



### CLUB STUFF

Morning,

- Well that was January, so hello to February!
  - I joined Greg's session at the club on Monday night ...there were 16 boats on the water in January, including King Lance...dis ongeloeflik!
- MCC has a great season ahead with this amount enthusiasm on the water already.
- **ALL PADDLERS ARE WELCOME TO ATTEND** - If you want to be included in Greg's training emails, contact Greg on [5movesahead@live.co.za](mailto:5movesahead@live.co.za)
  - DUSI2012 is just 14days away, so for those heading up to KZN you are probably starting to taper now. Look after your health, eat correctly and get some proper sleep.
  - TIME TRIALS commence on Wednesday 29th FEBRUARY 2012 at a TIME still to be confirmed – they may be slightly earlier.
  - **FIRST CLUB BRAAI NIGHT & 2011 AWARDS EVENING on WEDNESDAY 7th MARCH 2012**
  - **You will have received the 1st of your MCC AGM reminders for THURSDAY 23rd FEBRUARY 2012 – INK IT IN AND MAKE EVERY EFFORT TO ATTEND.**

### SOME SPORTING EVENTS 2012

- 16-18<sup>th</sup> Feb - The Unlimited Dusi
- 25<sup>th</sup> Feb – TWILIGHT 12
- 4<sup>th</sup> March – Cape Argus Pick 'n Pay Cycle Tour
- 24<sup>th</sup> March – Berg River Dam K2 race
- 31<sup>st</sup> March – Stanford Race – MCC
- 25<sup>th</sup>-1<sup>st</sup> April – Cape Epic
- 7<sup>th</sup> April – Two Oceans Marathon
- 17<sup>th</sup>-19<sup>th</sup> May – Sani2C race
- 26-27<sup>th</sup> May – WCCU Marathon Champs
- 16-17<sup>th</sup> June – Swartland
- 11-14<sup>th</sup> July – Berg

I WILL EMAIL OUT THE APPROVED WCCU CALENDER IN DUE COURSE, THE PRELIMINARY CALENDER CAN BE FOUND ON [www.wpcanoe.co.za](http://www.wpcanoe.co.za)

### NEW MEMBER:

Warm welcome to John Mann

## WESTERN CAPE CANOE UNION WESKAAP KANOUNIE



The Western Cape Canoe Union crowned a very successful 2011 season when its annual prize giving was held on Friday 27th January 2012, Strand Towers, Central Cape Town. The following MCC members received awards. Congratulations.

**Canoe South Africa National Protea Colours  
Junior World Sprint Championships, Brandenburg, Germany.**  
Marisa Pretorius, Melanie van Niekerk.  
**World Canoe Sprint Championships - Hungary.**  
Gregory van Heerden (Coach)

**Canoe South Africa - Federation Colours**  
**Federation Colours - Seniors - International Sprint World Cups - Europe**  
Gregory van Heerden (Coach).  
**Federation Colours - Masters - World Canoe Marathon Championships - Singapore**  
Enslin van Riet - Gold Medal K2, Silver Medal K1

**Western Cape Canoe Union Colours**  
**Great Grand Masters**  
Charles Melck  
**Grandmasters**  
Enslin van Riet  
**Sub Grandmasters**  
Shaun Butler.  
**Sub Masters**  
Chris de Waal  
**Veterans (Women)**  
Lisa Scott, Robyn Henderson  
**Sub Veterans**  
Daan du Toit, Hennie du Plooy.  
**Senior Men**  
Lance King

**WCCU Presidents Trophies**  
**Great Grand Master**  
Charles Melck  
**Grandmaster**  
Enslin van Riet  
**Veteran (Women)**  
Lisa Scott  
**Sub Veteran**  
Daan du Toit  
**Senior Women**  
Lisa Scott  
**Senior Men**  
Lance King

**FOR SALE – CX MAXI – VIRTUALLY NEW - IVAN VAN NIEKERK** won this CX Maxi in the spectator completion at the 50<sup>th</sup> BERG last year. He has tried his hand at paddling and does not think it is for him. This boat is a collector's item as it is signed by 15 previous BERG winners and including Riaan Manser. It is green with permanent Windhoek Lager branding.  
**ASKING PRICE – R4 600.00**  
Ivan van Niekerk  
082-6035344 [ivanvan@iafrica.com](mailto:ivanvan@iafrica.com)



We temporarily bid young MCC JUNIOR STARS MELANIE VAN NIEKERK & MARISA PRETORIOUS farewell. Both Matriculated with FLYING COLOURS last year and have elected to study in Stellenbosch and Bloemfontein respectively. We hope that you continue to rise through the ranks and see you on the waters somewhere!



**GT DRAK CHALLENGE 2012  
PODIUMS & CONGRATULATIONS**  
**1<sup>st</sup> SM Womens Robyn Henderson**  
**2<sup>nd</sup> SM Mens Chris de Waal**

**MEMBERS GETTING UP TO INTERESTING THINGS:**  
KIM REW is currently in South America on an adventure to climb Cerro Aconcagua at 6 962m with temperatures of -30° expected! Wish you sure footing + warm fingers...especially on summit day!



have a rocking wednesday lisa



IT'S...161DAYS TILL BERG 2012!

the perfect day:  
going to bed with a dream & waking up with a purpose  
unknown