



## *THE DOGHOUSE*

*Spring 2004 Edition*

Major Sponsor



### **WE'RE BACK**

Be afraid ..... be very afraid – were back!

Yes that's right the Pounders are back for another season of pounding. Spring is here, we can feel the heat and

### **ITS ONLY 10 WEEKS TO THE BRIDGE TO BRIDGE!**

And this year the Men's Health Fremantle to Sorrento is the week after the Bridge to Bridge.

Welcome to another season of paDdling. Contrary to most pre season preambles there are no bigger and better promises just more of the same old stuff..... the same paddling with your mates, a few beers on Friday night and Geoff Mullins saying "our strategy is to start hard, go hard in the middle and finish hard.



Geoff Mullins – the sexiest man over 60 at the hospital (as voted by the nurses) finishing hard!

## **Pounding is for everyone**

Everyone is welcome at the Pounders, male, female or any other alternative, young i.e. less than 80 and very young i.e. less than 20, those that can paddle and those that can't or haven't and just want to have a go. Some Pounders are competitive and some aren't, it doesn't matter, we are all just here to live up to our motto "Old dogs new tricks" and to have fun at whatever level suits you.

## **Training times**

This year official "training" will start on Saturday the 30<sup>th</sup> October with the weekday runs commencing that week. As usual training (used in its loosest fashion) times will be

Tuesday	6.00 am to 7.00 am
Thursday	6.00 am to 7.00 am
Saturday	7.00 am to whenever

Prior to November there will be a beginners session on Saturday at the river at the Johnston St Boat ramp at 8.15 am, be at the club at 7.45 am to load skis.

For those that are interested in some "serious" training for the bridge to bridge prior to October 30<sup>th</sup> 2004 please contact Ken and if there is interest we will organize something.

## **Where's John Sydenham?**

Ever since St Kilda have become a force in this years AFL John has hardly been seen around the club. Wife Jenni who with Peta England runs the best club shop in WA and possibly the world was heard to say after Brisbane poleaxed the young Sainters by 60+ points "Well he's back to reality now. After years of the saints being cellar dwellers it just wasn't right that that they were winning all the time - hopefully things will get back to normal now! Not so Jen, St Kilda are now back in the race after trouncing Sydney so we won't expect to see John until after his team are beaten by Port Adelaide.



John after St Kilda won a game back in 2002

Jen also said the shop has some great new gear this year, not only Pounders shirts and caps but new all red racing bathers with City of Perth on the bum. These bathers are a must for Pounders because we all know red makes you go faster and we need all the help we can get.



**Pounder Fashions on show – Shirts \$25 and Caps \$15 from the shop.**



**They look good on old dogs too!**

## Welcome new paddlers

Welcome to all of our new paddlers some of whom you met briefly last year. Richard Eadie and Craig “filthy” Sands, a couple of likely lads (ex South Africa in a past life) are back on the scene after a brief paddle towards the end of last year. Rachel Carey, a girl of many talents, boatie, paddler and anything else the surf club can throw at her and Tricia Gilbert, triathlon and phys ed teacher have already started paddling on the river and are showing promising form. Please welcome these guys in the usual friendly Pounder fashion and make sure that any of your friends, acquaintances, workmates or people you only just met get the message and come down for a paddle.



Filthy and Richard in a pensive mood prior to the University challenge last year.

## Pounders 6 Avon 1

Friday the 6<sup>th</sup> August 2004 saw 7 Pounders head up to Northam for the start of the 2004 Avon Descent. Months of training and preparation were now going to be put to the test and given the low water levels a very tough test indeed.

Friday night's preparation for some was to watch a pitiful performance by the Dockers against Collingwood on the big screen in one of the town's pubs, drinking orange juice and watching the powerboat junkies get pissed. Others had a quiet game of cards discussing tactics, while some stayed in Perth in the comfort of their own surroundings.

Saturday in Northam was a beautiful day, but down river the fog was heavy and the start was delayed for 1 hour so the powerboats could see where they were going. Nervous Pounders circulated around the crowd, catching up with each other and numerous friends and acquaintances also competing and also circulating nervously. Finally the power boats were away and the serious part of the day was at hand.

Paul Dwyer and Trev Tilley were off first, seeded very high and obviously by someone in the know about their Rottneest Island form. Ken, Kev and Mike followed next as singles and the John Orr led out the Pounders dynamic T2 entrants of Orr and Lamond.



Trevor and Paul at Bells

The first obstacle was the Northam Weir only 500 metres from the start and after that there was a long hard 17 km slog through shallow water to Katrine Bridge. This first section set the scene for the weekend. Low water made paddling hard and gave everyone a taste of the nature of the event. Extracts weir came and went, with most opting to go round on foot (a welcome break from sitting down).

The tea tree's loomed at the end of a 55 km paddle though low water and there was more mistakes by everyone. Clogged channels made it more difficult as often there was often only one way forward. Finally the finish line at Cobblers and what a relief that was. 6 hours plus for the singles.

Rosie, helping support her Dad, was there at the finish to help drag the Ski's from the water and without that help some of us may still be sitting there now. Mike Langdale headed back to Perth, hands badly blistered after a tough day through shallow water on the cross trainer, but with a great time under his belt. His new nickname, "TB" (Tough Bastard), very fitting given his performance.



Mike "TB" Langdale at Bells

Trev and Paul were in the top ten for doubles and the T2 team of John and Steve positioned beautifully. Kev finished strongly in just over 6 hour while Ken was feeling the strain with a time just under 7 hours.

Reinforcements arrived at Egoline Reflections where Trev, Paul Ken and Kev where staying. Bev and Jamie arrived to boost our spirits and act support crew on the Sunday. Jamie had bought her Physio's massage table and the boys were very grateful for the massage they all received. Well that was after the massage, during the massage the looks of grimaces on the patients and the unflinching relentless pursuit (dare I say sadistic) of any weakness in the muscles by Jamie had us squirming.



Ken where he spent most of his time on the second day



Kev at Bells

Generally there was nervous apprehension about the following day. Most were budgeting on 8 hours in the saddle at least and with the complications of the tea trees and the rapids. The start was delayed again by fog on Sunday by half and hour and that was to prove meaningful at the end of the day. More tea trees were first, then the valley, more tea trees and finally the long 25 km slog home, a dream day really.

The boys all performed admirably. All but one completed the event with Ken being timed out at Middle Swan with only 14 kms to go. Ken arrived after a tough day (trifecta of wipeouts on the three major rapids of Championship, Sid's and Bells) at Middle Swan at 4.20 pm with the cut-off being at 4.00 pm and there being no adjustment for the half hour delay at the start).

Special mention to the dynamic duo Paul (D1) and Trev (D2) who finished tenth overall in the double and won their age group and, John and Steve in the T2 who came third in their age group.

Thanks to Ash for the coaching, Eve, Rosie and Lizzie Langdale for the support for all the team, Chris, the roadie for Trev and Paul and Bev and Jamie as support crew for Ken.

Jamie's all fired up and looking for a team of 4 girls next year. Rosie will be 17 and she's definitely doing in some form. Next year there will be others and the team format is a great way to get involved without the pain of a solo. In summary the weekend was a great experience and with the score line, Pounders 6 and Avon 1, the Pounders again showed what a formidable bunch of old dogs they are. (PS Thanks to Gerhard at Perth Digital for a good deal on the photos.)



John Orr at Bells (Sorry Steve there were no photo's of you in action)

## **Publisher**

This has been a publication of Pounders inc (Lichtenstein) as a fund raising vehicle for the Blue Party for the current federal election. The Blue party stands for most things that are green but adds to that the blue bits and some bits from Peter Garret and of course, being Western Australian anything dear Kim Beasley says, plus to keep things balanced we really like bits from Janine Haynes, Cheryl Kernot, Meg Lees and Natasha the spot destroyer. But most of all we really would like to see Graham Campbell race Wilson "iron bar" Tuckey to Rottnest and back while John Howard and Mark Latham magically disappear for the next 5 weeks of the election campaign so we don't have to put up with all the drivel.

Ps whatever happened to Prince Leonard and Princess Shirley of the Hutt River Province and did the tea towel thing ever raise any money?

## Event Calendar 2004 – 2005

DATE	EVENT	VENUE	CATEGORIES	DISTANCE	COMMENT
10 Oct 04	Marathon # 1 Canoe Association	Ascot Kayak Club		11.7	Why not, nothing else happening in October
23-Oct-04	WA Ocean Endurance Championship	Cottesloe Beach	30-40 mens 30-40 womens 40-49 mens over 40 womens Over 50 mens	16 8 8 8 8	Must be proficient and have hours Must be proficient and have hours Must be proficient and have hours Must be proficient and have hours Must be proficient and have hours Entries close 1 <sup>st</sup> October 2004
7-Nov-04	Bay to Beach	Johnston St	Various	18	Through harbour, down to Cottesloe & back to FSLSC
21-Nov-04	Bridge to Bridge	Perth	Varoius	12.5	Perth to Fremantle
28-Nov-04	Fremantle to Sorrento	FSLSC	Individual + teams of 4	24	Men's health classic in which the Pounders have dominated the team events
29-Nov-04	Rottnest to Hillary's	Rottnest	Various	30	From the Men's Health stable
23-Jan-05	Marathon # 2 Canoe association	Claisebrook	East Perth	13	
6-feb-05	Fremantle to Perth	Fremantle		12.5	Canoe Association Paddle
9-Apr-05	Bridge to Brewery	Perth water	Various	11	11 km paddle, 1.6 km swim, 8 km run individual or teams.