

# SOUTH HEAD CHALLENGE 2016

Pleasant early morning spring sunshine welcomed organisers, volunteers and competitors to the picturesque little reserve beside Lake Ototoa for the South Head Challenge multisport race on Saturday 5 November.

Twentyfour individuals and ten teams finished the long course. The overall winner was club member Andrew Mowlem in 2.53.04. Hannah Wells was first female in 3.02.13, and first Masters female club member Leticia Hughes in 3.41.34. Peter Sharlott won the Men's Masters division in 3.00.26, with club president Vaughan Reed a close second in 3.01.22. Oliver Thompson, all the way from Awakeri, near Whakatane, was the sole U18 competitor, finishing in 3.12.42.

Overall winner of the long course 3-persons teams division was Team Giant Webscope in 2.41.53, and Team Barracuda was first 2-person team in 3.18.53. It was great to see Team Nugget Waihi compete in the teams division, and gaining a 1<sup>st</sup> Male 3-person team placing in 2.53.46.

The introduction of the short course this year was a hit. Designed to provide novices, first-timers and youngsters an opportunity to give multisport a try, we hope future participation in this shorter, and achievable distance will entice more newcomers to the sport, and especially school teams.

Overall individual winner of the short course was Sam Durrant in 1.33.11. First Masters was club member Marc Hughes. Belinda Rodriguez, competing in the Masters division was fastest female in 2.07.05, and Joseph Andrews took out the competition in the U18 division by winning in 1.53.22. The winning team in the short course was Team The Swan, The Stag & The Ram, in 2.08.01.

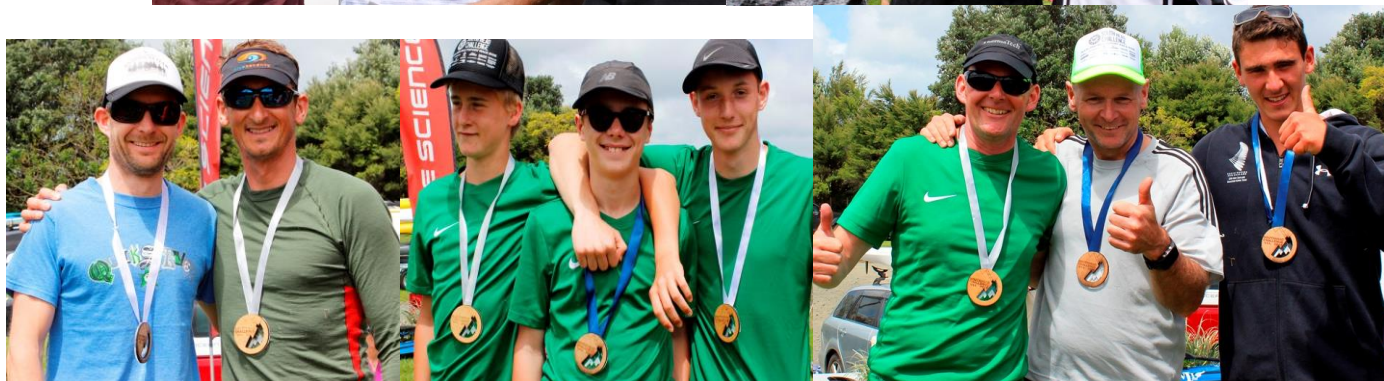
To many it may have looked like 9-year old Hayden McLarin and his dad, Simon, were competing as a tandem team. But no – they raced as individuals, Hayden finishing in 2.14.45 and Simon 11 seconds behind – just the right distance back to keep an eye on the youngster! Or was it a gracious gesture to let Hayden finish first in his first multisport race? Finishing sequence aside, it was an absolute delight watching father and son's competitive spirits in action. Hayden's transitions were as fast and slick as that of a seasoned athlete and his running and biking styles fast and seemingly effortless – a gold medallist in the making!?

Unfortunately, the medic was kept busy with a couple of mountain bike accidents. Both competitors were sent to hospital and were released after treat and reported as doing well. We wish them both full and speedy recovery.

The event concluded with a light lunch of carved ham, bread and a generous supply of bananas, followed by the prize giving with handcrafted medals designed and made by race director Alex Huffadine, and fabulous winner and spot prizes donated by our generous event sponsors. Please support them where and when you can – and please come back and race again next year – and encourage your mates to join you and give it a go.

Full race results: <http://results.racetiming.co.nz/competitions/1444>

*Photos Erika Currie*



## EVENTS CALENDAR

3 December	Kepler Challenge, Te Anau
3 December	The Goat Adventrue Run, Tongariro
3-4 December	Blue Lakes 2, Rotorua, CRNZ
4 December	Club Christmas Paddle – to be confirmed*
11 December	Rasdex Classic River Race, Waimakariri River, grade 2
15 January	Rangitikei River Race, 50 or 28 km, grade 1-2
21-22 January	Red Bull Defiance, Wanaka
5-11 February	The Pioneer MTB Christchurch – Queenstown
10-11 February	Kathmandu Coast to Coast
17-19 February	NZCT Canoe Sprint Natl & Oceania Champs, Karapiro
3-5 March Island,	25 <sup>th</sup> Annual KASKNZ Seakaking Forum, Ponui
31 March-2 April	Spirited Women, Women's Adventure Race, Taupo
16-17 April	NZ Natl. Kayak Marathon Champs, Pupuke
21-30 April	World Masters Games, Auckland
13 May	The Nugget Waihi Multisport Event

### HIGH TIDES

Sat 19 November	11.56
Wed 23 November	15.37
Sat 26 November	06.20
Wed 30 November	21.10
Sat 3 December	10.54
Wed 7 December	13.49
Sat 10 December	04.07
Wed 14 December	20.32
Sat 17 December	10.45
Wed 21 December	14.08
Sat 24 December	04.29
Wed 28 December	19.59
Sat 31 December	09.52

**\*KEEP AN EYE ON YOUR INBOX. WE'LL SEND A SEPARATE EMAIL WHEN DETAILS ARE FINALISED.**

## KATHMANDU COAST TO COAST

The race organiser is offering, at no additional cost to competitors, personalised race bibs for 2017 competitors. To qualify your entry must reach the organiser before 30 November 2016.

## NEW MEMBERS

A warm welcome to our new members: **George Watt, Elizabeth Mitchell**

# WORLD MASTERS GAMES ARE COMING TO AUCKLAND

**21-30 April 2017**

WCMC's planned training schedule:

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## Friday nights of pain at WCMC

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

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## Sunday morning at Lake Pupuke

6am start in front of the North Shore Canoe Club and Rowing Club building. Sean is taking this training session, except if he's away or racing, or the wind is blowing too hard on the lake.

Please check our Facebook page for any last minute changes.

These sessions, until 16 April 2017, focus on a fast pace paddle in training for Marathon Nationals in April.

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

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

For more details and events go to

<HTTP://WWW.WCMC.ORG.NZ/EVENTS/WORLD-MASTERS-GAMES>

<HTTP://WWW.WORLDMASTERSGAMES2017.CO.NZ>



# URGENT CALL FOR VOLUNTEERS

You may know that CRNZ is hosting the canoeing events for the World Masters Games in April 2017. But to successfully do this they urgently need volunteers.



“We are VERY short on volunteers” says Karen Simpson-Warren from CRNZ. “I’ve just been told by World Masters Games that if we don’t get volunteers registered soon we will miss out on getting them clothing and food allocations and volunteer privileges etc.”

Imagine proudly wearing the Games’ volunteer uniform and playing an important part in making the 2017 World Masters Games a memorable and happy experience for local, national and international athletes? Be part of the all important volunteer force making these Games enjoyable and successful.

Registering as a volunteer must be made online – sorry, telling Karen that you can help is not enough.

#### Before you start have the following ready:

- Passport and/or Drivers Licence
- Your Code from your Sport – **IMPORTANT: Please use the code CANOESCACE when prompted.**
- Registration will take around 10 minutes to complete

**Note:** If you wish to volunteer for other codes not just Canoe, still follow this process and notify your sport contact. This information will then be confirmed to World Masters Games.

**Canoe Sport Contact:** Karen Simpson-Warren, [karen.simpson@canoeracing.org.nz](mailto:karen.simpson@canoeracing.org.nz) Mobile 027 4445596

**Ready to register now? Go to: <http://www.worldmastersgames2017.co.nz/>**

**Step 1** – Click on the Volunteers option under **Get Involved**.

**Step 2** - Click on **Apply Now**

**Step 3** – Click on **Sports Apply Now**

**Step 4** – Click on **Next**

**Step 5** – Enter details as prompted

**About Steps 3/4 for the way through you will be asked for your sport code - CANOESCACE**

**IT'S IMPORTANT THIS IS ADDED**

**Any volunteers who will help across a number of canoe disciplines E.G Waka Ama and Canoe Polo**

Sports Crew (eg non-technical but may help with marshalling) - CANOESC

Sports Official (Results, judges etc ) - CANOEOFF

**If you wish to assist with a code other than Canoe please list these in 2<sup>nd</sup> or 3<sup>rd</sup> preferences**

## CLUB KAYAK TRAINING

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

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**6:00pm Wednesday - time trial/race**

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

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## LOCKING UP

Club members can access the club rooms and gear shed any time, but please ensure all doors are locked when you go paddling or leaving the club. This includes locking the padlocked door.

## BOOKING CLUB BOATS

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**Use from the Club on Henderson Creek is free.**

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**Daily Hire away from the Club is \$50, with the inclusion of buoyancy aid, paddle and spray deck.**

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**Fiberglass boats must NOT be taken on rocky rivers.**

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### 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.
- Return all hired items to the club in a timely fashion – there may be others waiting to use them

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.

P.S. if you currently have any club gear in your possession, please return it as soon as possible.

## MEMBERSHIP AND KAYAK RACK FEES FOR 2016/17

### Annual Fees (1 July – 30 June)

Individual	\$120
Family	\$160
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](http://www.wcmc.org.nz/membership)

## CLUB EXECUTIVES 2016/2017

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

New Members: please contact any of the Executive for general information or assistance on club matters, or send us an email.

## SUBMARINES



Paul Fitchett and Richard Couchman on Henderson Creek.

Please report any unscheduled/unintentional swims to our administrator: [erika.currie@xtra.co.nz](mailto:erika.currie@xtra.co.nz)