

# MKRC News

## Mana's HP paddlers return from World Marathon Championships with a bronze medal...

Glen Muirhead did himself and MKRC proud by winning a bronze medal at the recent World Marathon Championships held in Singapore in the Masters Mens 40 -44yr age group.

MKRC salutes you Glen as you have worked so hard over the last 3 yrs for this and he fully deserves the acknowledgement and recognition that he is one of the top marathon paddlers in the world. It's a fantastic story when you consider that Glen couldn't paddle a K1 3yrs ago, but he has applied himself and set about putting a plan in place to help him reach his goal of medaling at the World Championships. 3 years later he is now an international quality paddler.

At last years World Championships Glen finished in 9 place and it was this performance that gave him the self belief that he could medal at the World Championships. Upon returning to NZ he set about putting a training plan in place and coupled with his determination and desire to be successful set about his training and 12 months later was standing on the medalist dias.

Glen is a fantastic role model to any young and "older" aspiring paddlers on how to plan, train and apply what you have to maximum effect.

Good on you Glen and we look forward to seeing you around the club in the coming weeks. There's still the Masters K4 500m title to be won :)



*Glen with his medal*

The club was also represented by Dougie Wilkins in the U23 division. This was Dougies first major international racing experience and he did exceptionally well to finish in 12 place. Racing at the elite level is tough and full of surprises and experience does count a lot in com-

peting in these events. This event represents a great start for Dougie in his international racing career and he will go from strength to strength the more he races at this level.

Our other representative was Marianne and sadly for Marianne she suffered from "pump arm" (that's where the forearms tighten up—it gets very painful and impossible to grip the paddle) It is a real shame for Marianne as she is paddling extremely well and is capable of a top eight placing at this level. To her credit she finished the race which shows how mentally and emotionally tough this lady is. Lets hope Marianne has a little luck this sprint season as she chases a spot in the NZ Olympic team for London in 2012. She certainly deserves it as no one works as hard as she does to realize her dream. At the last sprint regatta in October, Marianne beat Erin Taylor over 200m and closed the gap substantially on the two other girls ahead of her—its very exciting times ahead this summer for Marianne so when you see her out on the water give her heaps of support.

## Club Training Times . . . . Getting you up to speed

The club runs a number of training sessions for all abilities of paddlers.

Session Times:

Wednesday 6:00pm

Saturday 8:00am

Sunday 8:00am & 9:15am (Junior paddlers)

For those that want to do more paddling there are session every morning at 6:30am.



GET UP TO SPEED

### **Training and achieving.....**

The membership of MKRC is made up of a diverse group of people who do the sport for many different reasons. It is great to see the group of multisport athletes who attend the Saturday morning sessions, many to improve their technique and help prepare themselves for upcoming multisport events and it gives us great pleasure in seeing the progression many of you are making—in particular the growing number who are now capable of paddling a K1 racing kayak.

Last Sunday we had 6 of our junior paddlers out on the water and every one of them was in a K1, again highlighting the progression that they have made in a relatively short time.

The club is also blessed to have such talented athletes like Marianne Archer who is in the NZ HP Sprint Squad, Glen Muirhead (World class marathon Paddler), Dougie Wilkins NZ U23 representative and a number of other senior paddlers who are training in this group who are equally as talented.

Of course progress doesn't happen without applying yourself to achieve the goals you set for yourself. In many cases it is hard work, getting out their on the water regularly doing sessions that are tailored for your needs. And this is one of the strengths of the MKRC, our results speak for themselves, we have developed athletes from scratch to NZ representative level, multisport paddlers whose kayaking times are amongst the best in the events they compete in. People who just want to paddle and developed crews who win at national championship events.

We would like to continue this development but we do need to see you on a regular basis. In particular there are a large number of junior athletes who come periodically but my challenge to you all is to think about what you want to achieve with your sport and why you're doing it and what you think you have to do to achieve your goals. Many people are too scared to commit themselves to really develop to their full potential—those that make it, commit to it, but whether they achieve it or not, in the end, it is irrelevant cause they know they gave it their best shot and are never left wondering if only I had tried....!!!.

For juniors this is not to say that you have to commit to training 7 days a week it is saying to get some commitment to turn up regularly on a Wednesday and Saturday so that we can help you develop the fundamental skills that will give you opportunities to pursue a pathway of your choice. MKRC has the support systems to help you achieve.

### **NZ Canoe Sprint Championships 17—19 February**

In February the NZ National Sprint championships are being held at Blue Lake in Rotorua and we would like to develop a number of crews for this event. With the large number of you who are now paddling in K1's it is a great opportunity to start to develop competitive crews.

Juniors we are looking at using the Wednesday night sessions to develop our team boats, so please come along and be part of an exciting programme to develop your paddling skills and an opportunity to medal at the national championships.

Multisporters please give it some consideration—team boating is a great way to develop your paddling skills and the training involved is a lot more intensive than what you will ever do in a single kayak, all adding up to making you a far more effective paddler. There are a number of females who would make awesome crews: Jude, Heather, Kim, Lou, Kris, AJ, just to name a few. Saturdays would be a great day to give it a go. You all know each other, have a chat and lets give it a go.

Juniors, for those of you that would like a training programme for over the summer holidays leading up to the nationals please come and see me - I am more than happy to write one for you. Success comes to those that apply themselves, take up the opportunity and see if you can unleash your potential.

### **Rubber Ducky Races**

The series is well under way and going quackingly well. In fact the racing is superb with some good buches forming and battling it out. If you haven't come along yet the racing is handicapped so no one is left out the back and everyone has a chance of winning on the day.

The races are usually over a distance of 6—8km.

So come along on a Tuesday evening at 6pm and be part of a fun event.

## Blue Lake 2 - Sprint Regatta 3rd & 4th December

Hey this is really exciting Blue Lake 2 regatta is fast approaching. It promises to be a great weekend of racing and having a fun time on the water with some of the time used for coaching and developing your kayaking skills.

As many of you know, Blue Lake is a beautiful location and offers a raft of different activities. So bring your toys and in particular your togs and enjoy it all.

### Events

There is a full range of events for all categories ranging from K1, K2, K4 200m, 500m 1000m and 4km. There is a Novice category and this is for first time paddlers along with Tyros for Yr8 and below paddlers.

### Accommodation

As in previous years we will be staying at Greg Adlam's relatives' batch which is located on the banks of Lake Rotoiti. (235 Whangamoā Drive, Okere Falls, Bay Of Plenty). The batch sleeps approx. 17 people and if we have more than this attending the regatta, tents will be required.

One of the pluses of staying here is that we will be more together as a group and will have group meetings and activities throughout the weekend. So it will be a lot of fun.

It will mean that we will need to be organised in getting to the venue on time and with things like lunches, snacks, equipment, and clothing etc. But I can't see this being too much of an issue.

### Transport

You are responsible for finding your own way up to Rotorua. There are a number of cars travelling up and there are seats available.

If you require transport please let me know and I will try to find a ride for you.

Likewise if you are taking your car and you have room for some vibrant and highly intelligent MKRC members please let me know.



### Costs

Once all details are finalised I will be able to give you the final costs for attending the regatta.

Ball park figures:

Accommodation \$10

Trailer Fee \$15

Club Membership Youth \$60; Senior \$90 (*if not a member*)

Uniform \$40

Entry fee Youth \$60; Senior & Master \$75

### Ages

A reminder about the age cut-off now being as at midnight 31 September. So, for example, if a competitor turns 19 on 31 September then they must compete in the U23 age grade. However if they turn 19 on 1 October (and are therefore still 18 on 31 September) then they remain in the U19 age group.

The age grades will now be as follows:

- Tyros (Year 8 and below) *Note: this means anyone who becomes a Year 9 next year will no longer be able to race in Tyros for Nationals.*
- U14
- U16
- U19
- U23
- Open
- Masters (35+)

If you would like to compete at the BL2 please return by email to Mark at [candm.watties@xtra.co.nz](mailto:candm.watties@xtra.co.nz) by Thursday 17 November, indicating that you would like to attend the regatta.

Supply the following Info: Name; Birth Date; If transport is required; Kayak req'd

## Blue Lake Regatta Cont.....

### Important Dates

Thursday 17 Nov - confirm details as requested above.

Thursday 1 Dec - Load trailer 6pm clubrooms

Sat/Sunday 3/4 December - Regatta



Well that's more than enough reading for now. Keep an eye on the website and become a friend via facebook and we will endeavour to deliver to you an enjoyable experience on the water.

Paddles Up



**GET UP TO SPEED**

[www.manakayacracing.org.nz](http://www.manakayacracing.org.nz)