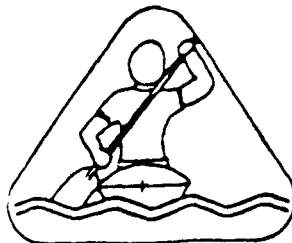


LILLI PILLI KAYAK CLUB
"SPRAYSHEET"
DECEMBER 1993



1993/94 COMMITTEE

President	Geoff Hine	(H)(042)943-096
	or	520-3006
Vice President	Peter Heeley	(H) 523-3067
Secretary	Peter Bailey	(H) 570-8181
Treasurer	Greg Blanche	(H) 524-0980
Equipment Officer	Gary Calnan	(H) 521-7581
Race Secretaries	Liz Calnan	(H) 521-7581
Catering Officer	Joan Kelly	
Social Secretary	Jill Ward	(H) 521-5888
Merchandising Officer	Laurie Ward	(H) 521-5888
Newsletter Editor	Frank Pancer	(H) 570-4415
Club Coach	John Pawlow	(H) 632-3293
Assistant Coaches	Geoff Hine	(H) As above
	Bruce Hancock	(H) 579-5320
NSWCA Delegates	Geoff Hine & Peter Bailey.	

EDITORS NOTE

Just a short note to wish you all a very Merry Christmas and a happy and prosperous New Year. Special thanks to all the members who contributed articles in this the December 1993 "Spraysheet". Without their efforts we wouldn't have a club magazine. Thanks also to John Pawlow for keeping the official Sprint Series times.

There's quite a wide range of information in this bi-monthly edition of the Spraysheet including the Presidents Report (which covers some interesting upcoming events), latest results from the summer Sprint Series, John Pawlow's Coaching Corner, Classified advertisements as well as 4 special articles by club members covering: the 20 Beaches Race, The Bendeela Camping and Kayaking Social weekend, A solo paddle down the Murray by Rod (Wodger) Smith as well as results from the Hawksbury Classic.

If you have any stories, articles, advertisements or even comments you wish to contribute to the next edition of the "Spraysheet" please forward your correspondence to:

The Editor
LPKC "Spraysheet"
PO Box 161
Oatley NSW 2223
Tel: 570 - 4415

PRESIDENTS REPORT - Geoff Hine

Welcome to the end of another successful year of paddling with members representing the club at local, state, national and international levels. Congratulations to all these representative paddlers and I hope to see a lot more members participating next year, especially at the international level with the **World Masters Games being held in Brisbane in September and October 1994**

1994 will also be a year for the growth and development of canoeing in general throughout Sydney and especially in the southern Region. Things being planned for next year are the usual Autumn and Winter Race Series, the 3rd Annual Port Hacking Paddlethon, more group training sessions and maybe even a ski race. And many more activities for club members.

The **1993 Port Hacking Paddlethon** was a great success with over 250 participants and \$8000 being raised for the Handicapped Childrens Association of NSW on the day. Many thanks to all who paddled and especially the helpers on the day. Congratulations to the K4 crew of Greg Blanche, Gary Calnan, Peter Heeley and Geoff Hine who successfully towed 2 waterskiers on the day. Hopefully we will see more members next year as the Dragon Boat crews outnumbered us 10 to 1. Also the major sponsors Tynan Motors Sutherland, have shown their support for next years Paddlethon.

Breakfast Paddle - The Port Hacking Dragon Boat Club has invited our club to breakfast paddle on Sunday 6 February 1994 to Worumbul on the mouth of South West Arm. All members are welcome to paddle one of their Dragon Boats or you can just turn up in your own craft. The Dragon Boat Club will also be providing an accompanying boat to carry food, drink, change of clothes, etc. 8am on the water at the bottom of Wonga Road Yowie Bay (next to the General Store). Any interested members contact Frank Pancer on 570-4415.

Woronora Rubber Raft Race - The club has been invited to be involved with the 1994 Woronora Rubber Raft Race to be held on the 27 February. This includes holding a short course race for kayaks and maybe a K4 water-skiing demonstration. McDonalds restaurants are the major sponsor for 1994 and we believe 60,000 letter box drops (with the LPKC logo included !) will be delivered to promote the race around the Sutherland Shire.

This certainly is also a challenge to all the "would be" engineers out there to come up with a LPKC powered winning craft.

Whitewater Weekend - Any members interested in a whitewater trip down to Childowlah on the Murrumbidgee River on the 29/30 January 1994 please contact Geoff Hine as numbers will be limited. Hire whitewater kayaks (approximately \$45 for the weekend) will be arranged for anyone without their own suitable boat. This includes all the safety gear and paddles.

The above date will be subject to water levels as it is down stream from Burrinjuck Dam. Inexperienced whitewater paddlers welcome.

Gossip - Greg Blanche was seen cleaning his boat down with a fire-extinguisher ! Obviously paddling too quick.

Frank Pancers new seat in the TK1 (care of Geoff Hine Research Company) also fills in as a satellite dish and salad bowl for large dinner parties. Frank reckons he gets great reception on SBS with it.

IF YOU HAVE ANY GOSSIP THAT MIGHT GO DOWN WELL IN THE NEXT EDITION PLEASE CONTACT THE EDITOR.

Quote of the Month - Bruce Hancock, while training recently on (or should it be in) the Hacking River at Swallow Rock, feeling a bit thirsty was heard to say " I wish I'd brought some water with me." Bruce then proceeded to fall in. Then a comment from a nearby paddler " Well Bruce you certainly have plenty of water now ".

COACHES CORNER - John Pawlow

Well its that time of year again, a time of eating, drinking, relaxing and socialising.

From a training point of view, with the lull in racing activities, the extra drink and food consumed, and the drop in physical activity, it can be a time of going backwards in your fitness levels. Regardless of your aims; whether they are the Australian Marathon in April, the sprints in February/March or just the Lilli Pilli series, it's important to maintain your training during the Christmas period.

This need not mean a continuation of the daily grind you are accustomed to. You can use the extra time and good weather to develop extra boat skills (and have some fun to) and maintain your aerobic base by doing some steady long distance sessions of 1.5 - 2 hours, preferably with a group, with some fun activities at the end. These can be as much social occasions as training sessions, and maintain your fitness as well as keeping with the holiday spirit. So get on the phone and arrange some company for those training sessions.

Merry Christmas and happy paddling.... *John Pawlow 632-3293.*

1993/94 SUMMER SPRINT SERIES - PROGRESSIVE RESULTS

4 NOVEMBER 1993

	500m	500m	1000m	1000m
Grant Wilkinson K1	1.53	1.52	4.02	3.57
Geoff Hine K1	2.08	2.15	4.35	4.38
Gary Calnan K1	2.10	2.11	4.45	4.44
Dennis Carret K1	2.11	2.12	4.40	4.39
Paul Stein K1	2.11	2.14	4.42	4.45
Mike Phipps K1	2.20	2.20	5.00	5.03
Greg Blanche K1	2.19	2.22	5.01	5.12
Ross Smith Ski	2.17	2.29	5.00	5.06
Peter Heeley K1	2.22	2.26	5.06	5.15
Jim Dickson TK1	2.30	2.39	5.15	5.19
Nick Love K1	3.12	2.38	5.14	5.19
Rod & Joan TK2	2.30	2.38	5.20	5.20
Dallas Newman K1	2.48	2.57	5.27	5.34
Frank Pancer TK1	3.10	3.19	6.02	6.10
Liz Calnan TK1	5.12	5.02	12.00	DNF

4 DECEMBER 1993

	200m x 3			1000m x 3		
Geoff Hine K1	.48	.47	.50	4.24	4.22	4.20
Paul Stein K1	.50	.48	.51	4.31	4.25	4.25
Ross Smith Ski	.52	.53	.55	4.51	4.53	4.53
Greg Blanche K1	.54	.51	1.05	4.41	4.48	4.46
Paul & Rob DSki	.55	.53	.59	4.52	4.56	4.54
Bruce Hancock K1	---	---	1.01	4.54	4.55	4.50
John Georgaris KI	1.01	1.0	1.08	4.56	4.57	----
Nick Love K1	0.59	.57	1.02	5.02	5.03	5.10
Jim Dickson TK1	1.03	.59	1.07	5.08	5.13	5.33
Bert Laurendet K1	1.10	1.06	1.05	5.31	5.26	5.28
Laurie Ward TK1	1.04	1.02	1.05	5.38	5.29	5.50
Frank Pancer TK1	----	1.08	1.13	5.36	5.58	5.52
Mick Georgaris Ski	1.10	1.04	1.06	----	----	----

18 DECEMBER 1993

	200m x 3			1000m x 3		
John Pawlow K1	54.7	49.8	48.5	4.26	4.22	4.04(K2)
Matt Pepper K1	46.2	44.2	45.8	4.21	4.13	---
Geoff Hine K1	48.6	50.2	47.9	4.33	4.22	4.35
Gary Calnan K1	50.7	53.8	51.2	4.39	4.44	4.04(K2)
Ross Smith K1	56.3	55.1	58.1	5.01	4.56	4.57
Brian Graber K1	---	56.3	55.6	4.41	4.40	4.43
Paul & Rob Lawson DSki	55.4	54.9	53.6	5.00	4.56	5.11
Joan Kelly & Rod Smith TK2	1.03	1.04	59.3	5.18	5.22	5.21
Jill & Laurie Ward TK2	59.4	59.1	59.0	----	----	----
Henry Dickman K1	1.03	57.5	57.3	5.10	5.06	5.04
Peter Bailey K1	57.4	56.2	55.5	5.09	5.05	5.01
Bert Laurendet K1	1.07	1.16	1.11	5.56	5.56	5.57
Jim Dickson TK1	59.2	1.01	1.03	5.16	5.09	5.17
Frank Pancer TK1	1.11	1.10	1.11	6.00	6.01	5.58

CLASSIFIEDS SECTION

Classifieds are free to LPKC members and will be published if you get them to the Editor either on race day or via the post addressed:

The Editor
LPKC Spraysheet
PO BOX 161
OATLEY NSW 2223

Please note that the next edition of the Spraysheet will be out in February.

FOR SALE

WK7 General kayak with paddle - very good condition - \$300. Frank Pancer 570-4415.

Jensen C2 - racing canadian fibreglass canoe with full spraydeck, foot bilge pump and paddles all in excellent condition. \$550 ono. Contact Peter Sigil on 525-3231 for details.

WANTED TO BUY

Lancer K1 to approx \$400. Contact Frank Pancer 570-4415.

SPECIAL FEATURES SECTION

1993 HAWKS BURY CLASSIC PADDLE - LPKC PADDLERS RESULTS

\$50,000 was donated directly from the race to the Aust. Bone Marrow Transplant Foundation.

	Total Time	Total Distance
Open C2		
Tony Bond/Alan Pierson	9:28:3	111.0
Open K2		
Brian O'Sullivan	5:35:19	70.2
Brendan O'Sullivan		
Open K4		
Dallas Newman	5:53:31	70.2
Jill Ward		
Michael Phipps		
Peter Heeley		

Open Surf Ski		
Greg Blanche	6:27:50	70.2
Peter Phillips	6:43:26	70.2
Ladies Veteran TK1		
Alison Bailey	9:42:39	96.6
	Total Time	Total Distance
Mixed TK2		
Rodger Smith	7:00:44	70.2
Joan Kelly		
Veteran K1		
Ellis Kirkman	7:53:29	70.2
Veteran TK2		
Jim Dickson	6:10:14	70.2
Bert Laurendet		

THE MIGHTY MURRAY - Rod Smith

It's that time again in September/October when all the rivers run. The snow is on the melt and its a great time for a little paddle adventure. Yarrawonga to Echuca, with a little bit of flood water to add to the excitement.

It is the total opposite to the organised Red Cross Boxing Day race. In that situation there are hundreds of people at hand and lots of help if required. With a self organised paddle however you are on your own so adequate care must be taken in the preperation for such a trip.

On your own, you have much more time to enjoy the rivers and the scenery. From the time you get into your boat in the morning to the time you stop in the afternoon the chances are you won't see another soul all day. It's not until you start getting into the river towns that you might see someone on the river.

It's not unusual to see small mobs of kangaroos trapped on swollen ground with the water up to their bellies and chances for their survival slim. In the Barmar swamp the only way you know you'r on the river is by paddling through the tree tops which line the river banks. Other than that it could appear as if you are paddling across a huge expanse of water like Botany Bay. When the Murray is in flood it covers many kilometres in every direction. There are many picnic areas on the Murray but most of these, including the ammenities blocks, were under water.

One time on dusk, as I got into the river town of Barmar, I found my way up to the bank - a hastily made levee and the next day, this section of bank where I spent the night, went under water. Another day I ran out of daylight and was unable to make it into town but was lucky enough to find a small piece of high ground to camp on for the night. There was a big buck kangaroo on this bit of ground however and he wasn't to keen to give it up; but my sense of survival was greater than the fear of having to fight the roo. He took off into the swamp and I made camp for the nite. This is where the right preperation for such a trip is crucial and its called comfortable survival.

The question I get asked the most is : why do it ?

There are many reasons but the 3 main ones that come to mind are:

- 1) The Murray river is an adventure and a challenge.
- 2) The wild life and nature is just great.
- 3) It creates a wonderful sense of achievement and add a boost to your self-esteem.

BENDEELA SOCIAL WEEKEND - Peter Heeley

The weekend November 27/28 was the first of what is destined to become an annual event - the LPKC Kangaroo Valley camping and kayaking social weekend. Make a note in your diary for 2 weeks after the Hawksbury each year.

With about 12 families camped there, and a variety of boats to choose from, people had opportunities to try almost anything. The K4 team picked up a couple of ring ins (Bert and Jim) and various combinations of ladies took to the TK2's.

Bert pointed out a small creek and suggested we have a look in some single boats. The K4 made it easily given some backing and chopping we managed to get up about 200 metres of tight twisting course.

Saturday night saw a good crowd around the campfire with tall tales and truths coming from a wide range of people. Most of the crowd were in bed early but a few stayers kept the fire running with the help of an occasional sip of port.

Sunday morning was fine and warm and again most of the people swapped between boats and had a great day of it. So make sure you remember to set aside the weekend in 1994, 2 weeks after the Hawksbury, to be part of another great weekend.

THE TWENTY BEACHES OCEAN CLASSIC - Gary Calnan

The " Twenty Beaches " is 25 km paddle in the Pacific Ocean, running from Palm Beach in the North to Manly Beach in the south. The course was designed to take advantage of the North Easterly winds that usually prevail at this time of the year.

So it was that on the 5 December I found myself, with many others, making my way to the south end of Palm Beach for the start of my first ocean race. During the drive up I couldn't help but notice that the North Easterly wind and clear skies had been replaced by a stiff South Easterly wind, of about 25 knots, grey clouds and a very lumpy sea rising to 3 metres. I BEGAN TO THINK THAT THIS WAS NOT SUCH A GOOD IDEA.

During the briefing it was decided that because of the poor conditions, the race would be shortened and would in fact start at Fishermans Beach on the protected north side of Long Reef Peninsula. The course would then run north with the wind for 3kms to a turning buoy 300 metres of the beach at North Narrabeen then south for 13 kms to Shelley Beach.

It was quite a site to see the whole field pack up and troop off to the new start. The hardy souls wating to tee off at the Long Reef Golf Course could scarcely believe their eyes as all these cars arrived at the start and started to disgorge paddlers, land crew and skis all over the place.

Conditions were calm on the water at the whistle start but that changed pretty quickly as I headed north. The wind and ground swell coming from behind meant that there were runs aplenty. But what goes with the wind has to eventually turn and go into the wind - there is always a catch isn't there !

As I turned south and headed into the wind and swell I settled down to grind away at the remaining 13 kms.

I wasn't going to badly until I arrived off Long Reef and got hit by the return swells and " little Bombies " that lurk in the area off the point. I couldn't beleive my eyes when I saw a fellow, floating around in a polo bat, with a walkie talkie in one hand. Too busy watching him and not what I was doing resulted in SWIM NUMBER ONE.

Climbing back on I headed south again and passed a few other paddlers who also went for a swim. **There were a lot of mutterings and other things that are unprintable going on.** By this time my world had shrunk to an area about 20 metres around me and at Dee Why headland I went for SWIM NUMBER TWO.

It was now a matter of survival; no more thinking of passing or being passed. It was a case of keeping the craft moving south at all costs. I lost track of the people around me, but I knew they were out there somewhere. Each time I came up on top of one of the swells **Manly seemed a little closer.** A little further on I paddled into this enormous flock of mutton birds zooming 1 metre above the churning ocean - amazing to watch - and I nearly went in for another swim. I realised it was now time for " head down and concentrate " to the finish.

At last I came into the shelter of Fairy Bower, at the Southern end of Manly Beach, and the swell evened out and became smaller. I approached the last buoy with approximately 300 metres to go and I thought I was well and truly home when I went for SWIM NUMBER 3. I couldn't beleive it !!! I dragged myself back on and headed for the finish and I must admit it felt good when my feet touched sand.

The paddlers who finished up front are amazing; they go as if they were paddling down here at Grays Point - flat out with seemingly no correction strokes and hardly shifting in their seats. As for me I was just glad to have finished.

They tell me the places in the Open were:

- 1) Ian Rawlings
- 2) Heath Brown
- 3) Jason Prior

And in the Veterans:

- 1) Chris Bond
- 2) Rod Taylor
- 3) Barry Kelly

They told me these things because by the time I arrived, all the presentations were long finished. Oh well, maybe next year !

Happy New Year

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