



SOUTH HEAD CHALLENGE UPDATE

5 November 2016

Enter Now and you could Win Free Entry to Coromandel Classic

- Enter the South Head Challenge [HERE](#) before **10 August** and you will go in the draw for a free entry to the Coromandel Classic on 27-28 August 2016!
- Prize is for one free entry to the Coromandel Classic for an individual or team in either the Multisport or Duathlon.
- Prize will be drawn on the evening of Wednesday 10 August.

The Coromandel Classic is now in its 16th year and, since early July, in the hands of new owner Tom Gethin. The Coromandel Classic traverses some of New Zealand's most stunning country from surf beaches to sub-alpine native forests. It's a hidden gem of nature's beauty at its best and ruggedness that will delight and challenge athletes of all abilities.

[HTTP://WWW.COROMANDELCLASSIC.CO.NZ/](http://www.coromandelclassic.co.nz/)
[HTTPS://WWW.FACEBOOK.COM/16COROMANDELCLASSIC/](https://www.facebook.com/16COROMANDELCLASSIC/)

SOUTH HEAD CHALLENGE

5 November 2016

Situated at Scenic Lake Ototoa, off Donohue Road, South Head (South Kaipara) is our club's main event.

The paddle is on the lake while the mountain bike and run sections traverse private forestry land. On offer are a long course (as in previous years) and a short course – both open to individuals or teams. It's a great event for both beginners and experienced multisport athletes, and with all the transitions in one place you don't even need a support crew. Or bring the whole family for a pleasant day in the country – there is a nice and safe grassy area for a picnic and see the action in the transition area!

Challenge yourself and enter the South Head Challenge now and thus help to showcase our club and be part of what we can achieve together. See you there!

Long Course: 11km Kayak, 26km MTB, 10km Run

Short Course: 5.5km Kayak, 15km MTB, 10km Run

Enter now! <http://www.wcmc.org.nz/south-head-challenge/enter-here>

Call for volunteers

Thanks to all who've already put their hand up, but we need more helpers to make this event a success.

It's not hard work; you'll be fully briefed and get a free packed lunch and a drink.

If you, or someone you know, can help please let our **Multisport Co-ordinator** know;
Alex Huffadine huffadine@gmail.com



MEMBERSHIP RENEWALS

Membership and Kayak Rack renewals for the 2016/17 Club Year are now due

Thanks to all of you who have already renewed your membership and updated your information online. If you have not renewed and paid yet but wish to take advantage of the \$20 discount on membership fee (not kayak storage fee) you have until 31 July to do so. After that the full fee applies.

The code for the keypad giving access to the clubroom and kayak storage will change early August. Members who have renewed their membership by then will be notified of the new code.

ANNUAL FEES:

Individual	\$120 (\$100 if paid by 31 July 2016)
Family	\$160 (\$140 if paid by 31 July 2016)
Junior (under 18 at 1 June)	\$60
Associate (non active)	\$45
Rack Fee – Kayak Storage	\$120

Membership form and Bank Account details here: www.wcmc.org.nz/membership

NEW MEMBERS

A warm welcome to the following new members:

John Nowak and Family
Rosie Thomb
Hugh Keal
Brandon Purdue

Apologies to John and Rosie for formally welcoming you somewhat late.

CLUB TO PUB FUNDRAISER

KAYAK RACE - Sunday 7 Aug 2016, Start 9.00 am Sharp

This is a 16 kilometre paddle starting from the WCMC and finishing at The Riverhead, the oldest riverside tavern in New Zealand. It is the club's fundraiser to help Jordan McLarin get to the 2016 IFC Canoe Marathon World Championship in Germany in September.

Jordan, 15 old when selected and recently turned 16, is probably the youngest New Zealander selected to represent this country at a Canoe Marathon World Championship. He'll be racing against athletes two years older.

Jordan is our club's only serious junior paddler but he is not letting that hold him back. He was introduced to paddling at a young age by none other than his father and long-time member of our club, legendary Simon McLarin. By age 12, Jordan was into paddling about 10km three times a week. About this time he decided to become serious and began setting training schedules and goals. One of them was making the U18 World Marathon Championship by age 16.

To reach his first major goal Jordan, with guidance and coaching by his father, set a rigorous training and racing schedule. The results of disciplined training and racing against older and more experienced paddlers, and school holiday development training camps, are reflected in his many club and national wins and titles, often winning races outright.

Jordan has achieved his first major goal; now let's support him with a good turn-out for the Club to Pub race. All entry money raised will go to Jordan to help him with costs associated with the World Championship, which are not insignificant, especially since CRNZ does not provide funding for the athletes going to a non-Olympic event.



Details: Sun 7 August. Start from Waiemata Canoe & Multisport Club 9.00 am sharp (entries from 8 am, race briefing 8.45 am) Finish at The Riverhead. 16km, suitable for ski and multisport kayaks. Entry fee \$30.

Lunch at The Riverhead optional and at your own cost.

EVENTS CALENDAR

31 July	Karioi Classic, Raglan
31 July	Auckland Downwind
13 August	Kayak Krazy 10km Waitara
20 August	Kayak Krazy 10km North Shore
27 August	Kayak Krazy 10km Champs, Rotorua
27-28 August	Cormandel Classic
28 August	Auckland Downwind
3-4 September	Poor Knights Crossing 2016, Tutukaka
25 September	Auckland Downwind
2 October	Rodney Coast Challenge
8 October	Motu Challenge
8 October	Blue Lake Spring Regatta, Rotorua
22 October	Whangamata 3, 6 and 24 hour Adventure Race
5 November	South Head Challenge

HIGH TIDES

Wed 27 July	13.01
Wed 3 August	19.50
Wed 10 August	12.36
Wed 17 August	18.42
Wed 24 August	11.49
Wed 31 August	18.41
Wed 7 September	11.17
Sat 30 July	16.04
Sat 6 August	09.47
Sat 13 August	15.14
Sat 20 August	08.34
Sat 27 August	14.47
Sat 3 September	08.39
Sat 10 September	13.33



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WORLD MASTERS GAMES ARE COMING TO AUCKLAND

21-30 April 2017



WCMC's planned training schedule:

Tuesday nights at WCMC

Arrive at the club at 5.30pm for 5.45pm start. Sean Murphy will be running the sessions consisting of longer interval training.

Friday nights of pain at WCMC

Arrive at the club at 5.30pm for 5.45pm start. High intensity training with Ian Mercer.

Sunday morning at Lake Pupuke

7am start in front of the North Shore Canoe Club and Rowing Club building. These sessions, until 16 April 2017, focus on a fast pace paddle in training for Marathon Nationals in April.

Join our club Facebook Group so we can notify you of any changes to the above schedule

<https://www.facebook.com/groups/waitematacanoeandmultisportclub>

For more details and events go to

<http://www.wcmc.org.nz/events/world-masters-games>

<http://www.worldmastersgames2017.co.nz>

MEMBERSHIP & RACK FEES

2016/2017 Memberships subs are now due

Individual Membership	\$120 (\$100 if paid by 31st July 2016)
Family:	\$160 (\$140 if paid by 31st July 2016)
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BOOKING CLUB BOATS

Use from the Club is free.

Daily Hire away from the Club is \$50, with the inclusion of buoyancy aid, paddle and spray deck.
Fiberglass boats must NOT be taken on rocky rivers.

Club Hire Rules

- You must fill out the online form or contact the Club President – Vaughan Reed 021 612 753
- 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.

CLUB KAYAK TRAINING

It's fun, social and extremely beneficial to you. We would love to see you there!

6:00pm Wednesday - time trial/race

8:00am Saturday - with Richard Couchman (Couchie)

OLYMPICS SUPPORTERS GEAR

We received notification from CRNZ (Canoe Racing NZ) that “UNDER ARMOUR have come to the Rio party by giving us a great offer on some cool supporters gear. See the [website](#) for details”.

SUBMARINES



Please report any unscheduled/unintentional swims to our administrator: erika.currie@xtra.co.nz

WANTED - YOUR STORIES

If you've done a great event, found a “secret” training run, or have any advice on gear or training that would interest other club members and that you'd be willing to share, please email us your story or let the administrator know:

erika.currie@xtra.co.nz

CLUB EXECUTIVES 2016/2017

President	Vaughan Reed	021 612 753
Vice President	Matt Randell	
Treasurer – Acting	Phill Exeter	
Club Captain	Sean Murphy	
Secretary/Admin	Erika Currie	027 4345946
Multisport	Alex Huffadine	
RIB Manager	Terry Newsome	021 0748485
Email	club@wcmc.org.nz	

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