



www.wcmc.org.nz



The Big O 35km Trail Run

21st September

By Heather Davidson

... Which was actually a 48km Big Squiggle.

Heavy rain throughout Friday night eased to misty drizzle by race start on Saturday and the air temperature was quite warm but the wind was cool.

We lined up inside the indoor equestrian centre and I made sure I was right up the front to avoid getting locked into a slower pace early on. Up through farmland to begin with, before embarking on the first 3km bush-crashing section. Here there was no track – only bits of tape tied to trees to indicate where to head. Lots of fun but not very fast! A tiny bit of 4wd road before another short but incredibly steep bush-crash where I gained the lead on the women's field. From here we were on DOC tracks which were pretty good but with a bit of windfall. One steep haul over to the Outdoor Education Camp aid station (10km mark). Just past here the 21km course veered off to the right and the long course headed down to Lake Okataina. The Eastern Okataina Walkway was nice interesting running, but not technical enough to slow things down. A few undulations along the lake edge provided enough change of pace.

By my rough estimation I was nearing the aid station at 20km, where we were to get a boat shuttle across to the Western Okataina Walkway, when Chris Morissey suddenly appeared running towards me. He called out that the boat ride had been cancelled because the lake was too rough so they were making us do an out-and-back. It took a couple of minutes to adjust my race strategy as I had counted on having a break to refuel and stock up while waiting for the boat. Quick calculations also told me that we would be running 40km instead of 35km. When Kelvin Meade came past he said the turn around was only a couple of minutes ahead but it was more like 10 minutes. The red checkpoint tent was a welcome sight and I was pleasantly surprised to find I was in 4th place! A brief stop to refill water then I headed off clutching a big handful of salty chips. Those chips worked wonders and I left with a renewed sense of energy despite my legs starting to feel a little tired. Back along the Eastern Okataina Walkway ticking off landmarks as I went. Reaching the 21km split we turned left and immediately began a long, brutal climb. This ascent sucked the remaining spring out of my legs and as this section was not on our intended route so I had no clue what to expect.

Undulating up along the ridge I began to pass the tail-enders from the 21km which gave me targets to focus on. We were well and truly up in the cloud, and in the exposed parts it was a bit cool. I kept looking at my watch to estimate how far it was to the finish line which should have been 10km from the 21km split, but in actual fact it turned out to be roughly 16km. Descending 400m off the ridge through farmland was a little sketchy as it was difficult to spot the white route markers in the thick cloud and a couple of times I came to a complete halt as I scanned for the next marker. Eventually we came to the last hill (which I recognised from our way out) then it was down the other side and through to the finish. I crossed the line ecstatically in 5:53 hours – **1st woman & 4th overall** – and was greeted with the news that we had just run 48km (13km further than planned)!



Sunday October 6th, 2013

After being postponed earlier in the year due to fire risk, SuperDune will be taking place on Sunday 6th of October.

The multisport event is based at Lake Ototoa, 30km north of Helensville, and offers a long and short option. Online entries will open soon.

Starting with a kayak around the lake, competitors then tackle a mountain bike section through the northern part of Woodhill Forest. Once off the bike, the final leg sees everyone head back into the forest for an off-road run.

All transitions, along with the start & finish, are at the Ototoa Domain which makes the event ideal for those without support crew.

Long course: 14km Kayak, 26km MTB, 10km Run

Short course: 7km Kayak, 15km MTB, 6.5km Run

The long course is also the 2013 Waitemata Canoe & Multisport Club Champs.

www.superdune.co.nz

This is your time to get involved!

If you are not racing we strongly encourage you to do your bit for the club and be a course marshal or event assistant. If you would like to volunteer for SuperDune, please contact

Mike Conza 021 667 497

Race Results

WCMC Kayak Race

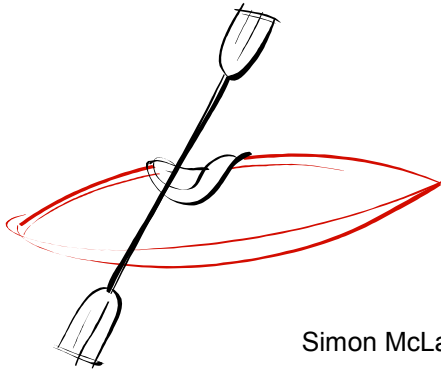
25th August

16km

Simon McLarin	K1	1:16:45
Phill / Bruce	K2	1:19:00
Sean	Ski	1:19:28
Vaughan	K1	1:19:52
Lance	Multisport	1:21:01
Cameron	K1	1:22:00
Steve	Multisport	1:24:45
Rochelle	K1	1:28:00
Jordan	K1	1:29:10
Frank	Multisport	1:38:23
Dave	Ski	??
Terry	Multisport	??

10km

Simon	K1	55:38
Erika	Multisport	1:03:45



Cambridge to Hamilton

	<u>Time</u>	<u>Cat</u>	<u>Div</u>	
Simon McLarin	1:36:59	MM	ss	1st
Phill Exeter / Cam Scott	1:38:02	VM	double ss	1st
Jeremy Kuggeleijn	1:39:21	OM	ss	6th
Vaughan Reed	1:42:41	VM	ms	2nd
Sean Murphy	1:43:20	VM	ss	5th
Lance Smith	1:44:02	MM	ms	1st
Bruce Stuart / Marty Taylor	1:47:42	OM	double	2nd
Stephen Reece	1:48:04	MM	ms	2nd
Bart Muylle	1:49:30	VM	ms	4th
Frank Yelash	1:57:59	VM	ss	11th
Jordan McLarin	42:51:00	JM	11km	1st

Other Results

Louise Mark: 2nd woman in The Legend Marathon on September 14

Heather Davidson: 1st woman at the Big O Trail Run on September 21 (48km)

Rochelle Austin & Jessica Polo: 18th JW K2 at the Canoe Marathon World Champs in Denmark

Club Uniform

We still have club jackets and singlets available for purchase.

The singlets are quick dry fabric ideal for racing, and the jackets look very smart and are quite warm and wind-resistant.

Singlets - \$35

Jackets - \$40

Email club@wcmc.org.nz or see Jim or Cam on Wednesday nights.



WCMC Events

6th October - SuperDune Multisport event

19th October - Canoe Showdown 20km/10km Kayak Race

10th November - 15km/8km Kayak Race

Series

Spring Run / Kayak Series beginning in October.

Alternate Wednesday nights (6 races), 4km run followed by a 6km paddle.

Ray Baker Handicap Series

Beginning in January 2014

Summer Run / Kayak Series

March 2014



Club Executives - 2013/2014

President	Terry Newsome	021 074 8485	Club Captain	Phill Exeter	09 420 9343
Vice President	Erika Currie	027 434 5946	RIB Manager	Terry Newsome	09 273 0173
Treasurer	Jim Davidson	021 648 085	Secretary	Heather Davidson	09 827 5780
Multisport	Mike Conza	021 667 497		Email:	club@wcmc.org.nz

New Members: contact any of the Executive for general information or assistance on club matters.



Please send in your race reports, photos and articles. Whether it was a race, an interesting training session or an adventurous holiday, we would love to know what you've been up to!

Contributions can be emailed to: club@wcmc.org.nz

*Classified Advertising Rates:
\$10 per issue for a business card sized ad.
Email club@wcmc.org.nz for enquiries.*

Monday Night Training Sessions
On the water at 5pm

Phone Richard Couchman
818 2580

Events Calendar ~ October - December

- | | | | |
|----|-----------------|--|--|
| 6 | October | SuperDune - WCMC multisport Champs. Short & long options | 021 667 497 |
| 12 | October | Sprint Kayak Regatta #1 - Rotorua | |
| 12 | October | Motu Challenge - Challenging Multisport race in Opotiki | |
| 19 | October | Canoe Showdown - 20km Kayak race in Warkworth | 021 074 8485 |
| 26 | October | Whangamata Adventure Race | whangamataevents.co.nz |
| 29 | October | State Beach Series - Every Tuesday night over summer at Takapuna Beach | |
| 10 | November | The Maunga Cycle Challenge - Cycle race around Maungatautari near Cambridge | |
| 16 | November | Steelman Ironmaiden - 34km cycle, 12km kayak, 33km mtb, 17km run | |
| 16 | November | Lake Waikaremoana Challenge - Multisport race | |
| 16 | November | Karekare Rogaine | lacticturkey.co.nz |
| 23 | November | Kauri Run - Trail run on the Coromandel Peninsula | arcevents.co.nz |
| 24 | November | Rodney Coast Challenge - Multisport race from coast to coast | rcc.org.nz |
| 30 | November | Lake Taupo Cycle Challenge | |
| 7 | December | Sprint Kayak Regatta #2 - Rotorua | |
| 7 | December | The Goat - Mountain run on Ruapehu | thegoat.co.nz |

[For more events visit www.wcmc.org.nz](http://www.wcmc.org.nz)



Submarines

- Nobody appeared on our radar this month

Booking Club Boats

Use from the Club is free.

Away from the Club:

Daily Hire is \$50, with the inclusion of buoyancy aid, paddle and spraydeck. Fibreglass boats must not be taken on rocky rivers.

Rules

Club Hire

- You must fill out the online form or contact the Club President, Terry Newsome (021 074 8485)
- Pay for the hire before you take the boat and accessories.

As this is not a commercial venture but a service to the Club members, we request that you report any damage to the boat or accessory equipment to the President immediately upon return of hire. Neglecting to do this will affect your right to hire equipment in the future.

If any damage to club gear occurs during the period of your hire you must pay for the repairs.

Welcome to new members:

Simon Van Rossen

Gareth Howard

CLUB KAYAK TRAINING

6:00pm Wednesday time trial/race

5:00pm Friday Night of Pain

7:30am Sunday endurance based session.

Check with Phill for details

Coaching available Sunday.

It's fun, social and extremely beneficial to you.

We would love to see you there!

Or by appointment -

Call Phill 09 420 9343

Date High Tide

Wed 2/10	18:20
Wed 9/10	23:36
Wed 16/10	18:01
Wed 23/10	23:31
Wed 30/10	16:43

Date High Tide

Sat 28/9	13:45
Sat 5/10	08:20
Sat 12/10	13:56
Sat 19/10	08:15
Sat 26/10	13:15

