

RACE ANNOUNCEMENTS

RAY BAKER 6-RACE SERIES 2017

The first race of 3km was held on Wednesday 18 January. There are five more, each one increasing by 1km, every Wednesday until the last one of 8km on 22 February. Entry fee to each race is only \$5, or \$20 for the whole series. Registration from 5pm, race start (handicapped) from 6pm.

So come along and give it “a go” – it’s fun.

HERALD ISLAND RACE

30 January (Auckland Anniversary Day)

Registration: 8.30am at club

Entry Fee: \$20

Race start: 9.30am

BBQ at club afterwards

WORLD MASTERS TRAINING

Restarting at a “friendlier” time – 9.30 a.m. 😊

Sunday 22 January at Lake Pupuke, meet outside North Shore Canoe Club.

Then every Sunday, except on the Sunday of Anniversary Weekend due to the Herald Island Race the next day.



NZCT CANOE SPRINT NATIONALS & OCEANIAIA CHAMPS, LAKE KARAPIRO

17 – 19 February 2017

IMPORTANT:

If you want to race, please email the club on club@wcmc.org.nz by 1 February

The club will pay your entry fee, BUT:

- No late entries
- If you have an entry and withdraw or don't turn up, there is a penalty of \$50 – unless you have a valid medical certificate.
- The club does not pay the penalty on your behalf.

<http://www.canoeracing.org.nz/events>

2017 CANOE MARATHON CHAMPIONSHIPS PORIRUA HARBOUR, WELLINGTON

8 - 9 April 2017

IMPORTANT:

Expression of interest required, please email the club on club@wcmc.org.nz by end February, preferably earlier

The club will pay your entry fee, BUT:

- No late entries
- If you have an entry but withdraw or don't turn up, a penalty fee applies.
- The club does not pay the penalty on your behalf.

<http://www.canoeracing.org.nz/events>

MORE CLUB & OTHER RACES:

RUN/KAYAK 4-RACE SERIES

Starts the Wednesday after Ray Baker finishes, on 1 March. Start 6pm, 3km run/6km paddle.

16KM RACES/TRAINING – Dates and more info to come.

EVENTS CALENDAR

28 January	Taranaki Cycle Challenge – Around the Mountain
30 January	Around Herald Island Race - Auckl. Anniversary (Club) *
3-12 February	NZ Masters Games, Whanganui http://www.nzmg.com/
10-11 February	Kathmandu Coast to Coast
13 February	Tarawera Ultramarathon, Rotorua http://www.taraweraultra.co.nz
17-19 February	NZCT Canoe Sprint Natl & Oceania Champs, Karapiro http://crnz.org.nz/events
25 Feb-4 March	GODZone Adventure Race, Queenstown http://www.godzoneadventure.co.nz
3-5 March	25 th Annual KASKNZ Seakaking Forum, Ponui Isl.
11-12 March	Absolute Wilderness Adventure Race, St Arnaud
18 March	Whangamata Multisport Challenge http://www.whangamataevent.co.nz/multisport
26 March	The Dual, Motutapu/Rangitoto
31 March-2 April	Spirited Women, Women's Adventure Race Taupo
8 April	Wild Kiwi Multisport, Whangarei Heads http://www.thewildkiwi.co.nz
16-17 April	NZ Natl. Kayak Marathon Champs, Porirua, Welling http://www.crnz.org.nz
21-30 April	World Masters Games, Auckland
6 May	T42 Central Plateau http://www.t42.co.nz
13 May	The Nugget Waihi Multisport Event

NEW MEMBERS

A warm welcome to our newest members: Renee & Daniel Rushton, Andrew Sommerville

RANGITIKEI RIVER RACE

This race was held on Sunday, 15 January 2017. Club members Sean Murphy and Michael Famularo took part in the 50km race on the Rangitikei River, which started at Utiku (near Mangaweka) and finished at Vinegar Hill beside Highway 54 near Hunterville. Both enjoyed the race and recommend other club members pencil this race into their race calendar for January 2018.

Story by Sean Murphy, photographs Carmen Murphy

Michael joined me and our driver/manager, Carmen Murphy, for the road trip to the start of the Rangitikei River Race.

It was an early start, up at 5.30am for breakfast before the two and a half hour drive to the start of the race at Utiku, about 10km north of Mangaweka.

With the well organised registration process it was pretty seamless and all we had to do was listen to the briefing and get ourselves sorted for the start. Hydration, helmets and life jackets all a must.

Michael started in the 4th wave of paddlers and the waves went off in 5min intervals. I was in the last wave and with all the fast young guns so we had a bit of a wait as there was a total of 8 waves.

The river was low. There were plenty of exposed rocks and with the correct path was not always evident it made for a bumpy ride in many places. I was thankful for the river layup SES that Franz from Stellar Kayaks NZ had loaned me as I would have severely damaged any one of my ocean skis if I had of tried to use them.

This was the first river race I have completed in the last 2 years and it came as no surprise to me that I went for an early swim, losing a lot of ground to the fast boys. I forgot that you can't remount down rapids so had to wait until I got to the bottom to get back on. But after that I settled into my stride and worked honestly for a couple of hours before passing the first paddler. From there they were coming thick and fast and the hull speed of the SES really helped coming out of the rapids and into the calm spots where I gained nicely on the paddlers ahead. At the 31km mark I took another spill unexpectedly but it didn't take too long to get back in this time.

With around 45kms paddled I finally started catching the group I started with. Feeling good, I kept the power on. All the training was paying off now. From there the last 5kms flew by, finishing in first place for my division and age group. After a poor start, the endurance paid off!

It was a great day in wonderful country and spectacular scenery. The river has some very sharp bends and it being shallow meant that there was little room for miss-judging the direction you took. If only for another foot of water it would have been a completely different situation – maybe next year. All the same; a highly recommended race for anyone interested. I for one will be back again next year!

Thanks to Carmen being our driver we had no issues re logistics, which made a huge difference - so many thanks to her for that.

Next year we will look at doing the same. With the capability of having seven paddlers and kayaks transported to and from the race there is plenty of room for other paddlers to get there next year.

Michael posted his story on Facebook: <https://www.facebook.com/groups/waiematacanoeandmultisportclub/>



Waitemata
CANOE & MULTISPORT CLUB

NEWSLETTER
January
2017



WHITEWATER NZ

Whitewater NZ's purpose is to preserve New Zealand's white water resources and enhance opportunities to enjoy them safely.

Whitewater NZ is seeking to build its network of individual members and would like you to sign up as a supporter to help add weight to the voice of the white water community on conservation, access and safety issues in New Zealand. If this interests you, or if you believe in preservation of our rivers for sport and recreation, you can sign up by using the link below:

<http://rivers.org.nz/sites/rivers.org.nz/modules/civicrm/extern/url.php?u=403&qid=2245555>

UPCOMING WHITEWATER EVENTS:

28 – 30 January: Oceania Champs, ICF Ranking Race & Selection, Vector WERO White Water Park, Auckland

4 - 5 March: Buller Fest Kayak Festival, Murchison

<http://www.rivers.org.nz/events>

Interested in learning white water kayaking in a safe environment before hitting the big rivers or white water racing? You might like to check out these links:

<http://rivers.org.nz/whitewaternz>

<http://wero.org.nz/activities/kayaking/beginner-whitewater-kayaking>

<http://www.aucc.org.nz/> (Auckland University Canoe Club offers its members weekly whitewater skills training in pool)

CANOE RACING NZ

CRNZ has a vacancy for a High Performance Athlete Development Manager. Please see this [LINK](#) for information on the new position of HP Athlete Development Manager for distribution to your membership or interested parties. Applicant information is contained in the link and for further information you can contact [Greg Owen](#). Applications close on Tuesday 31 January 2017.

AUCKLAND

21-30 April 2017



WMG SPECIFIC TRAINING

Is restarting at a “friendlier” time – 9.30 a.m. 😊

First session is Sunday 22 January at Lake Pupuke, meet outside North Shore Canoe Club.

Then every Sunday, except on the Sunday of Anniversary Weekend due to the Herald Island Race the next day.

Join our club Facebook Group updates and other club activities

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

For more details and events go to

[HTTP://WWW.WCMC.ORG.NZ/EVENTS/WORLD-MASTERS-GAMES](http://www.wcmc.org.nz/events/world-masters-games)

[HTTP://WWW.WORLDMASTERSGAMES2017.CO.NZ](http://www.worldmastersgames2017.co.nz)

CLUB KAYAK TRAINING

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

We would love to see you there!

6:00pm Wednesday - time trial/races (incl. some longer ones in lead-up to World Masters Games)

8:00am Saturday – informal, with Richard Couchman (Couchie)

HIGH TIDES

Sat 28 Jan	08.44	20.58
Wed 1 Feb	11.33	23.52
Sat 4 Feb	01.28	13.58
Wed 8 Feb	05.36	18.01
Sat 11 Feb	08.27	20.54
Wed 15 Feb	11.33	23.57
Sat 18 Feb	01.21	13.38
Wed 22 Feb	04.52	17.00
Sat 25 Feb	07.27	19.42

CAR PARK

Please be aware that resealing and re-marking of the car park is likely to start soon. This work is overdue and we ask that members using the car park bear this in mind and act with consideration.

Unfortunately there is no “right” time that suits everybody for this work to be carried out, but it’s high time the current mess of potholes and broken seal is being fixed. The temporary inconvenience will be worth it in the long run.

BOOKING CLUB BOATS

Use from the Club on Henderson Creek 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.

No hire of accessories only.

Club Hire Rules

- Hirer must be a club member.
- 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.

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

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, or send us an email.

An Apology: To Rosie Thom for misspelling her name in past newsletters.

SUBMARINES



Earlier this month; Richard Couchman (Couchie) on a choppy day near the pontoon.

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

