

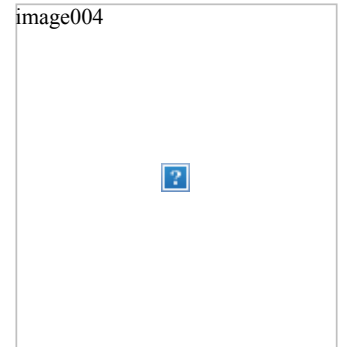
**Subject:** FW: CSA NEWSLETTER 134 - 29-10-2010  
**Date:** Friday 29 October 2010 1:06 PM  
**From:** John Oliver <kncuad@sai.co.za>  
**To:** John Oliver kncuad@sai.co.za  
**Conversation:** CSA NEWSLETTER 134 - 29-10-2010

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**From:** John Oliver [mailto:kncuad@sai.co.za]  
**Sent:** 29 October 2010 09:19  
**Subject:** FW: CSA NEWSLETTER 134 - 29-10-2010



**CSA**



# NEWSLETTER

## No. 134

### 29-10-2010

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CSA Address



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## **WHAT'S AHEAD**

### **SPRINT SQUAD TRIALS**

As per the decision taken at the last sprint committee meeting the next Residential Squad team trial will take place on the 27/28th November 2010 at Nagle Dam in Kwazulu Natal.

All current squad members excluding Bridgitte Hartley, Jen Hodson, Shaun Rubenstein and Mike Arthur are required to attend the trial.

This trial is an open trial allowing any CSA members to come and try out for selection to the CSA Residential Squad. Indications are that the current size of the residential squad will remain constant, subject to standard, with the possibility of the residential squad reducing at the next squad trials to be held in the first half of 2011 (see below).

The dates of the next trial for the Residential squad as well as the trials for the World Cup and World Champs team will be decided after a meeting with the Sprint committee, SSISA and the coaches in mid October and will be announced shortly thereafter.

The November trial will be held over the following distances:

K1 1000m and K1 750m compulsory for all men wanting to be considered for team boats, as well as for the classic distance in K1 (excluding those specialising in 200m)

K1 500m compulsory for all women wanting to be considered for team boats and the classic distance in K1 (excluding those specialising in 200m)

K1, K2 and K4 in all Olympic distances.

Good Luck!!!

Regards,

Greg.

Gregory van Heerden  
Canoeing South Africa: High Performance Coordinator  
Mobile +27 (0) 82 940 9368

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## THE UNLIMITED DUSI 2011

Visit the website at [www.dusi.org.za](http://www.dusi.org.za)

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## SA vs NAMIBIA CANOE POLO

SAvsNAMposterSML.gif



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**GA**

### **BSI Steel Wessa Vaal Canoe Marathon**

<http://www.vaalcanoemarathon.co.za/vcc2010application.pdf>

Hi All,

We are very happy to announce that an awesome sponsor has come on board for the 54th Vaal Canoe marathon. This years Vaal will be known as the "BSI Steel Wessa Vaal Canoe Marathon".

Wessa, The Wildlife and Environmental Society of South Africa are our "cause". They have a very special interest in the quality of the water that we experience in our river systems. We also have membership form details up on the Vaal website. [www.vaalcanoemarathon.co.za](http://www.vaalcanoemarathon.co.za). The website is still being updated with changes, and should be fully functional by Friday the 22nd Oct.

Date: Sat and Sun the 6th and 7th Nov. 2010.

Entry details:

Cost per adult: R250. This includes a T-shirt and a meal voucher for both days.

Cost per Junior: R180. Also including a T-shirt and meal vouchers.

The Vaal is a K2 event, but we will be including a K3 category this year.

Total Prize Money : R50,000.00

The event will be screened on Supersport.

Start is at the Dam Wall. Full details on the website. At 0900 hrs on Sat the 6th Nov.

Finish Day 1; Details to follow, but will hopefully shorten Day 1 by about 2km.

Start day 2; Eden Manor. (maps are on the website)

Time: 0800 hrs. A reverse start.

Finish. Likkewaan Canoe Club at Parys.

Water Release;

40 cumecs on day 1.

60 cumecs on day 2.

Pete Rossouw.

JCC Chairman.

082 895 8129.

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The new Vaal "partnership" is turning out to be a fantastic one.

The CEO of BSI Steel, Grant Mackenzie and the Chairman of Wessa, Richard Lewis last night at a special event at JCC came out enthusiastically in support of Business, Environmental agencies and Sporting bodies working together to enhance our impact on reversing the negative environmental trend that we have been experiencing over the last few years.

As paddlers the quality of the water that we paddle in has been a major issue for many years. So having a Partnership focusing on our water quality, and its improvement, and at the same time empowering us to enjoy our "water experience" is a real "win win" situation.

This year every age category will receive prize money from u16 to GM, both male and female.

The Senior prize money for first boat across the line will be a minimum of R6000 and the first ladies

Boat a minimum of R4000. Prize money awarded from first to third place.

Goody bags to all entrants containing great magazines, meal vouchers for each day, and a t-shirt,

All for only R250 for adults and R180 for juniors.

Accommodation is available in rooms or camping at our Day 2 start at Eden Manor. Check [www.vaalcanoemarathon.co.za](http://www.vaalcanoemarathon.co.za) for details,

Maps ...etc.

See all you happy environmentally sensitive paddlers at the BSI Steel Wessa Vaal Canoe Marathon.

Please note, the Vaal entry form is now "correct" and downloadable from the Vaal website with the link above, as well as from the SApaddling paddleblog.

It can also be found by typing in [www.gcu.co.za](http://www.gcu.co.za) look in the menu's that open, click on the paddleblog, and the Entry form is on the front page, under the Gauteng Canoe Union "button".

Do remember: This is a high value event.

For your entry fee of R250/R180 (junior) you get the following.

Your entry, a t-shirt, magazines, and 2 x R30 meal vouchers. (ie: one per day)

Closing day for entries if you want a t-shirt and goodie bag with meal vouchers is: Tues the 2nd Nov at 1500 hrs.

Otherwise wed the 3rd at 1700 hrs.

Pete Rossouw.

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## **GCU Schools League Race**

### **VENUE:**

ERK – Homestead Dam

### **RACE DATE:**

Saturday 30 October 2010.

### **INVITED:**

All clubs – All abilities.

### **REGISTRATION:**

Registration starts at 11:00

Races start at 12:00 sharp

Adult race starts at 14:00 Sharp

### **COST:**

- R10.00 per Junior

### **EVENTS:**

- 3000M - Estimated – 3 laps
- 6000M – Estimated – 6 Laps
- Juniors who choose to participate in the adult (Main race) will receive their respective school points.

### **REGISTRATION REQUIREMENTS**

- Lifejackets are compulsory for all age groups
- No boats will be allowed on the water without their entry number on.
- Pre-race entries must be submitted.
- Clarify if the paddler is a Novice i.e. paddling for less than 12 months.

### **FOOD & BEVERAGES:**

- Food & drinks will be on sale
- ERK club have extended their invitation to everyone who would like to watch the Currie Cup Rugby final.
- They will have some jumping castles and fun for the kids, so please make a day of the invitation.

### **QUERIES:**

- Contact Ursula Afonso 084 200 2302
- 

## **THULE EAST RAND TIME TRIAL AND A HALF**

This 15km race will take place this Saturday 30th October 2pm at E.R.K on Homestead Dam. This is a K2 race (K1's welcome) to prepare crews for the Vaal River Marathon next weekend. We have included two short 20m portages on the grass bank at the clubhouse to simulate the weir which needs to be portaged on Vaal.

There will be a jumping castle for the kids, live entertainment and a Juniors race at 12 noon. We will be showing the Currie Cup final in the pub on a big screen for all.

Bring your friends and family for an awesome full afternoon,

Pre entries can be done online or on the day

E.R.K race committee

Grant Morshead

082 865 4728

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Today's pre-entry cutoff will be for the THULE EAST RAND TIME TRIAL AND A HALF – a great way to get some good training in and tweak those Vaal partnerships!

With the family there to support you on this 15km which should be easy peasy this time of the year now everybody is fit for two day events – and the family happy with the kids enjoying the jumping castle and entertainment, food and drinks available plus Big Screen Rugby afterwards – it will be a super couple of hours in the far east!

Juniors will be racing earlier in the day and it promises to have a great festive atmosphere!

Jennie Dallas

For: GCU

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**WC**

**DISCOVERY SUNGLASS HUT SERIES RACE 3**

Sun 31<sup>th</sup> Oct New Balance Fish Hoek Surf Challenge 7 or 15km 09h00 from Fish Hoek

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**EC**

**DISCOVERY SUNGLASS HUT SERIES RACE 4**

Sun 31st Oct PE ISLAND TRIBE CLASSIC 09h00 Blue Water Bay 7 or 12km

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**KIA MOTORS SA Surfski Champs / Peter Marlin Memorial Race**

**Enter now!! ENTRIES CLOSE ON 29 OCTOBER!!**

cid:image004.jpg@01CB33C5.9CD26880



**Date** : 13 November **SINGLES**  
14 November **DOUBLES**

**Format** : 25-30km Downwind course

**R55 000 total prize money including R10 000 for first place!**  
**Prize money for all major categories! See Entry Form details**

CSA medals will be awarded to ALL age groups.  
PLUS ... loads of lucky draws!

Great Event Shirts, awesome goodie bag & lunch included in the entry fee - incredible value!

See the ATTACHED ENTRY FORM and **INFORMATION BROCHURE** which includes details regarding **great discounted accommodation deals** in East London **+ an opportunity to be HOSTED by our members.**

This race is OPEN to ALL paddlers (both ELITE and INTERMEDIATE).  
Come and enjoy some of the best downwind conditions and the warm hospitality of the East London people!

The KIA MOTORS SA Single Surfski Champs will count towards Cape and PE Discovery Sunglass Hut Series points + It is a Cape Point Qualifier

Enquiries: Charl van Wyk 083 447 1500 or [race@bordercanoeclub.co.za](mailto:race@bordercanoeclub.co.za)

Hosted by the Border Canoe Club.

Visit [www.bordercanoeclub.co.za](http://www.bordercanoeclub.co.za) for more details

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## PE-EL News

PE-EL



Race Director Anton Erasmus has recently announced the final dates for this years Southern Shamaal (Port Elizabeth to East London) surfski race.

They are 9th, 10th, 11th & 12th December 2010. So its only a quick 2 days leave for locals.

The format will be the traditional one which we have come to know with the race being turned in extreme conditions. Qualifying times and distances will be strictly enforced and Anton has had chats with Peter Cole & Billy Harket to assist in this regard. Safety is always a concern on these epic longer distance races so we need to make sure everyone that starts the race is fit

enough to cope with any sudden Big Easterlies that blow in.

Finish will be at Orient Beach, closer to the time Anton will be looking for volunteers to assist with the logistics of the race. Why not use Breede and Fish as your training base, and then it's just a chip and a put. You can do it !!

See you on the water.

Regards

Gavin McNish  
ECCU Treasurer  
Tel 041 - 373 8010, Cell 082 3202 611

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## Brak River Challenge 2010

Brak-River-Challenge-A4.gif



**Date:** 6 November 2010  
**Start:** 11:00  
**Distance:** 30km

**Venue & Start:** Karoo River Rafting Tel:049 842 4543 / 084 429 9944  
75km north of Cradock.  
(25km north/upstream of Grassridge dam)  
GPS: 31°36'02"S 25°29'36"E

**Camp at start:** [www.karoo-river-rafting.co.za](http://www.karoo-river-rafting.co.za) R40 per person

**Entry cost:** R120 per paddler

**Contact persons:** James Jordaan 049 842 4543 / 084 429 9944  
Pieter Marais 048 885 9014 / 083 280 8303

**More info:** [www.fishrivercanoecub.com](http://www.fishrivercanoecub.com)

The entry form will be available on the Fish River Canoe Club website from 20 Oct.

There will be safety at all the major rapids.  
Most of the bigger rapids have easy accessible portages.

**Accommodation for non-campers:**

Visit [www.karoospoor.co.za](http://www.karoospoor.co.za)

**Mount Melsetter Farm:** Mike and Candy Ferrar  
Tel: 049 842 1520  
Cell: 083 303 7625  
Email: [info@mountmelsetter.co.za](mailto:info@mountmelsetter.co.za)

**Hillston Farm:** Riana and Johnny Southey  
Tel:049 842 1627  
Cell: 082 322 4403  
Email: [info@hillstonfarm.co.za](mailto:info@hillstonfarm.co.za)

**@ Schoombee Farm:** Dionne and Deon Schoombee  
Tel: 049 842 1514 / 2022

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## HANSA BLUE WATER SKI TIME TRIALS

cid:22834FFC72EA4C4E86D19A31F750CB9D@GMPC



## LEARN TO SURFSKI

cid:9101B4BB2EEE45C78164D7A8FB2E9403@GMPC



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## KZ

### Capitol Caterers/Popes Canoe Centre ENDURO

This Sat sees the last race of the year. It is the Enduro at KCC. Starting time 11am. Westville Boys are hosting.

RACE DETAILS:

- a) 4 paddlers per team.
- b) There are age categories.  
If you want an under 18 to be in the same team as under 14's, then you must enter that team as an under 18 team.
- c) The first paddler MUST race in a K1, thereafter it is the coach/team's decision whether they want to race in K1's or K2's.
- d) Bring lifejackets
- e) The race consists of 10 laps. When the leading school finishes, everyone else finishes too even if they are only on 8 laps etc.
- f) There will be a take-over zone that will be explained at the race briefing

SAFETY:

Last year a young boy cut his foot on glass - in the water! And needed stitches.  
So please encourage your paddlers to wear shoes.  
Please also have First Aid bags with you.

Please can you submit entries for the Enduro to me or John by Thurs. We need the actual names of who is in what team. Thanks  
You may enter as many teams as you like.

I know there is an important event happening at Kings Park. :) Roads may be blocked when we are finished but I'm sure we'll survive,  
after all the Sharks will win & we'll be happy!

After the race will be the prizegiving for the season.

**Those schools that have trophies - I need them back please. Please can you confirm via email that you will return them.**

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### THE UNLIMITED OZZIE GLADWIN

Ozzie Gladwin Ad 2010.jpg



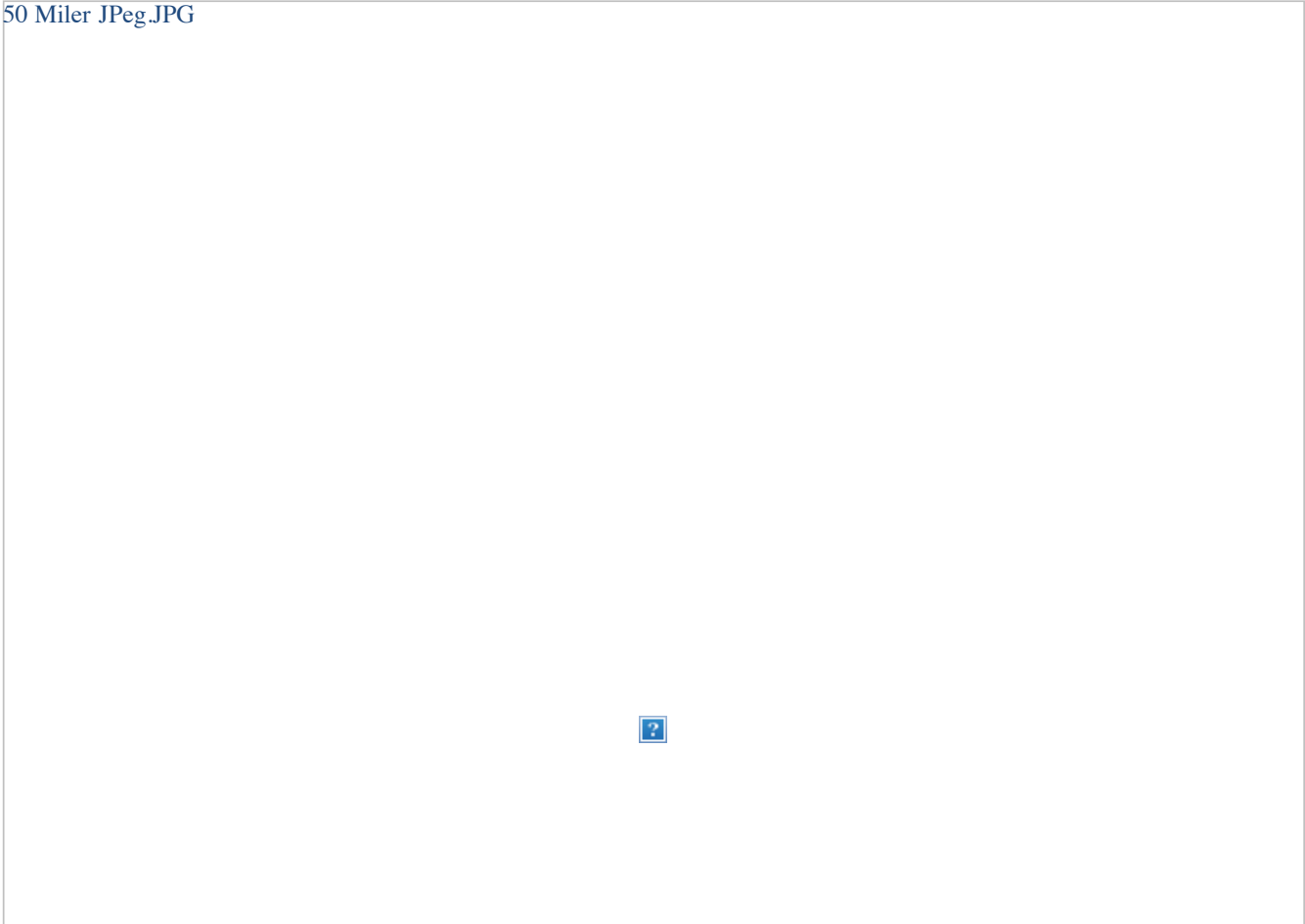


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**LANDROVER DURBAN/HANSA 50 MILER**

Entry form attached

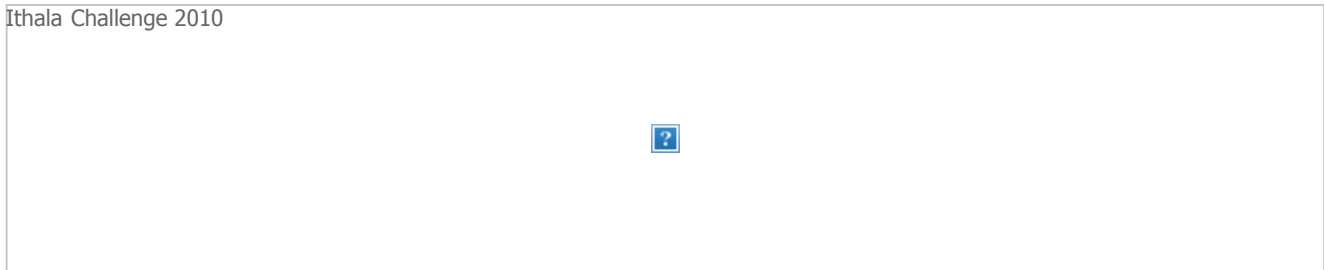
50 Miler JPeg.JPG





## BELL ITHALA CHALLENGE

Ithala Challenge 2010



### **We have dusted off the kit and are once again open**

All the brave and adventurous paddlers out there please reserve the weekend of the 20th of November on your calendars right away. It's time for the 2010 Ithala Challenge.

We are again looking forward to a great field of paddlers, and hope to add more names to the list of 5 time finishers. After listening to your input over the years and sponsors tightening their belts we have decided to make some changes to the arrangements for this year. In return for a slimmed down race fee we will be providing less of the frills and this will allow us to focus on the race itself. Please see the website for all the details <http://www.ithalachallenge.co.za>  
The camp at Ntshondwe in Ithala has been greatly improved with a lush lawn and now a new ablution block complete with hot showers and the all-important flushing toilets!

The Bivane Dam is at 78% at this stage and the rains are looming on this end of the country so we are sure to get the water needed. They also run regular rafting trips down the first 8Km of the river for those wishing to show friends and family what the fuss is all about (without the spills). They have a great website <http://www.bivanedam.co.za/> with their contact details and information.

Please note that we are unfortunately limited to 250 paddlers so enter soon to avoid disappointment.

Hope to see you all there.

Umfolozzi Canoe Club Race Committee

For further information and queries please visit the updated website at <http://www.ithalachallenge.co.za/>



## DUCT AGM

DUCT's 2010 AGM, to be held on November 17<sup>th</sup> at 18h00 at the Assagay Hotel.

Chantell Ilbury will be our guest speaker and will talk on the topic, "Development and Biodiversity: does it have to be a zero sum game?"

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## WHAT JUST HAPPENED

### Schilperoort upstages Mocke in Langebaan surfski thriller

Langebaan - Fish Hoek Lifesaving Club's up-and-coming Tom Schilperoort claimed his first ever surfski series win in impressive style by beating current world surfski champion Dawid Mocke, and Graeme Solomon in the Driftwoods Lagoon Dash 15km downwind race at Langebaan on Saturday.

23 year old Tom "Tommygun" Schilperoort was elated as he outsprinted his clubmate and reigning world-series champion, Dawid Mocke for line honours in the season's second race of this summer's ten-race series.

"These windless conditions suited me perfectly and I knew that if I could hang-on to Dawid on the homeward leg, after the 7kms (halfway) turning buoy just off Mykonos, I would have a good chance of out-sprinting the 'old boys', Dawid and Graeme Solomon, at the end", Schilperoort said after the prizegiving held at the sponsors water's edge Driftwoods Restaurant situated on the lagoon.

Mocke and Solomon were exhausted after the clearly demanding race and were full of praise for their young adversary's first ever surfski series victory.

The Maties duo of Ernest van Riet and Heinrich Schloms had to work hard for their win in the double ski race to hold off the pugnacious pair of Bruce Neil and Theo van Wyk.

In the ladies category, Nikki Mocke notched her second successive victory with UCT's promising Jackie Barnes taking second spot and Fish Hoek's Kim Brugmann third.,

SA ladies Judo champion Natascha Bracale, was a creditable fourth, followed by 14 year old junior junior Kirsten Flanagan in an impressive fifth place.

Arguably the days most cut-throat racing happened in the Mixed Doubles division where series bosses Billy and Tracey Harker delivered the hurt to Simon Oosthuisen and Tamika Haw. "Proper domination!" pronounced a smug Harker after claiming the victory.

Dominique Notten posted an excellent ninth place overall and easily won the junior title from Kenny Rice and schoolgirl Kirsten Flanagan, while Cathryn Treasure and Megan Kelly were the first women's double ski home.

The race provided challenging conditions over the triangular course, turning off an anchored ship off Langebaan before racing into windless swell that required significant effort from the paddlers to take advantage of on the leg to a turning buoy close to Mykonos before turning back to the finish.

The 3rd race in the series will be held at Fish Hoek beach on Sunday the 30th of October 2010 at 09h00.

For more info go to [www.surfski.co.za](http://www.surfski.co.za) and [www.surfski.info](http://www.surfski.info).

#### SUMMARY OF RESULTS

#### DRIFTWOODS LAGOON DASH

#### MEN

- 1 Tom Schilperoort 1:03:47
- 2 Dawid Mocke 1:03:48
- 3 Graeme Solomon 1:04:41
- 4 Gary Cromie 1:06:33
- 5 Simon van Gyssen 1:07:06
- 6 Peter Cole 1:08:30
- 7 Ian Trautman 1:08:33
- 8 Justin Maddock 1:10:16
- 9 Dominique Notten 1:10:17
- 10 Ashley Carstens 1:10:27

.....

#### Elite Ladies

- 1 Nikki Mocke 1:11:36
- 2 Jackie Barnes 1:15:05
- 3 Kim Brugman 1:20:21

#### Mens Doubleski

- 1 Heinrich Schloms & Ernest van Riet 1:02:23
- 2 Bruce Neil & Theo van Wyk 1:02:30
- 3 Craig Maltby & Dimitri Panagiotides 1:07:24

#### Ladies Doubleski

- 1 Cathryn Treasure & Megan Kelly 1:34:11

#### Mixed Doubles

- 1 Billy & Tracey Harker 1:12:35
- 2 Simon Osstenhuizen & Tamika Haw 1:14:36

#### Juniors

- 1 Dominique Notten 1:10:17
- 2 Kenny Rice 1:14:00
- 3 Kirstin Flanagan (F) 1:39:35

#### CALENDAR OF EVENTS

##### DISCOVERY SUNGLASS HUT SURFSKI SERIES

- Race 3 - 31 Oct - New Balance Fish Hoek Surf Challenge
- Race 4 - 7 Nov - Discovery Downwind
- Race 5 - 13 & 14 Nov - KIA SA Ski Champs in East London
- Race 6 - 21 Nov - Powerade Oceana Race & CPC Qualifier
- Race 7 & 8 - 27 & 28 Nov - Peninsula Marathon
- Race 9 - 4 Dec - Peter Creese Lighthouse Race
- Race 10 - 18 Dec - FENN Cape Point Challenge

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## Von Wilderman and Wessels cement their positions in EC Ski Series

Port Elizabeth - Richard Von Wildermann and Kirstin Wessels cemented their positions in the current Eastern Cape Discovery Sunglass Hut Surf Ski Series after both taking home their second win by claiming the Hansa Sixpack Pylon Dodger on Saturday. Over sixty paddlers line up on Hummewood beach on Saturday afternoon to tackle the 12 kilometre race which forms the third leg of the current series. The race was originally planned for Sunday, 24 October but was brought forward due to foul weather conditions expected forcing organisers to bring the race forward to Saturday, 23 October. Saturday marked the date of the year's largest Spring high tide and along with it came overcast and damp conditions, yet the presence of "hundreds" of dolphins seemed to enlighten the paddlers.

The race course had the field start at Hummewood beach a complete two laps of the course which took them past Bird Rock and around a bouy at Kings Beach close to the harbour wall and back to Hummewood. A batch set off from Hummewood beach and front line regulars Greg Louw and Richard von Wildermann kept on each others tail throughout the race, with local Jordan Zeelie and Craig Walland close behind. "Dead flat conditions, yet a canoeists dream," said von Wildermann. "I didn't have much hope knowing I was up against Greg Louw who's currently part of the Olympic Sprint Training Squad, but I had to just grit my teeth and get on with it." With just over 200 meters to go Von Willdermann took his chance to get ahead. "I managed to get a bump towards the end of the race and just went for it to the finish," said Von Wildermann. At finisher flags, which were under water due to the high tide, Von Wildermann took the title from Louw who finished mere seconds behind. In third was Jordon Zeelie followed by Craig Walland in fourth. There after a four boat final sprint had series regulars Scott Johnson, Andrew Stone, Heinrich van Rooyen and Andrew Skowno finish in fifth to eighth place just seconds apart. In the ladies race a sprint finish was also the order of the day with series stars Kirstin Wessels and Kerry Louw powering to the finish to make their mark. Wessels managed to claim her second series win and had Louw finish in second place behind her, followed by Hilde Lapere in third. The Discovery Sunglass Hut Surfski Series continues with the Island Tribe Island Classic on Saturday, 30 October.

More information and results can be found at [www.surfski.co.za](http://www.surfski.co.za)

#### SUMMARY OF RESULTS

##### DISCOVERY SUNGLASS HUT SURF SKI SERIES

## HANSA SIXPACK PYLON DODGER

### Men

1. Richard von Wildermann 00:46:22
2. Greg Louw 00:46:31
3. Jordan Zeelie 00:47:29
4. Craig Walland 00:47:59
5. Scott Johnson 00:48:14
6. Andrew Stone 00:48:16
7. Heinrich van Rooyen 00:48:17
8. Andrew Skowno 00:48:18
9. Howard Loftus 00:49:16
10. Keith Theron 00:49:22

### Women:

1. Kirstin Wessels 00:53:44
2. Kerry Louw 00:53:45
3. Hilde Lapere 00:55:52

Full details of the series can be found at [www.surfski.co.za](http://www.surfski.co.za)

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## SURFSKI NEWS FROM ROB MOSELEY

We have a race report from the Mouth to Mouth up on [www.surfski.info](http://www.surfski.info) with pics and full results. See Below

We also have a race report from Langebaan where Tom Schilperoort beat Dawid Mocke - a great result for the up & coming Fish Hoek paddler.

Thanks

rob

[www.surfski.info](http://www.surfski.info)

Herman Chalupsky wins



### Herman Chalupsky wins Mouth to Mouth

*[Editor: The Mouth to Mouth is one of South Africa's classic surfski races - and the paddlers usually experience downwind paddling at its absolute best... However, this year Mother Nature didn't cooperate... Nigel Stevens tells the story]*

Herman Chalupsky wins Credits: Barbara van Rooyen

### Forecast: wrong!

On the Friday morning the call was made to start the race at Mtunzini and finish it at Richards Bay, as a result of a predicted south westerly wind of 15-20 knots on the Saturday morning. While the SW front arrived on schedule on Friday evening and blew with a vengeance the whole night, by Saturday morning it had died completely. At the Mtunzini registration the conditions were at first dead calm and then just before the race the worst possible scenario of a wind swinging around to the south east and then east occurred. A late call was made to paddle to the halfway point at the lighthouse, then turn around the NSRI boat and paddle back to Mtunzini, a distance of about 32.5 km.

## Out and Back

A total of 59 skis took off in a mass start just after 10h00 and punched through the waves, which were small enough so that everyone got out without too many problems. A lead group of 4 doubles and 2 singles soon formed at the front, working the remnants of the south westerly swell just off backline. The runs were there to be had, and at the Durnford point about 8km into the race Darryl Bartho and Grant Woodlister in a double team made a break and left the lead pack behind as they moved deeper out to sea.

and Grant Woollaston in a double Fern made a break and left the lead pack behind as they moved deeper out to sea.

The remaining group chose to stay just behind backline, and about 12 km into the race the Vet double combination of Stretch Struwig and Heinrich Oosthuizen got caught napping as the rest of the group took off.

About 2 km before the turn mark Barry Lewin put in a huge surge and broke away from the group, which then consisted of Jason Golding / Mark Germiquet, Brett Hadiaris / Ross Fountain and Herman Chalupsky.

After the turn the light easterly wind which was side on made for tricky conditions. Barry went shallow and was caught by the group of two doubles and Herman, who had stayed a bit deeper. At Durnford point Herman picked up a run out of nowhere and took off, while none of the group seemed keen to chase him down.

The final finishing order saw Daryl Bartho and Grant Woollaston finishing comfortably ahead of Herman Chalupsky who held on to lead the double combination of Jason Golding and Marc Germiquet in third place.

After all the wind of the preceding week, it was a disappointment not to have the expected downwind conditions, but the hospitality of the Mtunzini Ski Boat Club where the prizegiving was held helped soothe the aching muscles.

The big news of the week was the launch, announced yesterday, of the new Epic V8 surfski. Based on their popular 18X sea kayak (which was used by Freya Hoffmeister to circumnavigate Australia), the ski is aimed at total beginners. Surfski.info interviewed Epic CEO Greg Barton - check it out on [www.surfski.info](http://www.surfski.info).

Last weekend the Discovery Sunglass Hut series kicked off in Cape Town, South Africa. 21 year old Sean Rice beat world champ Dawid Mocke in a sprint to the finish on a flat calm sea.

We've got the latest on the Dragon Run (Hong Kong) - last year the Aussies kicked the Saffas butts, filling all the places on the podium. A full house of Saffas and Aussies is expected to fight it out again this year.

Surfski paddling in the UK is booming - and we've a (slightly belated!) report on the UK Surfski Champs, won by renowned British marathon paddler Ivan Lawler.

More coming up: report of last weekends race in Sydney, Australia held in awful offshore conditions, reviews and more.

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## HANSA POWERADE FISH NEWSLETTER

If you are unable to read this newsletter in rich HTML, click here to read it online

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cid:20101019162822.002

### Hansa Powerade Fish eNewsletter – October 2010

Hi JOHN!

The Hansa Powerade Fish 2010 has been an awesome event with a near-record entry of over 1730 paddlers participating. This indicates a definite stamp of approval from the majority of paddlers on the organisation of the marathon. I have my entire organising committee to thank for this success, as well as our sponsors Hansa & Powerade, the volunteers, Water Affairs, land owners and all other organisations and individuals involved.

However, it is of extreme importance that the opinions and decisions of paddlers are placed paramount in our future organisation of this marathon, and we value your input on subjects, such as Double Trouble, K3 batching, Toastrack, Safety & Security, After-parties and anything else close to the heart. We ask for your active participation on your Fish experience – be it positive or negative, so please complete our questionnaire available at the bottom of this eNewsletter.

I am sure all paddlers would agree that this year was an extremely competitive race in the men's category, with a thrilling outcome. Congratulations to Hank & Grant! To the ladies winners, Michelle & Robyn, WELL DONE on your trouble-free race, you are in a class of your own! Michelle, a special mention to you for being the first EP winner in 13 years!

Finally.....a huge thank you to all the paddlers and their seconds who supported the 2010 Hansa Powerade Fish, without your participation this event would not be the success it is!

Louis Copeman - chair of the organising committee

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#### Our sponsors Hansa & Powerade

The reason that the Hansa Powerade Fish can be rated as the most value-for-money canoe marathon in South Africa is largely attributed to the policies of the organising committee and of course our two fantastic sponsors, Hansa & Powerade.

The professional commitment and organisational ability from our sponsors, has greatly contributed to the success of our event.

We would like to take this opportunity to thank each and every member of their teams for their dedication. It was, as always, an absolute pleasure to work with everyone involved.

#### Keith Collett

The race would like to pay special tribute to Keith Collett, the landowner of much of the farmland around the first day of the race, and the man after whom Keith's Flyover is named. A long time supporter of the race, Keith passed away on the Saturday of the race. In years gone by he was a landmark of the race, offering his support at the concrete bridge that bears his name.

Our thoughts are with his family. We are grateful that the defining landmark of the race, Keith's Flyover bridge will live on as a tribute to one of the race's greatest supporters.

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#### 30th Fish

2011 – what an awesome year this will be!

Any canoeist and "Friend of the Fish" must not miss out on the 30th Fish celebrations!

The dates are 7 & 8 October, as this is during the September school holidays, and plans are already being formulated to ensure that this will be the biggest and best Fish ever.

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#### International Teams

We had four top international teams taking part in the Hansa Powerade Fish this year – Robert Knebel and Tomas Slovak from Czech Republic; Loic Vynisale and Quentin Bonnetain from France, and Max Hoff and Stephan Stiefenhoefler from Germany were the 3 teams sponsored by us and Stephen Bird and Jesse Phillips from Australia were sponsored by Western Australia Institute of Sport and Helly Hansen.

These four teams were fantastic competitors, gracious and appreciative, and all took a place in the top 10 – Max and Stephan in 3rd, Robert & Tomas in 4th, Stephen & Jesse in 7th and Loic & Quentin in 8th.

The South African contenders definitely proved to be top dogs, but the international teams have vowed to be back to give them a run for their money!

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#### Double Trouble

Double Trouble lived up to all expectations and proved to be a challenging addition to the Fish.

We heard many war-stories after Day 1 and we are aware of the congestion that occurred at the bottom of the chute as a result of "swimmers" and the organising committee will be attending to this and other teething problems before the 2011 Fish.

We will also do our best to negotiate for a road or viewpoint for seconds.

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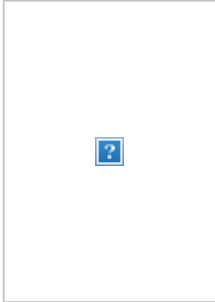


### K4 for Cancer

The Hansa Powerade Fish Canoe Marathon was once again proud to host the K4 Team of Grant van Greune, Clive Goble, Jessica Goble and Minnaar Lyell in their admirable quest to raise more funds for Cradock Cancer Care Unit.

Congratulations to the PINK K4 for successfully shooting Cradock Weir for the first time! (Grant, was there a hinge in your boat this year?!)

The addition of the Pink Cap Campaign, initiated by Dave Macleod, was a huge success and 1000 caps were sold, giving the fund a huge boost.



This, together with R2 000 raised by UKZN (grateful thanks to Tim Clark and his team), R10 000 pledged by Powerade and the Knysna Racing boat raffle.....the K4 team managed to raise the awesome sum of R80 000, all glory and thanks to the K4 team and their supporters for their time and efforts!

Cradock is still painted pink and on Tuesday Cradock Cancer Care hosted the Journey of Hope riders at a luncheon and donated some of the money to their cause.

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### Granny and Grampa Combination

Are there any Granny and Grampa combos that have done the Fish???

In September Ivor and Melanie Smith of Port Elizabeth became proud grandparents and three weeks later they paddled (and finished!) the Hansa Powerade Fish! It was Melanie's 1st Fish and Ivors 9th

We were wondering if they have any "competition" in this category!

Congratulations to them!!

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### TV Broadcasting schedule -

Here is the transmission schedule for this years two SuperSport packages on the race. Please be aware that SuperSport are prone to changing these at the last minute so it's a good idea to check on your DSTV guide on the day for the final TX times. For full details please click [here](#)

### HANSA POWERADE FISH CANOE MARATHON 2010

Date:	Time:	Channel:
28 Oct	- 19:00	- SuperSport 2
29 Oct	- 12:00	- SuperSport 5
31 Oct	- 10:30	- SuperSport 6
2 Nov	- 18:00	- SuperSport 5
3 Nov	- 14:00	- SuperSport 1
5 Nov	- 13:00	- SuperSport 6
8 Nov	- 19:00	- SuperSport 1

### HANSA POWERADE PEOPLE OF THE FISH 2010

Date:	Time:	Channel:
3 Nov	- 20:00	- SuperSport 6
4 Nov	- 10:30	- SuperSport 1
5 Nov	- 13:30	- SuperSport 6
7 Nov	- 14:00	- SuperSport 6
9 Nov	- 18:30	- SuperSport 5
11 Nov	- 14:00	- SuperSport 1
12 Nov	- 19:30	- SuperSport 7

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**Merchandise for Sale**

There are still a few 2010 race t-shirts available in the bigger sizes, as well as some fleecy sleeveless body warmers, second's t-shirts, Fish rash vests and paddle shorts. We also have bargains on our old stock. See the website for details or contact Niki on 082 772 5070 or [copeman@iexchange.co.za](mailto:copeman@iexchange.co.za) Postage via Speed Services is R75.

To view price lists click [here](#)

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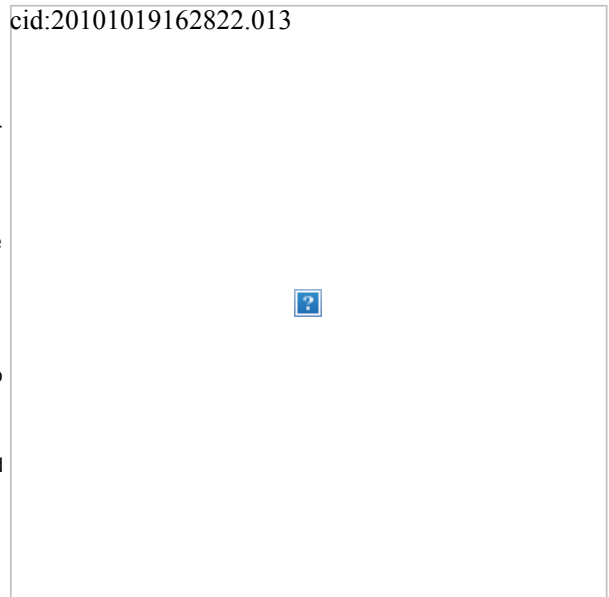
**Last but certainly NOT least...**

I would like to thank and commend Dave Macleod and Samantha Thompson of Gameplan Media for our superb website (user-friendly and regularly updated), fantastic media coverage (the newspapers were cooking with Fish this year!) and continuous advice and support throughout this year. Samantha, thanks for planning your maternity leave for AFTER Fish, wishing you all the best!

I had the privilege of spending time in the time-keeping tent at the end of Day 1 at Knutsford, well after the crowds had left, waiting for the last boats to come in. Listening to the banter between Colin Roets, John and Margie and one of the toughest guys (for his age) that I have ever met, was enough to put a smile on anyone's face after a long day! We were suddenly hit by a freak thunderstorm with short, gusting winds which proceeded to attempt to blow the time-keepers tent into the river was it not for us hanging onto to it for dear life! I remember the "tough man" chanting melodies and song (something between Johnny Clegg & Paul Simon) with rain pouring into his collar at the top and out the bottom of his shorts below, perfectly happy despite the rain and cold!

To John, Margie, Anton and Janine, our time-keeping team and Colin Roets and his entire team of sweeps ..... you guys are the backbone and life & soul of this event....without your dedication and commitment there would be no Fish, long may our association continue!

Then of course to my committee....the ladies who work tirelessly for months preceding the Fish and do a magnificent job and the guys who support and help me wherever needed - without you my job would be insurmountable - many, many thanks!



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**Paddler questionnaire**

Please take a few moments to complete the Hansa Powerade Fish 2010 paddler questionnaire, which will provide us with valuable insight and help us make the best decisions ahead of the 2011 marathon.

To complete the questionnaire click [here](#)

**See you in Cradock!**

[Unsubscribe here](#) | [Send to a friend](#) | [Subscribe here](#)

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## GENERAL NEWS

### RIVER SAFETY:

In terms of the river lore, or a rule as agreed by those experienced guides, river users, the basis of river rescue is in the following sequence/order:

- . self
- . group
- . victim
- . equipment

So, in the event of something going wrong, be it during a race, or a social trip, try, as best, to remember the above. However, as we all are so aware, “things” change, rapidly, so to speak.! In terms of the self rescue scenario, for this article, I would like to highlight 2 basic rescue techniques; swimming & wading, skills we’ll all need at some time.

As a paddler, “we don’t swim”, a statement often heard around pubs & braai fires...yeah right.! The river gods are always attuned to these statements & trust me, they exact revenge, on cue, without exception. So insofar as swimming is concerned, (as a paddler) this is a necessary life skill we should all be able to do & a question that should be asked (often forgotten)when you start paddling at the dam/flat water proficiency stage. In terms of swimming down a rapid, there are 2 styles of swimming; defensive & aggressive. The former, in the traditional cocktail position, with feet/knees up, legs bent, in the upright position, using your hands to control both your stability & direction, and at times speed down the rapid. This way, if you have the correct kayaking jacket, you’ll be suitably elevated, on top of the water, watching intently & looking for safety zones; eddy’s (behind rocks, boulders, bridge pillars, trees, land mass, etc) inside line angle & deeper, settled water. I.r.o. when/where to breath, well most of us, when swimming, have an absolute panic attack & try & breath underwater.! Yeah, trust me, this doesn’t work & kinda spoils your day somewhat. So, practice breathing in between swells/waves, at the bottom. The mentioned safe zones, will afford you, the swimmer time to take stock and rather than waiting to drift into a safe zone, identify it and when you feel ready, swim aggressively, by using the crawl stroke/style to get yourself into the safe zone. Again, your kayaking jacket should allow you freedom of movement, whilst keeping you buoyant. The knowledge that you can swim both defensively & aggressively, plus you have the correct kayaking jacket, will give you peace of mind & confidence. Lack of knowledge in a swim situation, invariably causes some degree of panic, results in panic attack, of sorts, you expend unnecessary energy, get tired really quickly & this can result in injury or incident.

As for wading, you can wade by using your paddle (assuming if you’ve managed to hold onto it during the capsize & resultant swim) to assist you in your progress to either get to one another, to your kayak, cross the river, or to safety. It’s quite simple, hold the paddle upright, (assuming, again, of course it’s in one piece, and rigid), identify where you need to go, identify the route you need to go (remembering the safe zones behind rocks/boulders etc) & plot your course accordingly. Remember, rule of thumb; “moving water, above the thighs, hip height will be a challenge”.! Be aware of river volume, speed & downstream hazards. (don’t try & wade across a river directly above a big rapid, weir etc, rather try just below it where the river intensity is somewhat lessened/broken by the rapid or weir etc) In addition, foot entrapment is always a risk, so be sharp & be aware. So, you have a course/route, you have the paddle, there’s no traffic coming your way, plus you’re not going to be liability, off you go. Walk/wade sideways, always facing upstream, using you paddle to find safe holds on the river bottom, between rocks/boulders. Again, remember/observe water hydraulics in the sense that if you attempt to plant your paddle blade width wise across the current, well you’re in for a shock, and it will happen and happen very quickly.! Turn the blade so it’s presenting the side profile to the oncoming current, find a suitable hold on the bottom, then turn the paddle, lean on it, supporting yourself, then take a step, get set with regards your footing, then again, remember to turn/twist the paddle when removing to re plant & repeat the same process. Move one foot at a time, always attempting to find a solid hold, plus using the paddle to lean on. Always keep the paddle inverted, upright. This way, you can ford a river comfortably, subject to you being confident, knowing what you’re doing & don’t delay. Rather use the river to your advantage, don’t fight it. By identifying certain river features & what they represent, the self rescue technique is always best.

These skills should be practiced on flat water, then again on gentler flowing, slopping rivers, so you know what to do when the situation calls. Remember, self rescue is first & foremost. These skills/exercises are currently part of the swift water course & there’s a proposal to include both techniques into the proficiency process. Again, as with the previous articles, this is nothing new & information pertaining to both wading & swimming techniques have been circulated previously be it in the SA Paddler, CSA &/or KNCU newsletter mediums.

In closing, remember, safety first, safety always & never compromise on safety. In addition, to all you paddlers, always bear in mind, that without your drivers, seconds, support group, you cannot do what you do, when you do it without them. Look after them, treat them well; they’re key to the success of our sport.

Cheers  
Rob Hill  
KNCU Safety Officer

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## **HANSA POWERADE FISH TV BROADCAST TIMES**

For those interested in the Hansa Powerade Fish tv broadcasting times (canoe marathon and People of the Fish) – they are now available on the race website or via this link - <http://www.fishmarathon.org.za/tv.html>

Regards,  
Samantha Thompson  
Gameplan Media

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## C-Kayak Mauritius

Les-Willows-2



Willows Adventure Sports now offers two exciting kayaking experiences to Mauritius  
The first offer is:  
**“A TWO WEEK “BEACH HOPPING”, SELF-SUPPORTED CAMPING EXPERIENCE FOR THE ‘HAPPY CAMPERS’. A 180 KM CIRCUMNAVIGATION OF THE ISLAND.” Bookings for the December trip are now open.**  
The second offer is:  
**“A ONE OR TWO WEEK (YOU CHOOSE) “HOTEL HOPPING” PADDLING EXPERIENCE.**

**PADDLE THE CALMER MOST PRISTINE SECTIONS OF THE COASTLINE. “This is for those who enjoy viewing some of the best scenery in the world from the seat of a kayak with all the comforts included.”**

Bookings for the trips in October now open.

For more details contact Les Willows of Willows Adventure Sports. [lwillows@epworth.co.za](mailto:lwillows@epworth.co.za)

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## MAURITIUS TRIPS

The Liquid Adventures offers Kayak trips around Mauritius covering the whole of the island, visiting untouched pieces of Mauritius and the adjoining Islands

These kayak trips depart from various locations on the island depending on the length of tour and time of year, and the trips last between 4 and 12 days.

The kayak trip is suitable for everyone and anyone, and our two seater ocean kayaks are fast and stable. The Sea kayak is the ideal small craft to explore the coast line from the sea.

We use mainly tents whilst on the trip, and hotels before & after the trip. All accommodation and food is provided for – just bring yourself !

There are no set dates as we run the trips throughout the year, and over the school holidays for schools.

It guarantees to be the best fun you will ever have in a kayak.....whilst in paradise !

All the details at:-

[www.liquidadventures.info](http://www.liquidadventures.info)

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## SMALLS

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Im selling an Athena as good as new for R2000

. never bean on a river only bean paddle on Emmies.  
. can be view at Emmies

If you looking for one please call me on 0743576470

Ryno Armdorf.

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Hyperion- Kevlar polyester construction in good condition, can still do another dusi or two.  
Price R3500( new these boats are R8000)  
Please contact Gavin on 0824594438 KZ

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Looking for a lift for a K2 from JHB to Ozzie Gladwin race this weekend.  
Willing to pay.  
Please contact William Smith 0723012134

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PADDLE TAKEN FROM KINGFISHER

After the KCC dice on the 21st October, my brand new paddle was taken from the paddle racks inside the Kingfisher clubhouse (at the bottom of the stairs). If you paddled that night, please make the effort to check if you took it by mistake. It is a Gara GP2 (Jantex Gamma shape) - carbon blades on a 60/40 fixed length shaft.

Please contact me on 082 786 8533 or [usser.mark@gmail.com](mailto:usser.mark@gmail.com)

Cheers, Mark Ussher.KZ

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Thule double cab roof racks.  
R2000

call: Henry 082 897 2218 GA

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Slimline sprint boat (plastex - olympic warrior mould) full sprint setup: understern rudder, platform seat, t-bar and pullstrap, +- 9.5kgs

for sale R2500 or to swop for a river k1: artemis, kalypso, cleaver or something along those lines in decent condition.

boat can be viewed at erk

call matt 073 253 7826

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I am looking to buy an entry level K1 in the Joburg area. Not sure if I need to add that I am 6' tall and weigh 90kg? If you have something for sale please call me on 082 570 4957 or mail me on [dmitcheil@sedna-iit.co.za](mailto:dmitcheil@sedna-iit.co.za)

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Paddles for Sale

I have three brand new fiberglass Lettman 1 Knysna Racing paddles for sale in the following lengths 208, 212 and 214. Asking R550 each.  
Contact Allan - 082 371 4925 (Hillcrest KZN)

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For Sale

1x sprint/ flatwater marathon eagle k2.  
Carbon kevlar construction (made by Kayak Centre)  
Really good condition.  
Perfect for sprinting and flatwater marathon paddling  
R4000

1x mustang slimline.  
Has been patched. Good for 50 miler/ pre-dusi races/ dusi tripping  
R800

Both boats in Cape Town, but can be transported elsewhere  
Andrew Birkett: 082 771 9949 [BRKAND013@uct.ac.za](mailto:BRKAND013@uct.ac.za)  
Cape Town

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If anyone needs roof racks for a Volvo S40, contact Chris on 083 231 4874 to arrange for collection (near to Eric's).  
No cost.

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Gday from AUS

I hope this mail finds you all well. Summer has hit us hard today, lots more hot days to come. Its great to be home with my family

I had a great trip to SA, the main purpose of my trip was to promote and introduce Plastic Racing Surf Skis. It was a first in SA. These boats have been paddled here in Australia for years and are definitely the boat of choice for the "Avon Descent" which is the biggest white water canoe race in Australia. They are "sit on top" which is very unusual for river paddlers in SA. The big advantage of these boats is that they are virtually indestructible being made of plastic. If you fall off you just turn it over and jump back on, no emptying etc. These boats also perform well in both the sea and on rivers.

I paddled the Fish River Canoe Marathon on one together with some Aussie mates.

To see a few photo's of the PRS's Racing Ski in action at the 2010 Fish click [here](#)

Enjoy the rest of your week

Cheers  
Regards

Kevin White

Home: +61 8 93677020  
Mobile: +61 408994411

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Hi John,

My paddle was found and I got it back yesterday (yeah!), so no need to add the below in your next round robin, however during the search a lady gave me a paddle she found on the beach in Umdloti about two months ago. It is a solid shaft oldish black Lettman with the remnants of a number sticker on it "78..". So if anyone misses it they can give me a ring (082 4998642).

Cheers  
Antje

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K1 Legend also known as a Vadja XL. Full carbon kevlar construction.  
Excellent condition, only paddled on flat water. Same boat which won world marathon champs.  
New R12,000, Price R5,500.  
Contact : Andre 083 445 7901

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Mirage for sale (DBN). Race condition. R2500.00

Contact Claire 083-2589044

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Surfski for sale: beginner/intermediate R2900. Call 082/900-8864 (Joburg)

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I have the following boats for sale in the PMB area...

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K2 Zambezi R2500  
K2 Runner R2500  
K1 Mako R2500  
K1 revolution R1500

Contact Details:

Cell: 0825528601, or 08257303541

Email: [mpace@mweb.co.za](mailto:mpace@mweb.co.za), or [kmp@mailbox.co.za](mailto:kmp@mailbox.co.za)

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Yard Clearance Canoe and Surf Ski Sale

Royal Blue Pope's Kestrel (good condition Dusi single) - R 1 500-00

Red and White Pope's Big Foot Assegai (good beginners tripping boat, with pump) - R 1 200-00

Light Blue and White Hammerhead single Surf Ski - R 2 000-00

FoxBat double - R 1 250-00

Red and White Pope's Accord (good Umko tripping boat, with pumps) - R 1 500-00

All craft fully maintained and race ready.

Greg

0834450559

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K2 kayak Centre Predator for sale. The Australian crew's Fish boat. Perfect condition, only scratches, perfect for Vaal! Based in DBN, KZN.

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VW GOLF 5 ROOF RACKS IN GOOD CONDITION - R 900.00

CONTACT: 0835319417 - JENNIFER

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Dear John,

Please could you circulate in your next newsletter that my Popes Canoe Centre Bigfoot Assegai, white with a lime green cockpit and lime green flashes at the front and back of the deck went missing from the top racks at Umzinyathi CC in the past week (ie after last Wednesday night). It had the number 8482 or 8748 on both sides or one on each side. It had a small ding on the nose which was, at the time, covered with duct tape. Anyone with information can contact me at 082 5557572.

Regards,

Trevor Gorven

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