

October 2006 Newsletter

The First Race of the Season

Sunday 24th September at 9.30am 10km at Fergs Kayaks

The conditions were calm and warm with no prevailing swell.

The first of Fergs ski races kicked off on Sunday with a close finish for the top three spots resulting in some interesting techniques over the finish line. The rest of the field pretty much paddled the race individually as there were no other groups except for AJ and Warren with AJ paddling off on the last lap. All in all a good turn out on a spectacular day with a lot of "pedestrians" enjoying the racing.

Results

1)	Oskar Stielau	40.07
2)	James Scott	40.11
3)	Paul Wilford	40.13
4)	Ian Mercer	41.00
5)	Tim Grammer	41.25
6)	Garren Cooper	41.35
7)	Glen Gray	44.42
8)	Drendon Davey	46.54
9)	AJ Davey	48.06
10)	Warren Smith	48.18

News Flash! – NSCBS to Start 7th Nov!

The North Shore City Beach Series will start on Tuesday November 7th. There will be 16 race series this year.

The registration evening will be on Thursday Nov 2nd at the North Shore Yacht Club i.e. same place same shipping channel (yeah yeah ... and "whatever").

The wind will never blow from the south west for this series.

No one in the over 40 age will be talking up his chances for the series (and no one in this category has ever been on a diet).

CRNZ News: Perth World Cup 2006

The Perth Surfski World Cup will be held on November 25 and 26 with two races, day 1 from Freemantle to Sorrento Beach, and day 2 from Rottneest Island to Sorrento. The Freemantle Doctor winds puffs very hard this time of year, so there is fantastic down wind conditions. We are looking at getting a CRNZ team over, with Mike Walker, Paul Wilford, Katie Pocock and Paul Wilford the selected athletes. Their participation will be dependent on funding, lets hope they get there.

Other Kiwi paddlers are free to enter and race as well. Dean Gardiner offers surfski charter of a new Fenn for A\$200. Contact darcyprice@xtra.co.nz if you are keen, and check out the event on www.menshealthoceanracing.com.au

World Marathon Kayak Champs France

The N.Z. Marathon Kayak team were in France to compete in the 2006 World Marathon Kayak Championships, held in Tremolat on the 23rd of September.

The team of 7 athletes includes Simon McClarin (Open K1), Matt Thompson, Emily Willcock (Open Women K1), Steven Sly (Junior K1), Rachel Clarke (Junior Women K1), Les Morris (Masters K1) and Ian Huntsman (Masters K1).

The Competitors in the Open Section race over a distance of thirty six kilometres, which includes a mid-section 'portage'.

Results to date;

K1 Women – Emily Willcock 18th 2:29:44

K1 Men – Ian Huntsman 26th 2:48:16

K1 Men – Matt Thompson (DNF)

K1 Women Junior – Rachel Clarke 19th 1:56:46

K1 Men Junior – Steven Sly 20th 1:36:31

Paddling Conditions at Takapuna

Have you used www.surfski.co.nz to check the Weather and conditions yet? Have you noticed this feature on the web site at all? Click on Weather and scroll down. Very useful ...

<http://www.surfski.co.nz/Weather/tabid/64/Default.aspx>

Dip & Dash Starting October 12th

The "Dip and Dash" is on every Thursday at 6.15pm for Fergs Kayaks. This is a 5km paddle followed by a 5km run. The first race is on 12 October 2006.

Deadly Secret Training & Racing Tips

OK, so maybe not deadly secret but each month I will include some insights into training, racing, race preparation etc that I have learned from others (stolen some would say) and from experience. The first instalment will be a guide to "Rough Water Paddling". Here goes ...

Rule Number 1 – Always train in conditions worse that you will ever race in. The basic premise here is that you do not want to be racing in conditions that you have never experienced before. To race to your full potential in adverse conditions you need to have built up some experience in worse or similar conditions.

OK so this is one of those days where the wind is howling in at 40 knots and gusting to 60 knots or more. What do you do? ... You go out and paddle. Let's be sensible though by following some basic safety guide-lines;

- Wear a life jacket.
- Stay close to shore.
- Paddle with someone else.
- If possible, get help lifting your craft to and from the boat shed/car.

The Training Session

What I suggest is doing a series of short bursts in and out from the beach. For example 10 laps of 70m to 100m out and back to the beach. Remember you want to get use to paddling out, turning, and paddling in in these conditions. By staying close to shore you will be safer. And If/when you fall out you will want to be close enough to swim you ski to shore if you cannot get back in.

I would suggest that these do not need to be very long training sessions. 30 minutes to 45 minutes would be enough in very rough conditions especially if is your first time. You will find you will get quite tired as you use muscles you have never felt before (these will be all the smaller muscles used for stabilisation that do not normally get this much use).

When you are paddling always look at point between the nose of your ski and the horizon. If after a couple of circuits you are becoming more confident try and extend your stroke (by rotating more) you will find initially you will chop the stroke short and use a lot more arms that full upper body muscles (this is quite normal).

If you find yourself getting a good feel for the conditions do some efforts (e.g. 80 strokes on 40 off) both going out and coming in. Remember you are ultimately preparing yourself for racing so you need to get the feel of pushing hard in these conditions.

Falling off and getting back on your ski in these conditions is part of the training session. The more proficient you become at getting back on your ski, the more confident you will feel. You will be more relaxed and therefore a better paddler for it.

Change of Venue for 20 km Races

Please note the 20k race on the Sat 25th November will now be the Christmas Beach to Devonport race and the 20km race on Sunday 19th of Feb will be the Maraetai Beach race. I.e. the race venues have changed not the dates.

KOH

Currently the date being worked on is March 25 and 26 2007. We will finalise the dates when we know.