

# Fairfield Canoe Club

# Newsletter

Winter Issue - June 2003

The Great FCC Boat-Owner Hunt

Fairfield at the Sprints

K1 Creche Goes to Nagambie

Canoe Polo

Mars Challenge

And Much More.....



.... In This Edition of the  
Fairfield Canoe Club Newsletter!

## Fairfield Canoe Club Newsletter

The Fairfield Canoe Club newsletter is published five times per year.

## Contribution deadline for next issue

30 July 2003

## How to contribute

All contribution to the club newsletter are welcome – photos, articles, letters to the editor, humour, advertisements. Articles can be supplied on disk (Mac or PC). Disks and photos will be returned.

## Please submit material to

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## The Come Back Editorial

*It is a problem when the editor can't even make his own deadline with his editorial but I am going to make it this time.*

It's cold and dark and it's not raining, yet. It's a great time to go paddling. Paddling at night, particularly with a full moon, can be a very relaxing and enjoyable experience. At least until the local bad lads torch a car in the Studley Park car park casting a gentle orange glow up under the trees. When the petrol tank explodes there is chaos amongst the bushes as startled ducks make a run for it. On our return from Dights Falls the orange glow has been replaced by alternating blue and red as the fire brigade mop up.

Not all of our members have had the luxury of paddling at night because they have been stuck at home typing out race reports, Under the Yarra pieces and so on for this newsletter. Thanks to these dedicated individuals we can read about the battle for the Winter Marathon Series or the Gladiators latest triumph. But FCC is not just about competing as we read in the Cappuccino Run report. No reports on touring activities in this newsletter but once the club sorts out the legal requirements for touring we will bring you details of upcoming trips. Please enjoy your newsletter and remember to contribute something to the next edition.

See you on the river (if you have remembered your lights).

Andrew McConnell

## THE HUNT BEGINS...



## Chairman's Report

Dear Fairfield Members,

Well the dark nights and mornings are upon us – which means that the winter series is well and truly under way. Congratulations to all those that have taken part to date – and to those who haven't yet ventured out in the Fairfield colours – go on, get out there and give it a go. There is a relay race up and coming so there is a great opportunity to get together a few friends and give it a go.

As many members will have noticed, we have at long last replaced the side gate – thus offering greater security to the club. We would however still request that all members ensure that the front door and the roller doors to the boats are closed if there is no-one at the club.

The landscaping project is about to take on a new lease of life – so we are hopeful that the garden area at the back of the club will be a veritable haven before summer arrives.

We are still trying to ensure that all boats within the club house are owned by current members, we have had some success with identifying and contacting the owners of some boats which have been left at the clubhouse – but there are still more to go.

Please read the enclosed survey carefully and take some time to respond – we would gratefully appreciate your feedback - after all this is YOUR club, and your opinion is very important.

Enjoy your paddling!!!!!!

Annette

## Welcome to our New Club

### Members...

Brenton McRae  
Paul Kenna  
Gary Milne  
Sue Constance  
Margaret Bell  
Joan Doreian  
Kathryn Rowell  
Jean Moysey  
Lyndsey Vivian

### And For All Club Members...please put renewal day in your diary!

#### SUNDAY 27 JULY

From 10 am till 2 pm.

Sausage Sizzle

Keys will be changed over on the day.

\$10 charge for lost keys.

Further details regarding your renewal will be forwarded to you shortly

**BUT WHAT  
ARE WE  
LOOKING  
FOR....?**



## A Boat Returns Home!

Gary Flanigan

Last December 4<sup>th</sup>, a good number of FCC members – and partners – ventured to Yarrawonga to further their preparations for the coming Murray Marathon. The race from Yarra to Cob, about 72 odd km, is a great training run for the big event; the water is the ‘real thing’ (not just the placid old Yarra at Fairfield, but real eddies and uncharted obstacles) a good test of endurance for the solo nutters and a great place to sort out the teething problems in relay teams and ground crews; a great place for all indeed! Added to which there is the pre-race day sessions with other FCC members in the pubs – discussing tactics of course, for the big event!

Well, as others have reported, it was as usual, a great day! Wonderful weather, good fast water and no known emergencies other than the panic brought on by the odd speeding boat or surf ski.

Post race beer or two, a bit of swimming, running over hot sand (to get another can), feet up and enjoying the sun; having a BBQ on the beach at Cobram really re-enforces just what a wonderful life we have here in the land of Oz!

Last competitor in, BBQ finished, gear stacked away, boats collected and loaded onto the club trailer. Willing hands to assist, me working one side on four boats and my assistants fixing up the three on their side. All shipshape and stowed away, off into the setting sun to my mate’s farm for more – buckets more - ‘good cheer’.

Another BBQ, good cheer by the bucket and off to bed.

Up not so early in Sunday, wander aimlessly around the farm for awhile argue with my mate

over the length of the K4 atop the trailer, much measuring and debating then off on the road to home.

First stop for our usual coffee and a hamburger at Nagambie – that ‘café’ across the highway, directly across from the road down to the lake where we have the Nagambie races, makes the ABSOLUTELY BEST HAMBURGERS!

Sitting in the sun, munching hamburger, sipping coffee at the table outside the café, Helen says, ‘how many boats are you supposed to be carting around’? Well, I don’t think I dropped my hamburger but I sure as goodness spilt the coffee!

The impossible had happened! Some blighter had pinched one of the boats! Fortunately, or unfortunately depending on the way you look at it, the missing boat was my very own! The one used by Peter and Nicola in the race on the 4<sup>th</sup>. My very own Competition Kayak TK2 and some thieving hound had actually taken it! What a cad!

Now, to say that that boat was mine is a bit of an exaggeration since Sarah, our daughter, lay claims on that boat as compensation for some legal work that she did for me in my office so, I suppose really, I was still in the muck as I had still to tell Sarah that ‘her’ boat was on its way to Queensland! Quick as a flash, over a second stronger coffee, I rang the Cobram police who kindly sent a speeding car around to check that it was not still sitting on the grass (the very thought that the Cobram lads would leave a perfectly good boat, or any boat, lying unattended on the grass over night actually caused the Sargent hysterics – made a bloody big boost to my moral did that dear lady!). A call to me mate to check if he could see me boat under the bed of those fruit pickers with the Qld numberplates didn’t yield any clues either.

Lacking further ideas it was a sad paddler who continued on his weary way home – what a day! That night, hours on the computer, sending messages to all canoe and kayaking clubs all over the land of Oz, ‘missing kayak believed stolen’ (actually, I went a bit further, I actually suggested it was stolen by persons unknown but who were from Queensland since no one would be silly enough to use such a distinctive boat here in Victoria).

Days pass, months and then, a call from Kerrie at Competition Kayaks; ‘we had some bloke in here the other day asking about ‘your’ boat’. Great news! Or was it? How did this ‘farmer’ get hold of my boat? After a few attempts I actually managed to speak to Brian G and discovered that Brian had actually picked up the boat off the side of the road near to his farm on the Murray Valley Highway!

I didn’t dare ask why it took so long to give me a call on the phone to say he had it but, Brian went on to explain that – unknown to me – there was actually no other identification on the boat other than our family name and a maker’s sticker! No phone numbers! In an attempt every now and then, time and weather permitting, to locate the nutter who dropped his boat off the trailer, Brian had called up the crowd who had conducted the October races in NSW where Peter and Nicola had used the boat and, had had a sticker placed on the boat with the race name etc. This was the only thing with a phone number. Naturally, the people in NSW had

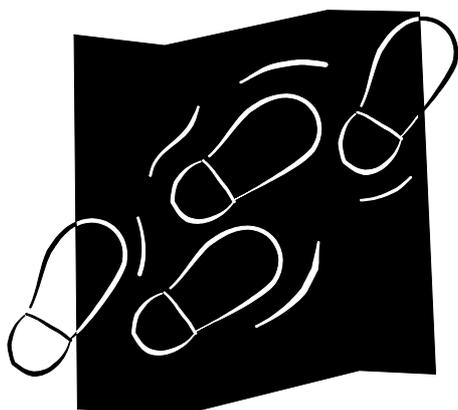
never heard of Flanigan – we had not competed and, Brian, not knowing of Competition Kayaks existence, let alone that they were located in Cobram, was at a loss until the NSW types asked what make was the boat and (there was a Competition Kayaks sticker on the boat) they were able to direct him to Zane who was just down the road.

Hence the phone call from Kerrie – ‘we have had some chap in here ..... ‘your’ boat’ Well, all that was good news but, the down side is that one has to admit that you are negligent, careless etc in not checking the tie-down on the trailer and, for not having a phone number in the boat. It was only because Brian persisted that the boat was able to be returned.

Why did Brian persist? Because of our family names, Brian believed – correctly - that we are Cousins!

Whilst our family motto says “me before others”, the motto also says that when “I’m fixed up”, the family must work toward ‘One Flanigan helping another Flanigan!’ (Brian now has enough beer to last until Christmas and, next time I am up that way, I will call in and help him drink some of it!)

What a life! The moral of the story? TIE THE BOATS DOWN YOURSELF AND WRITE YOUR TELEPHONE NUMBERS IN THE BOAT!



**WELL, THAT’S ONE  
MYSTERY SOLVED,  
BUT WAIT—THERE’S  
MORE...!**

# Marathon Winter Series 2003

## Update

Connie Todaro  
Race Director

What a start for Fairfield!!! After race 1 in Warrnambool, we were sitting in 5<sup>th</sup> position in the Senior club points with 45 points, even though Fairfield had a good attendance, we did not do too good in the points divisions.

But in true Fairfield style we turned up in large numbers and dominated Race 2 at Nagambie. With wins in almost all points divisions, and collecting 86 points overall, Fairfield was sitting in 1st position, but only by 2 points in front of Patterson Lakes with Ivanhoe biting at their heels on 125 points.

Race 3 at Essendon on the Maribyrnong River, once again the Fairfield dominance was evident, with 26% of competitors from Fairfield (33 paddlers). Overall we had a good day with finishes and placings in most races.

## Race 1 – Warrnambool (Singles)

It was the first race of the season and it was early April and we were not really in Marathon competing mode, but we dominated in numbers and picked up 45 valuable club points. Nice job guys!



Our only podium getters were Pam Fanning winning Division 7 and Rhea Demsey picking up 2<sup>nd</sup> position in the same race.

In his first race, Scott Welch finished in a brave 5<sup>th</sup> position in division 5, with Tony Payne finishing 7<sup>th</sup>.



The TK1 Vet 45 saw our favourite veteran, Kevin Hanington finish a courageous race in 8<sup>th</sup> position. The best we could do in Division 3 was 8<sup>th</sup> position by Rose Curtis. Mick Gayfer competed in Division 1 and managed to finish 11<sup>th</sup> behind the strong

young boys who are at 15 years his junior. Gutsy effort Mick!

\* \* \* \* \*

***Lawn Mowing... HELP!***

Volunteers are desperately required to help with lawn mowing around the club. If we don't find someone/s soon we may have to resort to hiring the sheep that have been spotted down the road to do the job.

Have you considered a quick mow of the grass as a warm up before heading out for a paddle? The club provides a super duper mower, you just provide the man (or woman) power.

**Please let us know if you are interested.**  
Call Andrew on 9481 4741



\* \* \* \* \*

## Race 2 – Nagambie (Singles)

Alex James dominated the TC1 event completing 18kms in just 1.57.10 minutes, ahead of second place, Tony Bond in 2.02.26 minutes.

Joe Alia thought it was a good idea to step out of the comfort zone of his K1 into a TC1 but at turn 1 was led astray by

Simon Sharrock and decided to paddle to the next turn, adding an extra 300metres to his race. But his persistence, determination and encouragement of Sarah Flanigan screaming abuse (in the same manner as Joe does

when coaching dragonboat teams), finished second last in 2.44.27 minutes, but finished just in front of Alan Opie of Patterson Lakes. We

must spare a thought for Alan, after going for numerous swims prior to the race, thought he had finished the race, but to be informed that he still had one more lap to go.....does this remind you of someone who did the

same last year at the very same course, fortunately for Kev it went unseen, but honesty prevails at Fairfield so we owned up to the error. At least he did not have to paddle the last torturing lap.

Julie Perriam pulled out of her WTK1 race after experiencing problems with her rudder, to discover it was actually broken. With Julie's withdrawal, Gillian Hilton of Ivanhoe took out 1<sup>st</sup> place with our very own Rose Curtis fighting off a determined Julie Camilleri of Footscray, (or is it Essendon?) to finish a convincing 2<sup>nd</sup>.

Liz Wells was a main hope in Division 4. Liz paddled a great race, but unfortunately was out classed by the competition.

Division 8 was a hard fought race between

Roger Tralagga and Greg Bauld, both Fairfield members. Roger, the master washrider, rode Greg's wash beautifully throughout the race and decided to make a run for it in the dying minutes of the race. With his proud new wife watch on the sidelines, Roger took out 1<sup>st</sup> place in Division 8, leaving a surprised Greg to take 2<sup>nd</sup> place.



One of our newest members, Scott Welch, paddled a strong and gutsy race, fighting off strong opponents to take 2<sup>nd</sup> place in Division 6 in front of a disappointed and blown away

Michael Loftus-Hill, who believes he should have won. Better luck next time Lofty!!!!



Mick Gayfer braved the young guns in Division 2 to finish 5<sup>th</sup> place and take out the first Vet to finish in his Division ahead of Stuart Opie of Patterson Lakes.

In the TK1 open, Simon Sharrock decided that 24km was not enough so he added an additional 300 metres (he missed his turning buoy) but his strength and endurance got him to the finish line in 2<sup>nd</sup> position just behind John Petrus of Patterson.

My proudest Fairfield moment of the day was seeing Colin Scott paddling 24 kms in the MTK1, what a fantastic effort. Congratulations Colin and hope to see you at more races!

DISCOVERED  
THE MYSTERY  
YET...?



### **Race 3 – Essendon (Doubles)**

Then we went onto race 3 – Essendon, deemed as the biggest attendance race of the season. Once again Fairfield was well represented dominating in numbers. With wins in most divisions and collecting valuable points, but unfortunately it may not be enough for us to retain our No1 position in the club points. It appears that Patterson Lakes may have taken the lead, but only temporarily.

In the TK2 open Simon Sharrock and Andy Wright were in a hard fought out battle for first position when disaster struck, the tiller in Simon and Andy's TK2 snapped and they were unable to complete the race.....then more disaster, our last hopes in the TK2 open, Gary Flanagan and Werner Bolz were forced to withdraw with Werner experiencing severe back pain.

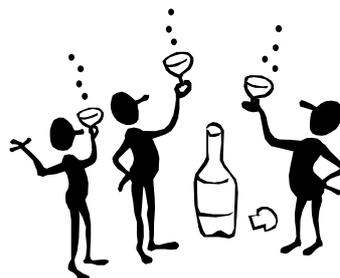
Fairfield had better luck in the other points races – Rose Curtis and Julie Perriam first in the WTK2, Scott Welch and Greg Blackman 2<sup>nd</sup> in the Division 5&6 and Rachel Heath and Pamela Lilburne with a 2<sup>nd</sup> place in Division 7&8.

Jean Morsley and Kathryn Rowell were the first ladies crew to finish in Division 5 & 6 – congratulations ladies.

At Essendon we saw 8 new Fairfield members competing in their first club race – congratulations to Colin Day, Jean Morsley, Kathryn Rowell, Joan Doreian, Sue Constance, Robyn Ward, David Cooke and Lyndsey Vivian.

Well done and fantastic effort to all Fairfield members!!!!

## **CONGRATULATIONS TO FCC FIRST TIME ENTRANTS**



### **Race 1 - Warnambool**

Rhea Dempsey     Liz Jenkins  
Scott Welch

### **Race 2 - Nagambie**

Melanie Mills     Colin Scott  
Iain Bauld (under 14yrs junior)

### **Race 3 - Essendon**

Simon Brian     Colin Day  
Jean Moysley     Kathy Rowell  
Joan Doreian     Sue Constance  
David Cooke     Lyndsey Vivian  
Robyn Ward

## **SPECIAL CONGRATULATIONS TO: Scott Welch**

In his short paddling career has achieved the following 2<sup>nd</sup> place in the Murray Marathon full distance K1 men's open in 35hrs 17mins and 38secs

And in the Winter Series :

- 5th Division 5 Race 1 in 1hr 10mins and 18 secs
- 2nd Division 6 Race 2 in 1hr 14mins and 42 secs
- 2nd Division 6 Race 3 (with Greg Blackman) in 58 mins and 17secs

Scott is a quiet achiever, dedicated and committed and a team player. We at Fairfield are very proud of Scott and his Achievements.

**Congratulations Scott!!!**

## MYSTERY BOATS...!

THE ELEVEN BOATS PICTURED ARE MYSTERY BOATS.  
THEY ARE IN THE CLUB RACKS,  
BUT WE DON'T KNOW WHO  
OWNS THEM  
CAN YOU HELP?



BOAT 1:  
BLUE DOWNRIVER

BOAT 2:  
BLUE K1



BOAT 3:  
BLUE SLALOM

ANY CLUES? PLEASE CONTACT TONY PAYNE ON TELEPHONE 9380 2863 OR PETER THOMPSON ON MOBILE PHONE 0417 06 851 IF YOU CAN HELP IDENTIFY THE OWNERS OF THESE BOATS.

PHOTOS IN FULL COLOUR WILL BE AVAILABLE  
IN THE CLUB HOUSE.



BOAT 4:  
GREEN K 1

BOAT 5:  
WHITE, GREEN  
AND RED TK2



BOAT 6:  
RED SLALOM



BOAT 7:  
WHITE & BLUE K 1



BOAT 8:  
PALE BLUE K 1



BOAT 9:  
WHITE K 1



BOAT 10:  
OLD RED K 1



BOAT 11:  
WHITE TK 1

## Gladiators Roll Back Up!

Brendan Kenna - Canoe Polo Coach

After 2 losses in succession the Fairfield Gladiators won a tight game against the RMIT team and are back in the top 3 with a chance to appear in their 4th consecutive finals series. We have won 5 and lost 4 games currently and have 3 games to go. It's been good to get a few of the girlfriends and partners and friends watching lately!

Autumn Finals will be on Saturday 28th June - there's every chance we'll make it so put it in your diaries and watch the notice boards for details.

Gladiators Team Profile:

- Brendan Kenna - Captain - Defence / Forward/ Shoots RH round arm/ A bit heavy in the water lately but will lighten up when it counts.
- Greg Blackman - Charge player / Forward / Shoots RH / Speedy sprinter - has been a consistent contributor all season/ hates subbing off.
- Paul Kenna - Goalie / Doesn't shoot / New FCC member from a famous family - Sensational game against RMIT blocking some big throws.
- Brentin McRae - Forward / Shoots LH / An-

- other new FCC recruit - An accurate shot and excellent team player - rowdy at times!
- Rohan Mostert - Defence / Shoots RH / Ring in from WhitehorseCC - Works hard on his skills and sweeps in for crucial goals at times.
- Scott Welsh - Forward / Shoots flat RH bullets / The Gladiators newest recruit hard working and quickly learning to match it with the best in the grade.
- Warren Proctor - Forward / Charge Player / Shoots RH / Young and athletic martial arts expert - Can turn a game when he's going.

We have been training on Saturday afternoons in the past few weeks. **From 14th June we will have training for beginners at the club on a Saturday from 1pm.** If you want to try out the boats this is a good opportunity to try it in a fun non-competitive session with safe conditions and some experienced instructors. **The session will be followed by senior training at Studley park at 2.30pm.**

**We are re-forming the Amazons team for next season (late July to Oct) in Novice grade. New players are welcome. Please call Brendan on 9568 8876 AH for information about the Amazons team and or the beginner's sessions,**



### Side Gate

#### Please keep it locked!

We once again have a side gate. If you open it remember to lock it for security and safety. The key for the padlock is the standard club key.

Remember—  
**Lights are Compulsory When Paddling at Night**

WHITE at the front  
RED at the back  
Lights are supplied by the Club  
For safety's sake, please  
**USE THEM!**

## Fairfield at the Sprints

Pamela Lilburne

Have you ever seen Nagambie bright, sunny and with not a whisper of wind? Well that was the lovely sight that greeted us on the first day of the State Sprint Champs weekend on the 28<sup>th</sup> March.

Well you could easily be overwhelmed by the title "State Champs", however this was the weekend that quite a few experienced and novice sprinters alike decided to make our sprint season debut (or should I say finale!).



Mixed K2 500m, and Gary Milne and myself 3<sup>rd</sup>. Annette Kendall and Chris Sando did well in the mixed doubles in the well loved paddy TK2.

- Marg Buck and Kelly O'Shanassy did a very strong ladies K2 – it was great to see.
- Micks delightful girls took every opportunity to jump up on the podium and wear everyone's medals!

Some people came up just for the day,

others for the weekend. An impromptu picnic in the park on the way home topped the weekend off.

Highlights:

- We had a mens and ladies Fairfield K4 team in events on both days! Marg Buck gave the ladies tips on what to do- most of us had never been in a K4 before.
- Mick Gayfer & Greg Blackman made a strong combination winning the Vet K2 mens 200m, 500m, 1000m. Mick won the K1 vet 200m and 500m and Greg came second against a strong field.
- Greg Blackburn and Brendan Kenna won the Vet TK2. Brendan came third in the mens Vet Tk1.
- Chris Sanderson did an unofficial 500m vet K1 race in his new hornet. He was disqualified but looked good out there!
- Mick Gayfer and Rachel were second in the



It was lots of fun and generally pretty relaxed, especially in some of the veteran classes, so come along & try a sprint carnival later on in the year. The first race starts on Sunday 21<sup>st</sup> Sept . See Joe Alia or Pamela Lilburne for more info on sprints.

### FCC Uniforms

Uniforms Available  
at the Club on Sunday Mornings  
Look your best on and off the water!

Caps	\$10
Fleecy Vest	\$35
Singlet	\$35
Shorts	\$30
Zoot Suit	\$55

## Being Right!

Just a reminder to all paddlers that when you're on the river, the law says to keep to the right (starboard) (the opposite of how we drive). So whenever you're out on the river, be sure to keep right – and if you should be on a collision course with another boat, steer your boat to the right (this may not always be possible of course when you're in the vicinity of errant rowers in boathouse boats!)

Australia adheres to System A of a code developed by the International Association of Lighthouse Authorities (as does every other maritime country except the USA). Under this system, we keep to the right when at sea or in rivers and channels.

If you'd like further information, check out this site: [www.coastalwatch.com.au](http://www.coastalwatch.com.au)

### Rivers and Channels

A vessel must always be navigated on the starboard side of the river or channel



### Approaching bow on to another boat

Each boat alters course to starboard (right) and passes port to port. This rule applies to narrow channels but can also be applied in open water if there is doubt of the other boat's intentions.



## Cappuccino Run

It may be the winter but the Cappuccino Run is still very much alive and well. Every Saturday morning at 9.30 ish (or perhaps 10 ish) a group of dedicated, coffee-drinking paddlers set off for Cappuccino at Studley Park. Why not join them? Because you would get cold I hear. Well grab an extra jumper, stuff it in a plastic bag, tie it up and bung it in the bottom of your boat. Don't forget a couple of dollars for a Cappuccino.



If you are a serious racer it is the perfect chance to loosen up the shoulders before the big race on Sunday. It is also great for those who have recently graduated from Zoli's beginners sessions.

## DID YOU KNOW?

There is a **lost property** basket in the clubrooms. It is located right next to the back door. You can easily recognise it as it is starting to overflow. So next time you are going down the back steps, why not stop for a moment before walking out the door and check that nothing of yours is in there.



For Sale - two Greenlander seakayaks in good condition. Includes new front hatch covers, neoprene spray decks, back hatch covers and Rule electric pumps. \$1000ono each or negotiate for both.  
Contact Tony 9380 2863 or Michael 93810607

## The K1 Revolution Continues !! Episode 2...The first Race

Chris Sando

You may recall in our last newsletter, the story of a seemingly vast number of Fairfield members taking advantage of the warm summer weather to practice the art of K1 paddling for the first time. Race 2 of this years winter series at Nagambie gave some of our intrepid "K1 Creche" members a chance to put their new found skills to the test.

The Saturday night before the race found a group of dedicated members conducting some pre race carbo loading at the Australian International Beer Awards. Caught in action at Jeff's Shed included yours truly, Annette 'El Pres' Kendall, Kelly (KAOS) O'Shannesy, Andrew (Barely Kicksover) Kilgour, Kirby (Windscreens) O'Brien, and Sarah (tropical tan) Flanigan. Training drills included unlimited sipping/ guzzling of local and international lagers, ales, stouts, pilsners, bitters, bocks and of course, doppelbocks. This was punctuated by watching some amusing international beer ads and to complement the international flavour of the evening, some English backpackers started a round of UK type soccer chants, which grew louder as the evening wore on. A pleasant evening was had by all, and at the end of the festivities, we bid our fellow paddlers goodnight, and promised to see them bright and early the next day at the race start.

I had a Red Hot Chilli Pepper cd going in the car on the way up to get fired up for the race. The last song playing as we parked the car was "Give it away, give it away, give it away now.... curious ! It was a sensational day weatherwise, unlike a previous winter doubles race a couple of years ago where a howling wind whipped up

a chop on the lake and tipped many a pair into the icy drink (including Geoff Higgins and myself).

Division 6 singles was a huge field of 25 starters. Doing the circle work at the start I could see several familiar faces such as Lofty, Tony Payne, Mick Kayne, Sarah F and appearing on their maiden K1 voyage, Helen Neill and moi. I was trying not to think too much about starting practice at Zoli's the previous week where I managed to tip in on the start line and took Mick Gayfer with me in a sort of domino effect. They called us up pretty quickly, and before long we were away. With the help of the rowing lanes it was a nice wide open start...just what I needed ! Number one aim was to not tip in on the start, number 2 was to get up to speed as quickly as possible, and try and avoid doing the bucking bronco impression in the backwash. At the end of the rowing course the field bunched up and rounded the bouy to head through 'the scour' and into the Goulburn River. Things were travelling ok ...Lofty was going well up toward the front and he was a couple of boats ahead of me so I figured I was somewhere in the first 10.

We had just ducked under the bridge to enter the Goulburn when I decided I was thirsty. It was the first time I had tried using the strap on drinking system in the K1. You know ...the ones where you have to bob and tilt your head till you find the tube. Well, funnily enough, in a split second I was in the water, chasing a shoe which had fallen off, and trying to swim for shore with the skirt wrapped around my legs for added challenge...tremendous! I must check the local swim squad timetable for "swimming in lead boots 101". This should be a compulsory prerequisite for all new K1 paddlers. I think I now deserve an exemption.



Well needless to say, as I emerged on some-ones private jetty to empty out the water, the field had disappeared over the horizon... mmm...bugger ! Fortunately I had donned the trusty footy jumper, and I wasn't too cold so I took off after the field to see if I could catch anyone. By the half way bouy, I could see some boats, and caught some of them on the way back. Just as we reached the lake I caught up with fellow crèche member Helen and we did the final lap of the rowing course together. I could feel a sprint finish coming on but there was nothing in the tin ...I must have spent it all on the chase and it felt like I was paddling on the spot. Just managed to hold Helen off for 16<sup>th</sup> spot.

The highlight of the day was still to come though, after getting changed into something warm it was off to the tuck shop for a hot cuppa and yeeesssss!!!! A hot four and twenty! I was several people back in the queue and spotted a solitary four and twenty in the warmer. It'll go for sure I thought. In fact I'm sure I saw it come out then go back in when someone changed their mind. Anyway, when I got to the front it was still there, so I thought its mine ! It was a bit disconcerting when it made an audible thud as it hit the counter, but driven by hunger, I made my purchase and headed for a growing huddle of Fairfield punters. The first bite nearly broke a tooth, the pie was rock hard, in fact, it was totally dehydrated. Further bites failed to find the gooey centre, just a hardened lump. I thought of taking it to the museum to be displayed as Austalia's worst ever pie, but turfed it in the end. It was probably fossilized remains of prior footy season.

In the post race analysis I caught up with some

fellow K1 creche members to compare stories on how they went on the day. Here's what we found out.....

### **Helen Neill**

*What made you decide to race, and what division did you paddle?*

I heard Sarah Flanigan was making a comeback, so I couldn't resist !

I paddled the course before in a tk1 and remembered it was a nice wide start, and I like the variety of the course with the lake, the river and the rowing course.. Also, it's early in the season so comparatively warm water (hows that for optimism! ed).

I paddled Div 6 12km, 25 boats in the start !

*What did you have for breakfast on the morning of the race?*

I generally don't eat before a race but I had a coffee and a banana.

PS I didn't drink during the race Chris !

*What were you thinking immediately before the start.*

Basically "hurry up" was my main thought. I was on the wrong side...I wanted to be as close to the clubhouse as possible ....(ie for the shortest possible swim!)

*What did you think about during the race...do you sing?*

Oh my god I made it off the start, thru the straight etc etc. No singing....my k4 buddies weren't there to lead the chorus. I spoke to Tony P for a while but he dumped me !

*Were you happy with your race ?*

Yes...I achieved what I set out to do, finish and no swim

## **AND A FINAL MYSTERY...**

Missing – Red Spray Deck with black zip and the name "Jimbo Anderson" written on it in black texta. If you see it, please return it to rack D24



*What was the highlight of the day?*

It was either Greg Bauld's wife's really nice chocolate cake, seeing Steve Beitz on his second lap, calling out "are you still upright", or paddling Zoli's lovely boat.

### **Kelly O'Shanassy**

*What did you do the night before the race.*

Urrrr drank too much at the Australian Beer Tasting Festival. I also weighed up the positives and negatives of racing at Nagambie the next day.

Negatives: - could have hangover, certain possibility of falling in, the drive.....etc

Postives: getting my first K1 race over with.

Even with the unusual confidence and super human abilities one gets with drinking beer, I still decided that the negatives far outweighed the positives.

*What did you have for breakfast on the morning of the race?*

Carrot and beetroot juice, yummy

*What were you thinking immediately before the start.*

Actually, I was thinking how happy I was that I decided to wuss out and not race, went for a leisurely bike ride instead -that way I was assured of staying dry.

*What did you think about during the race...did you sing?*

On my ride I was thinking, I wonder who has

fallen in! Had I raced, I imagine that I would have sung. I like to sing and sometimes scream in absolute terror while paddling. The latter usually occurs immediately prior to a swim.

*What was the highlight of the day?*

Sleeping in and the afternoon spent at Molly Blooms (a fine Irish Tavern)! Good thing I didn't race really.

### **Liz Wells**

*What did you do the night before the race?*

Well that is none of your business!!

*What did you have for breakfast on the morning of the race?*

Sultana Bran

*What were you thinking immediately before the start.*

Stay upright

*What did you think about during the race...did you sing?*

Why am I here?

*What was the highlight of the day?*

Seeing all the men in lyrical (not) (could that be Lycra? Ed)

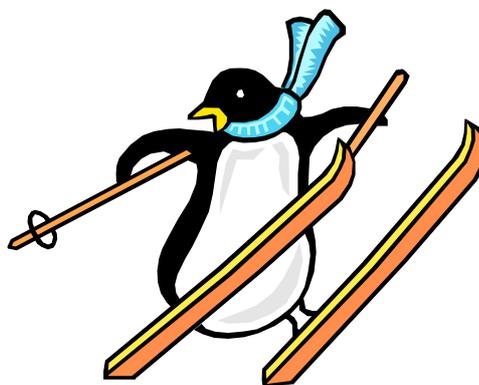
**Stay tuned for the next exciting episode of "The K1 Revolution"**

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## **Cross Country Skiing**

After the success of last year's introduction to cross country ski day at Lake Mountain, another has been organised for 19<sup>th</sup> July.

Numbers will be strictly limited so first in best dressed. Express your interest in attending to Annette Kendall or Andrew McConnell. The finer organisational points of the day are still being fine tuned.



## Mars Challenge 2003

The 2003 Mars Challenge, now 3 years old and rapidly gaining popularity on the multi-sport calendar, took place on a beautiful Autumn weekend. It was quite unusual to hear that it was raining in Melbourne, while in Ballarat conditions for racing were perfect with no sign of rain until later in the afternoon when the paddlers were making their way along the inlet to Barwon Heads. On the afternoon of registration, our team members enjoyed a little sightseeing: a trip to Sovereign Hill and a leisurely visit to the picturesque Lake Wendouree. As a pre-race indulgence we booked our teams and land crew at the self-contained Tulips Apartments in Ballarat, these have beautifully refurbished rooms with all the mod-cons in a striking heritage listed building.

Seventeen of Fairfield Canoe Club's multi-talented members represented the club in ten different teams – in running and cycling as well as in the paddle leg - and with one very fit and courageous individual, full distance competitor.

The event comprises a 20km run, 79km cycle and 32km kayak that takes competitors from Ballarat to the ocean at Barwon Heads. The 20km run starts at the Goldfields of Sovereign Hill and snakes its way through soft forest trails and over Mt Buninyong to the bike transition at Buninyong. The 79km cycle leg starts with a nasty 2.5km climb out of town onto the Midlands Highway. The ride takes a detour through the scenic Steiglitz National Park, although a series of challenging climbs and descents mean that competitors don't really get a chance to take in the views.

The 32km kayak section takes paddlers along the Barwon River and includes 3 portages in the first 18km. The second of these portages involves heaving the kayak (with no assistance from support crews) about 400m up a hill. The

most challenging part of the kayak leg is the 3km crossing of Lake Conewarre, where the water becomes so shallow, paddlers have to adjust to a much wider, shallower stroke; and for some team members this year, this meant an additional 500m portage across the mud flats. Barwon Heads Bridge and the finish line just beyond was a welcome sight after this long and tiring journey.

Due to ideal racing conditions and tough competition, new record times were set for all legs of the event in 2003. The event is always exceptionally well organised, and I'm sure all would agree the best part of the day was having a hot shower at the finish line and heading to the Barwon Heads hotel where competitors were served a lovely Sunday Roast prior to the awards presentation. And a few well-deserved jugs of beer disappeared quickly too.

Results to note: a still-smiling Kirby O'Brien after completing her first full-distance Mars Challenge, Simon Sharrock's fastest paddle of the day of the FCC members, The Better Halves' win in the female tri team category and the Zarsoff Bros strong finish to come 12<sup>th</sup> in the toughest category, the male tri team category.



# **Victorian 5 and 10km Championships**

**Sunday 10<sup>th</sup> August 2003**

**Venue: Essendon Canoe Club**

Entry fee \$15 for 2 races, \$9 for one race. K4 is free

Ladies race over 5kms, men race over 10kms

Just turn up and enter on the day.

All craft accepted i.e. TKs, Ks and Canadians.

## **TIMETABLE**

8:30 am Session 1 entries open

9:30 am entries close and race briefing is given

10 am Start for Mens doubles, Ladies & Junior singles

11:30 am Session 2 entries close and race briefing

12pm Start for Mens singles, Ladies & Junior doubles

2pm Mens, Ladies K4 and C4 races

3pm presentations and end of the day.

**Medals for all constituted classes.**

You don't have to be fantastic to be in it- just have a go and enjoy  
the day with your friends!

A great training run is down to Studley Park and back  
(around 5km each way).

For more info – see Joe Alia or Pamela Lilburne.

**2003 MARATHON VICTORIAN  
CHAMPIONSHIPS**

**WILL BE PROUDLY HOSTED BY**

**FAIRFIELD CANOE CLUB**

**13<sup>th</sup> and 14<sup>th</sup> September 2003  
at Wesley Rowing Club**

**Race Organising and Skills Development  
Committee (ROSD) require volunteers to  
help with the running of the event.**

**If you are interested contact  
Connie Todaro 0418 142 137**

**Further details will be posted around the  
club in due course. Stay tuned and be  
warned to expect a call for  
help.....**

## What's on at FCC...

### Saturday 14 June

1pm Canoe Polo Beginners Session at FCC

### Sunday 22 June

Winter Series Race 5 – Patterson Lakes

### Sunday 20 July

Winter Series Race 6 – Tarwin Lower

### Sunday 27 July

Sign Up Day and BBQ

### Sunday 3 August

Winter Series Race 7 – Geelong

### Sunday 10 August

Victorian 5 & 10k Championships

### Sunday 17 August

Winter Series Race 8 – Sale

### Sunday 31 August

Winter Series Race 9 – Footscray

### Saturday 13 and Sunday 14 September

2003 Victorian Marathon Championships

## And of course every week...

### Saturday 9.30am

The informal, sociable cappuccino run. Coffee around 10.30 am at Studley Park.

### Sunday 8.00am

Zoli's Beginners Sessions to get your friends paddling.

### Sunday 10.00am

Zoli's Legendary Training session.

### Canoe Polo

- Saturday 1pm Beginners Sessions at FCC
- Saturday 2.30pm – Senior Training at Studley Park

Contact Brendan Kenna, phone 9568 8876, for

## Under the Yarra...Under the Yarra...Under the Yarra...

### FCC gets an Adults Only Rating

Which two distinguished paddlers were caught short changing under the heaters instead of in the men's change rooms?! A quick shout diverted a female paddler into the ladies change room, and spared blushes all round!

### K1 Swimming Report

One Sunday in April:

Helen was to have the first swim at Zoli's that morning had plenty of company. Sando went in and took Mick Gaffer with him! Liz Wells went in so did Greg Bauld and a beginner. Very fruitful session. Kevin assumed the roadside assist role.

Steve Gadson had a swim recently - when rammed into the bushes by several k2s.

Kelly seems to be avoiding the swimming by taking out the K2.  
Kirby has been taking a few dips with the purchase of her new K1.

Some K1 paddlers have sought extra swimming practice outside of the Yarra - Richmond pool of an evening the preferred venue. So can we expect a little butterfly to the bank or a sub 2min retrieval? - handy as the water temperatures fall.