



President's Report

Presented at the AGM

I would like to thank you all for coming today. I am sorry I am unable to attend. We are all saddened by the tragic death of one of our members last week, Simon Melgren. We are thinking of his family. I believe Erika will talk to you soon about the funeral on Monday and a memorial race in Simon's memory.

In terms of the club, it's been a varied year. Our membership numbers are slightly down, however our members' results in events has been very good. There were a lot more people at this year's Sprint Nationals which was very pleasing to see. The Marathon Nationals in Karapiro was also well attended by our club. We had good support for our club run races and thanks to Erika and Cam for their efforts in this regard. There are many people here who do a great job promoting our club and kayaking in general.

With help from the ASB Charitable Trust we have been able to purchase the following items:

- A more stable Nelo Vintage K2
- A Stellar Double surf ski
- 8 adjustable carbon wing paddles

For the latter part of summer we had Sean running a coaching program and this worked well and proved popular. We moved the Superdune race to North Head and hope to build on last year's event. Club members need to get in behind this event - either racing themselves or helping out. The success or failure of this event is down to all of us.

I am stepping down as president this year. I would like to thank the committee for the support I have had and also the members who have worked away in the background doing the things that keep the club running: cleaning, looking after and maintaining club gear and welcoming and helping out prospective members.

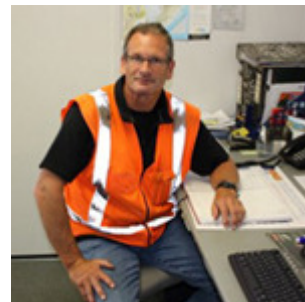
I know we have a good team atmosphere, we've got great equipment, experienced and helpful people which all make for an outstanding platform to build on.

Obituary

Simon Melgren 1958-2014

We are saddened by the death of Simon Melgren, who was tragically killed on June 23rd.

Simon died after being crushed between two trucks while working in Henderson. Many of you will know Simon as he regularly paddled at the Waitemata Canoe & Multisport Club. He was a hard worker who would often be at work early in the morning and be out on the water in the afternoon.



Donations towards the future support, education and development of Simon's three children Elliot, Janelle and Jarrod can be made to the following bank account:

Westpac 03 0155 0800985 025

Financial Report

Presented at the AGM

Were it not for the \$12,080 grant received from the ASB Charitable Trust to purchase equipment, the club would have made a small loss during the last financial year. This was due to membership falling from around 100 to 65, resulting in less income from membership, race entry and rack fees. Despite this the club's financial position is okay. However, the focus needs to be on increasing membership, and expanding the coaching which was well received by members and also provided some income.

- \$10,623 in current account
- \$22,104 in short term deposit
- Current assets: Cash & cash equivalents \$32,727, property & club equipment \$51,746. Total \$84,473.
- Reduced income from kayak hire for the second year in a row.
- Increase in race expenses in part due to relocating SuperDune from Bethels to South Head.
- Power and water rates have decreased; likely due to reduced demand for showers as a result of lower membership, rather than lower prices from utilities.

Elected Committee for 2014/2015 Club Year

President - *Vaughan Reed*

Vice President - *Erika Currie*

Club Captain - *Richard Couchman*

Treasurer - *Jim Davidson*

Multisport Co-ordinator - *Lance Smith*

Secretary/Administrator - *Heather Davidson*

RIB Manager - *Terry Newsome*

General Committee - *Bruce Stuart, Christine Sabin,*

Phill Exeter, David Parker



Club Executives - 2014/2015

President	Vaughan Reed	021 612 753	Club Captain	Richard Couchman	09 818 2580
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	Lance Smith	021 721 690	Email:	club@wcmc.org.nz	

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

Maungatautari Mission

By Heather Davidson

Maungatautari Mission is a multisport race near Cambridge comprised of a 32km road cycle, 15 km run, 12km road cycle, and 10km paddle. This is one of my favourite multisport courses.

I have to credit Maungatautari Mission for discovering my passion for trail running. Back in 2010 I did the event (my 2nd ever multisport race) and absolutely loved the steep, muddy and rooty run leg. That's when I decided that I was a runner.

This year I trialled a new training scheme: reverse tapering. The idea is simple - take it easy for several weeks (months!) then cram in a few intense training sessions during the week before the event. For added benefit, decide to enter only 2 days beforehand. Better still, decide that you are *not* doing the race then change your mind at the last minute!

It was fairly mild when we arrived at registration although there was light fog about. The race starts with a fast and flat road cycle with bunches forming fairly quickly. Woe betide those who are left to go it alone. The gun went off but my cold legs refused to sprint to stay with the bunch. Luckily within a few hundred metres I was passed by the DC Ducks traverse team and I managed to hold their wheel for the entire 32km.

The first transition was at the top of Tari Road by the pest-proof fence surrounding Maungatautari Mountain. Apparently this is the world's longest pest-proof fence! A slick transition into running gear and I was off up the trail. Dad reckoned that there were 5 women ahead of me at this stage. As far as I can remember I haven't done any bike/run sessions this year so it took a while for my legs to shake into running properly. Right from the start I was picking people off, and this was to continue all the way to the top. The climb begins fairly gently on a gravelled track but before long we reached the old trail in all its glory. This track is narrow and rooty and before long gets really steep. And I mean steep! In several places you even have climb up roots like a ladder. It eases off a bit on reaching the rocky Pukeatua peak (753m) and the next 2.5 km to the summit (797m) gradually get muddier and muddier. The big mud holes indicate the final few hundred metres. I caught up to a bunch of people here and took the opportunity to pass them by charging straight through the mud. Descending from the summit is even muddier and just as steep and rooty. We were in the cloud almost the whole way over the mountain and it was fun running through the dripping bush as everything felt so fresh. It was also nice to hear the tuis singing and I even saw a tomtit beside the track. Eventually we were spat out onto the gravel perimeter road, then down a couple of paddocks for the last 3km down Hicks Road. Just as I reached the road I passed another woman whom I correctly guessed to be Rachel Cashin.

I knew I'd had a good run, but when I arrived at the transition Dad told me that he hadn't seen any other women come through and encouraged me to put everything I had into the last couple of stages. Jumping onto the bike for the short ride to Lake Karapiro I had to keep reminding myself to ignore my sore muscles as I didn't have to save my legs for anything else.

The kayak was where I struggled the most. Right from the start I had weed caught around my rudder, and despite stopping to clear it 3 times over the 10km there was simply so much weed floating around that very soon my rudder would be fouled up again. I focused on putting power into each stroke but by half-way I was beginning to fade. At any time I expected to be overtaken by Rachel but I found out later that she had been held up at the run/bike transition with a flat tyre. With less than 2km go to, Rachel finally came zooming past and I watched as she hit the beach and ran up toward the finish. I followed suit and crossed the line in **5:02:19**, less than a minute and a half after Rachel. Shanel Cornielle had beaten us by over 20 minutes but I was elated to get 3rd place.

Did my 'reverse tapering' work? *Yes.*

Would normal training have worked better? *Probably.*

Did I have fun? *Absolutely!*

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 \$50 per session



BLAIRS' BODY THERAPY
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 Deep tissue / sports
Club Rate:
 \$50 1 hour
 \$30 1/2 hour

(09) 834 3851
 M 021 626 966
 Roskruge@orcon.net.nz

Events Calendar ~ July - November

26	July	Manawahe 6hr Adventure Race -	(07) 308 9456
16	August	Kayak Crazy 10km - North Shore	
23	August	Coromandel Classic - The North Island's premier multisport event	coromandelclassic.co.nz
6	September	Kayak Crazy 10km - Bay of Plenty	
6	September	P6 - 6 hour adventure race near Auckland	lacticturkey.co.nz
12	September	ARC - 12hr or 6hr adventure race in the Coromandel	arcevents.co.nz
13	September	CRNZ 10km Champs - Rotorua	canoeracing.org.nz
13	September	ARC Adventure Race - Coromandel	arcevents.co.nz
13	September	Monty's Revenge - Multisport race in Whakatane	
21	September	Cambridge to Hamilton - 23km paddle race down the Waikato	theboatshed.net.nz/cambridge
5	October	South Head Multisport Challenge - WCMC's annual multisport race	
11	October	Motu Challenge	motuchallenge.co.nz
8	November	Biathlon Enduro - 6 hours of running and mountain biking	beyondadventureracing.co.nz
9	November	Rodney Coast Challenge	rcc.org.nz

For more events visit www.wcmc.org.nz



Submarines

- Nikolai - Hit a branch

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:

Lyn Brennan

Michael Famularo

Simon Robinson

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 9/7	16:28
Wed 16/7	22:43
Wed 23/7	16:48
Wed 30/7	21:50
Wed 6/8	14:55
Wed 13/8	21:30

Date

High Tide

Sat 12/7	06:37
Sat 19/7	12:54
Sat 26/7	06:50
Sat 2/8	11:30
Sat 9/8	05:16
Sat 16/8	11:36





Membership Subs are Now Due!

Name: _____

- Individual - \$120 (*\$100 if paid by 31st July 2014*)
 - Family - \$160 (*\$140 if paid by 31st July 2014*)
 - Junior (under 18 at 1 June) - \$60
 - Associate Membership (non active) - \$45
- Rack Fee (kayak storage) - \$100 Total: _____

Please fill in your details to ensure our records are up to date.

Address: _____

Phone HM: _____ Phone WK: _____

Phone Mobile: _____

Email: _____ Occupation: _____

Amount enclosed: _____ Date: _____

Signature: _____

Cheques payable to: Waitemata Canoe and Multisport Club
Send to: P.O. Box 83 037, Edmonton, Waitakere City, 0652

Bank Details: 12 3038 0272056 00