

REGISTER NOW FOR:

2017 CANOE MARATHON CHAMPIONSHIPS ON 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.

Sean is driving down with his trailer a few days before the event start. He has offered to take a small number of extra boats for other club members wishing to fly to Wellington instead of driving. The cost is \$50 per boat for return trip, and the offer is strictly on a "first in first served" basis.

If interest, please arrange this directly with Sean; rhodos@ihug.co.nz

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

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 (includes 8 and 16km in lead-up to World Masters Games)

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

Join our club Facebook Group updates and other club activities

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

RUN/KAYAK 4-RACE SERIES – postponed in favour of WMG training

HIGH TIDES

Sat 25 Feb	07.27	19.42
Wed 1 Mar	10.25	22.46
Sat 4 Mar	12.49	
Wed 8 Mar	04.15	16.42
Sat 11 Mar	07.15	19.43
Wed 15 Mar	10.22	22.47
Sat 18 Mar	00.05	12.21
Wed 22 Mar	03.08	15.20
Sat 25 Mar	05.58	18.15
Wed 29 Mar	09.12	21.37

WEDNESDAYS – LONGER RACES

It has been decided that to the lead up to the World Masters Games the Wednesday evening's race distances be increased. There will be two options – 8km or 16km. Of course anyone wishing to paddle a shorter distance is still very welcome. Race start will still be 6pm.

SUNDAY WORLD MASTERS TRAINING

Sundays: The club's K4 is now based at the North Shore Canoe Club and the team will be training most Sundays from 5 March onwards, starting 9am.

WCMC members wishing to come along with their own kayaks are welcome. Best to check with Sean or FB for changes. <https://www.facebook.com/groups/waitematacanoeandmultisportclub/>

Monday evenings: Kayak race with Vaughan. On the Weiti River, start 6:30pm. Either meet on the grass reserve by the Weiti Boat club or put in at Stillwater and paddle down. Aim to be on the water at 6:15pm for a 6:30 start. Check FB for updates. <https://www.facebook.com/groups/waitematacanoeandmultisportclub/>

NEW MEMBERS

A warm welcome to our newest members: Telana Flanagan and Katherine Reardon

EVENTS CALENDAR

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
8 April	XTERRA Rotorua Festival
8-9 April	Mountains to Sea. Turoa - Whanaganui
16-17 April	NZ Natl. Kayak Marathon Champs, Porirua, Welling http://www.crnz.org.nz
21-30 April	World Masters Games, Auckland
28 April	King & Queen of the Harbour
6 May	T42 Central Plateau http://www.t42.co.nz
13 May	The Nugget Waihi Multisport Event

AT THE RACES

The year started off with plenty of opportunities for racing, including your club's own; the Ray Baker Series and Around Herald Island Race. Unfortunately, the number of entries for these once popular races were disappointingly low - where was everybody?

At the NZ Masters Games in Whanganui our club was represented by just one member, while five went to the CRNZ Canoe Sprint Nationals at Karapiro. Both events offered Novice and/or age-specific divisions ideal for first-timers, the young at heart needing to take it a bit easier, and all who just want to "give it a go".

RAY BAKER 6-RACE SERIES 2017

This would have to be the best race series for all levels – from beginners to the experienced. It being a handicap series aimed at all participants finishing at around the same means all, and I mean all, have a chance to come first. And at the very least you're not likely to come last.

But best of all, you can track your progress over the six races while gaining valuable race experience without being in the demoralising situation of being left way back and all alone. So please pencil next year's Ray Baker Series in your diary now and then "give it a go". We want to see more of you out on the water.

A big thank-you goes to Elja Murphy for timekeeping, to Sean for organising the races and his family for doing the BBQ after the final race.

2017 Ray Baker Series Winners: (see the full results on <http://wcmc.org.nz/results/2017-results>)

1 st	John Nowak	527.59 points
2 nd	Nathan Livingston	525.00 points
3 rd	Erika Currie	470.00 points



John Nowak



Nathan Livingston

HERALD ISLAND RACE

Held on 30 January 2017 (Auckland Anniversary Day)

Just ten guys entered this race, but there sure was some tight racing, especially among the first two with less than .01 of a second separating them.

The low entries for this once popular event were disappointing, especially since it was a fine day. Feedback and suggestions from competitors, and especially from past competitors who did not come this year, would be appreciated as to what needs to be changed to revitalise this race.

Please send us your suggestions on club@wcmc.org.nz

1 st	Simon McLarin	1:39:07.7	6 th	Stephen Reece	1:52:38.6
2 nd	Sean Murphy	1:39:08.4	7 th	Peter Lipscombe	1:53:11.9
3 rd	Vaughan Reed	1:41:24.8	8 th	Paul Fitchett	1:55:58.3
4 th	Vlad Moldovan	1:44:18.0	9 th	Jonathan Long	1:59:09.2
5 th	Bruce and Phil	1:44:26.4	10 th	Michael Famularo	2:31:39.4

CRNZ CANOE SPRINT NATIONALS & OCEANIAIA CHAMPS, LAKE KARAPIRO

Held 17 – 19 February 2017

Our club was represented by Vaughan Reed, Sean Murphy, Simon McLarin, John Nowak and Vlad Moldovan. Between them they brought home two gold and two bronze medals.

Three club members also took part but raced for other clubs: Jordan McLarin for Poverty Bay, and Rochelle Austin and Rosie Thom for North Shore Canoe Club.

K1 5km MM45+	1 st Simon McLarin 23.54.77	3 rd Sean Murphy 24.42.57	4 th Vaughan Reed 25.59.51
K1 1000m MM45+	4 th Vaughan Reed 4.07.99	6 th Simon McLarin 4.13.33	7 th Sean Murphy 4.14.73
K1 200m MM45+	5 th Simon 44.72	8 th Vaughan 45.58	
K1 5km OM	8 th Vlad Moldovan		
K2 200m MM45+	5 th Sean & Simon 42.59		
K2 1000m MM45+	3 rd Sean & Simon 4.05.17		
K4 200m	4 th Simon, Vaughan, Sean, P Randall 41.33		
K4 1000m	1 st Simon, Sean, Vaughan, L Marshall 3.42.79		

This event was John Nowak's first outside of club events. He raced in K1 Novice Divisions. Congratulations John.

200m 7th 52.64

500m 6th 2.27.80

Full results: <http://www.liveresults.co.nz/81>

Photos courtesy Tricia Knights-Nowak



KATHMANDU COAST TO COAST 2017

Congratulations to all club members who finished the Coast to Coast. Here are names I found in the results posted online. I apologise if I missed anyone.

Matthieu Moreaux, 43rd Open Men, in 15.17.16

Elizabeth Mitchell, 22nd Open Female, in 17.48.52

Team Barracuda Kayaks (with Alex Huffadine) 1st 3-person Mixed, in 12.39.06

Former club member Sam Manson bagged 3rd place in Longest Day, in 11.37.53

Your story and a few photos are most welcome for next month's newsletter!

NZ MASTERS GAMES 2017, WHANGANUI

Phill Exeter was the only club member representing WCMC this year and came home with three gold medals from convincing wins in the 50+ age category.

200m 53.62

500m 2.23.26

5000m 24.39

Congratulations Phill. Well done. We look forward to your story in the March newsletter.

THE HALBERG AWARDS – GREAT FOR OUR SPORT

This year's Halberg Awards were cause for celebration for our sport, with Lisa Carrington winning the High Performance Sport NZ Sportswoman of the Year AND the Supreme Halberg Awards, and her coach, Gordon Walker, being recognised with the Buddle Findlay Coach of Year Award.

I heard a Radio NZ (National Radio – Katherine Ryan, 9-noon weekdays) commentator describe how fantastic it was to see a relative minority sport such as canoeing being recognised ahead of popular sports such as rugby and golf. Indeed it is!!!!!!! Congratulations to Lisa and Gordon!

PLANNING TO DO COAST-COAST 2018?

Michael Famularo has committed to Coast to Coast 2018, in a 2-person team. He has recently done white water skills courses and also completed the Rangitikei River Race. He has compiled the following information.

He is interested in pulling together a specific interest group for Coast to Coast specific training – perhaps on Wednesday evenings after the club racing while it's still warm and daylight. This may also include presentations from former competitors willing to share their experiences and training tips.

Club member Ian Mercer offers white water training by arrangement, and can complete Grade 2 testing and sign off.

However, Michael says kayak skills need to be worked on starting about now so Ian can sign off in January next year with confidence. Participating in our club event is a start. He also recommends signing up for an intro to white water three-lesson course at Wero in Manukau: "They teach you the basics for \$90 per sequential lesson inclusive of use of their white water boats and their Tamariki Grade 2 course. It includes rolling. Very good value."

Ian will run training sessions for us by the bridge on Karaka Road, which has good wave trains and eddies two hours after high tide. Another option may be the Mohaka River for proper river training - fantastic location with free DOC camp. Michael advises "to be fair on Ian try and do all the above first."

Mangaweka Adventure Company offer two day courses on the Rangitikei River, including accommodation (cabins) and meals at their lovely Awastone camp. After that you are expected to spend time practicing before returning for Grade 2 assessment.

Aspiring Coast to Coasters should be making the most of the remaining warmer season now by getting the required skills, and thus leaving the time between winter's end and the Coast to Coast free for training.

If interested in joining Michael in forming a training group, please lodge your interest on club@wcmc.org.nz subject Coast-Coast Training.

MEMBERSHIP AND KAYAK RACK FEES FOR 2016/17

Annual Fees (1 July – 30 June)

Individual	\$120	Junior (under 18 at 1 June)	\$60
Family	\$160	Rack Fee – Kayak Storage	\$120
Associate (non active)	\$45 (kayak storage not available)		

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

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.

UNIDENTIFIED KAYAKS IN RACK SPACES NOT PAID FOR

There are several unidentified kayaks in the members' only storage facility. Anyone who keeps a kayak in the clubrooms but has not paid the required rack fee is advised that if it is not removed, or if the owner has not contacted the club by 20 March 2017, then the kayak will be sold and the club will not take any liability for any losses incurred. In the first instance please contact the club urgently with a description of the kayak concerned via email: club@wcmc.org.nz Thanks to those who have already replied; we'll get back to you shortly.

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 assistance on club matters, or send us an email.

SUBMARINES

Rumour has it: Paul Fitchett, Steve Reece and Ian Mercer.

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

