



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

www.wcmc.org.nz

May 2010



AGM

Annual General Meeting

For the Waitemata Canoe and Multisport Club is being held on Sunday the 13th June 2010 starting at **10am**

Prior to AGM will be an
8km Kayak Race start 8.00am sharp
Followed by a breakfast/brunch provided

Nomination forms for the 2010/2011 year are on the back page of this newsletter.

Executive Offices are as follows:

President
Vice President
Club Captain
Secretary
Treasurer
Multisport Co-ordinator
RIB Manager

Club Executive - 2009/2010

President	Phillip Exeter	09-420-9343	Multisport	Bart Mullye	
Vice President	Blair Roskruge	021 626 966	RIB 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.

RAISEYS

Hi Everyone,

Raiseys has been generous enough to sponsor Rishan to help her achieve her kayaking goals.

It is a family owned and operated business based in Napier, Hawkes Bay and they manufacture protein powders and diet supplements.

Rishan is currently using; HYDRATE - Electrolyte sports drink, HONEY and WHEY - protein supplement and ISOL8 for recovery.



If you are interested and would like a free sample, all you have to do is go to www.raiseys.co.nz to register.

Cheers,
Ali Harris

Gym Memberships

Gym memberships are now available to use the Waitemata Rowing Club facilities \$100 per annum.

Changing Room Benches

Thank you to Couchie for building our new changing room benches!!!

Events Calendar June - September '10

5 June	Maungatautari Mission	Cambridge. Individual and team event New adventure race team option. 32km road cycle, 15km run, 15km road cycle, 10km kayak	http://www.theboatshed.net.nz
13 June	AGM - WCMC	8.00am Race, 10am AGM	
19 June	Monty's Revenge	Whakatane 12km Run, 23km MTB, 20km Paddle	www.montysrevenge.co.nz
11 July	Kaipara River Race	Helensville	Phil Exeter 420 9343
12 Sep	Cambridge to Hamilton	Waikato	http://www.theboatshed.net.nz
26 Sep	Bridges Classic	WCMC Clubrooms 23km	Phil Exeter 420 9343

Tuakau to Mercer

Saturday 8th May

There was a good turnout of racers for the Sunset Coast Multisport Club's 2nd running of this kayak and rowing race. This year there were excellent conditions for the race which was a relief after high wind last year.

Previously this race has been run by Auckland Canoe Club, but was revived by Club member Adrian Davis looking for a challenging, scenic race in the area to complement the Steelman Iron Maiden Event (20 Nov10) and other smaller multisport events. The event is open to all manually propelled craft. This year kayakers, rowers and surf ski racers took part.

There were 2 starts, women and men, with the harder leg to Mercer upstream where the kayakers kept close to the side to avoid the current. This entailed some rapid direction changes in shallows leading to a couple of close calls with the rowers who are more restricted in their line.

Top results were by Andrew Newick from Waitemata Canoe and Multisport Club in a K1 kayak, followed by Neil Pollock in a single rowing skiff, from Mercer Rowing Club. Louise Mark 7th overall had a clear margin in the ladies class and Sean Murphy second K1 (3rd overall) and Nathan Livingston (4th overall) first multisport man all from Waitemata Canoe and Multisport Club. Other local racers were Adrian Davis, 6th overall, Graeme Fausett 13th overall, Wally James 17th overall.

This year there was support from the Tuakau Hotel where the landlord Neil Young hosted the prize giving and presented the top spot prize of a \$100 voucher, won by Mike Conza.

Name	Elapsed Time	Club	Class	Boat Type	Boat	Overall Place	Class Place
Andrew Newick	1:45:29	Waitemata	OM	K1	K1	1	1
Nick Pollock	1:54:28	Mercer RC	CMR	Rowing Skiff Singles		2	1
Sean Murphy	1:55:33	Waitemata	VM	K1	K1	3	1
Nathan Livingston	1:57:55	Waitemata	CM	MS1	UFO	4	1
Wayne Hodgetts	1:58:58		VM	MS1	UFO	5	2
Adrian Davis	2:02:30	Sunset	CM	MS1	UFO	6	2
Louise Mark	2:02:51	Waitemata	OF	MS1	U2	7	1
Bart Muyle	2:04:05	Waitemata	OM	MS1	Sharp 6	8	2
Matt Hall	2:04:05		VM	MS1	UFO	9	3
Bernie and Marge Kimble	2:06:13	Manukau	VMX	K2	K2	10	1
James Kuegler	2:07:55	Royal Akarana	OM	MS1	Rebel	11	3
Terry Newsome	2:08:10	Waitemata	VM	MS1	Sharp 6	12	4
Graeme Fausett	2:08:35	Mercer RC	CMR	Rowing Skiff Singles		13	2
Dennis Dickey	2:08:40	Karapiro Kayak	CM	MS1	Eclipse 5.7	14	3
Hayley Goold	2:08:50		OF	MS1	Sprinter	15	2
Miles Blackwood	2:12:45	Waitemata	VM	Ski		16	5
Wally James	2:12:48	Sunset	CM	MS1	Sharp 6	17	5
Mike Conza	2:21:32	Waitemata	OM	MS1	Gladiator	18	4
Robyn MacNaught	2:23:00	Sunset	CF	MS1	Arrow	19	1
Richard Keen	2:24:38		CM	MS1	Gladiator	20	6
Emma McCosh	2:27:22		OF	MS1	Rebel	21	3
Pamela Ens	2:32:30		VF	MS1	Swallow	22	1
Andrew Smith	2:34:00	Tuakau Hotel	OM	MS1	Arrow	23	5
Neil Young	2:35:53	Tuakau Hotel	CM	MS1	Ultra	24	7
Norman Best	2:41:10	Northland	CM	Sea1	Mirage 580	25	8
Rosemary Davis	2:51:52	Sunset	CF	MS1	Arrow	26	2

Classified



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Advertising Rates

Commercial ads are \$10 per issue for
business card size ad.

Sale of items is a free service to club
members.

ads@wcmc.org.nz for more info

PADDLE TECHNIQUE

BY THE

'PADDLE DOCTOR'

BLAIR ROSKRUGE

EX NZ MARATHON

CANOE COACH (1992-2002)

GROUP OR INDIVIDUAL LESSONS

\$50 INDIVIDUALS PER SESSION

\$75 GROUP (3 max) PER SESSION
(club subsidised)

TO BOOK AN APPOINTMENT

PHONE: 09 834 3851 021 626 966

For Sale

KIDS K1 FOR SALE

Kids K1 In Excellent Condition \$450 Contact Jim 021 648085

UFO for Sale

Light + Stiff incl. Pump \$1550 6.1m Contact Jeremy 027 595 3345

K1 for Sale

K1 Eagle Full Carbon \$950ono

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

Ph. Richard Couchman (09) 818 2580



Submarines

- Tim Cochrane - x2!!

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

- You must contact the Club President, Phillip Exeter 09-420-9343
- 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
02-06-10	23:32	Club
09-06-10	16:50	Club
16-06-10	22:38	Club
23-06-10	16:52	Club
30-06-10	22:19	Club
07-07-10	15:10	Club
14-07-10	21:28	Club

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

Waitemata Canoe & Multisport Club PO Box 83-037 Edmonton Waitakere 0652



Nomination Form

For election of officers at the Annual General Meeting of the
Waitemata Canoe & Multisport Club June 2010

Nomination for the position of _____

Nominee _____

Nominator _____

Secunder _____
Name Signature

Date _____