

# THE DOGHOUSE



Autumn 2004 edition

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## **The year that was**

The 2003/2004 season saw the Pounder's consolidate their purpose as a group where "old dogs can learn new tricks". We had 23 new paddlers join us this year and generally the skill level of the whole group lifted several notches. Those in their second season improved their skills, fitness and times while those in their first season eased into the paddling world with great aplomb. This year saw Pounders completed in the following events:

- Bay to Beach
- Swan River Classic
- Men's Health Fremantle to Sorrentlo
- Port to Pylon
- XXXX Bridge to Brewery
- Canoe Association Events
  - Canning Ascent
  - Fremantle to Perth
- SLSWA State Titles
- City Of Perth Club Championships

The highlight was again the Men's Health Fremantle to Sorrento where according to the series newsletter " the City Beach Ponders dominated the teams events."

The introduction of the Red Pounders caps has also made for ready identification of the Pounders on the water and where ever the caps are worn.



The team

### **Fremantle to Perth**

Now a traditional event on the Pounders calendar (is that possible after 1 year?) 7 Pounders and 1 soon to be Pounder headed down to Fremantle bright and early on the Sunday (28<sup>th</sup> March 2004). All the logistics had been worked out and the whole crew was at the start line a good half hour before registrations only to find out the event was canceled due to a lack of water safety.

Not to be put off, and given most of the transport was now at the finish line the crew decided to paddle anyway. Ever reliable Kylie filled the role as starter (which means she has done just about everything this year except paddle – where would we, and dare I say Geoff, be without her) and 6 singles and a double left for Perth.

Conditions were reasonable friendly until Point Walter, but then the full effect of the south easterly was felt for the next 8 klms.

There were two outstanding efforts of the day. Firstly John Sydenham, in a Spirit plastic, clocked 1 hour 22 minutes. While memories are a bit hazy we all thought John had done about 1 hour 38 mins last year and to improve some 17.5% in similar conditions, was a huge effort. He was awarded the handicap prize.

The second huge effort was a family affair. Paul Dwyer and son William, who I am reliably informed is all of 9 years old, paddled the double ski and came in second in a time of 1 hour 16minutes. This was an outstanding paddle by both. After the race William was awarded a Pounders cap for his efforts and he now officially becomes our youngest Pounder. Dad Paul was full of pride for his son's effort "he paddled strongly all

the way and never once slacked off. It was an outstanding paddle” Not a bad paddle by Paul either.



John Sydenham elated at his paddle

Unofficial times for the 12.5 klm paddle were:

Ken Richards	1 hour 15 minutes
Paul and William Dwyer	1 hour 16 minutes
Trevor Tilley (spirit plastic)	1 hour 17 minutes
Geoff Mullins	1 hour 18 minutes
Kevin Cropper	1 hour 18 minutes
John Sydenham	1 hour 22 minutes

### **Avon Calling**

This years Avon Descent being run on the weekend of the 7<sup>th</sup> and 8<sup>th</sup> August 2004 has attracted a large amount of interest from the Pounders. No fewer than 8 hardy souls are planning to paddle in the 134 klm trip to hell. For the sake of records and making it harder for them to back out we are prepared to name names. At this stage the potential participants are: Singles: Kevin Cropper, Mike Langdale, Steve Lamond, John Orr, Ken Richards, Jayme Wellington with Paul Dwyer and Trevor Tilley on a double



William Dwyer, our youngest Pounder, and his Dad

### **Pounders aloha**

Long standing City member Murray Hughes is planning to paddle in the lead up event to the world famous Molaki Ocaen paddle in Hawaii. The paddle is 30 klms along the shore of one of Hawaii's smaller islands. After tough negotiations over a beer at Aussies Murray has been bought for the price of a cap and a shirt so Murray will be wearing the Pounders colours in the event. We are expecting photos back from Hawaii featuring Murray and local inhabitants.

### **Rottnest paddle – Pounders win again**

The dynamic duo D1 and D2 (Paul and Trev) blitzed a small quality field and took out line honours in the inaugural Rottnest classic paddle for the double ski class. On a day that was favoured by a light easterly early Trev and Paul were the first double to the island in the great time of 1 hour 44 minutes. Making light work of the choppy conditions later in the day this paddle was an impressive tune up before the arduous Avon.

Ken Richards came in 4<sup>th</sup> in the single skis in 2 hours and 12 minutes.



This is either Paul and Trev on their winning way to Rottneest or Dean Gardiner somewhere in Hawaii – prize to winning entry

### **Coaching clinic**

After watching us paddle in the morning Rob Jenkinson decided we could do with some help and very kindly offered his services for a coaching session. 6 Pounders subsequently rolled up at East Perth one Saturday morning and after almost 2 hours of intense training all had sore muscles but where a lot wiser on the fundamentals of paddling. Everyone I spoke to was rapt with the session and very positive about Robs input as a coach. Thanks Rob, we have a Pounders T-shirt and cap for you and you are now an honorary Pounder.

### **Sandalford**

The last paddle for the season is the 18 klm UWA paddle from Bayswater to Sandalford on the 23 may 2004. The event can be done solo or as a team of 3. Please let Ken know if you want to paddle and whether you will paddle as a single or a team.

### **Bronzes**

A group of Pounders undertook the arduous task of obtaining their bronze medallion under the astute tutelage of Instructor Rod King. Congratulations to Jim Crockett and John Sydenham on passing. They also did a great recruiting job as both John Maaskant and John Davies, Nipper parents in the bronze group have now joined the Pounders.

## **Pounders wins medal at States**

The number of Pounders competing in the paddle events at states this year doubled when Kieran Chute joined the veteran (not in terms of the Pounders but at least in terms of the states) Anthony Langdon as entrants in the State surf lifesaving titles.

Anthony competed in the open male ski and gave 110%. In a lionhearted effort Anthony got away to a great start only to be rocked by a wave on the way out. Once he regained his poise he made up ground on the field for the rest of the race and finishing strongly.

Kieran, who you may recall won gold in his first paddle with the Pounders in the Men's Health race had a mixed weekend. While warming up for his running relay he heard the start of the under 19 ski race and therefore failed to paddle. Unfazed by his misadventure he made the start for the under 19 taplin and paddled extremely well. The team finished second however was disqualified because of some alleged malfeasance. After the world's longest protest the silver was reinstated and Keiran's rapid rise to success was confirmed.

Kieran's team ran second in the under 19 running relay but unfortunately this time the disqualification was upheld and the team went home empty handed.



Kieran in the Fremantle to Sorrento

Rosie Langdale (an emerging threat in any female paddle event she enters next year) also dominated at the states amassing 1 gold and two silver. In an all round effort Rosie and her teammates dominated the Champion Patrol event to take gold. Silver medals also came in Champion Lifesaver (Rosies first and well deserved individual medal and the 5 woman under 16 R & R. Janelle Slattery was also a member of the under 16 5 woman R&R team which won a silver.

The party after the states was its usual tame affair with very good manners and behavior shown by all. What is a LGN and if you know what it is name two Pounders who were happy to LGN?



Janelle and Rosie without medals

### **Wind Up Paddle and Function**

This years Pounders wind up will take place on Sunday the 2<sup>nd</sup> of May starting at 2.00pm with a paddle from Johnston St Boat ramp to the Fremantle traffic bridge and back and then a “bring your own meat and grog – we’ll provide the salads barbecue” at Ken’s and Ellie’s place 3 Jubilee Crescent City Beach. In typical Pounders tradition families are invited. This is an event not to be missed as awards will be presented.

If you’re not up to the full paddle come down to the river at 2.00 pm and have a friendly paddle.

### **Special Thanks**

Thanks to Mike Langdale for his efforts as newsletter editor this year. Mike did a great job but found that the dual job of doing the club newsletter and the Pounders was a bit much.

## Pounders hit the headlines

Following some encouragement by Paul Dwyer the Local rag published the following story on the Pounders.

community**news**

### The Pounders paddle for fun

Old dogs who said they wanted to learn new tricks formed their own club to take on the surf.

The Pounders at City Beach are mainly aged over 40 and are people who dipped out of the elite side of ocean sports but take part just for fun.

Paul Dwyer said he and his wife Lisa moved out of the city to City Beach so their sons Will (9) and Peter (8) could have the beach for a playground.

"We now find ourselves at the beach more often than the kids," Paul said.

He said he learnt to ride a surf ski, completed his bronze lifesaving certificate and helped run a Nippers group for under-8s.

Lisa completed her surf rescue certificate and also helps out with Nippers.

The Pounders are so popular that since they started 12 months ago younger members have joined to learn how to paddle.

Anyone interested should ring 9285 9232, 0403 385051 or 0413 045520.



*The City Beach Pounders are proving the surf can be fun at a less-than-elite level.*

## Publisher

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