



# Waitemata

## Canoe & Multisport Club

P.O. Box 83-037, Waitakere 0652 Email: club@wcmc.org.nz  
Clubrooms at end of Taipari Strand, Taikata Rd., Te Atatu Peninsula

Aug 2009



## Waitemata Canoe & Multisport Club 2009 Summer Race Series

Open to surf skis, sea kayaks, OC1, multisport kayaks and Adventure doubles.

### Bridges Classic

Date: Sunday 27 September 2009  
Distance: 16km  
Venue: Waitemata Canoe & Multisport Club  
Course: Henderson Creek to Falls Park, Huruhuru Creek and return.  
High Tide: 2:45pm  
Registration: From 12:30pm  
Race Start: 1:30pm

### Henderson Marathon Race

Date: Sunday 25 October 2009  
Distance: 21.5km  
Venue: Waitemata Canoe & Multisport Club  
Course: 5x 4.3km lap  
High Tide: 1:15pm  
Registration: From 11:00am  
Race Start: 12:30pm

### Bottle Top Bay Race

Date: Sunday 29 November 2009  
Distance: 16km  
Venue: Bottletop Bay, Karaka  
Course: 16km Some grade 2 water on the return  
High Tide: 8:45am  
Registration: From 8:00am  
Race Start: 9:30am



### Herald Island to Devonport Race

Date: Sunday 6 December 2009  
Distance: 17km  
Venue: Christmas Beach to Duders Beach Devonport  
Course: 17km Harbour Paddle  
High Tide: 11:15am  
Registration: From 10:00am  
Race Start: 11:00am

Contact Terry Newsome 021 074 8485 or Miles Blackwood 029 854 9014

## Ian's Friday Nights of Pain

On the water at 5pm for those that can make it for 10 x 1000m sprints or something similar. Those who may arrive late can join in partway through if they can't get away from work early on a Friday. Ian Mercer has headed a small and committed group for the last few Fridays and those participating have seen progress in their fitness and speed!

### Club Members' Results

**Big O Trail Run**      *9 May '09*  
2nd OM    35km      Steve Bushby    3:44:15  
2nd OW    19km      Hannah Lowe    2:03:00

**Maungatautari Mission**    *6 Jun '09*  
1st VW (*2nd woman overall*)      Bridget Leonard 4:55:35

**Nowhere Near Piha 3hr Rogaine**    *13 Jun '09*  
2 OXT    Nga Rakau (*Mark Struthers, Tim Cochrane, Annette Windross*)  
5 OXT    Old Hogs (*Jeremy Kuggeleijn, Wayne Hodgetts, Hayley Goord*)  
19 OXT    Team Vasque (*Hannah Lowe, Andrew Turnbull*)

**Riverhead Rogaine**    *12 July '09*  
**3hr event**  
7 OXT    Team Vasque (*Hannah Lowe, Andrew Turnbull*)  
12 OMT    Dirty Dingo & the Hairy Gringo (*Garth Spencer, Jeremy Kuggeleijn*)  
**6hr event**  
1 VXT    Nga Rakau (*Mark Struthers, Annette Windross*)



Sitting in a 3.8-metre sea kayak and watching a four-metre great white approach you is a fairly tense experience

***Time to get a bigger boat?***

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## Events Calendar Aug - Oct 2009

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- |        |  |  |
|--------|--|--|
| 28-30  | <b>Leatherman Coromandel Classic</b> - Thames Day 1 22km MTB, 27km Mt run, 17km kayak, 28km cycle. Day 2 15km Kayak, 30km road bike, mountain run leg is 21km, 30km cycle. | Jill 34436295<br>www.endurancesport.co.nz/<br>coromandelclassic                                  |
| 30     | <b>N-Duro Winter Series Race 3</b> - Rotorua MTB   |  |
| Sep 5  | <b>Mizuno Off-Road Half Marathon</b> - Taupo Off-road stunning views of Lake Taupo throughout the 21.1 kilometre course  | Marion 027 569 0302<br>www.taupohalfmarathon.org.nz  |
| 12     | <b>Jamis Day Night Thriller</b> - Taupo MTB  |  |
| 13     | <b>Cambridge to Hamilton</b>   |  |
| 19     | <b>The Legend</b> - Run the Waitakere Ranges, Arthur Lydiard's Home Turf.  |  |
| 27     | <b>Bridges Classic</b> 16km Kayak, Start at WCMC Clubrooms   | teran@ihug.co.nz   |
| Oct 10 | <b>Motu Challenge</b> 65km Mountain Bike Ride, 17km Run, 52km road cycle, 27km kayak, 8km road cycle & a 3km run to the finish line in Opotiki                             | Tel: (07) 3156242 or (027)277 7479<br>Email: info@motuchallenge.co.nz<br>www.motuchallenge.co.nz |
| 10     | <b>Ocean Kayak Canoe Showdown</b> Warkworth Kayak - 20km 10km 5km  | Jim 09 425 7371 mob. 027 279 6364  |
| 24     | <b>Xterra Trail Challenge</b> - Rotorua  |  |
| 25     | <b>Henderson Marathon Race</b> 21.5km Kayak<br>Start: WCMC clubrooms   | teran@ihug.co.nz   |
| 31     | <b>RoadCraft K2 Cycling Event</b> - Coromandel Peninsula   |  |

Hi All,

Wanganui Multisport and Triathlon Club will be hosting the **4 Bridges River Race** on the 1st of November 2009. Consisting of a 13km and a 4km courses. This is on tidal flat water.

These courses are ideal for racing K1s, K2, multisport, sea kayaks, ocean racing skis, SLSNZ single surf skis, double surf skis, surf canoes surf boats and Waka ama.

This should be an exciting day on the water with plenty of action,  
Make sure you keep this date Sunday 1st November free and I will get further information out shortly.

Cheers  
Aaron Cox  
Event Organiser



# The Original Sports Cookie®

**Nutrition per 85g : 330 kcal; Protein 5.6g; Fat 12.6g (8g sat);**

**Carb 49.3g (30.3g sugars); Sodium 201mg.**

**Glycaemic Index (G.I) = Low 50**

- Em's unrivalled Original Sports Cookie® with oats, dark chocolate, raisins, coconut & natural yoghurt
- Nearly 50% less fat than conventional cookies
- Shredded coconut provides dietary fibre & heart-healthy saturated fats
- Dark chocolate provides powerful antioxidants & heart-healthy saturated fats
- Raisins are loaded with vitamins, minerals, phyto-nutrients, antioxidants, natural sugar & fibre

**Jim Davidson is selling a limited number for only \$3 each!**

Grab your Power Cookie at this bargain price today.  
Talk to Jim, or email [jim@wcmc.org.nz](mailto:jim@wcmc.org.nz)

## Cambridge to Hamilton Kayak Race and Cruise

Under new management - this annual premier North Island Waikato River race of approximately 23km, is a class event open to all types and classes of canoes, kayaks, surf skis and wakas. A shorter distance event of 11km is also available.

On Sunday 13th September, the main race starts at the Riverside Reserve, Cambridge at 10.30am. The race finish & prizegiving are at the Waikato Sports Fishing Club/Hamilton City Hawks Clubrooms, Grantham Street, Hamilton on the left side of the river.

Race Director: Richard Clark 0272 758724.

Race Administrator: Pauline Lazarus 021 1901662.

[www.theboatshed.net.nz](http://www.theboatshed.net.nz) ... Online entry available at [www.enteronline.co.nz](http://www.enteronline.co.nz)

### Club Executive - 2009/2010

President	Phillip Exeter	09-420-9343	Multisport	Bart Mullye	
Vice President	Blair Roskrige	021 626 966	IRB Manager	Terry Newsome	09-273-0173
Club Captain	Miles Blackwood	029 854 9014	Newsletter	Angela Davidson	09-827-5780
Secretary	Louise Mark			Email:	<a href="mailto:angela@wcmc.org.nz">angela@wcmc.org.nz</a>
Treasurer	Jim Davidson	021 648085			

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



## Submarines

Paul Gillard - Tangled with mangroves, had to bail out  
 Heather - Almost back to the club!  
 Ali - Wind blew her off the pontoon!?!

### **CLUB KAYAK TRAINING**

6:00pm Wednesday time trial/race  
 7:30am Saturday endurance based session.  
 Check for details

Coaching available Saturday.  
 All members welcome.

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

We would love to see you there!

Or by appointment -  
 Call Phill 09-420-9343  
 Or Couchie 09-818-2580

### **Club IRB - Rescue Boat**

The RIB is there to be used by members for  
 Club events - it needs to be used!

Available for training, races, trips etc.  
 Charge varies on length of use—from \$80  
 with driver.

Contact Anne Newsome (09) 273 0173

Grade 2 Certificates for multisport races  
 See Phill Exeter or call  
 09-420 9343

### **Club Gear**

Caps \$15 Singlets \$20  
 Contact Committee Members

### **Booking Club Boats**

Use from the Club is free and also at the Whau River  
 races.

Away from the Club

Daily Hire is \$50, with the inclusion of buoyancy aid,  
 paddle and spraydeck. Boats cannot be taken on rocky  
 rivers.

#### **Rules**

#### **Club Hire**

- a) You must contact the Club President, Phillip  
 Exeter 09-420-9343
- b) Complete the hire form and 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.

Date	High Tide	Venue
19-08-09	18:13	Club
26-08-09	11:43	Club
02-09-09	18:01	Club
09-09-09	22:40	Club
16-09-09	16:57	Club
23-09-09	22:46	Club
30-09-09	17:35	Club

# ***Membership Subs are Now Overdue!***

Membership Renewal Form 2009/2010

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Name: \_\_\_\_\_

- Individual - \$85
- Family - \$130
- Junior (under 18 at 1 June) - \$50
- Associate Membership (non active) - \$45

• Rack Fee (kayak storage) - \$80 Total: \_\_\_\_\_

Please complete with all your details.

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone HM: \_\_\_\_\_ Phone WK: \_\_\_\_\_

Phone Mobile: \_\_\_\_\_

Email: \_\_\_\_\_ Occupation: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Cheques Payable to: Waitemata Canoe and Multisport Club

Send to: P.O. Box 83 037, Edmonton, Waitakere City, 0652

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## **WARNING!**

**THE DOOR CODE AT THE CLUB WILL BE  
CHANGED AT THE END OF AUGUST.  
Only paid members will receive the new code.**