

CLUB NOTIFICATIONS

Multisport and paddling training

Hayden Pirie and Ian Mercer have arranged white water/grade two training sessions on these dates:

22 September Flatwater training from club

27 October Karaka

17-18 Mohaka

Anyone needing Grade 2 certification must attend all three training days.

Please check Facebook for updates and respond to invitation.

Wednesday night Multisport training at the club – run/kayak or kayak/run, 6pm starts:

24 October, 6pm sharp

7 November, 6pm sharp

21 November, 6pm sharp

Please check Facebook for updates.

Doors to Club buildings

Unfortunately we are now receiving more reports from members arriving at the club and finding doors left wide open or unlocked, and lights left on but nobody around.

Please, please, if you're the last one leaving – even if going out for a paddle – **ensure ALL doors are locked and lights turned off – every time.** Once you're on the water you really can't see who is coming and going, or snooping or hanging about sussing the place out.

Not to observe this club rule puts members' and the club's gear and building at risk of theft and vandalism. Leaving the lights on increases the club's power bill too.

CLUB KAYAK TRAINING

Wednesdays is Club night; 5.30pm until the end of September – then reverts back to 6.00pm after daylight saving starts – from Wednesday 3 October. There usually is a 6km race but this may vary depending on tide, and multisport training - see dates above.

Saturdays: 8:00am sharp – join a keen group for a good and varied workout. Maybe go for coffee and chat afterwards at a local café. All welcome.

Don't forget to check Facebook for changes, additions and short-notice training changes.

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

CAUTION: On Saturday morning at least one long-line fishing line with large hooks and bait was tied to the pontoon and laid out about half way across the river to a buoy. There was no one there looking after it. We cut one but there may more, or it may even get replaced. With nobody looking after it we could not tell that person how very stupid and dangerous their action is – so please take care. Eyes wide open!

Rachel Clarke Paddling Clinic's Waitemata Club



6 x NZ Surf Ski Champion
2017 World Series Champion
2 x Molokai Champion

5 weeks:

September 29th (Saturday) 10:30am
October 6th (Saturday) 10:30am
October 14th (Sunday) 10:30am
October 21st (Sunday) 10:30am
October 27th (Saturday) 9:00am

1hr sessions
\$40 per clinic

OR Sign up for all 5 and save \$40 (\$160)



For beginner / intermediate paddlers looking to improve technique, skills and or even train for an event. Surfski, multisport, K1 all welcome.

To register, email rachelclarkepaddling@gmail.com

AT THE RACES:

IFC Canoe Marathon World Championships 2018, Portugal

6.9.18	K1 Junior Men	11th	Jordan McLarin	22.6km	1.45.26.68
7.9.18	K1 Men	22nd	Andrew Mowlem	29.8km	2.22.44.21
8.9.18	K2 Men	17th	Andrew Mowlem/Gath Spencer		2.10.53.31

Congratulations on your great achievements among tough competition from the world's top paddlers. Well done.

If you've not already seen it, this is what Jeremy Kuggeleijn posted on Facebook about Jordan's K1 race: *"After a great start to lead under the bridge Jordan McLarin was in the lead group on lap 1. Jordan dropped back a little as a small breakaway group formed. This group was then blown apart when the Danish paddler pulled out a massive lead which he maintained to cross the finish for a gold medal in 1:39:22. Jordan made up a few places in the last few laps to finish in 11th in 1:45:26 only 6:03 minutes behind. A great result for Jordan and well done!"*

Unfortunately, Jordan and Quaid Thompson's K2 race ended early. Apparently they hit a rock and bent the rudder through the hull. They managed to straighten the rudder on the first portage but the boat kept filling with water so they pulled the pin.

Mara'amu Surf Ski Race, Tahiti 2018, Sat 8 September, 39.5km

Congratulations to Alex Huffadine, who did this race in 4.04.53, 2nd female. Well done.

Kayak Crazy 10km Championship

Searching the CRNZ's website, I found our club was represented by only two members – Vaughan and Sean - for the 10km Championship held on Saturday 18 August at Rotorua. Congratulations to Vaughan and Sean for your success.

1. Vaughan Reed 56.48
2. Sean Murphy 57.14

Club members' 10km Series 2018 points tally:

	<u>Class</u>		<u>Series Rankin</u>	<u>Points</u>
<u>Men</u>	Open	Jordan McLarin	4 th	10
	Masters 35-44	Julio Mau Asam	4 th	10
	Masters 45-54	Vaughan Reed	1 st	20
		Sean Murphy	3 rd	16
		Peter Lipscombe	9 th	6
		Paul Fitchett	11 th	4
		John Nowak	12 th	3
	Masters 55+	Phill Exeter	3 rd	10
		Simon McLarin	3 rd	10
		Michael Famulara	7 th	7
<u>Women</u>	Masters 55+	Erika Currie	1 st	10

ZEST Brokers Poor Knights Crossing, Tutukaka – held on Sat 1 September 2018

With Sean committed to doing the Mighty Murray River Race and concentrating on long distance flat water paddling, Andrew and Jordan in Portugal, our club was represented by just two club members.

Congratulations Jeremey and Alex; great work.

Jeremey Kuggeleijn 5th overall 1.57.00

Alex Huffadine 44th overall 2.29.16

SEAN'S HUGE CHALLENGE THAT WILL ALSO BENEFIT THE CLUB

No doubt you've all noticed Sean training extra hard of late – that's because he has committed to the Massive Murray River Paddle/Murray Marathon in Australia, a 404km race taking place from 19 to 24 November 2018.

Not only is he putting himself through this incredible training regime with his eyes firmly fixed on bringing home the trophy, he has also decided to make it a fundraiser for our club. That's right; every dollar that's donated will go to the Waitemata Canoe and Multisport Club for purchasing club gear such as paddles and buoyancy aids, all of which are in desperate need of an upgrade.

His goal is to raise around \$2,000 for the club but at present it's well short of this figure. So let's all show our support and get behind Sean's selfless and generous gesture to use the race as a fundraiser for our club. Remember every dollar raised is pledged to our club. Details about how you can sponsor Sean are below;

On the club's Facebook page Sean wrote: "Yes I'm doing it solo! As part of entering I will be raising funds for the Waitemata Canoe & Multisport Club to help upgrade the club gear so put your hands in your pockets and sponsor me per km or just give a donation towards the effort remembering that all money raised will go to Waitemata Canoe & Multisport Club. Put your pledges up or you can deposit your donation directly into the clubs bank account just use **Sean404** as the reference. The race will be streamed over the net so watch out for the link. Race is from the 19th Nov to the 24th Nov, better get training now!"

See full post: <https://www.facebook.com/groups/waitematacanoeandmultisportclub/>



UPCOMING EVENTS

Blue Lake 1 - Saturday 13 and Sunday 14 October 2018, 08.00am

Lake Tikitapu (Blue Lake) Rotorua

Entries are now open, and close 30 September 2018

Blue Lake 1 kicks off the national canoe sprint events for the season with a divisional style regatta and a fun development focus.

Please note: Lake Levels are very high again. Please plan for this. There will be no parking permitted down by the lake and the access road will be shut off. All parking in the top field please.

This is the first of the Blue Lake regattas held at Lake Tikitapu in Rotorua. This regatta has a fun development focus with a divisional format for K1 races where competitors will be seeded into divisions based on two seeding races for each gender.

Team boats will be raced in age groups as usual. Fees:

	<u>NZ Members</u>	<u>Others</u>
Tyros (U13) and Novice	\$30.00	\$40.00
Juniors (U14 - U18)	\$60.00	\$70.00
Seniors (Open-Masters)	\$75.00	\$90.00
One event only any age group	\$25.00	\$25.00

Organiser: Karen Simpson-Warren
Contact Numbers: 04 902 1206 or 027 444 5596
Email: karen.simpson@canoeracing.org.nz
Website: <http://www.canoeracing.org.nz/events>

Canoe Showdown, Warkworth, Sunday 28 October 2018

Start: 09.30am

20km: Premier Race - who will be this year's King & Queen of the Mahurangi?

10km: SUP

10km: Sea kayak, multisport, surf ski, recreational

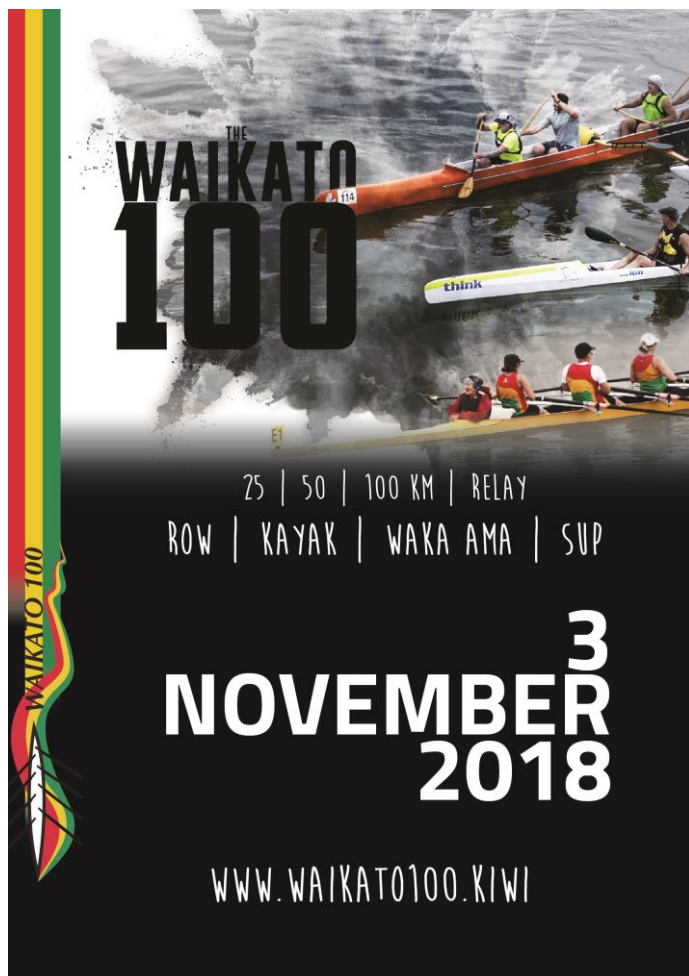
5km; First timers, children, or leisurely cruise

Entries open now: <http://www.canoeshowdown.co.nz/>

Online entries close 5pm Friday 26 October, on-day entries incur and additional \$10 above entry fee.

This is always a great event with a family friendly fun element, and of course there is the famous Kowhai Festival Market along the main street.

Waikato 100 River Race | 3 November | INVITATION



G'day,

My name is Josh Lyon and I am working with Rob Hamill on organising this year's Waikato 100, NZ's toughest and longest river race www.waikato100.kiwi. The W100 is a 100km race from Hamilton down the Waikato River to Elbow Landing and open to all watercraft, rowing, kayaking, waka ama and SUP. Hopefully you are familiar with the event – your very own Sean Murphy took line honours last year!

We are looking at growing the kayak and canoe class and would like to invite the Waitemata Canoe and Multisport Club to attend this year's Waikato 100. We are touching base with clubs that were represented at the 2017 Waikato 100 to see if we can get even more paddlers on the river come 3rd November. There is a distance event for all of your members from paddlers that want to win it, to paddlers that want to complete 25km.

I've attached a simple flyer for the event and it would be great if you could disseminate it within your club. I'd love to have a chat with you to answer any questions you may have. I look forward to hearing from you.

All the best,

Josh Lyon, M: 022 673 8780

W: www.4caps.kiwi | www.waikato100.kiwi | www.kcf.org.nz

Please see below updated info for inclusion of teams – what a great opportunity for first-timers!

Emailed update from CRNZ: You may have heard of the Waikato 100 being held 3rd November. They are very keen to get kayakers involved and Karen Simpson has talked to them about the possibility of putting in teams to do the 100km as a relay for those that don't want to do the full 100 but want to compete as a team - 4 person team x 25km each for example. They are very happy to do this if you wish to put a club team in. Could be a great event to take part in. All info is on the website.

Contact Josh if you want more info: info@waikato100.kiwi

Race details: <https://www.waikato100.kiwi/>

Futureproof Life Rodney Coast Challenge – Sunday 11 November 2018 – Entries Open NOW

This being the 21st Birthday of this popular event, it's bound to be special. Organised by the Kaukapakapa Scouts Group, the race traverses the Rodney district from Muriwai beach on the west coast to Wenderholm Regional Park on the east coast. It's a family friendly event, with proceeds benefiting the Kaukapakapa Scouts Group.

Distances are; 10km forest run; 30km road bike; 25km mountain bike; 8km paddle down the Puhoi River; 100m dash to the finish.

Divisions are for individuals; and for teams of 2, 3 or 4 persons for both adult and youth categories. All individual entry fees include an event T-shirt, so decide now to give this great race a go and enter now.

There is also the **Labyrinth Corporate Team Challenge** with a fantastic \$5,000 digital media package to be won!! 😊
For more information and to enter, go to www.rcc.org.nz

Doing Coast to Coast? Then this race is a must; great opportunity for competitors and support crews to practice transitions. Well practiced and organised transitions take a lot of the stress out of multisport racing – for both competitor and the person/s supporting you.

Rasdex Classic River Race – Sat 8 December 2018 (back-up day is Sun 9 December)

This event is a “MUST” for everybody doing the 2019 Coast to Coast race – best practice you're going to get.

You get to paddle the entire Coast to Coast kayak course on the Waimakariri River. It will give you a “feel” for what you can expect on C-C day, it's great training in the “real stuff” and you get to enjoy the majesty of the mountains – if you get time to look around.

So mark this in your events diary; entries will open soon and we'll keep you informed. Meantime keep an eye out on www.facebook.com/RasdexClassicRiverRace or www.arawa.org.nz

There is also a three race Prologue Series on the following dates:

- | | |
|------------|----------------------------------|
| Prologue 1 | Sunday 7 th October |
| Prologue 2 | Sunday 4 th November |
| Prologue 3 | Sunday 25 th November |

New Zealand Masters Games Whanganui 2019

Entries to New Zealand's largest multi-sport event are now open!

[Register Your Place Now](#)

Waitemata Canoe & Multisport Club is 30 old!

In view of the year disappearing too fast (again!) the committee decided to combine a little 30-year celebration with the Christmas paddle from the club to Riverhead, followed by a social at The Riverhead. Date to be announced soon.

EVENTS CALENDAR

25-26 Aug 2018	Coromandel Classic
1 Sept 2018	Poor Knights Crossing, www.enternowonline.com/4331/events
16 Sept 2018	Cambridge-Hamilton kayak, www.theboatshed.net.nz/cambridge
13 October 2018	Motu Challenge, Opotiki, www.motuchallenge.co.nz
13 October 2018	Blue Lakes 1, Rotorua, National Canoe Sprints
28 October 2018	Canoe Showdown, Warkworth, www.canoeshowdown.co.nz/
3 Nov 2018	Waikato 100, http://www.waikato100.kiwi/
11 Nov 2018	Rodney Coast Challenge, www.rcc.org.nz
1 Dec 2018	Blue Lakes 2, Rotorua, National Canoe Sprints
1-3 Dec 2018	Adventure Expo, The Cloud, Auckland www.adventureXpo.co.nz
8 Dec 2018	Rasdex Classic River Race, Waimakariri River, Canterbury
16 Dec 2018	Race the Coast, Mt Maunganui
19-20 Jan 2019	Red Bull Defiance, Wanaka https://redbuldefiance.nz/
1-10 Feb 2019	NZ Masters Games, Whanganui – 30 th Anniversary Event
9-10 Feb 2019	Kathmandu Coast to Coast
15 Feb 2019	NZCT Canoe Sprint Nationals, Karapiro
10-17 March 2019	Godzone 2019, www.godzoneadventure.com
23 March 2019	The Dual, Motutapu Island www.thedual.co.nz
23 March 2019	Ring of Fire Volcanic Ultra, www.rof.co.nz

High Tides

Wed 5 September	14.52/3.00m
Sat 8 September	05.29/3.1m
Wed 12 September	21.27/3.5m
Sat 15 September	11.29/3.2m
Wed 19 September	15.04/2.8m
Sat 22 September	05.12/2.7m
Wed 26 September	20.27/3.2m
Sat 29 September	10.07/3.2m
Wed 3 October	14.31/3.0m
Sat 6 October	05.11/3.0m
Wed 10 October	21.16/3.4m
Sat 13 October	11.16/3.3m
Wed 17 October	14.25/2.8m
Sat 20 October	04.35/2.6m
Wed 24 October	20.15/3.1m
Sat 27 October	10.03/3.3m
Wed 31 October	13.18/3.2m

NEW MEMBERS

A warm welcome to our newest members: **David Tinson, Andrew Earles, Claudia Herron, Tim Jones**

Want to keep up with the latest? Join us on Facebook

If you have not yet joined the club's Facebook group, please make a member request to be added – it's the best way to keep up to date with what's going on, last minute changes, and who is doing what and when. For example, if someone posts about doing a river trip it may be your opportunity to join in and get some extra training or put your Grade 2 paddling skills to test.

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

Interesting Article seen on Sportzhub:

Ironman Asia Pacific & Coast to Coast Champions Braden Currie shares some of his secrets, this time on running. "Running Evolution: The Run Session That Changed Everything"

Read it here: <http://sportzhub.com/article/currie--running-evolution-the-run-session-that-changed-everything.html>

2018/19 MEMBERSHIP & RACK FEES are now overdue

Individual Membership	\$150
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Family:	\$200
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Junior (under 18 at 1 June)	\$80
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Rack Fee (kayak storage)	\$150
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Please see website for Membership form and Bank Account/payment details www.wcmc.org.nz/membership

Club Rooms

Door Code: The code has been changed for the new club year. Those that have paid this club year's membership (thanks☺) will have been advised of the new combination. Please remember this code is confidential and must not be given to anyone – ever.

And writing the code on the notice board in the club rooms (as someone did) is a definite NO-NO

Any problems please contact the secretary; club@wcmc.org.nz

RULES FOR USE OF CLUB BOATS

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- Use from the Club (on Henderson Creek) is free. For use elsewhere a per day hire charge applies and must be booked and paid in advance.
 - Please treat club kayaks and gear as you would treat your own – or better.
 - Please return all club kayaks to their corresponding racks, and club paddles and buoyancy vests to far wall.
 - Please do not sit in kayaks when making adjustments while they're on cradles - it will damage them
 - Kayaks and surf skis with under-boat rudders require extra care – no sitting in them while on grass, ramp, or gravel – and don't run them up onto mud or sandbanks at low tides. Use pontoon for getting in and out of.
 - Daily Hire away from the Club is \$50 per day, with the inclusion of buoyancy aid, paddle and spray deck, though we encourage you to have your own to ensure a good fit.
 - Fibreglass boats must NOT be taken on rocky rivers.
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- Club boats that have an under-boat rudder must NOT be used on Grade 1 or Grade 2 rivers
- Please report any damage to kayaks or accessories so that arrangement for repairs can be made.

- ❖ To help you select a kayak appropriate for your skill level, please refer to the club boat chart on the club gear wall, or the folder on the club room bench.
- ❖ Boats with the stability 1 are the tippiest; the higher the number the more stable.

Hire Rules for club boats

- You must fill out the online form here: <http://wcmc.org.nz/club-info/kayak-hire> or contact the Club President – Vaughan Reed 021 612 753 (this is important to avoid double booking - even for club events.)
- Pay online for the hire before you take the boat and accessories.
- Return all gear promptly after use.
- Report any damage so that it can be fixed and the boat returned for others to use
- Air bags are the hirers' responsibility

CLUB EXECUTIVES 2018/2019

President	Vaughan Reed	021 612 753
Vice President	Andrew Mowlem	
Treasurer	Sean Murphy	
Club Captain	John Nowak, with Richard Couchman assisting	
Secretary/Admin	Erika Currie	027 4345946
Multisport	Hayden Pirie	
RIB Manager	Terry Newsome	021 0748485
Email	club@wcmc.org.nz	

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

SUBMARINES

Garth Spencer – near motorway bridge, Wednesday night race
Paul Fitchett – Saturday morning on the home straight – 500m from jetty
Andrew Earles – Saturday morning. Blame: the wave from a passing fishing dinghy.



Had an unintentional swim lately? Don't forget to tell the club administrator: erika.currie@xtra.co.nz