

## The Sydney World Masters Games – October 2009



Wow what a week!!

The team from Illawarra Canoe Club hauled in over 60 medals. What a fantastic effort from all of our masters' paddlers. We were only a small team but we certainly made our mark.

Before the week had even begun Gary David, Robert Barry and Darren Lee had collected a swag of medals at the surf racing the previous week. Well done boys!

**Tuesday & Wednesday - Marathon K1 and K2, respectively,** or was that ocean racing we were doing on the Nepean River? With very challenging conditions and more brace strokes than seen in a white water slalom race, ICC started its medal haul.

**Thursday - White Water Slalom.** Gary Nelson gave it a good go and hauled in a few gold! Sharyn was happy just to get two runs on the board and make it six days straight of competition.

**Friday - 1000m Sprints.** Again more head winds. The starting line looked more like a washing machine than a kayak sprint line, and proved quite a challenge. But the wind, rough starts, and good lane draws played in our favour, and our medal tally grew.

**Saturday & Sunday - 500m & 200m sprint.** The weather was pleasant ... even a tail wind! While the rests between races were getting smaller, our medal tally and friendships, both local and international, were growing! Everyone had a ball, both on and off the water and already there is talk of Torino, Italy in 2013.

CONGRATULATIONS!!! Darren Lee, Rob Barry, Gary David, Nigel Taylor, John Lee, Ian Timbrel, Jeff Banks, Gary Nelson, Renae Watkins, Suzi Edwards, Teresa Johnson-White, Dianne Chellew and Sharyn Cahill.

**Congratulations and well done to all ICC competitors.**

