



Waiitemata

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

Dec 2009



Good luck to the Coast to Coasters!
Louise, Bart, Tim, Sonja and any other clubbies

Ray Baker Handicap Series 2010

20 Jan	3km
27 Jan	4km
3 Feb	5km
10 Feb	6km
17 Feb	7km
24 Feb	8km

How it works:

Handicaps will be electronically generated, based on previous times. At the end of each race points are awarded according to place.



Miles—the one to beat!

The overall winner of the Ray Baker Memorial Trophy is the one who has the highest number of points over their best 4 races.



Miles Blackwood winner '09

\$5 per race or \$20 for the series

K1 for Sale

K1 Eagle Full Carbon \$950ono

Full Package Ready to Go
Foot Pump - Spray Skirt - Paddle

Ph. Richard Couchman (09) 818 2580



Rishan Poching



Heather Davidson



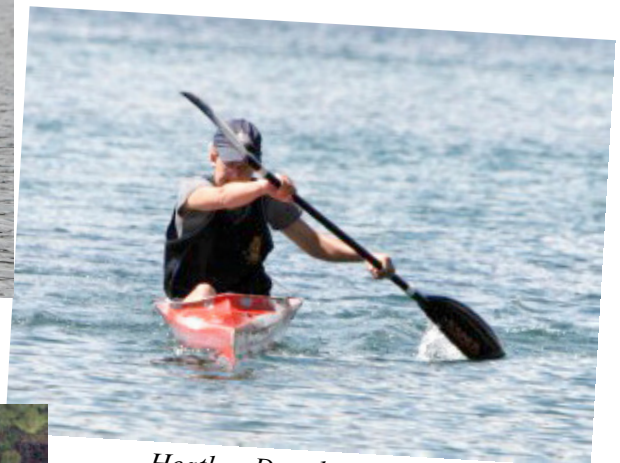
Ali Harris



Sam Newlands



Roberto Pansecco



Heather Davidson



*Under 15 Men
How NOT to paddle a K4!*



Stephen Fergusson

Blue Lake Regatta 2

5th-6th December 2009

Waitemata Canoe & Multisport Club was represented at this regatta by Ali, Robi, Rishan, and Heather. We were standing listening to briefing at 8am on the Saturday in our wet weather clothing. Many people were wearing gumboots as it had been raining steadily all night. By the time the first race got under way though the rain had stopped and didn't return.

Rishan competed in the Under 17 Women and came 3rd in the 500m. She paired up with a paddler from Bay of Plenty to pick up 2nd in the K2

200m. For the U17 K4 Rishan paddled with 3 girls from the Bay of Plenty and they came in 2nd. It was the first time that Rishan had ever been in a K4. Well done, Rishan!



Robi

It was Heather's first ever regatta and she had just had her 17th birthday which bumped her up into the Under 19's. The experience was good for her. The hardest part was when the adrenaline was rushing through her on the start line and she had a minute or two to wait before the gun went off.

Ali was in the Open Women paddling against the likes of Erin Taylor, an Olympic paddler. Ali paddled well and gave it her best.

Robi was only there for the Saturday, but still managed to pick up two 2nds in his heats in the Masters.



Ali

Mark Watson and his team from the Mana Club did an excellent job of organising the regatta. Everything ran pretty smoothly. It was good to see that there were races for primary school kids right up to Masters. There were also Novice races for beginners and those not yet in K1s.

If you know of any youngsters who are keen to get into kayaking then these regattas are an excellent place for them to begin.

A huge thank you to Ali & Robi for being such fantastic Junior coaches !!!

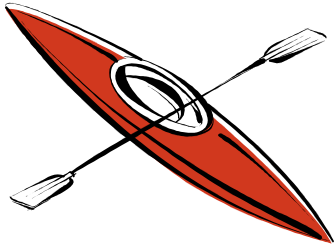
Club Executive - 2009/2010

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: angela@wcmc.org.nz
Treasurer	Jim Davidson	021 648085		

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

Events Calendar Dec '09 - May '10

Dec	28	Hawkes Bay Kayak & Rowing Picnic Regatta	
Jan	20	Ray Baker #1 3km	Phill Exeter 09 420 9343
	22, 23	King of the Harbour Ocean Surf Ski	www.kingoftheharbour.co.nz
	27	Ray Baker #2 4km	Phill Exeter 09 420 9343
Feb	3	Ray Baker #3 5km	Phill Exeter 09 420 9343
	6	Puhoi MTB Marathon 65k and 35k Mountain Bike Marathon. The course includes the private forests and incredible views from Moirs hill.	Anthony Mortimore 0211190566
	10	Ray Baker #4 6km	Phill Exeter 09 420 9343
	12, 13	Coast to Coast	
	17	Ray Baker #5 7km	Phill Exeter 09 420 9343
	20	Mount Pacific Downwind Surfski / OC1	Neil 027 648 7546
	24	Ray Baker #6 8km	Phill Exeter 09 420 9343
	26-28	NZ Canoe Sprint Champs at Blue Lake	
	27, 28	Kaweka Challenge	www.kawekachallenge.org.nz
	27	The North Shore City Coastal Challenge a coastal adventure run and walk. There are 5 different event options: 33km individual run & teams run 22km run 16km run/walk 11km run/walk 6km run/walk	www.totalsport.co.nz
Mar	8-10	Canoe Sprint NZ Trials	
	13	Colville Connection 72km coastal track around the end of the stunning Coromandel Peninsula, NEW 40km course, 24km	Jim Davidson 021 648085 www.colvilleconnection.co.nz
	13	Kururau Krusher	www.kururau.50webs.com
	13	Tararua Mountain Race Individual and team mountain running race covering 35.4km over the Southern Crossing of the Tararua Ranges	www.tararua-race.org.nz
	20	Trans Taupo Surfski, Sea Kayak, Wakaama	Neil 027 648 7546
Apr	10	Xterra - Rotorua Festival	Frank 09 299 7971 www.xterranz.com
	17	Moehau Multisport Event	www.arcevents.co.nz/themoehau
	18	Eco City Challenge A 4hr navigation challenge (rogaine)	www.lacticturkey.co.nz/EcoCityChallenge.htm
	24 & 24	Super Dune Adventure Festival	www.superdune.co.nz
May	1	Crazyman - Wellington	Michael 04 461 6461 www.crazyman.co.nz



“Going for a Paddle”

January 24, 25 & 26 2010

- Day 1:** Start at Karapiro Dam, head to the top of the lake and back to the dam. Walk down the tailrace, then kayak to Cambridge.
- Day 2:** Paddle from Cambridge downstream to Huntlyish
- Day 3:** Huntlyish to Port Waikato

If you are keen give Nic a call 838 6505 after 4pm
Or 021 1829495

Just in case, another trip....

End of April kayak down the Elbe River, it's only 1100km.

To warm down, join Andrew Newick and Nic on June 8 to kayak to the sea. It's only 2850km as the Danube River starts in Germany and the sea is in Romania.
See www.nrracing.co.nz for details

Mohaka River 6 & 7 Feb '10.

Accommodation arranged at Mountain Valley Lodge
Fri & Sat night. \$25 p/p p/n.

Multiple runs of 14km grade 2 rapids.

Car pooling and kayak shuttle available. Ph Carol 818 7639

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

CLUB KAYAK TRAINING

6:00pm Wednesday time trial/race
7:00am 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



Submarines

Martin - double trouble on Wed night
 Vaughan - Surf Ski Race; should have entered the swim division
 Marty - trying to paddle a K1
 John Mc - wash hanging Ian

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Kel & Joanne Travers
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 M +64 21 631 056
 E wholesaledlymail.com

Club Gear
 Caps \$15 Singlets \$20
 Contact Committee Members

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

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
23-12-09	12:53	Club
30-12-09	18:52	Club
06-01-10	12:41	Club
13-01-10	19:06	Club
20-01-10	23:57	Club
27-01-10	17:22	Club
03-02-10	23:56	Club
10-02-10	17:44	Club
17-02-10	22:53	Club