

WORLD MASTERS GAMES

What an event! Five days canoe racing! Memories to cherish for a life time!

The opening ceremony on Friday evening 21 April, attended by club members Stephen Reece and Kat, Sean Murphy, Erika, and Vaughan Reed, was spectacular – and noisy. Whilst many complained about traffic jams, for us Westies going by train to Eden Park and back it was a relaxed, social and hassle free experience.

Monday morning the serious business of racing got under way at Lake Pupuke, first up being the K1 marathon. Unfortunately the wind decided to have a blast too, letting its fury loose on the lake and making things very challenging for all. Numerous submarines were spotted from shore, including one or two club members who shall remain nameless this time.

Behind the fence and up on the bank there was a real buzz among supporters cheering on their friends, mates and loved ones. Being among the supporters was also a great opportunity to catch up with other club members and even some long lost friends and acquaintances.

The afternoon's race starts (ski and multisport) were slightly delayed while the hard-working volunteers rearranged the course because of the wind. Those on skis said they enjoyed the choppy conditions while some in multisport boats found the conditions challenging. At least one was spotted swimming even before the start, and later one or two out on the course. Most admitted they found it hard work, especially going upwind right across the lake.

Fortunately, conditions were much kinder to the K2 marathon and sprint races over the following days.

The Waitemata Canoe & Multisport Club was well represented in marathon and sprints by Vaughan Reed, Sean Murphy, Phill Exeter, Simon and John McLarin, Nathan Livingston, Stephen Reece, Bruce Stuart, Michael Famularo, Ian Castell-Brown, Rosie Thom, Erika - and Peter Lipscombe in Ocean Ski. Michael also took part in the half marathon (athletics) and Vaughan in Ocean Ski winning Gold in his age group.

Medal Winners, some going home with several:

Gold: Simon; Sean; Nathan; Rosie; Vaughan; Erika

Silver: Ian; Michael; Rosie

Bronze: Stephen

K2 Gold: Phill & Bruce; Michael & Ian

Silver: Simon & Sean; Michael & Ian; Phill & Bruce

Bronze: Phill & Bruce; Simon & Bruce

Congratulations to all winners; well done! Apologies if I missed any names and/or medal winners. It's time consuming trolling through the results, which also contain all the heats.

Results canoeing: <http://www.canoeracing.org.nz/events/results>

Results for all sports: <http://www.worldmastersgames2017.co.nz/the-sports/schedules-and-results/>

Photos copyright Erika Currie. If you would like to have a high resolution photo emailed to you, please let me know; erika.currie@xtra.co.nz



aitemata

CANOE & MULTISPORT CLUB

NEWSLETTER
April/May
2017



2017 MARATHON CHAMPIONSHIPS, MANA, WELLINGTON

Held on 8 April, Waitemata members cleaned up the medals. Congratulations, great achievements!

K1 Open 28km:	1. Andrew Mowlem	82.14.05
K1 Masters 45-54 21km	2. Vaughan Reed	1.45.43
	3. Sean Murphy	1.45.52
	4. Phill Exeter	1.56.49
	1. Simon McLarin	1.42.48
K1 Masters 55+ 21km	1. Jordan McLarin	1.37.31
K1 U18 21km	2. Hayden McLarin	51.09
K1 Tyros U13 7km		
K2 Open 28km	1. Jordan/Andrew	2.15.44
	2. Simon/Sean	2.17.08
K2 Masters 28km	1. Phill/Vaughan	2.21.11

Report and full results: <http://www.canoeracing.org.nz/news/article/nz-marathon-champs-2017>

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

8.00am Saturday – informal

Join our club Facebook Group updates and other club activities

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

NEW MEMBERS

A warm welcome to our newest members:

Matthias Krueger, Brenden Rolston

HIGH TIDES

Sat 6 May	03.36	16.09
Wed 10 May	06.59	19.31
Sat 13 May	09.02	
Wed 17 May	11.40	
Sat 20 May	14.06	
Wed 24 May	18.04	
Sat 27 May	08.16	
Wed 31 May	11.53	
Sat 3 June	14.43	
Wed 7 June	18.18	
Sat 10 June	07.54	
Wed 14 June	10.34	23.00
Sat 17 June	12.46	

EVENTS CALENDAR

13 May	The Nugget Waihi Multisport Event
13 May	The Great Cranleigh Kauri Run, Coromandel
14 May	KayakKrazy 10km race 1, Karapiro. Start 10.30am, reg from 9.30am
14 May ??	Bridges Classic, WCMC – <u>To be confirmed</u>
21 May	Maungatautari Mission Multisport, Cambridge www.theboatshed.net.nz/maungatautari/
28 May	KayakKrazy 10km race 2, WCMC club rooms, 9.00 start, reg from 8am
4 June	3D Rotorua Off-road Winter Multisport Festival
25 June	Club AGM/BBQ, preceded by Simon Melgren Memorial Race – 10am start
19 August	10km Series Final/championship
26/27 August	Coromandel Classic
1 October	South Head Challenge, WCMC
13-15 October	Torpedo7 Spring Challenge Women's Adventure Race, Auckland
28 October	Canoe Showdown, Warkworth
5 November	Rodney Coast Challenge

THE NUGGET WAIHI MULTISPORT EVENT

Saturday 13 May, Waihi – Entries Open – but hurry! <http://thenugget.co.nz/event-information.html>

Major Spot Prize: Bularangi Villa Fiji. This will be the sixth year that Bularangi have given away **7 nights free accommodation** at their glorious Villa in Fiji. **Enter here:** <http://thenugget.co.nz/enter.html>

KAYAK KRAZY 10KM SERIES

The first two races of this series are this month;

Sunday 14 May Karapiro, registration from 9.30am, start 10.30am

Sunday 28 May – WCMC, from club rooms on Taipari Strand, registration from 8.00am, start 9.00am

Both events:

Entry Fees: U18 upwards = \$20; U16, U14 and Tyros U13 \$10

Distances (M & W): 10km for U18, Open and Masters; 5-6km U16 and U14; 2-3km Tyros U13

Course to be decided on day.

Entries to the respective clubs. Waivers must be signed (can be done on the day if entering using online form)

Details: <http://www.canoeing.org.nz/events>

Other dates and clubs hosting a race in the series – yet to be advised

Final race and 10km championship is in Rotorua on 19 August.

CLUB AGM AND SIMON MELGREN MEMORIAL RACE

SUNDAY 25 JUNE, CLUB ROOMS

Race Start: 10.00am, followed by BBQ and AGM.

A number of committee members have either moved out of Auckland or are stepping down from committee. In order for your club to continue and to function we need members to step up and take on a committee role. Being a committee member is not rocket science – just some common sense and a willingness to attend one meeting a month (2nd Wed after race) and chip in with tasks.

From early next month we'll have a ballot box and nomination forms at the club rooms – please make use of these.

SOUTH HEAD CHALLENGE - SUNDAY 1st OCTOBER

This is our club's premier multisport race. If you're not intending to race, please consider volunteering and help make the event a success. More info to come soon; meantime happy training! Less than five months to go to race day.

COAST TO COAST TRAINING GROUP

Michael Famularo has created a Facebook page for club members and Aucklanders training for Coast to Coast. If you're interested and want to keep up with what this group is up to, visit, and ask to join:

<https://www.facebook.com/groups/651105538409142/>

Coming to grips with South Island river paddling can be challenging, especially for us living in Auckland and training on relatively calm and warm waters. So another source of information may be Whitewater NZ. This organisation publishes regular newsletters. To join visit <http://rivers.org.nz/membership>

Here is an excerpt from their latest issue:

An end of summer reminder

3's the magic number *Paddling in threes will remove some of the stress when dealing with rescue situations. Here are just a few reasons why!*

- *You will have enough people to keep supporting an injured party member and also to paddle out to seek help or to inform people of the situation.*
- *Having enough people to chase down people and gear when required.*
- *Having enough people to hold on to ropes etc. in the worst case scenario.*

PLB *Having a Personal Locator Beacon (PLB) to assist in rescue scenarios is becoming a societal expectation and the norm when adventuring. PLB's are getting cheaper and cheaper by the year. The latest designs are waterproof, weigh very little and take up very little room in your PFD. This is becoming an essential resource to have in any whitewater rescue kit.*

Daylight Summer is coming to an end, so **daylight** hours are reducing. Remember to be smart with ensuring you have enough daylight hours to paddle out and to have fire lighting kit / bothy bag to help if overnighted.
Intentions Leave quality intentions with loved ones or a trusted friend. Chat around common scenarios to have an understanding on what overdue means between you all.

And if you're a former member of the **University of Canterbury Canoe Club (UCCC)** you may be interested to know that they're having the 50 year celebrations 16-17 September. Info on uccc50th@gmail.com

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.
- Don't lend or hire the gear you hired to a third party.

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 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.

Remember AGM on 25 June – time to think how you could contribute to your club. There are some vacancies coming up and those positions need to be filled.

SUBMARINES

A few submarines during World Masters – in the spirit of the games they shall remain unanimous! Just this once.



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

YOUR STORIES AND PHOTOS WANTED

Been anywhere interesting, done a race or found a neat training spot? Why not share it here in print or with photos, or both? Not keen to write it yourself – let the editor know and perhaps we can arrange an interview time. Just email; erika.currie@xtra.co.nz