



October 2013

Huge club turnout for final M10

Lane Cove hosted the final regular race of PaddleNSW's 2013 marathon program on Sept 8 and what a triumphant day it turned out to be for the club: 5 wins and 12 podium spots, a huge turnout of 38 competing boats, many more club members staying onshore to organise support activities, and a very enjoyable day for everyone.

Was LCRK's number of competitors – nearly a third of the total of 120 craft – a record for the M10? Can anyone remember a greater turnout from a single club?

It would have been bigger but for those who selflessly gave up their race day to help run the race, crew safety boats, cook up a fine BBQ, sell club clothing, etc.

Constant urging from President Wade Rowston, Derek Simmonds and others on the club committee over the past

away in the Open division and won by a kilometre. 1.55.25 for 25km is a pretty hot time, an average of 4m 36s per kilo or 13km/h.

Richard Robinson was 2nd in division 1, Bob Turner and Kristy Benjamin were 2nd in division 2 and the combo of ➤



David Young is headed for a higher division after blitzing the field in division 6 in a fast time



Nigel Colless puts on a show for Carly Rowston, Alanna Ewin and Janet Oldham at the BBQ tent

couple of months which exhorted everyone to push for a win in the M10 club competition added impetus to the drive for improved results. It has been strongly supported by members who got caught up in the excitement of a concerted effort for a series win.

The final surge came on our home track, but despite all the wins and places on the day we couldn't quite make up the difference. Final points for the top clubs: Burley Griffin 314, Lane Cove 296, Manly Warringah 226, Cronulla Sutherland 132, Central Coast 126, Windsor 120.

So, who were all our glory seekers in this last big race?

Dual member Matt Blundell (paddling for MW) scooted

DA approved for boatshed by Jeremy Spear



The latest news regarding the proposed LCRK boatshed is that we have had our DA approved. We are now compiling details, specifications and engineers specs in order to apply for a Construction Certificate. This will be lodged imminently. After that stage we will be putting various build aspects out for costing. We will, in due course, be looking to compile a list of members and friends who have desirous skills and who could potentially assist with build/fitout/general assistance. A working bee or two will then be required to finalise fitout and landscaping. While the CC is being submitted we are also applying for various funding sources/grants etc in order to assist in paying for the facility. The immediate benefits for the LCRK boatshed will include ability to store (and purchase more) club boats, which in turn makes it easier to attract new members and allow potential members to try before they join. With many people living in units and apartments, this must surely make paddling more accessible to many. Justin de Cafe will also benefit by being able to have dedicated storage for his equipment, so he can continue providing immediate sustenance after paddling, including hot drinks and soup in winter. Benefits will also include better storage all round for equipment including the racing buoys and enough space to make the ergo paddling trainer accessible full-time. We will keep you posted with further updates as they occur. It is great to see actual progress being made on this front.

Who won the contest to find a new Hawkesbury Classic challenge for Richard Barnes? Turn to page 6 to find out.

Dave Hammond and Tony D'Andreti maintained their consistent form with a 2nd in division 3. Matt Acheson had easily the fastest time in division 3 but it was his first appearance so he got a ranking place instead of a win.

In division 4 Jeremy Spear edged out Jason Cooper on the finish line to make it an LCRK quinella. In division 5 Paul Seaberg had another fine race to take out 1st place, and Tim Hookins made his prospects for the Hawkesbury Classic look good with 3rd.

It was in division 6 that the fiercest contests of the day took place. Div 6 is supposed to be for paddlers who cover the 20km in 2h-2h10m, but two-thirds of the field broke the 2h mark. The result was another quinella for Lane Cove, with David Young coming home 1st in 1.47.52 ahead of Peter Edney in 1.49.43. A whole host of these paddlers can expect promotion to division 5 or even higher when the 2014 season starts.

The run of Lane Cove victories extended to division 7 where

Anjie Lees continued to hack away at her times and finished in front of the pack in 2.04.54. Meg Thornton was 3rd.

Then there were all the others who battled around the familiar course and showed their rivalry in countless races-within-races. It was all smiles from everyone as they left the water.

This was a fine day for LCRK, both on the water and off. Just about everyone in the club was there and several made their debut in the marathon series.

A big thank you goes to those who brought all the gear from the pontoon to Blackman Park and set it up, to those who set the course, helped with parking, registration, safety boats, running the race and organising the barbecue, cleaning up afterwards, and doing sundry other jobs.

There is a lot of preparation required for an event like this and it requires a big team effort for things to run as smoothly and efficiently as they did.



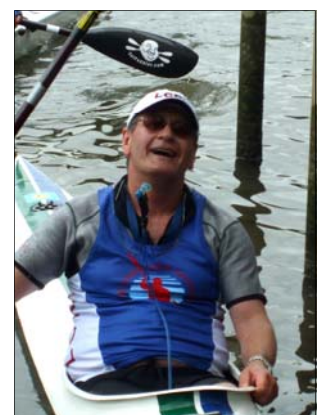
M10 Race 10 Lane Cove Sept 8			
Competitor	Div	Time	Plc
Matt Blundell	Open	1.55.25	1
Richard Robinson	1	1.44.53	2
Bob Turner/ Kristy Benjamin	2	1.39.42	2
Michael Day	2	1.40.05	4
Dave Hammond/ Tony D'Andreti	3	1.41.51	2
Phil Geddes/ Paul van Koesveld	3	1.44.11	7
Tom Simmat	3	1.45.05	9
Tom Holloway	3	1.45.10	10
Matt Acheson	3	1.39.50	Rnk
Jeremy Spear	4	1.45.26	1
Jason Cooper	4	1.45.28	2
Tim McNamara	4	1.49.22	5
Paul Seaberg	5	1.57.24	1
Tim Hookins	5	1.52.02	3
David Young	6	1.47.52	1
Peter Edney	6	1.49.53	2
Nick Chai	6	1.52.40	4
Derek Simmonds	6	1.57.13	7
Richard Lindsay	6	1.59.08	10
Matt Swann	6	2.01.28	14
Dru Spork	6	2.03.02	17
Kate Lord	6	2.08.57	18
John Duffy	6	1.59.52	Rnk
Anjie Lees	7	2.04.51	1
Meg Thornton	7	2.11.30	3
Andrew Kucyper	7	2.18.18	5
Tony Mathers	7	2.06.50	Rnk
Neil Duffy	7	2.06.55	Rnk
Tony Carr	8	1.28.57	7
Bert Lloyd/ Don Rowston	9	58.01	6
Alanna Ewin/ Danielle Seisun	9	58.21	7
John Greathead	9	1.04.30	11
Paul Gibson	9	1.05.18	12
Justin Paine	10	1.06.46	12
Carmen Cooper	10	1.07.38	14
Bettina Otterbeck	10	1.16.35	18
Ruby Gamble	10	1.07.00	Rnk
George von Martini	10	1.15.15	Rnk
Open=25k, 1-7=20k, 8=15k, 9-10=10k			



M10 Race 8 Windsor Aug 3			
Competitor	Div	Time	Plc
Tony Hystek	Open	2.03.57	1
Richard Robinson	Open	2.04.14	3
Bob Turner/ Kristy Benjamin	Open	2.11.17	5
Phil Geddes/ Paul van Koesveld	3	1.46.17	7
Bruce Goodall	3	1.46.27	7
Jeremy Spear	4	1.49.18	5
Tim McNamara	4	1.51.53	10
Richard Barnes	4	1.52.54	13
Wade Rowston	5	1.54.32	2
Paul Seaberg	6	1.54.321	
Bert Lloyd/ Don Rowston	6	1.58.40	4
Derek Simmonds	6	1.59.24	5
Richard Lindsay	6	2.02.20	8
Dru Spork	7	2.09.20	5
Anjie Lees	7	2.11.43	7
Andrew Kucyper	7	2.17.30	11
Meg Thornton	7	2.27.18	14
Tony D'Andreti	7	1.58.57	Rnk
Kate Lord	7	2.05.53	Rnk
Craig Ellis/ Steve Newsome	8	1.15.25	2
Tony Carr	8	1.30.53	10
Alanna Ewin/ Danielle Seisun	8	1.34.44	11
Jason Cooper	9	53.56	1
John Greathead	9	1.09.32	11
Joy Robinson	10	1.00.42	4
Justin Paine	10	1.12.10	15

Clockwise from top: David Hammond and Tony D'Andreti; Jason Cooper; Danielle Seisun and Alanna Ewin; Kate Lord; Dru Spork; Matt Swann; Michael Day

M10 Race 9 Grays Pt Aug 24			
Competitor	Div	Time	Plc
Tony Hystek	Open	2.08.38	1
Craig Ellis/ Steve Newsome	Open	2.10.36	2
Bob Turner/ Kristy Benjamin	Open	2.11.45	3
Michael Day	3	1.44.15	1
David Hammond/ Tony D'Andreti	3	1.45.57	7
Phil Geddes/ Paul van Koesveld	3	1.47.01	10
Tom Simmat	3	1.50.36	15
Jeremy Spear	4	1.50.30	2
Tim McNamara	4	1.52.41	5
Richard Barnes	4	2.18.23	8
Paul Seaberg	5	1.54.20	1
Tim Hookins	5	1.56.15	3
Wade Rowston	5	1.57.38	6
Bert Lloyd/ Don Rowston	5	2.03.47	10
Derek Simmonds	6	1.59.01	3
David Young	6	2.00.23	5
Dru Spork	7	2.08.52	1
Anjie Lees	7	2.15.58	3
Andrew Kucyper	7	2.18.40	4
Alanna Ewin/ Danielle Seisun	8	1.37.16	11



Marathon stand-outs

Awards from the PNSW Marathon 10 2013 season included:

Most outstanding paddler: **Tony Hystek**

Most improved senior: **Jeremy Spear**

Winner of Epic sponsors series prize raffle (a 11.7kg sprint weight Epic K1): **Tom Simmat**

Division final points score podium places:

Div 1: **Matt Blundell** 198 3rd

Div 4: **Jeremy Spear** 382 1st

Div 5: **Wade Rowston** 365 2nd

Div 6: **Richard Lindsay** 370 1st

Div 7: **Anjie Lees** 391 1st

LCRK at State Marathon titles Sept 21

Competitor	Categ	Dist	Time	Plc	No. of entries
Tom Holloway	LRec 35+	25k	2.26.03	1	1
Bruce Goodall	LRec 40+	25k	2.21.32	1	2
Richard Lindsay	LRec 40+	25k	2.49.36	2	2
Wade Rowston	LRec 50+	20k	2.04.09	1	1
Jeremy Spear	UN1 50+	20k	1.53.16	1	2
Derek Simmonds	UN1 60+	15k	1.29.44	1	1
Tom Simmat	UN1 65+	15k	1.25.19	1	5
John Greadhead	LRec 75+	10k	1.09.35	1	1
Anjie Lees	W OCR1 40+	15k	1.52.28	1	1
Meg Thornton	W OCR1 55+	15k	1.47.56	1	1
Ann Lloyd-Green	W K1 60+	10k	1.09.16	1	1
Phil Geddes/ Paul van Koesveld	LRec2 65+	15k	1.21.53	1	2
Don Rowston/ Bert Lloyd	LRec2 65+	15k	1.32.34	2	2

Shattered by the Myall

by Paul van Koesveld

Well, the Myall Classic is over and "shattered" was the word most commonly used by slumped participants during the hour after they finished.

The temperature was benign and dolphins performed for many paddlers many kilometres up the river.

However, the tide was against us (for around 75% of the race distance), the wind was strong against us, only weak when occasionally with us, and the shallows much more extensive than usual.



According to a local, erosion has closed "the shortcut" into Port Stevens, altering the river flow and causing sand to be deposited along the length of the river. The result was effort levels and times more likely to put off new and borderline paddlers.

The winning double this year took around 30 minutes longer than the winning single last year.

Some LCRK participants had the dubious honour of paddling for around 6½ hours with the best of our paddlers not all that far short of 5 hours.

City2Surf

Steve Paget ran the 14km City to Surf on Aug 11 in the very handy time of 1.04.56. Neil Raffan cracked the one-hour barrier with 57.08. Richard Barnes did the race (his 30th) in a more gentlemanly 1.46.02 following an injury.

Iceberg Series

Toronto Winterfest Aug 11

Competitor	Cat	Time	Plc	Cat	plc
Long course					
Tony Hystek/ Tim Hookins	Dbl ski	1.19.05	3	1	
Tom Simmat	60+	1.32.54	20	2	
Matt Blundell	40+	1.37.47	28	7	
Phil Geddes	Seakyk	1.38.19	31	1	
Jeff Tonazzi	40+	1.38.35	32	8	
Paul van Koesveld	60+	1.42.48	38	4	
Jack Kesby	30+	1.43.27	40	10	
Short course					
Steve Newsome	40+	48.27	6	1	

Middle Harbour Aug 31

Competitor	Categ	Time	Plc	Cat	plc
Long course					
Tony Hystek/ Tony Haines	Dbl ski	1.19.09	2	1	
Toby Hogbin	40+	1.25.49	7	5	
Tom Simmat	60+	1.33.35	26	3	
Jeremy Spear	50+	1.39.47	31	7	
Tim Hookins	60+	1.40.53	37	6	
Phil Geddes	Seakyk	1.50.14	49	1	

Myall Classic Sept 14

Competitor	Time	Plc
47km		
Stuart Myers/ Chris Quirk/ David Goodie	4.14.23	4
Craig Ellis/ Steve Newsome	4.22.33	5
Bob Turner/ Kristy Benjamin	4.24.28	6
Jason Cooper	4.42.54	9
David Hammond/ Tony D'Andreti	4.47.52	14
Christian Cox	4.50.06	15
Tom Simmat	4.54.02	17
Jeremy Spear	4.54.07	18
David Young	±4.54.20	19
Tim Hookins	5.04.14	22
Phil Geddes/ Paul van Koesveld	5.08.05	24
Paul Seaberg	5.14.57	27
Nick Chai	5.14.58	28
Rae Duffy/ Merridy Huxley/ Dee Ratcliffe/ Clare McArthur	5.23.23	31
Wade Rowston	5.37.00	35
John Duffy	5.41.36	38
Jeff Beere	5.44.28	41
Meg Thornton	6.05.26	47
Anjie Lees	6.19.44	53
Cathy Miller/ Trevor Waters	DNF	
Neil Duffy	DNF	
Dru Spork	DNF	
27km		
Bert Lloyd/ Don Rowston	3.07.14	9
Richard Lindsay	3.17.30	15
Alanna Ewin/ Danielle Seisun	3.21.54	16

Sprint results

Strong headwinds all day made life difficult for competitors in the first round of the sprint series at Penrith on August 17. There was a big turnout but only a handful of Lane Covers took part. Tony Hystek and Richard Robinson combined in a double to take out the one kilo race. Results included: **1000m** final A Tony Hystek/Richard Robinson 4.24.32 1; final E Wade Rowston 6.10.28 6. **500m** final A Richard Robinson 2.13.36 5, Tony Hystek 2.24.56 9; final D Wade Rowston 3.02.09 7. **200m** final B Richard Robinson 54.34 4, Tony Hystek 55.59 5; final E Wade Rowston 1.11.20 3; final F Merridee Arratoon 1.29.80 5.

Damn that digit

Tony Hystek will be off the water for 6 weeks recovering from a badly infected toe which saw him hospitalised for 3 days in mid September. He injured the toe when he came out of his boat on Penrith's white water course. As a result he was unable to accompany Tim Hookins to South Africa to compete in the upcoming Fish Marathon in South Africa. Maybe next year ...

Want a challenge?

The Burley Griffin Canoe Club's 24-Hour Challenge will be held on Nov 23-24. Relay teams of as many competitors as you like complete as many laps as possible in 24 hours on a 4.5km course in the Molonglo River. (There is also a solo category.) Can LCRK get together a team for this event?

Canoe leg cancelled

Richard Barnes, Phil Newman, James Terpening and Mardi Barnes finished 14th in the torturous XPD7 adventure race through the Flinders Ranges in South Australia in early September. They took 7 days.

The cross-country race, originally set at 700km, was shortened to 600km when the canoeing leg on St Vincent Gulf was cancelled due to strong winds and high seas. That was an 83km leg to be paddled in plastic kayaks like the hired bathtubs used in the Akuna Bay Multisport event – Richard reckoned it would have taken 1½ days. Other legs included trekking, mountain biking and cliff climbing/descending.

Richard and sister-in-law Mardi are 2 of only 3 people to have done all 7 of the annual XPD races,

Avon Descent

Matt Blundell finished a very creditable 12th overall and 10th in the single kayak category out of 308 starters in this year's Avon Descent in WA on Aug 3-4. His time for the 2-day race was 10.14.50. Former LCRK member Mike Snell came 22nd overall and 4th in the long plastic category in 11.03.45.

LCRK at Akuna Bay Multisport

Lane Cove paddlers had some impressive performances in the Akuna Bay Multisport race on August 17.

Neil Raffan, teaming with Ray Neil, won the pairs category with times of 55.06 for the 32km road cycle, 1.07.36 for the 12km paddle from Akuna Bay to Appletree Bay, and 1.23.24 for the 12km trail run for a total of 3.27.07.

Former members Lisa Healey and Neville Bradshaw, who are promising an early return to LCRK, were 2nd overall in the pairs and 1st in the mixed pairs with times of 57.43, 1.18.14, 1.37.52, 3.53.49.

Richard Barnes and sister Linden, riding a tandem bike which weighs a ton, were 18th overall and 8th in the mixed pairs with 1.27.37, 1.53.30, 2.19.15, 5.37.24. Why did they paddle a hired plastic barge when old faithful 730 *Kermit* was available? "We thought it

would be more interesting," said Richard.

In the solo category Peter Edney finished 26th overall and 13th in the open with 59.34, 1.10.24, 1.37.52, 3.47.50.

Also in the solo field were former members Craig Elliott (37th overall, 16th open, 59.23, 1.10.39, 1.45.07, 3.59.09) and Michael O'Keeffe (60th overall, 8th masters, 1.03.55, 1.17.47, 1.58.06, 4.19.49).

Matt Blundell did the paddle leg in 54.56 for the outright winning (mixed) team in the relay category, and Jeremy Spear did the paddle in 1.05.44 for the team which came 2nd outright and won the open and vet categories. Others to do the paddle leg in a relay team were Duncan Johnstone 1.10.24 (29th), Friederike Welter 1.15.44 (18th) and Meg Thornton 1.16.57 (20th).



Neil Raffan ready for the bike leg



Clockwise from above left: Freddy Welter and Janet Oldham; Richard and Linden Barnes on *that* bike; Peter Edney; Duncan Johnstone; Jeremy Spear and Matt Blundell.

Strong field is lining up for the Classic

by Paul van Koesveld



Lane Cove is again fielding a formidable team for the Hawkesbury Classic with indications our competitors will number in the mid 40s. There is a great depth of experience and talent, despite the absence of top line paddlers like Toby Hogbin, Tom Simmat, Tony Hystek, Richard Robinson, Joy Robinson, Janet Oldham and Friederike Welter.

A number deserve special mention:

- ♣ Presuming he survives the Fish River event in South Africa, Tim Hookins expects to show true bravery by paddling a K1 (unless he can find someone to share a K2) in the 60+ division.
- ♣ Tom Holloway has fattened his trusty Burn K1 to Medium Rec specifications, trading 300mm in maximum length for some additional slipperiness.
- ♣ Andrew Benoit planned to build another Greenlander, but is running out of time and may have to use last year's home-made model.
- ♣ First-time K4ers Peter Edney, Jack Kesby and Kate Lord are looking for a fourth in the club K4.
- ♣ Last year's handicap winner Rae Duffy will join Merridy Huxley and fellow NSW Sea Kayakers Dee Ratcliffe and Claire McArthur in Merridy's K4.
- ♣ Jason Cooper has shown a strong return to form after his wedding break and plans to push his Think ski down the big river at least as strongly as he pushed it up and down the Myall.
- ♣ Richard Barnes will smile and chat his way down the river in a single outrigger.
- ♣ After countless years of impressive performances in his Mirages, John Duffy will be the proud pilot of the club's Medium Rec, the *Frank McDonald* Flash.
- ♣ Jeremy Spear's award-winning performances in the Marathons (and the Myall Classic) in his new bumblebee (black and yellow) Sonic will extend to 111km.
- ♣ Tony Carr celebrated his 70th birthday last year and will be back to celebrate another year in his trusty Challenger Long Rec.
- ♣ Derek Simmonds is taking a (relatively) cautious approach, paddling his long-time friend, the Flyer.
- ♣ Anjie Lees (Challenger) and Meg Thornton (Stellar ski) have been toughing it out in training and will be paddling in serious attempts on category records.
- ♣ Bettina Otterbeck (TK1) and Nick Chai (Flyer) are returning to long-distance competition after an absence;
- ♣ We haven't seen Bruce Goodall on our river this year but he has been training hard on the Parramatta River and will, as usual, represent us powerfully in his Long Rec Renegade.
- ♣ New members Christian Cox, David Young and Jeff Beere are looking strong on their skis. Shane Gibson and Okkie Esterhuizen are brand new ski members. Ocean racing skis are booming in popularity, check out the number in our fleet.
- ♣ Ann Lloyd-Green will move to a Horizon Tourer for a more comfortable ride after several years in her TK.

LCRK always aims to be the most successful club in this event and to win the Commonwealth Bank Cup. Each club finisher earns the club 161 points and those paddlers making it only part-way still earn one point for each kilometre paddled. You get 50 bonus points for breaking a category record and 25 points for finishing within an hour of a record. Brooklyn or Bust paddlers earn the same distance points as the competitive classes, but are not eligible for bonus points. This year there is also the Arrow Cup for the organisation/club which collectively raises the most sponsorship dollars. So don't hold back with your own donations or sponsorships offered by your network of contacts.

Things for you to remember

Actually enter the HCC before the late-fee cut-off. Make sure you name LCRK as your club; if you forget, go back and update that field in the on-line entry. Arrange your landcrew – if you are really struggling to find someone, let the club know on committee@lcrk.org.au and we will try to arrange help. Bring landcrew members (first-timers in particular) to our HCC landcrew information session on Oct 9. Raise the minimum sponsorship, but much more would be welcomed. Work together before the race and then on the river: information sharing; joint training sessions with paddlers of similar speed and/or the same HCC start time; washriding and load-sharing practice and then implementation during the HCC.

Club facilities/services

On the day and night of the HCC, we will again provide strong support for our paddlers (without actually paddling for them) in a number of ways: A club marquee and gathering point at Windsor before the race gets under way. Wear LCRK shirts and hats. A club meeting point and experienced volunteers will support your landcrews at Sackville. Away from the hurly burly of the main boat ramp at Wiseman's Ferry, our marquee will glow out of the dark to identify our

club meeting point and experienced club volunteers will help your landcrew get you out of your craft efficiently and back into it later. Andrew McKay's famous "Magoo" café will again provide LCRK landcrews and our more social paddlers free warm food that tastes even better during a long night. Your LCRK insignia will be the ticket to café Magoo.

Before the HCC, read the wealth of useful information in your *Kayak Kapers* library and remember to keep *checking* out our website for the increasing volume of information and advice recorded there.

Expected Lane Covers for Classic

Competitor	Category	Boat
Richard Barnes	OC1 50+	Outrigger
Jeff Beere	ORS1 40+	Fenn XT
Andrew Benoit	BoB	Homemade
Tony Carr	LRec 60+	Challenger
Nick Chai	LRec 40+	Flyer
Adrian Clayton	LRec 60+	Flyer
Jason Cooper	BoB	Think ski
Christian Cox	OSR1 Open	V10
Richard Diaz	BoB	Prijon
John Duffy	MRec 50+	Flash
Neil Duffy	MRec 50+	Flash
Rae Duffy/Merridy Huxley/Dee Ratcliffe/Claire McArthur	K4	K4
Peter Edney/Jack Kesby/Kate Lord/??	K4 X Open	Club K4
Craig Ellis/Steve Newsome	OSR2 40+	Epic V10
Okkie Esterhuizen	ORS1 50+	Epic V10
Stuart French	BoB	Epic V8
Ruby Gamble	MRec Open	Marauder
Phil Geddes/Paul van Koesveld	LRec2 60+	Zero Tolerance
Shane Gibson	ORS1 40+	Think
Bruce Goodall	LRec 50+	Renegade
Dave Hammond/Tony D'Andreti	LRec Open 2	SLR2
Tom Holloway	MRec Open	BurnX
Tim Hookins	K1 or K2 60+	K1/K2
Caron Jander	OSR1 40+	Epic V10 Sport
Andrew Kucyper	BoB	Mirage 580
Anjie Lees	UN140+	Challenger
Ann Lloyd-Green	LRec 60+	Horizon Tourer
Rob Manning	OSR1 Open	V10 Sport
Tony Mathers	MRec 50+	Epic 18XS
Cathy Miller/Trevor Waters	XUN2 50+	Mirage 730
James Mumme/John Thearle	LRec2 40+	Zero Tolerance
Kenji Ogawa	LRec 60+	Flyer
Glen Orchard	ORS1 40+	Fenn
Bettina Otterbeck	TK1 40+	TK1
Justin Paine	MRec 60+	Flash
Chris Quirk/Stuart Myers/David Goodie	BoB2	Quirky 3-ski
Paul Seaberg	OSR1 40+	V10
Derek Simmonds	LRec 60+	Flyer
Dru Spork	BoB	Zegul
Jeremy Spear	UN1 50+	Sonic
Matt Swann	LRec 50+	Flyer
Chris Thompson	BoB	Mirage 580
Meg Thornton	ORS1 50+	Stellar SE1
Jeff Tonazzi	MRec 40+	Epic V8
Bob Turner	50+	
David Young	OSR1 50+	Epic Ultra

Cool Classic planned for Richard Barnes

Kayak Kapers invited LCRK members to come up with a new challenge for Richard Barnes to tackle in the Hawkesbury Classic, with the winner to get a copy of the classic adventure book *Around Madagascar On My Kayak* by Riaan Manser.

The winner is **John Thearle** for this entry: Paddle an ice kayak carved by the club's resident ice sculptor Kenji Ogawa.



This also has the advantage of a multiple boat challenge as he going to have to start with very long unrestricted boat and finish with a play boat if he is lucky, or a K4 to K1. Let's hope for a cold night.

Highly commended was **Cathy Miller's** entry: Tow his non-paddling Dad in a kayak and bring him home to repay him for all these years of groundcrew service.

Other entries included:

Bettina Otterbeck: naked or backwards; having done it sooo often, Richard must feel he could do whole race with his eyes closed because he must know the route backwards by now.

Jeremy Spear: 1. a K3, raffle or sell spots to paddle with him, or maybe a disadvantaged paddler. 2. a racing C1 (a "high kneeler"). 3. a modular/clip-together boat. 4. backwards like a



rowing scull (with mirrors or reversing camera).

Tim Knox: I'll get the catcanoe/canoemaran from behind the garage, 4 to paddle, 1 to make tea.

Jason Cooper: a blow-up kayak, or a floating Besser Block that will keep Mr Barnes amused and he can attach the Aussie flag and carry the flower for the volunteer.

Peter Edney: Richard is all about sharing his experiences with other people and encouraging them to new heights, so a K4 is the right boat, but of course not just any K4; an inflatable "Incept" whitewater



K4 should allow him enough time to finish his conversations, plus the added stability to take cuppas "to-go" from the low-tide pit-stop.

Graeme Jeffries: Richard has used the

Strategies for Big W and Milson Passage

This article will show you how to cut through "The Big W" and get the best out of Milsons Passage in this year's Hawkesbury Classic.

Nearly everyone this year will be going through "The Big W" with the tide. While the fastest water in the river generally is pushed to the outside of the bend, at these three tight turns the current behaves with a little more urgency.

The river flow is in fact trying to straighten out "The Big W" and in doing so the fast current is concentrated immediately upstream of the bend. Immediately downstream of the bend there is shallow water, weed and a beach.

So the fastest way through "The Big W" is to start by cutting the corner then swing out across the river, staying in the fast water and setting up a line again immediately upstream of the next bend.

I will be looking around also for a washriding slingshot that I talked about in washriding.

Except for the very fast and the very slow paddlers, most will have a race plan that puts you finishing between 3am and 8 am. This will give you a strong outgoing tide, pushing you through Milsons Passage. You will be tired and just want to finish, but if you keep your wits about you for the final half hour, you can pick up some extra valuable minutes.

by Tom Simmat

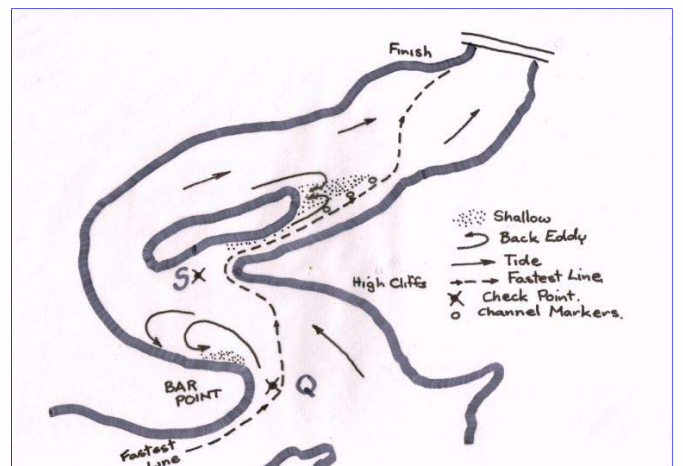
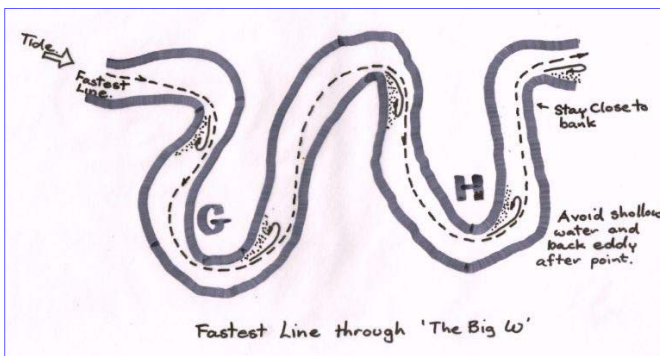


Firstly give Bar Point plenty of room, even go west outside the boat at check point Q. Immediately east of Bar Point there is a huge back eddy with an outgoing tide.

At check point Q you make a left, right-angle turn, but don't be too anxious. Initially head a little south of checkpoint S. The fast water is over toward the cliffs and it will drag you down to Milsons Passage. Unfortunately the boat at checkpoint S in an outgoing tide ends up well east. Their anchor line may be in your line so be careful. Cut the corner into Milsons Passage as tight as you can, still contacting the checkpoint, but swing across to the east side of the Passage.

The green flashing channel markers will line up ahead of you, stay just west of them.

Immediately south of Milson Island is a large sandbank, again with a back eddy sucking you into it, so do not be tempted to cross east too early. Cross just north of the last channel marker and head initially a little upstream of the finish. The tide will take you down. At this point you do not want to be paddling across what may be a very strong tide.



number III for as long as I can remember and has led us to believe III is the distance of the Classic, but in reality it has always stood for the 3 laps; Lap I start at Brooklyn, Lap II done on the night in the usual fashion, Lap III return from Brooklyn to the start giving him the opportunity to encourage all the stragglers and say goodbye to the marshals as they pack up.

Carmen Cooper: something like this (below) has a nice tropical feel about it, sustainable and slightly wind assisted.



John Duffy: paddle in a new shirt; I know paddling in a non-Sydney Uni top would almost be sacrilege and too much for Richard – he would definitely sneak out and change at checkpoint A.

Derek Simmonds: release his inner Neanderthal by felling a bit of lovely native forest and using a stone adze to carve his own dugout to paddle down the primeval river dressed in possum or koala skins adorned with assorted parrot feathers.

Dru Spork: a K4 or an OC6 with a group of youngsters.

Jon Harris: a blow-up double kayak with a blow-up doll for a partner, dressed up as ??? – the mind boggles.

Craig Ryan: 4 LCRK paddlers, 2 passengers (Arrow people) perhaps changed over each major stop + carer.

Meg Thornton: 1. an LCRK OC6 in fancy dress ... hula skirts, Hawaiian shirts, the

full-body big tattoos and lots of flowers, conch shells. 2. the full-on pirate Black Pearl look with Richard playing Johnny Depp. 3. a prone bicycle-powered invention – exquisitely engineered of course – mounted on a retro sort of Bucky Fuller aerodynamic-shaped hull.

Tom Holloway: a Fijian-style outrigger; if he wants something a bit larger he might try this drua, or war canoe; there is a spear rack, perfect for fending off competitors.



Craig Ellis: the biggest challenge of all – Don't Enter.

Richard Robinson: paddle a K4 solo.

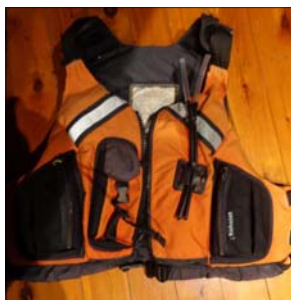
Duncan Johnstone: paddle (continued p8)

What drink system to use for the Classic?

Four of Lane Cove's veterans offer these tips on the all-important question of what drink and drinking system to use for the Hawkesbury Classic.

Urs Mader emailed this advice from Berlin where he and Arni are

holidaying after the Yukon River Quest, planning to be back in Australia in November (which means he will miss the Classic): For effective hydration and supply of energy the key is often and in small quantities, and well before you are thirsty or hungry. For long distance racing I recommend 2 hoses to be attached to your lifejacket. The best way to achieve this is to buy 6mm Gardenia riser tubes. They can be formed easily with heat, using a hairdryer, and attached with cable ties to your lifejacket. For a mouth-piece you can cut a piece of 7mm clear plastic tubing so that you can easily drink without losing a single paddling stroke or concentration. A word of caution: never glue the supply hoses to form one unbreakable supply line – always allow for 2 detachable hose connections for each supply line, one at the mouthpiece and the other inside the kayak. I prefer fixed drinking containers whenever possible and place a non-return valve as illustrated into the supply line just after the containers. This will keep your energy and hydration supply line primed and will stop the energy-wasting sucking on hoses. The non-return valves are available from Whitworth Boating Supplies and for the joiners use different size hoses, available from Bunnings, which can be fixed together using quick fix glue.



Jeremy Spear: I use a twin-drink system for the Classic. I have 2 x 2-litre capacity bladders (Platypus - Big Zip), with quick change fittings. I have the classic bent coathanger with a bit of rubber tube to locate the tubes with non-return valves, ready for drinking hands-free. The tubes are secured by mini cable ties (not too tight so they don't choke the supply) and topped with gaffa tape so they don't rub on anything. One bladder contains pure water. I bring my own. I don't trust Windsor water. The other is a mix of water with several Gu's and some weak electrolyte mixture (Endura). My stomach handles this fine and I sip it



regularly for a continuous slow intake of energy. This way I have a choice and can alternate with plain water if needed. It also means I have a backup fluid if one packs up/leaks. I have about 3kg on board (I don't fill them too full) but this lasts easily to Wisemans. I top up as required at Wisemans. The bags sit below my knees so adds to stability by keeping the weight low. No "free surface effect" as the bladders are pressed full and don't slop. You can see how consumption is going or any kinks and they stay cool. This has always worked well for me. Simple is best.

Tom Simmat: I don't like things around my neck. I run on 25-30% apple juice in filtered water, that supplies my hydration and carbs. In the HCC I hydrate all day right up to the start, so I don't need to drink for about an hour and a half. 3 litres gets me to Wisemans in a bladder under my knees. I pick up the drinking tube and suck on and off. So I only have 3 kilos in the boat and landcrew can change instantly at Wisemans, again another 3 litres. I always have a litre or so left over so, I maybe can reduce to 2 litres at Wisemans. Weight is everything. I use a Source bladder, because you can get your hand inside to clean it between uses and they have a good mouthpiece with non-return valve. I can breathe comfortably with it just held between my teeth.

Paul van Koesveld: I rely largely for my hydration and nutrition on a carbohydrate/protein mix (currently Hi-5 brand) which I take in through a single tube attached to my PFD with cable ties. The mouthpiece stays firmly close to my mouth but to one side, held in place by neoprene tubing with wire insert that I purchased commercially. I like having the mouthpiece connected firmly to my PFD so it can't slip around like a halter one can and to keep pressure off my neck. The downside of the permanently connected mouthpiece tubing, until I find the re-usable cable ties that I have recently heard about, is that cleaning out the tubing between paddles is a bit of a pain. To keep most of the weight off my back and low in the boat, I connect the mouthpiece by a tube to a large bladder that lies in front of me. I currently use Source brand bladders and tubing which offer click-type connectors. In case I end up in the water, I also build in a slip point in the tubing so I'm not tethered to the boat. As I use a spray skirt for warmth, I have to remember when climbing back into the boat after a stop to thread the tubing INSIDE the PFD and spray deck waist piece. To stop my taste buds going nuts after a few hours, I supplement the carbo/protein fluid with some "real food" and contrasting-flavour gel/gunk. When you swallow gel/gunk, you definitely need to follow it up quickly with some plain water. I carry a small volume of plain water in the PFD back pack connected to a separate mouthpiece near my shoulder.



Wednesday nights at the pontoon with Wade Rowston



The last two months have seen Wednesday night-time trial numbers regularly break the 40 mark. Not at all bad for winter paddling in the dark. That's well above average for this time of year. I'm not sure if it has been the relatively mild winter that has encouraged so many to turn up or just the love of the great mid-week exercise that the time trial is, which breaks up the week nicely. Whatever it is, it is great to see so many paddlers enjoying it.

One reason for higher participation rates on Wednesday may have been more paddlers getting involved in the Paddle NSW State Marathon 10 Series where LCRK made a late charge in the club points score. Also our home marathon was in early September so that may have been a motivator too.

Only a couple of Wednesdays to go now before we leave the darkness behind and step into the light of daylight saving.

Congratulations to **Adrian Clayton** who has joined a select group of paddlers and beaten his age with a 67 minute paddle on September 17. Welcome to the Honour Board! Also, incredibly **Christian Cox** keeps setting PBs and newcomer **David Young** is another fast improver.

There haven't been too many changes in the Crudslime and Coffee Cups tables. In the Crudslime Cup, **Phil Geddes** still has a very handy lead but **Tom Holloway**, last year's winner, has jumped into second place. **Paul van Koesveld** is now placed third. The final three Cup rounds of the year could see significant changes in the table, as paddlers acquire points for 9 completed rounds and have the potential to drop low-scoring earlier rounds. It's only your top 9 rounds that count towards your annual total.

In the Coffee Cup **George von Martini** has also stepped out to a handy lead with some solid and consistent paddling. Well done George.

The doubles competition (ie Bogle Chandler Cup) is doing well but going through an establishment phase. We anticipate participation rates will pick up once daylight saving comes

around.

Finally, a very warm welcome to new members **Shane Gibson**, **Bettina Otterbeck**, **Graeme Jeffries** (welcome back ex-President) and **Stuart French**.

Happy paddling!



Congratulations to newlyweds Tom and Trish Holloway, back from a fantastic honeymoon in Fiji.

Nature Notes by Jon Harris

Giant Mud Crab or Mangrove Crab – *Scylla Serrata*

If you can't think of any good reason to wear enclosed footwear when paddling on Lane Cove River, read further: I picked up the claw (pictured) in the mangroves near Blackmans Park a few years ago. It is longer than my hand, imagine how big the crab was!

The mud crab is found from the tropical east African coast throughout the Indo-Pacific region, in Australia to just past Wollongong, the Pacific Islands to Hawaii. It was even introduced commercially to the gulf states of the US commercially many years ago but without success. Particularly in southern Asia they are an important food source both domestically and commercially. You may have noticed fishermen's crab pot markers in Lane Cove River and other estuaries during your paddles.

Occasionally found far offshore, they prefer coastal estuarine mud flats, mangroves and shallow muddy warm water, and can tolerate extended periods of low salinity. They can grow up to 3kg in weight and 28cm across the carapace, but are generally found up to 2kg. Both claws are the same size, used for defence, predation and as a tool. They are carnivorous, cannibalistic and will prey on anything smaller than themselves, also sometimes eating vegetable matter and general detritus, like the toes of careless kayakers. Mostly pedestrian, they are also good swimmers with the rear pair of legs paddle-shaped for swimming.

They burrow deep into the mud or mangroves and are generally more active at night. Their claws are extremely powerful, enough to amputate your pinkie finger, and the claw will remain tightly clamped even when chopped off the crab! Mud crabs are fast growing and relatively short lived, maturing from egg to adult in under a year, and moult their shells often to allow growth.

A fertilised female will swim offshore to lay up to 5 million eggs in the current. The eggs and hatchlings are mostly eaten on the way but those that survive eventually find their way back to an estuary to begin the cycle of life again.

Fascinating!



Cool Classic

(continued from p7)

the Rubber Duck at Darling Harbour down the Hawkesbury; take us all back to the good ol' days – BATH TIME before Mum wrapped us up in bed.

David Hammond: Richard should go kayak free kayaking (Google "kayak free kayaking" youtube to understand this suggestion).

Neil Duffy: <http://www.youtube.com/watch?v=U95URp4mdo>

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