

# September 2006 Newsletter

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Hi all, September is here! Training should be full steam ahead as there is less than three weeks to the first race. See details below ...

## World Kayak Champs

New Zealanders get great results and the World Kayak Champs with Ben Fouhy finishing in the Medals.

### K1 – 1000m Final

1/ Markus Oscarsson – Swe, 03:39.359

2/ Tim Brabants – GBR, 03:39.419

3/ **Ben Fouhy** – NZ 03:39.443

Ben did his standard race plan of sitting in the bunch for 750m then blasting the last 250m to finish third (although apparently he did start a lot faster than normal). Not a bad race plan as you can see what the other competitors are doing, on the downside you need to judge your finishing run perfectly.

This is a pretty amazing result given he has been crook in the build up. This result would also make him one of the most consistent at the highest level since the Ferguson, MacDonald, Thompson era. So a great result for NZ Canoeing as well.



### Other results

Steve Ferguson and Mike Walker in their Men's K2 1000m B final placed third in 3:21.958. Steve Ferguson finished second K1-500 B Final in a time of 1:37.7

The young K4-1000m team of Marty McDowell, Troy Burbidge, Travis Mitchell and Shaun O'Connor placed 8th in their B final.

The womens pairing of Katie Pocock & Erin Taylor in the K2 1000 placed 8th in their B Final.

Interesting to note Steve Fergusons K1-500m B Final time was 1:37.7. The A finals was run & won by Marek Twardowski of Poland in a time of 01:38.5, .8 of a second slower than Ferguson. This is not as strange as it may seem, in a lot of the top regattas the semi-finals are fastest races as paddlers max out just to make the final. This is a logical strategy as this first goal for any Kayaker is to make the final, the second, and ultimate goal is the win the final.

## 21 Days to go before the First Race of the Season

Are you ready! Sunday 24<sup>th</sup> September at 9.30am 10km at Fergs Kayaks. We will see who has been training and who has been eating 'fush and chups' in the off season.

## East Cost Challenge - Coogee

Is anyone interested in a Ski Race at Coogee Sydney on Sat 30th Sept?

This is a 20km (2 x 10km) race from Coogee to Bondi Beach and back. Should be interesting with the upwind leg hugging the coast and the downwind being very strait (the race will go clockwise or anti-clockwise depending on the prevailing swell/wind).

Check it out [www.ecoc.com.au](http://www.ecoc.com.au)

## Test Drive



Yes this is a serious topic (mostly). The challenge for anyone out there who has bought or test paddled any new craft, paddle, or any accessory is to make a few notes on what you discovered, liked, or disliked about the product in question and get them into me so we can share the results ([garren.cooper@hanover.co.nz](mailto:garren.cooper@hanover.co.nz)). Note; if you test drive clothing that is not suitable for all audiences (or for the light of day) then by all means sent this in but, the test drive may not get published.

### This Test Drive is some Long Pants from Point5



Given the cold winter I have been looking to ways of keeping warm on the water with some warmer training gear. So last month I purchased some **Point5** long Pants. Here is what I discovered;

- I ordered on line and used my credit card. Delivery took about three days which is good and the pants were well packaged. Again, all good.
- I waited about 8 days before my next training session (In this time the wind blew without stopping and we had 30 million small rain showers). I tried on the pants which were a good fit which was lucky as (obviously) did not get to try them on first.
- Finally we get to the point of the exercise; I went for a paddle for ... about an hour (I am lying here to put my racing mates off track). The pants were comfortable, warm, and allowed some 'slide' around the seat of the surf ski which I like.
- I found I did not have to layer up so much on top which was good for upper body movement.
- Overall very comfortable and reasonable warm (I was a very cold day).

- The only negative, and it is a small one, is there was no pocket of any sort like for a bung or car key. The bung pocket is on my wish list as all my board shorts have a bung in each pocket which lives there on a permanent basis (there are some in the ashtrays of the cars, training bags etc etc ...).
- The pants dry pretty fast too and did not suffer when they went through the washing machine and dryer (don't ask).

**Check it out for yourself;** <http://www.point5.co.nz/>