



KAYAK KAPERS

June 2008

Appreciating our lovely waterways

by Tony Carr



That burst of heavy rain which came down the coast in early June forced us to postpone our first interclub recreational paddle. We had a good party ready to go with a group from Windsor Club on June 7 to the upper Nepean, from Douglas Park to the Menangle bridge.

But Paul Bourne, from Windsor, who was going to lead the outing, said an increased river flow could lead to dangerous conditions for kayakers in narrow parts of the river. And he had to make an unexpected interstate trip and was unavailable.

So now we're rescheduling the trip for Sunday September 21. It will be through gorge country - steep sided banks with lush bushland and unique wild life. Sea eagles, water dragons and maybe a platypus or two. Also a great opportunity to get to know some of the Windsor people - and compare equipment.

Recreational paddling has proven

to be very popular since my proposal to run regular trips was accepted by the club executive last year. Six trips have been held. The series was launched in September with a day on the Central Coast, followed in early November with a jaunt along the Georges River. In December I subjected everyone

to a "total body workout" in the Royal National Park - a day of kayaking followed by a bushwalk.

Those who were still talking to me after that signed up for Woronora Wonderland, hosted by Trish Hamilton. This attracted the biggest group of all the paddles, probably because Trish also barbecued lunch for us! Tom Simmat guided our group through Middle Harbour and then Ian Wilson provided a fun day on Cowan Creek.

An important component of the mix has been Partners Practice Sessions - training sessions for partners conducted by professional kayaking instructor Christine Heywood on Lake Narrabeen. Two hours focussing on stroke technique, posture, steering and getting in



and out of the boat has raised confidence levels and encouraged more wives, husbands and friends to take part. The next Partners Practice Session will be held on Sunday July 13 at 9.30am and spots are available. Register with me.

I reckon the objectives I set in my original proposal to the club have been met - we are appreciating the many beautiful waterways that exist around Sydney and having fun getting to know each other better. Recreational paddles add an extra dimension to club membership without detracting in any way from the club's race focus.

I am busy putting together a spring/summer program and I am very open to suggestions. If you have a favourite spot you'd like to take us to, give me a bell on 0417-502-056 or email me at tonycarr@ozemail.com.au.



Fast Classic times await

Tides for this year's Hawkesbury Classic will be about as good as it gets, with a 5.49am Sunday low tide at Brooklyn offering a fast run-out finish for most. The prospect of a fast time should be enough to lure any paddlers with ambitions of posting a fast time or a PB.

For most the Classic will start with an encouraging ebbing tide to past Sackville and maybe even Dargle, then a slog into the tide almost to Pitstop, and finally more tidal assistance to Brooklyn.

Allowing for tidal influence and one 20-minute stop, a typical competitor starting at 5pm and finishing at 5am could expect to do the first 3h 40m (39km) with the tide, the next 5h (40km) plus a stop at Wisemans against the tide, and finish with 3h (32km) with the tide.

The moon will be full while it lasts, which won't be long - moonset is at 10.38pm.

Roger Deane advises that checkpoints B (a vessel) and C (a minor land checkpoint) have both been moved 2km upstream from last year's positions. Distances are now A-B 5.5km, B-C 6.3km, C-D 7km. New GPS coordinates are B S33° 31.16' and E150° 54.83'; C S33° 30.25' and E150° 55.7'. Get race details from a new Classic website operational soon at www.canoeclassic.asn.au.

The big race is only 4½ months away and your planning should be starting about now.

Lane Cove has been champion club for the last five years and the Commonwealth Bank Cup is a trophy

we want to hang on to. But it's going to take a very determined and organised effort if we are to be successful.

Already some of our best from last year are training solidly for the November 1-2 race. If we are to be champions again in 2008 we will need our top paddlers competing - not watching from the sidelines. It's these people who have the ability to record fast times and earn extra bonus points. A surge of club spirit may persuade some of the waverers.

That said, we should not forget the contribution from those who enter the race not to win but to experience the thrill and satisfaction of competing and finishing. If only those who thought they could win and set records entered, it would be a pretty small field and not much of an event.

As usual, we will have a number of people challenging themselves and racing in their first Classic.

Over the next 4 months Lane Cove will hold training seminars in conjunction with our monthly BBQs, based on last year's successful format. They will be aimed at these newcomers but also be useful for the more experienced. Subjects will include strategy, training, race preparation and racing. A comprehensive 18-page Classic training guide produced from last year's series will be available on CD at the seminars.

The Classic familiarisation paddles organised by Windsor club will provide valuable training outings and will once again be supported by a throng of Lane Cove members. They offer the opportunity to experience the course at

LCRK Training Seminars

The Lane Cove River Kayakers Hawkesbury Classic Training Seminar series will again be held in 2008 on nights which coincide with monthly club barbecues. The program is:

| | |
|--------|----------------------------|
| July 9 | Strategy/planning/training |
| Aug 13 | Race clothing |
| Sep 10 | Race nutrition |
| | Survival for newcomers |
| Oct 8 | Racing the Classic |
| | Race psychology |

While the series is specially aimed at paddlers doing the Classic for the first time it also offers useful tips and advice for paddlers of all levels. The speakers are seasoned Classic campaigners. The seminars are free and visitors are welcome.

Blue Earth seminars

Blue Earth is holding two Hawkesbury Classic training seminars at 48A Formosa Street, Drummoyne, both on Sundays at 2pm. They are:

| | |
|---------|--------------|
| July 13 | New paddlers |
| Oct 12 | Landcrews |

The seminars are free. For more details phone Blue Earth on 9181-5200.

first hand while at the same time getting in some valuable training. If you are doing the Classic for the first time, they are a must. They will be held on the following dates, all Saturdays (register with Lyle Meade on 0403-932-348):

July 19 Brooklyn-Spencer-Brooklyn, 9am start.

Aug 9 Windsor-Sackville, 8.30am start

Aug 30 Wisemans-Spencer, 10am start

Oct 4 Sackville-Wisemans 9am start

Oct 25 Windsor-Sackville, 4.30pm start (night paddle).

It's important that everyone in the club actively support and participate in the Classic. If you aren't competing, there are other roles you can fill. Officials are needed on race day and a new land checkpoint crew is needed for Spencer. If you're interested, talk to any of the club officials.

Some of our club competitors are likely to need landcrews and will be grateful for any volunteers. Apart from helping out a fellow club member, this offers a great opportunity for anyone contemplating racing the Classic in future years to gain first hand knowledge about what to expect.

Last year Tony Hystek organised a special landing spot for all Lane Cove paddlers at the Wisemans checkpoint, and this enabled the various landcrews to congregate and share each other's company during the hours of waiting. It also meant plenty of hands on deck to help paddlers as they arrived.

It is likely the experiment will be repeated this year and perhaps extended to Sackville and Dargle.

Training camp for Classic by Rob Vallis

Want to have a strong race in the Classic? Got nothing special planned for the October long weekend (Oct 4-6)?

I am organising a camping weekend, based at Wisemans Ferry, with some serious paddling on all three days which will total up to doing the Classic twice. All standards of paddlers are welcome for what will be fantastic endurance training.

Saturday will be a paddle from Windsor to Wisemans (about 60km), Sunday we'll do Wisemans to Brooklyn and back (about 80km) and Monday we'll paddle from Wisemans back to Windsor. That's a long paddle followed by a long paddle followed by a long paddle - a great way to test your boat and your body, and the perfect culmination to your preparation.

If that's a bit much for you, do a bit less, for example Sackville-Wisemans (30km), Wisemans-Spencer-Wisemans (60km) and Wisemans-Sackville. And if you don't want to do the three days, we welcome day trippers.

With different standards of paddlers there's no way we'll all stick together but it would be good if you could organise someone near your speed to paddle with.

We'll stay at Del Rio caravan park and I'm looking forward to some fun around a campfire in the evenings. So far we have about 6 going and I'm hoping for a lot more. If you're interested or would like to know more, contact me (0428-526-018, rob.vallis@goldmanfielder.com.au) ASAP so we can arrange camping/other accommodation.



Marathon series: serial offenders

The Cooks River, adjoining Sydney airport, provided an interesting new venue for race 4 of the Marathon 10 series on May 31. The course was four testing 5km laps – great for spectators and supposedly the way of the future for marathon racing (we're talking now about world and national championships and hopefully the Olympics where you actually do get spectators).

Unfortunately the low tide exposed some underwater obstacles and there were quite a few casualties, including Ian Hofstetter (deep scratch on his K1) and Steve Paget (rudder driven through the hull of his K1). Hopefully next year

they'll schedule the race for a high-tide day.

Simon Mann excelled with a win in division 5, following his 3rd in Berry, but the rest of the Lane Cove contingent struggled.

Results were much better in the previous race at Berry, where Matt Blundell wore down the leading group in division 1, then crossed the line first in a sprint finish.

Lane Cove had the trifecta in division 6 where the Rowston combination of Don and Wade edged out a reborn Jason Cooper (see report page 4), with Steve Russell close in 3rd.

A fascinating tussle has emerged in division 2. At Berry, Michael Mueller and Rob Vallis came in 2nd with a 2.02 advantage over Craig Elliott and James Mumme, who were 4th. But at Cooks River, the result was reversed, with Craig and James (6th) holding on to cross the finishing line 12 seconds ahead of Michael and Rob (7th).

If you think the last chapter of this compelling serial hasn't been written yet, you might be right.



LCRK at Berry: Jeremy Spear, Matt Swann, Tim Hookins, Bert Lloyd and (in front) Tom Simmat



Raring to go at Cooks River. Rear: Roger Aspinall, Simon Mann, Jason Cooper, Steve Paget, James Mumme, Michael Mueller, Ian Wilson, Derek Simmonds. Front: Craig Elliott, Rob Vallis, Tim McNamara.

M10 Race 3 Berry

| Competitor | Div | Time | Plc |
|-----------------------------------|-----|---------|-----|
| Matt Blundell | 1 | 1.28.53 | 1 |
| Michael Mueller/ Rob Vallis | 2 | 1.33.50 | 2 |
| Craig Elliott/ James Mumme | 2 | 1.35.52 | 4 |
| Ian Hofstetter | 2 | 1.37.58 | 5 |
| Bruce Goodall/ Christine Lalor | 2 | 1.39.42 | 9 |
| Richard Barnes | 2 | 1.46.43 | 13 |
| Tom Simmat | 3 | 1.44.45 | 8 |
| David Edelman | 3 | 1.45.19 | 9 |
| Thomas Reif | 3 | 1.47.39 | 12 |
| Tim McNamara/ Derek Simmonds | 4 | 1.44.37 | 7 |
| Jeremy Spear/ Matt Swann | 4 | 1.44.43 | 8 |
| Tim Hookins | 4 | 1.46.50 | 11 |
| Len Hedges | 4 | 1.47.13 | 13 |
| Steve Paget | 4 | 1.47.57 | 14 |
| Darren Keen | 5 | 1.50.59 | 2 |
| Simon Mann | 5 | 1.51.03 | 3 |
| Evan Oppen | 5 | 1.51.46 | 9 |
| Andrew Charlton/ Mark Gillett | 5 | 1.54.42 | 15 |
| Don Rowston/ Wade Rowston | 6 | 1.51.37 | 1 |
| Jason Cooper | 6 | 1.51.39 | 2 |
| Steve Russell | 6 | 1.51.57 | 3 |
| Ian Wilson | 6 | 1.57.23 | 9 |
| Wayne Wanders | 6 | 1.59.38 | 15 |
| Bert Lloyd | 6 | 2.03.43 | 17 |
| Justin Paine | 6 | 2.09.41 | 22 |
| Andrew Whitehead | 8 | 1.48.01 | 17 |
| Joanne Mansell | 8 | 1.48.07 | 18 |
| Rowena Frith | 8 | 1.55.06 | 19 |

Divs 1-6 = 20k, Div 8 = 15k

M10 Race 4 Cooks River

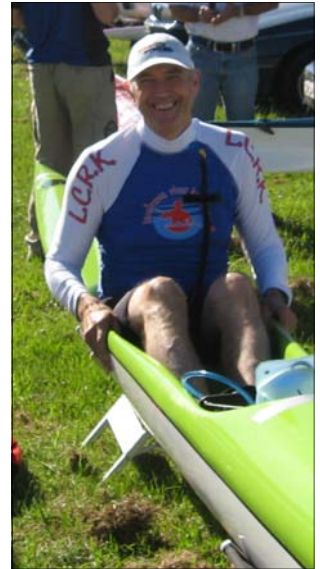
| Competitor | Div | Time | Plc |
|----------------------------------|-----|---------|-----|
| Craig Elliott/ James Mumme | 2 | 1.40.34 | 6 |
| Michael Mueller/ Rob Vallis | 2 | 1.40.46 | 7 |
| Tony Hystek | 2 | 1.42.06 | 9 |
| Ian Hofstetter | 2 | 1.44.24 | 11 |
| Peter Giesbuhl | 2 | 1.45.04 | 12 |
| Tom Simmat | 3 | 1.48.53 | 8 |
| Tim McNamara/ Derek Simmonds | 4 | 1.49.18 | 6 |
| Jeremy Spear/ Matt Swann | 4 | 1.49.57 | 8 |
| Tim Hookins | 4 | 1.51.58 | 10 |
| Len Hedges | 4 | 1.54.37 | 15 |
| Roger Aspinall | 4 | DNF | |
| Steve Paget | 4 | DNF | |
| Simon Mann | 5 | 1.53.44 | 1 |
| Jason Cooper | 5 | 1.54.53 | 4 |
| Evan Oppen | 5 | 1.55.52 | 7 |
| Andrew Charlton/ Mark Gillett | 5 | 1.59.53 | 17 |
| Richard Barnes/ Jo Holman | 5 | 2.07.28 | 20 |
| Tommy Nolan | 5 | 2.08.40 | 21 |
| Jon Harris/ Don Rowston | 6 | 1.58.45 | 4 |
| Wayne Wanders | 6 | 2.01.45 | 11 |
| Wade Rowston | 6 | 2.05.14 | 17 |
| Bert Lloyd | 6 | 2.08.23 | 18 |
| Ian Wilson | 6 | 2.17.40 | 25 |
| Justin Paine | 6 | 2.19.03 | 26 |



Derek Simmonds and new member Brian Angwin won the coveted (is that the right word?) pink tu-tu's by finishing last in the doubles night time trial on April 9. Their excuse was that Brian suffered cramps in an unfamiliar seat in Derek's TK2 and they had to make an extended stop at Wirong Flat for him to stretch out. Well, that's *their* story ... Anyhow, having to strut the stage in their gaudy outfits didn't seem to hamper their appetites and they were quick to get stuck into the tucker.



Above: In the search for speed, Jason Cooper sold his pale blue Mirage 530 and bought this Think Evo ski. The improvement was immediate – a PB by 5 minutes in his first Wednesday night outing. Then in the marathon race at Berry he went from middle of the pack in division 6 to a very close 2nd place. On to the Cooks River marathon and 4th in div 5. He's on the move!



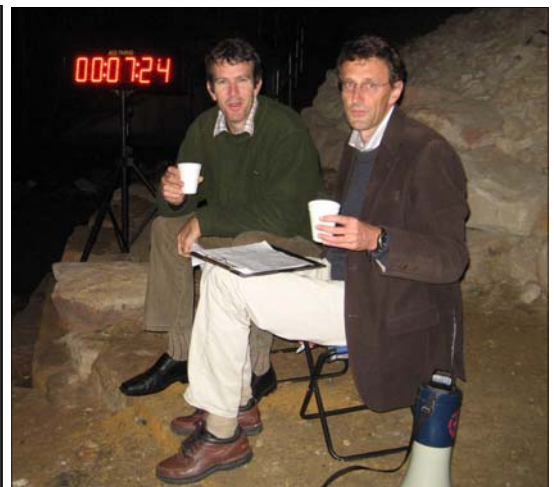
Right: Tim Hookins is smiling broadly because his instructor has told him he's been progressing so well he's ready for the next stage and can have a go on the water.

Congratulations Julie

If you've been wondering why we haven't seen Julie Stanton paddling much recently, here's the answer. She's been studying hard, and now she's got her reward. She has been awarded Certificates 3 and 4 in Fitness from Fitnation, an accredited educational institution, and has become a qualified personal trainer. Not content with that, she has also become a qualified level 1 flatwater canoe coach. So if you want to improve your fitness or brush up on your paddling technique, you know where to go. And she promises we'll see more of her from now on.



Is it a flooded cathedral? Stonehenge after heavy rain? No. It's a Wednesday night race start ... whoops, time trial start, from the new position under Epping Road bridge. Dodging the piers is part of the fun. Heading the wrong way in the foreground is Matt Blundell, loitering while waiting to give the slower boats (which means everyone else) a start. In the picture at right, warming themselves with a site-delivery coffee from Café de Justin, are timekeepers Dave Kavanagh and Graeme Jeffries.





Café de Justin opened its doors, so to speak, in April and is already a thriving operation. Hot chocolate, coffee, tea and cake are on offer to warm up cold and wet paddlers when they come off the water after Wednesday night time trials. A hot drink also makes it more inviting to stay for a while and have a chat with your mates. Proceeds from the service, which is operated by *Kayak Kapers* editor Justin Paine and will be there every Wednesday night during the cooler months, will go towards funding the club magazine. Seen here are (L-R) Rob Vallis, Ian Hofstetter, Oli Hookins, Tim Hookins, Justin Paine, Richard Barnes, Liz Winn, Craig Elliott and Toby Hogbin.



Tom Simmat leaves the pontoon



Wearing “skins” (like elastic tights) enabled Martin Dearnley to tackle one of the toughest races on the Australian running calendar in early March.

He completed the challenging 45km Six Foot Track in the Blue Mountains in 6h 12m.

“I did it once previously, in 1995, but I have had trouble with leg muscles when running in recent years,” he said.

“I found the skins bundled my muscles together and gave them support, and as a result I didn’t get the muscle soreness.”

The race goes from Katoomba across Cox’s River and up Black Mountain Range to Jenolan Caves. It starts off as on a bush track, then on to a fire trail and finally back on to a bush track. And there are lots and lots of long climbs and long descents.

“It’s incredibly scenic. There were 800 competitors so you are surrounded by other runners and there is always someone to talk to,” Martin said.



Left and above: We’ve all come across personalised number plates. Let’s try something different. How about ... personalised paddles? Richard Barnes has revealed his artistic talents by turning up with eye-catching blades which recall a couple of memories from his celebrated paddling career. The above left picture shows a map of Tasmania, around which he and Phil Newman paddled last year, and dominating in yellow is Maatsuyker Island lighthouse, one of the outstanding landmarks on that great voyage. The XPD is the 10-day multisport adventure race in the Whitsundays which is one of Richard’s favourites. The right picture reveals Richard’s pride in NSW and the Harbour city, while outlined at the lower left is the route of the Hawkesbury Classic, which he has done 27 times. But all the colour doesn’t obscure the fact that we still can’t get him into wing paddles!

Paddle NSW: Out with the old

The system of registration and affiliation of paddlers in NSW will be totally changed, effective July 1, with the introduction of the new State body, Paddle NSW. The old routine of joining a club and through it gaining affiliation to state and national organisations is gone.

In future paddlers will directly become members, as individuals, of PNSW. This will provide insurance similar to existing coverage. Membership will cost \$40/a (\$30/a for juniors, but no family or pensioner categories). Membership applications will be processed only on-line. Members (but not juniors) will each be entitled to one vote in PNSW matters.

Only those wanting to compete in national or international events or participate in national training schemes are expected to seek direct membership of Australian Canoeing. They can also seek AC membership via another state organisation.

Joining a club will be a separate but not compulsory process. Tony Hystek, who is vice chairman of PNSW, said instead of paddlers using clubs to get affiliation benefits, they will now join them to enjoy what the club itself has to offer and to contribute to the club. "PNSW's focus will be on the individual paddler, not the club."

Clubs will pay \$150/a to affiliate with PNSW and will get the same insurance cover as currently exists, with negotiations under way to extend this to include club directors insurance. They will have one vote, similar to individuals, in PNSW matters.

The system will relieve clubs of the previous need to pass on members' affiliation fees for the state and national bodies.

Other categories of membership available will be associated non-profit

organisations like scouting and service clubs (about \$50/a, no insurance, one vote), business and commercial operators (about \$250/a, one vote) and single-event (\$10 per event).

Funds of the discipline committees of NSW are expected to be transferred across to PNSW and made available for their continued operation.

The creation of PNSW in March followed the decision to wind up NSW which was heading for insolvency because of the burden of AC affiliation fees. (PNSW will not have this problem.) The NSW Department of Sport and Recreation in April agreed with NSW that PNSW is the only suitable State canoeing alternative.

However, the NSW Department of Fair Trading has reversed its previous advice and rejected the application of NSW to wind up, and required a new vote of member clubs to endorse this action (an earlier vote was in favour). If this is not endorsed, the assets of NSW could be swallowed up by Fair Trading instead of being transferred to PNSW.

AC has now decided to support the winding up of NSW and the handing over of its assets to PNSW, and recognises that PNSW will be the governing body of the sport of canoeing in NSW. It says it will create pathways for paddlers wishing to compete internationally and nationally. PNSW will continue negotiations with AC aimed at reaffiliation under different terms.

PNSW will hold a special general meeting at Sports House, Figtree Drive, Olympic Park on June 15 at 10am and asks all paddlers to attend and to offer their input.

Any questions about the new organisation should be sent to admin@paddlensw.org.au. The web address is www.paddlensw.org.au

Best article

The best article contributed by a member to *Kayak Kapers* in the past year will be announced at the club's Annual Dinner. It will be selected by an independent panel of judges, chosen from members, from the following short list of contenders:

- **Tasmania Circumnavigation** by Richard Barnes (*KK* August 2007) – a diary account of paddling around Tasmania
- **Kayaking Capricornia** by Jeremy Spear (*KK* August 2007) – an account of a kayaking holiday on the Great Barrier Reef
- **Yu-Kon Do It** by Peter Anderson (*KK* October 2007) – an account of the 740km Yukon River Quest
- **Take the drop – it's bloody scary** by Tom Simmat (*KK* February 2008) – an account of the ocean ski race from Rottneest Island to Sorrento in WA
- **A Short History of the Tu-tu Challenge** by Tony Hystek (*KK* April 2008) – how the pink tu-tu entered LCRK's repertoire.

Wounded by a model

A Lane Cove scratch combination of Craig Elliott, James Mumme, Steve Paget and Michael Mueller borrowed a K4 from Manly-Warringah for a friendly Sunday morning race against the locals at Narrabeen and, with a small start, surprised everyone by leaving the field in their wake. Food for thought.

Later that day Craig and James, in Craig's new K2, were ambushed and rammed by a large and wayward remote-controlled, petrol-engine model boat travelling at about 40km/h. The K2 was damaged, so too was James who required enough stitches in his shoulder to satisfy a dressmaker.

Don Andrews left the model boat owner, who did not help the injured, in no doubt that he had transgressed.



Plenty of Lane Cove members turned up at Blue Earth on May 6 to hear Dean Gardiner give an interesting and technically informative talk on the Molokai World Surf Ski Championship. Gardiner is a 9-times winner and holds the record for the annual event from Molokai to Oahu in Hawaii. Video clips showed him and others racing in water too rough for normal small craft. In fact he said he covers the 50km distance in about 3½ hours when it's choppy but takes 5 hours in flat conditions. "In the chop we are holding 17-18km/h, with maximums up to 30km/h – it's basically surfing," he said. 12 days later Gardiner came 4th in 3.42.11 in the 2008 Molokai, 1.45 behind winner Lewis Laughlin, and had the satisfaction of finishing ahead of long-time South African rivals Hermann and Oscar Chalupsky (6th and 7th). Another of a large Australian contingent, Tim Jacobs, who took part in the LCRK leukaemia charity paddle last year, was 3rd in 3.41.44. Gardiner says surf ski racing is a rapidly growing sport and you can keep up to date with developments through www.surfski.info. He is shown here with Tim Hookins, Tony Hystek and Bert Lloyd as they watch Roger Aspinall set up the video equipment for his talk. Lane Cove may have a couple of competitors in next year's race – stay tuned.

Be a volunteer paddler

by Joanne Mansell



In the 5km ocean swim from Coogee to Bondi each swimmer needs to be accompanied by a paddler to keep them on course and signal support boats should the paddler require assistance.

Andrew and I volunteered without thinking through the basics like:

- this is in the open ocean
- we don't really have suitable boats.

But never mind, they probably won't need us, right? Within minutes of volunteering we were both taken. Oh!

We hired a sit-on-top from Blue Earth and headed home to frighten ourselves by looking at the weather forecast (huge winds, dangerous surf warnings). Uh oh!

Saturday night we did some last minute "cramming" (study) by watching



paddlers" and calmed down a lot. Some didn't seem to have much experience, others were paddling rescue boards and even hand-paddling

surfboards the 5km. Piece of cake, right?

Wrong! The surf picked up a lot in the hour or so to the start. My paddler helped me into my Squall so I could get out through the surf. Andrew's boat got flipped and broke his paddle in half! Oh dear!

We paddlers "tea bagged" at the boat waiting for our swimmers to meet us. There was much joking about sea sickness and not having had that <insert number of drinks, eg 3rd> <beverage of choice, eg beer> last night.

The support boat called out swimmers' numbers and the paddlers each went to meet their charge. It felt a bit like ordering food at the RSL bistro - they call out "number 19" and someone responds "Hey, that's mine!" and off they go.

The paddle itself was choppy but uneventful and far more relaxing as the group thinned out. A 5m kayak felt cumbersome in the crowd of surfboards and swimmers.

Once we got to Bondi I managed to surf a few waves in - whooo hoo, what a rush! For next year I want to learn to get in and out of surf and maybe rolling.

We had a great day out and it was awesome to know that we helped a few



"This is the sea" showing sea kayakers getting in and out through surf! Hmm.

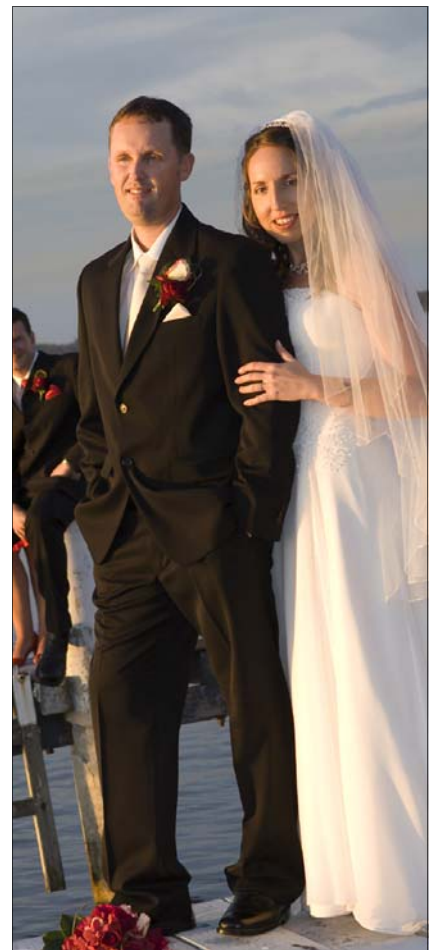
Re-reading the entry notes on the way to Coogee we found it says the swimmer/paddler team should practise prior to the event. We arrived and found our paddlers.

We surveyed the other "support

people who wouldn't have got to swim otherwise. We joked with the organiser that we should put an ad up on the website - "support paddler available, will paddle for cost of boat hire."

Cheers for Matt

Big cheers all round for Matt Blundell, who has become a father. Daughter Liberty was born on May 25. She and mother Jessie are doing well. Congratulations and best wishes for a long, healthy and happy life for all from everyone at Lane Cove.



Craig Elliott married Christine Gordon on April 12 at the Beachcomber Toukley, which overlooks Lake Budgewoi. The wedding was on Saturday afternoon with 90% of the guests staying overnight at the resort. "An early morning water ski topped off a great weekend," said Craig. "We went to the relaxing Island of Fiji for our honeymoon to find out for ourselves what Fiji time is, it's great, really nice people, we could all learn something from our South Pacific friends."

At the May club BBQ, Tim Hookins gave an entertaining talk, illustrated by a video and still pictures, of his whitewater race in a K1 down the Fish River in South Africa. There were lots of gasps and wide eyes at the sight of paddlers being hurled about, often upside down, by the furious rapids. It's a very challenging event.



Addictive and good for the soul

by Rob Grozier

A few years ago Karen and I were sitting on Hanalei Beach watching the sun set over Bali Hai. Out of the gathering darkness came a local, paddling his stand-up board from a distant surf break. He caught a shore break, stepped ashore, picked up his board and paddle and wandered off.

I knew at that moment this was something I wanted to master. The combination of stand-up surfing and paddling seemed to have it all. My son Ben has been keen for me to progress from my lifelong sport of surf skiing to riding a Mal, but my body was unwilling.

The sport has now arrived in Australia. Following a lesson at Balmoral I was hooked and immediately bought my Naish 11ft 6in board and carbon fibre paddle.

They are certainly not a fast craft but the joy of visiting the harbour beaches around Manly, looking straight down into the water with its sea grass and kelp with all the fish, cuttlefish, stingrays and the occasional wobbegong shark passing by, gives a wonderful feeling of freedom.

Stepping ashore at a deserted Collins beach with its permanent waterfall, moving on to Store beach,

approachable only by water, and on to Quarantine beach with its new coffee shop right on the water makes you



realise how lucky we are in Sydney.

What stand-up paddling (SUP) gives you is a full exercise regime at one time. The one shortcoming of kayaking is that you do not get weight-bearing exercise which can be achieved only by walking (boring) and now stand-up paddling.

SUP greatly improves your balance while giving all your core muscles, needed for a strong back, leg and upper body muscles a full work out while enjoying the most beautiful harbour in the world.

Today catching Manly ferry waves, tomorrow catching the real thing on the ocean side. This is one addictive sport and great for the soul.

Footnote: A couple of masochists are said to be planning to do the Hawkesbury Classic this year on stand-ups.



Stand-up has reached the newspapers



Nick Chai is heading for Qld

Nick Chai is leaving us soon for warmer climes. He's taking up a new post with his company, based just outside Brisbane. At this stage it's for a couple of years, and then he'll review the situation. As well as being a great club member, Nick has done an outstanding job as our treasurer. We wish you well in your new position, Nick, and hope you enjoy the Queensland waterways.



AGM postponed

The LCRK AGM and Annual Dinner, previously set for June 27, have been postponed, probably to some time in August.

Time-keeping roster

- Jun 18 Nick Chai, Peter Giesbuhl
- Jun 25 Al Whiteman, Jeff Bannerman
- Jul 2 John McNamara, Derek Simmonds
- Jul 9 Justin Paine, Liz Winn (BBQ)
- Jul 16 Jason Cooper, Ian Wilson
- Jul 23 Peter Anderson, Jon Harris
- Jul 30 Tim McNamara, Ian Coles
- Aug 6 Martin Deaves, Roger Aspinall
- Aug 13 Matt Swann, Jeremy Spear (BBQ)
- Aug 20 Kobi Simmat, Peter Janacek
- Aug 27 Wayne Wanders, Jay Wilson
- Sep 3 Matt Kavanagh, Warren Huxley
- Sep 10 Dean Wayne, Craig Elliott (BBQ)
- Sep 17 Tim Hookins, Wade Rowston
- Sep 24 Steve Russell, Steve Paget

Please confirm your attendance with Tony Hystek (tony@actionsound.com.au, 0409-229-994) the week before you're rostered.

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