

paddle news

www.paddlensw.org.au ~ Issue No.6

Please submit your articles to Tim Hookins ~ tim@paddlensw.org.au



WELCOME...

JUNE MESSAGE FROM THE PADDLENSW CHAIRMAN ~ Tony Hystek

Hello Paddlers, Congratulations PNSW member Sarah O'Connell-Brechin, and her Victorian partner Peta Wait, who won a medal in WK2 at the World Cup meet in Denmark on Sunday night. This is an amazing result for Sarah. She had a dreadful lead up to the race in Sweden last week. Couldn't sleep for days, suffering from severe flu symptoms. This really does show Sarah's determination to succeed. She has come so far in such a short time.

NSW Sprint Series Round 1 Saturday 27th June at SIRC Penrith. Event will also be used for the AC Talent ID trials. Hosted by Manly Warringah Kayak Club, PaddleNSW and AC. Details for online registration are on www.paddleNSW.org.au.



PaddleNSW has successfully negotiated interim affiliation with Australian Canoeing.

Commencing July 1, all PaddleNSW members will have automatic membership of Australian Canoeing.

This means that our paddlers can participate in National Canoeing events and undertake training for ACAS qualifications on an equal basis to other member states.

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QUANTUM KAYAKS MARATHON 10

A report from Tom Balaam

RACE 2 at Narrabeen looked like it was going to be a repeat of Berry, another wet and windy race.

Lawrie Kenyon and Matt Blundell were constantly checking from the finnies out on the course to see if it was going to be a long or short course. Finally decision was made for a long course.

As the weather improved the paddlers arrived and enjoyed the facilities of the Manly clubhouse, like most I would like to take the clubhouse back to my club as it is a great venue.

There were 138 boats entered at Narrabeen and these were evenly spread over the divisions. Again there were a large number of ski paddlers entered showing that they are becoming a popular craft.



The Narrabeen course is always a favourite and there were some good times posted, winners in the top divisions were

Div 1	Darren Lee	1:33
Div 2	Tony Hystek	1:41
	Gary David	1:41
Div 3	Mark Coulter	1:42

One of the great improvers for the series is Shaun Wilson. Shaun a 15 km course competitor moved up to the 20 km Division 5 surprising himself by doing a time of 1:44.

Manly and PaddleNSW would like to thank Robbie Stewart the starter for the day.



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Some of the great views at Lane cove race

RACE 3 Lane Cove race moved to Davidson Park Roseville and yes for something different it was raining.

Rob Vallis and the gang from Lane Cove did a great job organising tents, generators and porta loos. Even though the weather could not make up its mind the location was fantastic and we had a great spectator area for the first short course event, this did make for some great viewing for both spectators and paddlers.

There was a slight drop in numbers from Narrabeen but not much with 131 boats entered and again evenly spread over the divisions with a few doubles in some of the top divisions.

Winners in the top divisions were

Div 1	Matt Blundell/Jay Wilson	1:29:04
Div 2	Lee Johnson/Val Titov	1:34:09
Div 3	Shaun Wilson	1:34:31

Again Shaun has improved doing a time that would have won him div 2 and beating the perennial Mark Coulter who himself improved his time by 2 mins.v

The race saw the return from Molokai of one of our favourite paddlers Julie Stanton who did a respectable time of 1:47:57 with a case of jet lag.

I would like to thank Allana Ewin for the photos of the Lane Cove race



SAFETY GUIDELINES

Education and Training page on the PNSW website for more info.

PaddleNSW has now published safety guidelines for paddlers.

Although they are stored under related topics on the PNSW website, you can do a quick find by going to Archives. You will find the Event Management checklists and competitor briefings for competitions. And you will also find the checklist for recreational paddlers. This checklist applies to all paddlers whether on an organised paddle, training or out to enjoy the day. Please spend a couple of minutes reviewing your knowledge against the checklist and consider your personal safety and the safety of the people you are paddling with. Don't turn a good day into a bad day, just because you didn't think it could happen to you! Comments can be sent to admin@paddlensw.org.au

Even Happier and Safer Paddling



PHOTOGRAPHY COMPETITION

Can You do better than this?

Competition rules:

All photos must be taken in NSW by you and become the property of PaddleNSW for use in promotional material. People who appear in the photos have to have given you and PaddleNSW permission to appear in the photo. The name of the photographer will be suitably acknowledged, unless you require otherwise.

Remember to send in your paddling and water ways pictures to

admin@paddlensw.org.au





QUANTUM KAYAKS

think KAYAK



Dear Paddle NSW members,

At the beginning of 2009, we received word from the Marathon Committee that we had been provided the opportunity to sponsor the Marathon 10 Series. I cannot tell you how excited we were to receive the news and it is an absolute honour for us to be associated with such a fantastic series, run by some of the most passionate people you will find in paddle sport.

For me personally, I have gained so much enjoyment, as well as a few painful kilometers, through the years and it is great to be able to give something back to a series, which has provided me with so much. I'm sure all you guys who come back race after race, year after year will agree, we are very fortunate to have such an exciting series.

Part of our sponsorship aims to help the juniors who turn up and race to the best of their ability. The Top 3 ranked juniors at the end of the series will win a training and video technique session with Jimmy Walker, current NSWIS and Australia U23 coach. Jimmy also paddled at the Games, and his experience and motivation will be invaluable to the winners. Hopefully we will see the winner of a Quantum Kayaks boat, which will be presented at the end of season presentation night, out on the water next season racing hard.

The final race of the season is being hosted by my club, St George Kayak Club, and all the guys in the club are wrapped that we were allocated an event where some of the divisions may be decided on the day. St George Rowers will host the presentation night and have a splendid menu lined up for us.

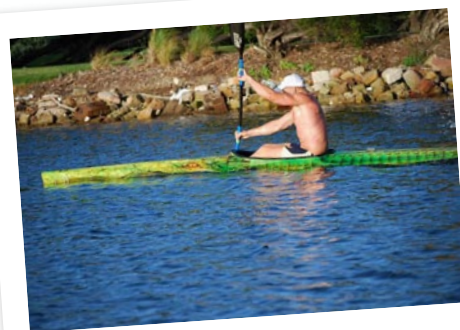
If you are in the market for a new kayak or ocean ski, it would be fantastic if you considered our range when checking out what is available on the market. Between myself and Jimmy, we have over 40 years of paddling experience, with State and National medals in various disciplines, as well as vast experience racing internationally. We can provide you with all the advice and assistance you require to reach your paddling goals. All equipment is manufactured to the highest specifications and backed by full warranties, so you have peace of mind you are buying the best possible products at competitive prices.

Looking forward to seeing you on the water at the remaining races of the Quantum Kayaks Marathon 10 Series.

Kind Regards,

Stewart O'Regan & Jimmy Walker

Quantum Kayaks Australia



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All NSW paddleclubs currently members of PaddleNSW will have access to AC services, and those direct member AC clubs will now join AC via PaddleNSW. Direct individual membership of Australian Canoeing is still available as an option, for a cost of \$210.00

This will mean that for 90% of members there will be little change from the present arrangements. A small membership fee increase of \$10.00 has been initiated, as indicated below, and some changes to the constitution will occur. However the benefits of affiliation will become evident as time goes on, with access to the many policies and guidelines built up by AC over the years allowing PaddleNSW to more easily align itself with National standards.

The benefits for some paddlers will be direct access to National competition, team selection and ACAS accreditation. For the 2009/2010 membership year, interim affiliation will mean seamless access to these services. Paddlers intending to pursue these services will need to take out 'Premium' membership as indicated on our on-line membership registration site.

We are going to keep our own identity throughout the affiliation process. This is non-negotiable.

The Board of PaddleNSW is very proud of what we and you, the members who have supported us, have achieved over the space of a year. We have created an efficient organisation which responds to member needs and makes efficient use of volunteer time. The very hard work applied to the organisation throughout the year has rewarded us with many, varied, well-run events, and though there are times when things don't necessarily go to plan, we have learned from our experiences and will improve on them.

Changes to our services:

Memberships

There are two tiers of memberships available to paddlers.

- 'Standard' membership provides everything members have received in the current membership year. Standard adult annual fees are \$50.00.
- 'Premium' membership allows paddlers access to National Championships, national team selection, ACAS (Australian Canoeing Award Scheme) certification and training (such as AC implemented Coaches or Instructors courses). In fact, any events or courses directly organised by AC. Premium adult annual fees are \$80.00.

If you are joining PaddleNSW for the first time, or renewing your membership, you will need to decide what your needs are and take out either 'Standard' or 'Premium' membership. Paddlers who have registered already as standard members can 'upgrade' to premium at any time by contacting PaddleNSW and sending the balance of payments required.

As PaddleNSW approaches the end of its first successful year of operation, it is worth looking back at what has been achieved.

Our Paddlesport committees have excelled themselves in the conduct of their series and championship events. Guidelines and policies have been developed to create safer and better events. We are delving into relatively uncharted waters by embracing Surf Ski racing, the biggest growth sector of paddlesports at the moment. Our elite athletes have been providing us with something to cheer about, and our recreational paddlers have taken to our series events with gusto.

Lets get on to the exciting stuff!

Sarah O'Connell-Brechin from Windsor Canoe Club has won Bronze in the World Cup Marathon K2 event with Peta Wait. An excellent result, and a story will be published on the website shortly. Our massive contingent of Surf Ski paddlers were definitely making sure the Molokai Ocean Race was happening this year. By far the largest representation of any country for the massive Hawaii event ensured its continuation into the future. The Victorian YMCA has rescued the Murray Marathon, after the Red Cross pulled out of the event it has successfully run for 40 years. PaddleNSW has been instrumental in suggesting improvements to the event, with Lee Killingworth personally taking PNSW member contributions to a face-to-face meeting with the organisers in Melbourne a few weeks ago. Thanks to all who contributed.

The upcoming World Masters Games will provide a showcase for local talent, and provide valuable training for volunteer officials. If you want to be part of the action, check out the PNSW website 'special events' page and register your interest. Remember, participant entries close July 30th!

The future looks very bright indeed. PaddleNSW has established a Surf Ski Racing Committee, drafted management and safety guidelines and is in the process of uniting the various stakeholders in Surf Ski Racing to form several levels of racing events. You will see the first information appearing shortly once the whole event management plan has been adopted by the various organisations and stakeholders.

In the pipeline is an even more ambitious plan to provide basic training to all new paddlers. The aim is for every new paddler to be given the basic instruction in how to enjoy their sport, safely. More info on this will be available soon.

The PaddleNSW AGM is booked for August 30, and will be held at Sports House, Sydney Olympic Park at 10.00am Please make every effort to attend, as there will be lots to discuss. We will have a strategic forum after the meeting too, where member contributions will be most welcome.

You might have noticed that the 'standard' membership fees have risen by \$10.00 this year. As much as I and the other committee members enjoy providing services for you on a voluntary basis, the time has come for some services to be provided by salaried staff. The website and general office duties take more volunteer time than some of us can afford, and I personally would prefer to spend my time developing programmes and extending our services, rather than maintaining the ones we have at present. So, expect that the budgeted expenditure for an office manager will be allocated soon. We will be re-advertising the part-time position shortly and your contributions will assist us to make this possible.

And finally...

We look forward to the challenges that the affiliation process will present. There are many benefits to affiliation, not only for those directly involved in elite competition and education services. PaddleNSW presence as an AC stakeholder allow us to better promote the interests of paddlers generally, and introduce more to the sport.

Tony Hystek

Chairman
PaddleNSW management committee.



MOLOKAI SHOWS ITS MILD SIDE

by Roger Aspinall & Tim Hookins

The Molokai Challenge, recognized as the World Surf Ski Championship, was run again this year on the 17th May from the picturesque Hawaiian island of Molokai 52km across the Ka'iwi Channel to the finish at Koko Marina, near Honolulu on the island of Oahu.



The Lane Cove-Illawarra team of Julie Stanton, Roger Aspinall, David Roger and Tim Hookins

2009 was the 33rd year of the race and 50 Australians made up the bulk of the 84 boat field. Of those, 9 were PaddleNSW members and all 9 performed with distinction. Our best result came from David Tudor-Jones who came in an amazing 7th overall in a time of 4:11:37 secs. Next was Gary David, a well-known Illawarra paddler, who came in 26th overall and first in the Over 50s. Gary was followed by Naomi Flood in 29th position in a time of 4:36:38. Fantastic effort, Naomi! Then was Jason Cunningham in 30th position in a time of 4:37:16. We had Aidan Shipton in 53rd place in 4:54:17. Matt Blundell had been battling a fever for weeks before the race but paddled anyway. He came in at number 56 in a time of 5:02:43 and will doubtless be spoiling for a better time next time round. Tim Hookins came in at number 59 in a time of 5:05:42. Roger Aspinall was 65th in a time of 5:17:48 and Julie Stanton was close behind at number 67 in a time of 5:20:35. Rog and Julie did especially well considering they were paddling Fenn XTs while all the others were in much quicker boats.

There was a team competition and Team Lane Cove/ Illawarra, consisting of Gary David, Julie Stanton, Roger Aspinall and Tim



Our Dave Tudor-Jones - At the presentation; 7th overall.



Our Jason Cunningham: Is he happy with his race? You bet!

Hookins came a creditable 5th out of 5. Remember this is the world championships! However, there was a draw for a prize of an Epic ski which was won by Roger Aspinall, so we did not come away empty handed

We were nervous but excited during the week leading up to the race, with a preliminary 25km downwind coastal race from Makapu'u to Waikiki promising a taste of things to come. Logistical preparations were finalised with paddlers organising skis, escort boats (all paddlers must have their own escort boat), transport to Molokai, and fitting in some training sessions in the local conditions.

The winds during the week were variable, but generally light, which was a relief for some of the less experienced paddlers, but a worry for the elite, meaning no chance of breaking the long standing course record set by Australia's Dean Gardiner in 1997. In fact conditions this year were the calmest on record!



World Champs: Lewis Laughlin 3rd, Hank McGregor winner, & Tim Jacobs 2nd.

The win went to South Africa's sole representative – Hank McGregor. Pre-race favourite Clint Robinson from Australia duelled with McGregor at the head of the race for over 2 hours before succumbing to cramps and finishing well back, while our own Northern Beaches champion Tim Jacobs and two time defending champion Tahitian Lewis Laughlin paddled steady races to take the remaining places on the podium respectively. The women's title was taken by New Zealand's Katie Pocock, who was ahead of our own Naomi Flood in second place with Hawaii's Lauren Bartlett in third.

RECREATIONAL CALENDAR

Central Coast Exploratory/Brisbane Waters NP Saturday July 25

Ted Carpenter and the Central Coast Canoe Club invite you to explore Brisbane Waters National Park – it's lush bush to the waters edge. Into Waterfall Bay and then across to the western shore, where you can decide which home you'll buy when you win the lottery! Then we head east to our secret lunch location – it's an island with a glorious west facing beach. On to St Huberts Island and another occupied entirely by pelicans – hundreds of them! 18kms. How good is this!



On the slipway and all set to explore Cockatoo Island and its fascinating mix of maritime and convict history – Sunday April 5.

Spring Spectacular - Canberra from Water Level Saturday Sept 26

The Burley Griffin Canoe Club invites you to experience Canberra as you've never seen it before: from water level during Floriade. Starting at Yarralumla Bay, we'll do a circuit past iconic buildings like the High Court, the National Library, the Museum of Australia, under the Captain Cook Fountain:

- With BYO lunch on Aspen Island whilst listening to a Carillion recital! Then paddle into the wetlands
- See Cormorants, Black Swans, the Clamorous Reed-Warbler. Unforgettable!

Trips are free to Paddle NSW members **BUT YOU MUST REGISTER** (don't just turn up on the day). Phone our Paddle Co-ordinator Tony Carr on **0417 502 056** or email tonycarr@ozemail.com.au. BYO or hire doubles available at \$48 per person. Non-member mandatory single day insurance cover \$20. Check out our website – www.paddlensw.org.au



CALENDAR OF EVENTS

Paddle NSW Events June/July/August 2009

Check out www.paddleNSW.org.au for details.

JUNE	EVENT DETAILS
Sunday 21st	Rec Paddle Nepean Gorge and Blue Mountains NP
Saturday 27th	Sprint Series Race 1 - SIRC
Sunday 28th	NMS 3

JULY	EVENT DETAILS
Sunday 4th	MWKC – Ocean Race + WCC – Hawkesbury Race Famil 2
Saturday 11th/ Sunday 12th	NSW flatwater (sprint & marathon) coaches course Narrabeen - see website
Sunday 12th	SSCC – Marathon 10 Race 6 Sutherland
Saturday 18th	Sprint Series Round 2 – SIRC
Sunday 25th	CCCC – Recreational paddle – Brisbane Waters

AUGUST	EVENT DETAILS
Tuesday 25th	Canoe Polo Season starts
Sunday 30th	PaddleNSW AGM