

THE DOGHOUSE



Summer 2004 edition

Well sports fans, another year is here and the Ponders are moving forward at a rate of knots.

In a major coup for the group, Paul Dwyer has successfully sold his life story to the Post (only the abridged version was printed thankfully) and in doing so secured major publicity for the Ponders. Publicity like this is invaluable and will stand us in good stead in the future. (We have received several calls about paddling which is great!)

As the group evolves there are some changes planned for the New Year to help facilitate our goals of helping all old dogs learn new tricks.

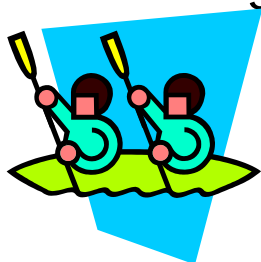
Several of the group has now signed, in blood, with their Pounder brethren signifying their intention to "do the Avon". Others have mentioned that they are looking for a bit more than the friendly paddle on Tuesdays etc. We also have an increasing number of new comers and "not so competitive" paddlers keen to give paddling a go.

Therefore on Tuesday and Thursday at 6.00 am for those that want to we will start doing some training. The training schedule will be aimed at the Avon but will be open for anyone that wants to participate at any level. Feel free to join in by doing shorter distances in interval training, or doing half the session or in whatever way you feel comfortable. If you don't want to "train" then I'm sure you won't be alone and can join the others going for our normal paddle. For Training information www.y2kanu.com then hit training concepts followed by training concepts – excellent article that reads like it was written for the Ponders.

To facilitate our newer paddlers we will also have a session on Wednesday morning at 6.00 am to help them get started or improve their paddling or just have fun. There will also be another session for this group on Saturday at 8.00am

Saturday at 6.00 am we will have a long paddle (about 1 hour 30 minutes) and twice a month we will introduce a Handicap "race" similar to the Manly Paddlers (see www.manlypaddlers.com). The introduction of timed races under handicap conditions should help us improve our paddling as the goal is to improve our handicap and see if our training is working. These paddles will be open to other surf club members (must be surf club members for insurance purposes), so feel free to let other club members know. An event calendar is shown below.

Forthcoming events 2004



DATE	ORGANISER	EVENT	(KMS)	COMMENT/COURSE DESCRIPTION
07-Feb-04	Surf Life saving	XXXX bridge to Brewery	7	7 km paddle, 1.2 km swim and an 8 km run
14-Feb-04	<u>Club Paddle</u>	To Swanbourne and return	8	6.00 am start at City
06-Mar-04	<u>Coaching Clinic</u>	Special guest coach		8.00 am Johnston St Boat Ramp
12-Mar-04	<u>Club Paddle</u>	Cottesloe and return	14	6.00 am start at City
28-Mar-04	Canoe Assn	Fremantle to Perth	12.5	Same as Swan River Classic but the other way
03-Apr-04	<u>Club Paddle</u>	Pounders carnival		Events for all start time to be advised
26-Apr-04	<u>Club Paddle</u>	Downwind & windup		Afternoon start - club bar open afterwards
	<i>End of season</i>			
23-May-04	Canoe Assn	UWA Challenge	18	Garvey Park to Sandelwood
13-Jun-04	Canoe Assn	The Claisebrook Race	13	East Perth to Windan Bridge and around Herrison Island
04-Jul-04	Canoe Assn	The Upper Swan Race	27	Upper Swan Bridge to Garvey park (flip up rudder advisable)
Aug-04	Avon Assn	Avon Descent	134	Big Paddle for 1 or teams of 4

As always any feedback is appreciated especially over a beer on Friday night at the club bar after a short paddle. Friday night is usually a paddle out to the spit (one km) at 5.00 pm with the bar opening at 6.00 pm.

DOWNWIND FUN



To get better at downwind paddling we need to practice more. Wednesday night if anyone is interested we could paddle from Swanbourne to City (4km to start with). Car/Trailer leaving at 5.00 pm sharp. You'll only get better if you give it a go!

BRIDGE TO BREWERY



It really does sound like our sort of event except you really don't ever get close to the Brewery. The event is being run on Saturday February 7th and is either a single or teams event and consists of a 7 km paddle, a 1.2 km swim and a 8 km Run. Registration opens at 8.00 am with a 10.00 am start time. Entries are on www.mybeach.com.au so either make up your own teams or contact Ken. Cost is \$75 per team, which includes a race singlet (hope we will look as good in this one as the little Men's Health number)

POUNDERS TEAMS DOMINATE FREMANTLE TO SORRENTO



Pounders team – “The Crew”

Perth Saturday 17th January 2004:

The City Beach Pounders dominated the Teams Event in the Men's Health Fremantle to Sorrento Ocean Paddle, winning the Men's Open, the Men's 160+ and the Ladies teams event. This year's success makes it back to back in the Ladies and the Men's 160+ however it is the first time the Pounders have won the Open.

The Pounders Open Team consisted of the elite “phone a pounder for the day” Ken Tomczak, Lane Tomich and Kristian Hawkless and rookie Kieran Chute. Team spokesman Kristian “Donkey” Hawkless

said on collecting the first prizes, 4 beautiful Braun electric thingamajigs “don’t tell the others that we won, Ken I can flog these for a good price”

The ladies team consisting of Janelle Slattery, Sue Robbilliard, Jane Scott and Rosie Langdale kept their perfect winning record intact – a supreme effort in a one horse field. They completed the event in just under 2 hours 15 minutes; a lethal combination of youth and experience. Controversy scarred the finish as 15 year old Rosie at 55kgs picked up 10 minutes on soloist pounders Ken and Kevin severely denting egos. Their combined Pounder weights of close to 200kgs blocked and barrelled Rosie into submission – an event that must rate very low in Pounders history!



Three quarters of the winning ladies team – Sue, Rosie and Janelle

The Men’s 160+ team consisted of the “dream team” Mark Wilson John Orr Bruce Muir and Mathew Slattery winning their division. Great paddle guys and further builds the awesome winning reputation of the men’s 160+ team event

The Pounders # 3 team Ben Baron, Rod King, Brian Smith and John Sydenham who completed what was probably their most difficult paddle to date. This was Ben’s first competitive effort and given that he couldn’t even sit on a ski when he first came down in November to complete such a tricky paddle was a great effort. John who anchored the leg emphasised spirit of the pounder team with a booming smile at the team’s achievement, which earned him a guernsey on the men’s health website curtain.

Paul Dwyer and Trev Tilley, affectionately known around the club as D1 and D2 were paddling their brand new, second hand \$1,600 kevlar hull, double ski. Within 1 minute of leaving Fremantle D1, or was it D2 struck, busting the rudder cable. Now most sane guys, just out for a bit of fun, would turn around and paddle back to the start, repair their boat and wait for the next race. D1 and D2 weren’t prepared to throw in the towel that easily after a grinding preparation after an intensive training programme at Rotto and Exmouth –well at least their tans were good.

Skillfully paddling down to Cottesloe without a rudder they took the ski out of the water and flagged down team roustabout (bit like Elvis in the movie only blonde, skinny and also alive) Jim Crockett, who gave them a lift back to City. I might add that the time for this leg was a new Pounders record! At City they grabbed the old reliable Anderson double and roared back into the water just behind Dean Gardiner

(event winner) and a couple of other big names. Dean was probably wondering if these guys were going to Hawaii for the Molakai, as, fresh as a daisy, they mowed the field down. You got to hand it to the guys you can't keep a good Pounder down.

In the single paddle three Pounders set out to go the whole way. Mike Langdale was the only cross trainer to complete the journey while Pounder "big guns" Kevin Cropper and Ken Richards duked it out on their fibre glass racers.

.....And then there was the Ken and Kevin "Boys Own" story

Ken and Kevin hardly saw each other all day except for a small chat off City Beach. Ken took a bad line coming into Scarborough and tried to paddle along the break which resulted in the inevitable, while Kev came in strongly and left in a hurry. Opening up a break of some 150 metres in the treacherous waters of Trigg Point, Kev relaxed thinking that he had the race in his grasp. (Not the race that all the others were in but THE race between Ken and Kev).

Sneaking up on the inside, Ken (a sneaky tactician at the best of times) gave it one more shot and coming into the buoys at Sorrento had managed to sneak under Kev's guard, leading by a boat length or two. Kev caught the last wave and they hit the beach together. "Run" the crowd yelled, so we did and this is where the fun really started. Have you tried running 25 metres after paddling 24 kms. It wasn't a pretty site. As Kev made his final lunge Ken pushed forward to get his chest over the line with just a little too much effort. Twang went the hammie and down went Ken. Rosie was jogging along behind and having a little laugh at what was going on.

As you know all "Boys Own" stories need a hero but the final edit is in your hands. The hero was:

Ken: who came from behind, heroically sprinted to the finish doing a hammie and getting the "bird." (from the crowd anyway.)?

Kevin who eased off the throttle to let Ken catch him, knowing that Ken would feel good and buy the beer?

Rosie who had the best view in the house of two big pounder bulls with a serious overdose of testosterone?.

Well that's the Men's Health Fremantle to Sorrento for another year and as long as Dean and Sherene only let two teams in each team event we will be back to wreck havoc in whatever way we can next year. A big thank you to Jim Crockett for transport and logistics – it doesn't happen without ya Jimmy!

All legal threats or other stories on the day to be addressed to:

My Lawyer
C/- Ken Richards