis made up for the disappointing Hawkesbury Classic by being clear winners in division 2, and Tim Hookins won division 4. In the popular division 6 Bert Lloyd, one of the few to compete in all 10 races, took 2nd place, one point ahead of the Jon Harris/Don Rowston double in 3rd. Matt Blundell was 2nd in division 1.

Another of our division 6 double combinations, John Greathead and Tony Walker, won the veterans 65 award. Tom Simmat was adjudged most improved paddler in division 3 – two years ago he won the same award in division 4.

In the contest for best club, Lane Cove was 2nd to Windsor, with Manly Warringah 3rd.

Tim Hookins was disappointed at missing out on his presentation – he was in hospital. At the preceding dinner a piece of food lodged in his throat (“I

knew I should have had the fish instead of steak”) and surgeons told him they would have to operate next morning to remove it. However, he had a drink of water when he woke in the morning and – gulp! The obstruction was gone!

In the final race of the series, Michael and Rob came in 2nd in division 2, while Jon and Don completed a consistent year with a 2nd in division 6.

Steve Russell had to go ashore for repairs after bending the rudder of his K1 on a submerged something but still managed a 7th in division 6.

Woronora

It seems a long time ago that a good-sized LCRK contingent competed in the Woronora marathon race. Shallow areas exposed by an outgoing tide left only a narrow channel at times.

A first for the marathon series was a portage for divisions 1 and 2 but unfortunately it was away from the start area and spectators.

Kobi Simmat paddled his skis to a good win in division 4.

Steve Paget, in his newly acquired Quantum K1,



Liz Winn catches a washride from Brendan Murnane at Woronora



Jason Cooper shows off his sweep paddle. With him are Simon Mann (who always seems to be around when photos are being taken), John Greathead and Tony Walker.



It's always good to get some nourishment back into the system after a hard race. Jon Harris can do without, but John Greathead (love the rakish angle of the hat, John), Wade Rowston and Don Rowston get stuck in.

M10 Race 9 Woronora

Competitor	Div	Time	Plc
James Mumme/ Craig Elliott	2	1.42.56	4
Tim McNamara/ Derek Simmonds	3	1.45.42	7
Tom Simmat	3	1.48.27	9
Kobi Simmat	4	1.43.08	1
Tim Hookins	4	1.47.08	6
Simon Mann	4	1.48.19	7
Steve Paget	4	DNF	
Evan Oppen	5	1.51.35	3
John Greathead/ Tony Walker	6	1.55.46	4
Jon Harris/ Don Rowston	6	1.56.18	5
Wade Rowston	6	1.59.54	11
Frank McDonald	6	2.02.53	15
Bert Lloyd	6	2.04.44	16
Brendan Murnane	6	2.05.02	17
Liz Winn	6	2.05.04	18
Greg Appleyard/ Trevor Williamson	6	2.11.35	24
Justin Paine	6	2.15.35	26
David Hammond	8	1.36.49	3
Jason Cooper	9	55.26	2

Divs 1-6 = 20k, 8 = 15k, 9 = 10k

M10 Race 10 Wagga

Competitor	Div	Time	Plc
Michael Mueller/ Rob Vallis	2	1.40.31	2
James Mumme/ Julie Stanton	2	1.44.43	4
Tom Simmat	3	1.49.35	5
Tim Hookins	4	1.54.44	3
Jon Harris/ Don Rowston	6	2.00.52	2
Steve Paget/ Michael Murphy	6	2.01.05	4
Steve Russell	6	2.07.15	7
Bert Lloyd	6	2.09.14	9
Liz Winn	6	2.10.13	10

distinguished himself with four swims, the first on the start line, before an early retirement.

The most pleased person at the end of the day was Jason Cooper who won a paddle in a sweep.

Myall Magic by Derek Simmonds



Holding the Myall Classic three weeks later this year chased away the bad weather jinx. Sunshine, mild temperature, a gentle breeze and flat water made for a memorable paddle, resulting in some record times and lots of PBs. Around 80 boats, including a mixed K4, competed over 47km, 24km and 12km distances. A small pod of river dolphins did a ceremonial swim-past before the start.

The first 500m of the 47km race was especially furious, with the usual suspects jousting for position and the rest of the field struggling for rides in the peloton. A strong run-out tide as the full lake system emptied into Lake Stephens meant hard work on the first leg upstream from Tea Gardens. After the turn, tired paddlers were rewarded with a push back downstream to the finish.

As the water level dropped, the ever-narrowing channel required canny navigation to avoid the shallows and sandbanks lurking everywhere. Weed provided an additional challenge, with paddlers needing quick reactions to steer around floating clumps not always visible until you were almost on top of them. A number of paddlers were unlucky enough not to realise until the finish that a trail of weed on their rudder was the source of their boats' in-creasing sluggishness. Others were lucky enough to have weed removed by their competitors.

Abundant bird life added to the magic. Tired paddlers had their spirits lifted by some sea eagles soaring above the river and swooping in search of fish, or were they fabled nesting hawks? Black swans gently slid out of the race line in formation or, honking, ran across the surface as they took off in alarm. A few trailed families of fluffy blonde swanlings, or are they called cygnets?



As usual, pelicans provided comic relief. Here and there fish surfaced singly or in little schools dashing away from the kayaks.

There were the usual tales, and good and bad luck stories. Before the race Rob Vallis proudly displayed the thumb-grip callus he had grown as sure proof that he had been

Left: The mixed K4 crew. Below: Off to the start.

Left: The mixed K4 crew. Below: Off to the start.



doing the kilometres, as if anybody would doubt him. Tony Hystek had sustained a serious injury through numerous sorties on the water. His strapped-up wrist was threatening some shore leave and withdrawal from the other Classic.

Wayne Wanders had braved the school formal after-party taxiing in a fatherly manner until 2am before heading off to Tea Gardens. Returning home after the race, his loving wife phoned to wake him from a little nap on the side of the road. For the first time in yonks, Roger Aspinall was released from the official duties he performs with such dedication and patience at seemingly all marathons to join the punters on the water.

For Urs Mader, this Myall was his swansong before moving to the Gold Coast. But he planned to be back for the Hawkesbury.

An unidentified paddler was overheard telling how he discovered that blades sink when they fall off the paddle and how he cracked the mystery of the C1 stroke just before the finish. One TK1 paddler clocked in an excellent time by leaching on to the stern of a Mirage ocean liner.

All agreed the Myall Classic is a great moment-of-truth for intending contenders in that other Classic.

Congratulations to the organisers, Just Paddlers, for a magic Myall Classic which raised over \$5000 for the Cure for Life Foundation. The only disappointment was the absence of the usual recovery greasy sausage sandwich we have all been conditioned to salivate for as we approach the finish.

Ah yes, the serious racing stuff. In the 47km race, the first three in beat the record of 4h 1m. They were Matt Blundell 3.53.44 1st, Rob Vallis/Michael Mueller 3.53.49 2nd, Bruce Goodall/Steve Steward 3.58.27 3rd.

Myall Classic results 47km

Competitor	Time	Plc
Matt Blundell	3.53.44	1
Rob Vallis/ Michael Mueller	3.53.49	2
Bruce Goodall/ Steve Steward	3.58.27	3
Merridy & Warren Huxley/Marg Cook/ Bernie Craggs	4.06.06	5
Toby Hogbin	4.20.45	6
Frank McDonald/ Ian Cooper	4.22.04	7
Tom Simmat	4.23.00	9
Derek Simmonds/ Wade Rowston	4.37.44	11
James Mumme	4.37.50	12
Steve Russell	4.38.29	13
Urs Mader	4.48.01	17
Don Rowston/ Jon Harris	4.49.24	18
Tim Hookins	4.49.24	18
Wayne Wanders	5.00.08	25
Liz Winn	5.01.56	26
Ernst Friedlaender/ Dirk Langenfeld	5.05.39	27
Bert Lloyd	5.15.04	32
Trevor Williamson	5.26.57	34
Tony Hystek	dnf	
Roger Aspinall	dnf	
24km		
Julie Stanton	2.38.39	1
12km		
Kobi Simmat/ Fiona Hume	1.17.37	3



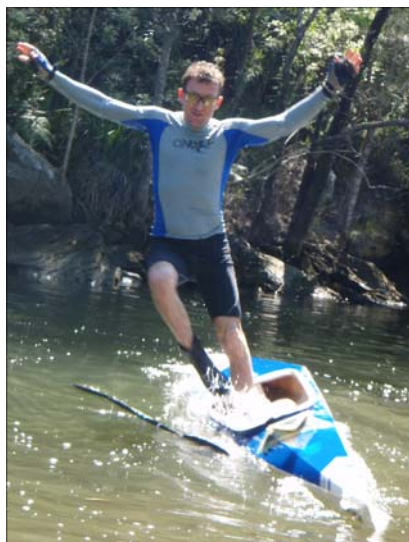
Top: Finishing C1 style. Bottom: Relax ... the mystery woman giving Frank McDonald relief is wife Marg.

A recreational paddle for revheads by Tony Carr



To heck with the lawns and the Christmas shopping! On Sunday Dec 14 we're off with Mark Sier to *Surf the Tide* ... powering down the mighty Hawkesbury from Spencer to Brooklyn on a massive 2m outgoing tide. *Wheeeeeee!*

This giant tide only happens once a year and rarely in the middle of the day at the weekend. So be in it. We'll meet at the car park beside the bridge over the Hawkesbury where the Classic finishes, load our boats on to a trailer provided by Mark and head for Spencer (no car shuffle necessary).



Steve Russell does his usual rec paddle "thing" at Berowra

We'll hit the water at 11am and after the ultimate rush, exit stage left for a bite to eat at a nearby club.

For those looking for something more sedate, register for Christine Heywood's Partners Practice Session, Lake Narrabeen 9.30am same day. Who said we don't cater for all members of the family?

These will be our final recreational paddle for 2008. Next year's program will commence on Saturday Feb 14 with Jeff Cottrell from Rivers Canoe Club hosting a spectacular day on the Colo River.

There will be another Partners Practice Session on Feb 15. Please email tonycarr@ozemail.com.au to register for these paddles.

Brilliant Berowra Waters

Who in their right mind would dismantle stone-by-stone, a hotel in Sans Souci and transport it by steamer to Calabash Bay on Berowra Waters, and then re-erect it on top of a steep cliff in the middle of nowhere? John Fretus, a champion axeman in the 1890s, believed the government when they said they were going to put a road through (does this have a familiar ring?).

On our October 13 recreational paddle, there it was in all its sad, abandoned glory. Definitely no Tooheys on tap.

Glorious weather, some lovely pull-in points and a full-on mid-stream assisted rescue (no name, no pack drill) made it a day to savour.



Who's for the Murray?

Lane Cove River Kayakers will be well represented at the final Red Cross Murray Marathon, to be held Dec 27-31. Expected starters include:

The intrepid K4 crew of **Merridy and Warren Huxley, Marg Cook and Bernie Craggs**

Rob Vallis in a Sonic

Tom Simmat On a Mako ski - will he make it 4 handicap wins from 4 starts?

Liz Winn, fresh from her handicap victory in the Hawkesbury Classic, in a Flyer

James Mumme in a Renegade

Steve Russell in a TK1

Richard Barnes in his usual K1

Bert Lloyd, Trevor Williamson and Kenji Ogawa combining as a relay crew on a craft yet to be decided, possibly Kenji's Flyer

New member **Ian Thompson** on an Ocean Sprinter

Tony Hystek - a definite maybe, after missing the Hawkesbury do to wrist problems he is desperate for a big race.

LCRK Committee

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President: Rob Vallis

Vice-President, Membership Secretary: Matt Swann

Secretary: Ian Wilson

Treasurer: Simon Mann

Marathon/BBQ: Ian Hofstetter

Wednesday night convenors: Steve Russell, Steve Paget

Waterways: Jeremy Spear

Clothing: Tim Simmat

Website: Tim Dodd

Kayak Kapers Editor: Justin Paine
 9858-3323

Committee members: Liz Winn, Graeme Jeffries

Christmas BBQ

A special fun event is being arranged in connection with this year's Christmas BBQ, to be held on Wednesday, December 17. More details later. And remember to get into the spirit of the occasion and come suitably dressed in Santa-type outfits!

