



## THE DOGHOUSE

*Summer 2004 Edition*

Major Sponsor



### *Hello*

We are now well and truly into our third season of Pounding and the fun just keeps on happening.

One of the great things I love about the Pounders is the people you meet, the joy they get out of paddling and just sharing a common interest. To come down to the beach and go for a paddle with your mates is pure joy. The characters that pound are fast becoming legendary: TB, D1 and D2, Con Crapper, LGN, JW, the Mullet and the two horse feeders are some of the colourful characters that you'll meet when pounding.

Added to the joy of paddling with my old mates is the chance to meet many new characters that are prepared to give it a go and It's great to see the improvement in these guys paddling. We have some great new members who are the epitome of our logo "old dogs new tricks"

At the risk of singling out two new Pounders, I feel that their brief story should be chronicled for prosperity.

Derek wandered into the club complete with wetsuit and said "I'm here to have paddle". So we put Derek on a cross trainer and away he went. The first day wasn't too bad but the second was one of those foul gray mornings when the ocean was unfriendly. Derek struggled on the cross trainer and I thought we may have lost him. But back he came and struggling to get out in a big swell, he persevered and to the shouts of some crazed lunatic on the beach he made it out and the smile was huge. Two weeks later after some help from the boys on one Saturday morning I was amazed (no offence Derek) to hear he was up on a racing plastic. Always the first to hit the water and the last to leave we have a great new, very keen Pounder. Welcome Derek.

Trish started paddling at our river sessions and showed great aptitude at an early stage. When we moved to the beach she continued on her way with a calm sense that nothing can or will phase her. Her first race was the 12.5 klm Bridge to Bridge, which she completed it in the outstanding time of 1 hour 24 minutes and 43 seconds. Image her

surprise when she was announced as the winner of the ladies 4.5 metre plastic ski section. One paddle for one win – well done Trish.



The joys of paddling on a nice still day

As I keep repeating the Pounders is for everyone young and not so young, male female or other alternative, potentially a great paddler or potentially a great social paddler. Come on down and give it a go – you've got nothing to lose.

### ***The Bridge to Bridge***

Sunday the 21<sup>st</sup> November came and to the relief of those that paddled last year in horrible conditions the easterly was in and it was fair up your bum. Fast times were the order of the day and with several internationals in the field it was odds on the race record would be broken. The Pounder's however weren't thinking of race records, personal bests maybe and for several paddlers who were in the race for the first time finishing was all that mattered.

Logistics for an event that starts in Perth and finishes in Fremantle are always tricky but fortunately Jamie's (JW) dad John was in town and he volunteered (or being a dad just did what his daughter asked) to drive the trailer. Jake Cropper also volunteer to drive the Cropper mobile to ferry paddlers to and from the event.

We had 110 paddlers on the line and their times are detailed below. Special mention goes to the winners, Trish (see opening comments) and TB (Mike Langdale) who had to withstand several protest (all from himself) to win the Male 4.5m plastic ski section.

## **Bridge to Bridge Times 2004**

Rosie Langdale	1hr 11m 01s	1 <sup>st</sup> Under 19 females
Richard Eadie	1hr 11m 03s	
Craig Sands	1hr 14m 42s	
Ken Richards	1hr 14m 46s	
Mike Langdale	1hr 14m 58s	1 <sup>st</sup> Male >40 long plastic???
Anthony Langdon	1hr 15m 50s	
Kev Cropper	1hr 16m 32s	
Geoff Mullins	1hr 19m 46s	
Tricia Gilbert	1hr 22m 49s	1 <sup>st</sup> Female Long plastic
Jayme Wellington	1hr 26m 35s	Plus 1 Royal Life car door
Rod King	1hr 28m 31s	

### ***Eskimo Rosie (in a kayak)***

(a report from our roving reporter and until she gets her license her Chauffeur – Mike)

Rosie won the U18 K1 2km event this weekend - a pretty good effort considering she has only had 7 practices on the kayaks! .....But the race of the day was the U18 K2's where Rosie showed the kayak world including Nathan Bakeley (a guest) "old dogs,,,,,,new tricks."

Rosie and her partner (Ariah) led at the start, then surprised everyone by taking a 90 degree turn halfway (500m) into the course. After going 20metres off course they recovered to lead at the turn markers (1000m) but in surf style only navigated the gold can - not including the green navigational marker as instructed. Then the real action hotted up - a rowing 4 had been malingering down the course with them propped in the racing line. Yes, Rosie did collide and they hit the drink, and was all smiles "it's not everyday you hit a rowing boat in a kayak race" - the Pounder spirit lives!

### ***Pounders paddle with Nathan Baggley in World Cup***

Now there's a headline I thought I would never write. But its true and while we didn't quite keep pace with the Olympic silver medallist and he probably didn't even know we were there, we were in the same race.

The Pounders have dominated this event in recent years but with the increase in participation due it's inclusion in the "World Cup" it was always going to be a hard ask to keep that domination going.

Benign weather conditions caused a change in the course, instead of Fremantle to Sorrento it was Sorrento to Sorrento, but those conditions suited the Pounders especially the City black team who were paddling for the first time.

City Open with ring in Travis England set a tough early pace, but the girls team was not far behind. Dave Foulsham led out the City virgins (their first ocean race) and the race was underway. The great thing about the changed course was that we were all in one

location and able to keep in touch with everyone. Also seeing the paddling techniques close hand of some great international paddlers was worthwhile.

After a couple of legs the quality of the City Girls came to the top and they led our hopes. A close tussle was emerging between the City Open and City Red team especially after a great paddle from Anthony Langdon (LGN) saw Kevin (Con Crapper) and John Orr (one of the horse feeders) hit the water together.

Ben Baron after a bit of a layoff paddled strongly for City Black while Gerry Doney enjoyed the hustle and bustle of race competition in his first competitive paddle. Ray Lee took over from Gerry also in his first paddle and put in a great performance.

While the teams were enjoying their 5 km legs Paul Dwyer and Trevor Tilley were enjoying their 20km warmup for the Rottnest Hilary's paddle the day after. Keen to get some miles under the belt he wisely chose the day before as the best time to train hard. It's a good thing their young bodies can stand the workload!

The talented ladies squad finished strongly, with City Open finishing slightly better than City Red and with great efforts from City Black and City White. Times were:

City Ladies	Rosie Langdale Ruth Highman Alicia Marriot Jacinta Marriot	1 hr 44 m 39 s
City Open	Travis England Steve Lamond Richard Eadie John Orr	1 hr 51 m 06 s
City Red	Ken Richards Mike Langdale Anthony Langdon Kevin Cropper	1 hr 51 m 43 s
City Black	John Sydenham John Davies Ben Baron Bruce Muir	2 hr 12 m 18s
City White	Dave Foulsham Ray Lee Gerry Doney Trish Gilbert	2 hr 18 m 30 s
Double	Trevor Tilley/Paul Dwyer	1 hr 49 m 0 s

### *New Fenn XT from Spirit a winner*

James Payne supremo of Spirit Surfskis has recently introduced Fenn XT, the little brother of the Fenn Millennium ocean ski, to WA. James', astute businessman that he is, first move was to lend one to the press (i.e. myself) in the hope of getting a few Pounders to try it out. Silly plan really, the ski was so nice no-one else got to have a go and I kept it long enough to paddle in the Bridge to Bridge.

However his plan has had some success as several Pounders have now paddled the XT and all are fans. LGN's (Anthony Langdon) paddle in the third leg of the Men's Health race was so quick no one was ready for the changeover on the beach when he came in. After the race LGN was heard to say, "that's the best ski, really stable but fast. It cuts through the waves on the way out and catches even the smallest runners on the way in – Does anyone want to buy a Nathan Baggaley (personally signed by Nathan not Anthony) Ski?"

The XT sells for \$2,650 for surf and \$2,850 for the Avon (Kevlar and pop up rudder). As the skis are in short supply unfortunately our usual 10% discount from Spirit is not available. The ski has a narrow nose in front and flat hull at the rear, which means it will turn very sharply making it an ideal Avon ski. Anyone contemplating an Avon version will need to order soon to be in the next container due to arrive in March 2005.

### **Help raise funds for new gear**

The club has published a Cambridge Community Calendar with twelve great photos of our beloved City Beach. We have been fortunate enough to get sponsorship to print the Calendar so all of the \$20 price tag goes to the club (except for Peter Costello's little GST take). Each ledger will get \$7 from the price so it's a great chance to replenish our depleted ledger and buy some new paddling gear for the Club. If every Pounder could sell 5 calendars then we can raise a \$1,000 for the Pounders and \$1,500 for the Club. 5 friends may well be getting calendars for Christmas. A sample of the photos:



Sunset at City



Airborne Hoppy - in full control as always?

### ***Men's Health Rotto Paddle.***

After a hard day's paddling in the Men's Health race on the Saturday, some diehard paddlers decided to go one step further and go in the Rottnest to Hillarys paddle on the Sunday (for one psycho in particular, add in a win in the Somerford Marathon in the morning to that list), an act which has many still wondering how they managed to make it. The day was good, with an adequate sea breeze to send us on our way, but *which way* was a question left unanswered. We could see Rendezvous hotel on the coastline, but that was about it.

With a flurry the paddlers entered the water. Originally there was a plan to work together, but that quickly went out the window with clashing paddles. The doubles team of Trevor and Paul (D1 and D2) had a fantastic start before tipping over where they lost some ground (they came back later...don't worry), true to form the boys succeeded in demolishing their boat, with water filling it up and slowing them down. Alicia Marriott and Julie Jenkinson both had great paddles, with a fight to the death sprint finish at the end for second place in the women's, with Alicia just pipping Julie to take it out. Jacinta Marriott and Ken Tomczak (the Somerford psycho) made up a doubles team, which came first, with some interesting anecdotes about seeing flying fish (???). Ruth Highman also paddled well, enjoying the swells and great runs like many on the paddle. Ash Nesbitt put in a great effort in the company of some world class paddlers, finishing in the top ten.

The sense of the direction and navigation required took its toll on many paddlers (myself included). At many stages, I found myself looking around, realising 'I'm the only person I can see around, and I'm in the middle of the ocean, with no rescue boats to be seen'.

Lisa Oldenhof put in a complaint that she wanted to stop, but had no choice but to keep going! Julie Greenhalgh (Scarbro) and myself ended up waaaay down south, paddling an extra few kilometres that could have been avoided. Kate Forgione also got lost (which shows it can happen even to the best), ending up too far north. Ruth worked out a great way of navigation. Noticing some paddling north and some paddling south, she used her doctor's intellect in finding the mid-way path. We all (somehow) managed to find our way to the finish line, sore and riddled with blisters, ending a great day's paddling.

### ***Coming events***

1. Downwind Paddle - Downwind paddle on Friday 17<sup>th</sup> December from the Cottesloe Pylon to City of Perth SLSC. Trailer leaves at 5.00 pm sharp with the race starting at Cottesloe Beach at 5.30. Let Ken know if you are participating.
2. Christmas drinks - There will be a club Sundowner on Sunday the 19<sup>th</sup> December from 4.30 pm to 8.30pm. Come and have a pleasant drink on the balcony at the Club with your mates. Food is available and bring the family.
3. Whitewater training - In summer white water is available in the southern rivers when the irrigation water is let out of the dams. So for those with Avon aspirations I am planning a weekend trip down south to the Collie or Murray River with a white water instructor for some expert help (after last year I certainly need it!). Any ideas for places to camp or stay and other concepts welcome.

+ anything else anyone thinks would be a good idea to organize.

### ***Avon Calling – teams of 4***

I know it's early but its time to start thinking about getting a team of 4 together for the 2005 Avon. Each team member paddles one leg each day around 15 km per paddle. There are flat sections rapid sections etc so you can choose your level of involvement. The Avon is a great experience and like the Rotto swim the best way to experience it the first time is as a team so start teaming up!

### ***Publisher***

The Doghouse is published by Windsor Publications (Britain) in an effort to keep the down trodden masses down trodden by subjecting them to physical exertion and frequent immersion in water (especially on the way from Rotto to Hillary's) that will help align their individual ideas with those of people in high places with big noses and who are called Charles (not Charles de Gaul he died but the other Charles). I still can't get over that he fancied Camilla over Di and that his dream was to be a feminine hygiene product. What a goose and what a great argument for certain families to be called royal rather than any other much more appropriate name. Viva la republic!

## *Event Calendar*

<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>CATEGORIES</b>	<b>DISTANCE</b>	<b>COMMENT</b>
17-Dec 04	Pylon to City	Cottesloe to City Beach	Handicap	7	Down wind race for fun on Friday night
23-Jan-05	Marathon # 2 Canoe association	Claisebrook	East Perth	13	
6-Feb-05	Fremantle to Perth	Fremantle		12.5	Canoe Association Paddle
?	Down South	?	Whitewater		Whitewater instructor
20-Mar-05	Rod Fry	Swan Canoe Club		12	Swan Canoe Club to Fremantle and back
9-Apr-05	Bridge to Brewery	Perth water	Various	11	11 km paddle, 1.6 km swim, 8 km run individual or teams.

