



BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2013

Volume 24 Issue 9 August-September 2014

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AGM News and the End of Winter



The ACT Government assists the BGCC through Sport and Recreation ACT



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President's Report: Kiaran Lomas

At the time of publishing this edition of *Blazing Paddles* the club will have elected a new committee so this is my final report for the 2013-2014 year.

I would like to take the opportunity to thank the outgoing committee for their efforts throughout the year. In my first editorial of *Blazing Paddles* I noted the club's focus would come from the four tenets of the Strategic Plan. With the help of the committee, convenors, and other volunteers, I believe the club has progressed towards its strategic goals.

The Strategic Plan focused on performance, participation, development, and social activities. There were also several major efforts occurring in the background which will continue under the guidance of the new committee. The first of these is the boat shed extension with Bob Collins at the helm, progressing the plans and approvals for the construction of the extension. This objective was made difficult with an unsuccessful application for a grant to add to the funding to assist in this development. Other initiatives have been put in place and we hope that construction will commence during the next year.

We have also paid a lot of attention to the training and further development of instructors, coaches and guides for the club. This work is a requirement for insurance and to ensure the professionalism of the club. The new committee will be continuing this work.

On the performance side of the house, we retained the Brian Norman Trophy which is the PaddleNSW Marathon Series award and are well on the way to securing this trophy for the third consecutive year if the club's paddlers continue to gain excellent results. In addition there was also the successful Canoe Polo campaign at the national championships bringing home two victories. But for me the most significant achievement is the selection of Ben Rake and Margi Bohm on the Australian Team for the forthcoming Marathon World Championships.

From a social perspective, we have achieved record club membership numbers and held a number of successful events, the Birthday Dinner, Mothers' Day Race, BBQs, Bash Dinner and new this year was a Cross Over Day held in conjunction with the Ice Dragons.

Looking back at the year a lot has been achieved on the water by paddlers. There are reports provided by the respective convenors detailing the achievements within the disciplines. I would like to highlight a couple of achievements which are demonstrations of the club's commendable efforts:

- Canoe polo hosted a successful national championship event. The conduct of this event alone was a great credit to the convenors and volunteers from the club who made this event happen. It also aided our application to secure the Marathon Nationals for 2015.
- For flat water and marathon the club hosted the largest PaddleNSW marathon series event. This demonstrated that the club could hold a major competition successfully and also established a sound foundation for this year's marathon series. With the marathon series race, the club is placed in a good

position to be able to host both the national marathon championships and the PaddleNSW competition event next year.

- The 24-hour challenge held in November 2013 raised over \$5000 for Marymead. Credit goes to Ceara Clark for leading the planning of this event.
- Successful campaigns in the Hawkesbury Classic, Murray River Marathon, and the Murray 200 had the club flag proudly flown. Credit is given to the paddlers, and especially the land crews who supported the club's paddlers through these events.
- Finally, and in my opinion most importantly, is the efforts by the volunteers in the club. Whether it be running the barbecue, timekeeping, triathlon rescue, training courses, coaches, working bees, editing *Blazing Paddles* and other such club activities, these would not be possible if it were not for the time and effort from volunteers in the club. It hard to name all the people to recognise their efforts to support the club. Last year we did however highlight one person's contribution: Helen Tongway, with a nomination in the ACT Sportstar of the year awards. She was ranked as a finalist for the ACT Sportstar of the year but unfortunately was beaten by the nomination from ACT Rowing. Nevertheless a great outcome for Helen and the club.

Finally, Enjoy your Paddling.

From the Editor's Desk: Scott MacWilliam

Spring is in the air, probably unfortunately for those who suffer each year from seeds and flowers. It is also in with the new in another respect, even if many of the old retained positions at the AGM held, appropriately, on the first day of spring. There are however some new people in key positions, including Litsa Polygerinos as Secretary. (A full list of office-bearers appears below.) There is also a newly filled position of sponsorship officer, held by Mike Iliff, as well as a new SUP convener, Lincoln Gibson, Social Convener Emily Gibson and two new committee members Jon Bell and Roland Mangos. Emily made an auspicious entry into the list of office bearers by not attending the AGM and was thus unable to decline her nomination to the position, carried by universal acclaim.

John Preston's Report continues to bring good news, including for the club's attempt to win a third consecutive marathon series. John rightly starts with the club's best wishes for the coming appearance of two BGCC members, Margi Bohm and Ben Rake and an honorary affiliate of the club, Alex Neilson, at the World Championships being held this month in Oklahoma City. The recent performances of Ben and Alex in the PaddleNSW marathon series augur well for their performances. Hitting their straps at just the right time says much about the training schedules these two have been undertaking..

The club is also well known for its attention to social activities and this issue of *Blazing Paddles* carries a lengthy report from Patricia Ashton about the public events of an intrepid group who went to Samoa for adventure. As well as their bravery on the water, the group also faced up to cold showers, massages, tropical nights and a range of other dangers.

Vice-President's Report on Shed Extension: Bob Collins

While the club negotiates to have our current licence for the shed transferred into a lease of the site, which should give us more ability to determine what happens to our facilities, the recent AGM has taken a major step forward in two directions. Firstly, a Building Extension Fund has been established for the sole purpose of funding the proposed development. With an initial \$55,000 and plans to make further additions on a regular basis, at last there is a measured financial commitment which can be used to assist further fundraising efforts. Secondly, the club has been fortunate enough to find a member willing to take on the task of coordinating fund-raising for the

extension. While there has been no shortage of ideas of how to increase our funds for this purpose, so far there has been no coordinating of these suggestions and subsequent efforts. At the AGM **Mike Iliff** enthusiastically volunteered to be the Sponsorship Convener, so expect to meet him very soon looking for ideas and ...MONEY!

Should you have any questions or suggestions, I can be contacted on bobcollins@grapevine.com.au

Bob Collins
BGCC Shed Extension Sub-Committee

Secretary's Information: Tom Hick

In case you missed the Annual General Meeting and General Meeting that followed.

It was just last night as I write this and I haven't sorted the Minutes yet but the Editor has asked that I get him something ASAP for the next edition of Blazing Paddles. I'll not bore you with tales of red herrings and rabbit holes as both meetings actually went very well. We had a good turnout of Members and some very positive reports on activities in the last year came in. It is very clear that the Club is very much an organisation doing things and providing opportunities for Members.

It was very pleasing that we were able to fill all the key positions without difficulty and not having to resort to elections saved a lot of time. Appointments of Club Officials for the coming year from last night's AGM were:

- President - Kieran LOMAS
- Vice President - Bob COLLINS
- Secretary - Litsa POLYGERINOS
- Treasurer - Mark RAYMOND
- Boat Captain - Rob WILSON
- Assistant Boat Captain - Scott MacWILLIAM
- Editor - Scott MacWILLIAM
- Social Convenor - Emily WILSON
- Triathlon Convenor - Bob COLLINS
- Coaching Convenor - Gary RAKE
- Beginners Convenor - Patricia ASHTON
- Junior Convenor - Cherie REID
- Club Delegate - John PRESTON
- Publicity - Craig KENTWELL
- Sponsorship - Mike ILIFF
- Marathon National Championship Convenor - John PRESTON
- Training Convenor - Tom HICK
- Committee - Jon BELL
- Committee - Roland MANGOS
- Sprint Convenor - Kieran LOMAS
- Flatwater Convenor - John PRESTON
- Bay Area Convenor - Carolyn WILLIAMS
- Ocean Racing Convenor - Stephen BUNNEY
- SUP Convenor - Lincoln GIBSON
- Membership Secretary - Helen TONGWAY

Some of the jobs are much bigger than they sound and all of the above would appreciate anything you can do to assist them in getting things done. It's often the simple things that you can help with that provide the most benefit. Volunteering as a Time-Trial Timekeeper or to do the cooking at a BBQ is always appreciated.

Following the AGM the new Committee met for the first time. It was a short meeting at which, in no particular order:

- Gary R raised the issue of Club Uniforms with a proposal which will now be widely circulated around the Club;
- Bob C gave an update on the Shed extension which led into how we can't currently afford it, quarantining \$s so they aren't squandered, fund raising options and in how many stages we might proceed. In short, we can't currently afford an extension and need to continue saving money; (Ed. See above.)
- Working With Vulnerable People (WWVP) got another run as it now appears that accreditation needs to be obtained from the jurisdiction in which the activity originates or occurs. Current thinking is that someone cleared in NSW is not able to work with Vulnerable People in Club activities in the ACT. It was less clear if an ACT cleared person also needed NSW clearance to travel with Vulnerable people to Club activities conducted in NSW. It would be nice if WWVP clearances were like a drivers' licences and recognised nationally. As with all legal issues, this could take some time to resolve. In the meantime, anyone planning on WWVP at Molonglo Reach should as a minimum get an ACT clearance and anyone thinking that maybe they'd WWVP in NSW at maybe Nelligen or taking Juniors to a M10 Series race in NSW ought to consider getting cleared in NSW. As Bob C puts it, "Bureaucracy gone mad" but accreditation is free for volunteers and when a breach could result in a hefty fine, a bit of prevention is worthwhile; and
- How to manage Touring trips in the absence of people qualified (Australian Canoeing Guides etc.) to lead trips. This is more of the Duty of Care issue that I touched on in my other article. In essence, Members individually and collectively can do and go wherever they like and organise any number of Peer activities. In organising any event or trip, we need to maintain a very clear distinction between Peer activities which are essentially a group of like-minded and self-reliant individuals who have no expectation of each other beyond the common purpose and those activities where there is a clear Leader/Organiser from whom people have an expectation of competent Leadership and qualified Assistance if needed. A touring Group trip can very easily be a Peer activity whereas whenever someone pays a fee to do something they have an expectation that the people running it are competent and qualified to do so.

Membership and Other Matters: Tom Hick

Growing pains and changes happening around the Club

When I joined, the Club had just over 100 Members and most had their picture up on the Photo Wall in the Clubhouse. In the year just past, 2013/14 Membership went out beyond 360. For a small Club, this has brought a number of challenges, not the least of which is identity and having to consciously run the Club for the benefit of all Members regardless of the type of paddling they do. Choices have to be made to avoid fracturing the Club and having a Discipline form their own organisation. Personally, I'm against splitting as having one single voice in dealing with Government agencies representing 300+ Members is better. Additionally, as I understand the history of the Club it is itself an offshoot from another Club so we'd just be repeating rather than learning from history.

With over 300 Members, it is no longer practical to chase people for photos or to display them all. The photo would have come down to something approaching the size of a small postage stamp. As has been shown recently, if professionals can't manage to identify people from a passport photo there is not much hope of an amateur doing it from a small postage stamp sized photo. Couple that with the introduction of the Working With Vulnerable People (WWVP) requirements and the need for us as an organisation to ensure that anyone dealing with Vulnerable People in the Club is accredited and the Photo Wall has outlived its practical life. In the near future, we will be replacing the photo wall with a "who can I talk to" noticeboard. On the noticeboard we intend to put up details of the key Club Officials, Qualified Coaches/Instructors and those who are accredited to work with Vulnerable People.

As an organisation, we've grown beyond the small friendly 'everyone knows everyone' stage. We offer services to the Public in a number of areas and last season ran 3 very successful and large weekend events. This season is unlikely to be any less busy with the National Marathon Championships just around the corner at Easter. We've got assets and money in the bank towards extending the Shed for which we have over 100 Members who have a Key. Revenues from Memberships, Entry Fees, Grants etc., whilst not enough for me to retire to the South of France on have grown with the Membership. The Committee is effectively running a small business larger and significantly more successfully than some others.

Some of the Disciplines are now almost as big as the Club when I joined. I don't wish to slight Marathon Paddlers who have brought the Championship to the Club for the last 2 years or the SUPaddlers who are another well organised group in the Club, but special mention has to go to the Canoe Polo Discipline which ran their National Championships at Easter this year and had many of the competitors describing it as the best in the last decade, setting a very high bar for the Marathon Championships next Easter.

Despite the growth and strength of these Disciplines, there is no doubt that we are still a very friendly and extremely cooperative organisation with a lot of people contributing a great deal. I hate paperwork and bureaucracy but, our small business is now too big and diverse for a small Committee of volunteers to effectively manage on a social basis. Sadly, it is time to install some formal governance arrangements to reduce risk not just to the Club but for New Members who don't have experience and might slip through the cracks with our induction process and end up getting hurt. As an organisation, we are assisting Juniors and over people over 70 onto the water, in some cases with the barest minimum of training and no supervision. It is easy to say that these Adults and that Juniors must be supervised by someone with a WWVP card but that is a bit simplistic. An outsider (parent/coroner) might expect that as an Australian Canoeing Member Organisation we would not only comply with the WWVP legislation but have qualified Instructors and Coaches who would check that people were "safe" before we let them loose on the water.

We are blessed and I mean blessed in the context of being lucky as very few Clubs are better off than us in respect of our large number of knowledgeable, dedicated, approachable and genuinely helpful Australian Canoeing qualified Coaches (didn't want to be defrocked or excommunicated) without whom the State Marathon Championship would reside elsewhere. Coaches are trained to take Paddlers and improve their technique, fitness and skills mainly for competition. Coaches are the backbone of our beginners and introductory programs so it is not surprising that assumptions are made about swimming ability, that people are moved through and into competition type boats without a lot of emphasis on basic boat handling skills. Until now, there has been no formal assessment of safe ability before people have been able to use a Club Boat unsupervised or be issued with Key to the Shed. 'Till now, we've been lucky with only a couple of Hypothermia cases to talk about. Now our beginners and introductory courses have been reviewed.

To assist in managing the Club's duty of care to Members:

- All new applications for using Club Boats unsupervised or a Shed Key will have to demonstrate to a Coach or Instructor some basic skills including a capsize and recovery before the Committee will consider it; and
- Existing Members who use Boats or are Key-holders will have until the end of the current membership year i.e., 30 June 2015 to be assessed. 99% of you already know a Coach or an Instructor who has seen you in action and is ready to tick the box for you.

We are desperately short of Instructors and there are a number of reasons for this situation. Possibly the main one being that Australian Canoeing, my words, requires that all Instructors have the skills and experience to able to lead a group of paying beginners on a commercial overnight camping trip. AC do not support Club, Peer or Light Instructor qualifications that would allow for people who can't or don't want to go camping and sleeping in tents. We at BGCC are an AC organisation and therefor, while we might not agree with all aspects of AC, have to follow their official line and can't just create our own Club Instructor qualification. Getting to be an Instructor can be a fair pain, particularly if you go on a course expecting to be qualified at the end only to find out the hard

way there is a homework assignment and you need to come back for Assessment i.e. your 2 day course is suddenly 4 days - 2 days plus a day of putting together your homework and then another day trip somewhere to be assessed. Throw in a requirement for a First Aid Certificate and demonstrating a host of what I call the "boy scout" aspects (weather, knots, navigation etc.) including camping, and a number of people are excluded before they can start. If anyone wants to be an Instructor please get in touch and we'll get you on a path to achieving it. The first step is to start keeping a log book of your paddling.

BGCC MEMBERSHIP RENEWAL NOW DUE: Helen Tongway

First a big Thank You to the **219** paddlers who have already renewed their memberships. There is no need for you to read any further in this article ☺

However, there are still as many more of you who haven't renewed!

If you haven't re-joined PNSW, you are no longer insured and may not take part in any BGCC or PNSW organised events. No Series Races; No Canoe Polo on Wednesday evenings; No time trials; No organised Touring trips; No coaching sessions; No advertised events at all; etc., etc., etc.

For those members who have hired a Club Shed key, we need your renewal of membership and payment of the key-hire fee or we may ask you to return it to us. Many people are after shed keys and when you signed up for your key, you agreed that you must be a current BGCC member. There are about **30** of you with keys who are still to pay!

For those who have the privilege of storing their own private boat in the Club Shed – you **had** until the end of July to pay your Platinum Membership Fees, or you **can** be asked to remove your boat from the shed so that the next club member on the waiting list can put their boat in the shed. There are **5** of you still to pay!

If you are having difficulties with your payment – please contact me about it and we can work something out, I am sure. Email me at: membership@bgcc.org.au



FUND RAISING

Entertainment Books

BGCC are selling the Entertainment Book to raise funds for the club. This year you have a choice—to purchase the popular Entertainment Book, or, the brand new Entertainment Digital Membership to use on your iPhone or Android smartphone. Whichever you choose, memberships are packed with hundreds of up to 50% off and 2---for---1 offers valued at over \$20,000, that you can enjoy until June 2015. To purchase either option, simply make your payment via our secure online payment page at:

<https://www.entertainmentbook.com.au/orderbooks/23533t>

CONVENERS' REPORTS

Canoe Polo Convener's Report: Rowan Holt

Finally, the light at the end of the winter tunnel is shining through and the explosive action of another paddling season is upon us. Although we are highly appreciative of the Lakeside Leisure Centre at Tuggeranong for the use of their pool over the bone chilling winter months, we are all looking forward to returning to regular polo sessions at Molonglo Reach.

A brave few have been taking on the inhospitable waters on Monday nights to boost their fitness in time for the oncoming season, which sees Canberra once again host the Australian Canoe Polo Summer Series opener, the Canberra Invitational, on November 1 & 2. Additionally and prior to the Canberra Invitational, we hope to field a couple of teams in the first event of a new round-robin competition being implemented this year and next. Targeting new and intermediate players, with an A grade competition thrown into the mix to accommodate all polo players in the region, the round-robin competition will see Sydney, Shoalhaven and the Burley Griffin Canoe Clubs work together to improve the level of competition that currently exists within NSW and the ACT. The first event will take place in Penrith on October 18. Burley Griffin and Shoalhaven will host competitions in early 2015. The upcoming Summer Series also acts as a series of selection events for the Australian Teams competing at the 2015 Oceania Canoe Polo Championships, which will take place at Nagambie Lakes in Victoria in April. A number of Burley Griffin Paddlers have indicated their intent to nominate for a position on the Australian Teams. Of the expected nominees includes the members of the ACT Veterans team, the current Australian Champions in the Veterans (+35 years) category.

The Sunday Sessions at the pool are still taking place with many happy paddlers enjoying the opportunity to learn the basics of paddling in a controlled, and warm, environment. Please contact canoepolo@bgcc.org.au if you would like to join us at a Sunday Session. Here's to a great Season of paddling!

Flatwater Convener's Report: John Preston



Oklahoma Bound: The World Championships are being held in Oklahoma City, USA, in September. We have 2 paddlers representing Australia, PNSW and therefore BGCC. Ben Rake forced his way into the team with a gutsy performance in the Australian Championships in Ballarat last Easter. His effort there saw him gain a place in the doubles where he is partnered up with Alex Neilson from the Ivanhoe Club in Victoria. Margi Bohm is in the Australian team having once again dominated her age group at the Nationals in Ballarat. Margi is a seasoned campaigner and will no doubt prove difficult to beat on the World stage.

BGCC wish Ben, Alex and Margi a safe and successful trip and hope to be reading about their exploits in a future edition of Blazing Paddles.





Pictured in the foreground are Ben Rake and Alex Neilson at the start of a Div 1 race in Windsor.

For a look at the Oklahoma City course click here: <https://www.facebook.com/CanoeMarathonOKC>

Tom Balaam: Tom Balaam from Windsor Canoe Club and PNSW has had enough of the cold winter weather at Windsor and has moved up to Brisbane. In recent years Tom has done a great deal to foster marathon paddling in NSW. Tom helped our club re-establish our reputation as a provider of great marathon races after a controversial race held in notoriously harsh conditions a number of years ago threatened to see us lose our race in the marathon series. Tom is famous for his “Damn Canberra paddlers” remark as we earned yet another award in one of the series races. BGCC thank Tom for his contribution to our sport and we hope to catch up with him when the Nationals are held in Queensland.

Brian Norman Trophy: As can easily be seen by the table presented below we still hold a very strong lead in the Brian Norman Trophy for the 2014 club competition. There are just 2 rounds to go in this year’s club championships but we can’t assume we have it wrapped up. With the next races being held only a week since the last one it will be a challenge for us to muster up the troops to make the trip to Lane Cove. Hopefully a few more of our injured and/or sick paddlers will have recovered enough to bolster the numbers who compete. It would be good to hold an unassailable position prior to going to the Wagga race and the presentation dinner.

Race 8 – Swallow Rock, Port Hacking

Once again a Marathon 10 race was held in less than ideal conditions. The poor weather was exacerbated by a very large vessel which seemed to be doing a looped course of its own. The resultant wash created havoc with some of the contestants and made for a challenging race.

Ben Rake and Alex Nielson overcame the conditions and the opposition to win Div 1. They were determined to finish off the Marathon 10 series with a win. Well done guys, great preparation for the big race ahead. Congratulations are also extended to James French who looks like his fast time in Div 2 should see him promoted to Div 1.

Thanks to all of those who made the trip to Grays Point (Sydney) for this race. The effort made saw us move further ahead in the Brian Norman Trophy club point score. With 2 rounds to go we are looking good. A similar effort by club members at Lane Cove should see us home.

Division 1

Pos	Boat	Paddler	Club	Time
1	104	Ben Rake Alex Nielson	BGCC	01:55:54

Division 2

Pos	Boat	Paddler	Club	Time
2	216	James French	BGCC	01:37:22
10	206	Clare & Russell Lutton	BGCC	01:41:53
12	229	Shane Lund	BGCC	01:42:52
14	209	Gary Rake	BGCC	01:44:41

Division 3

Pos	Boat	Paddler	Club	Time
7	304	Paul O'Neill	BGCC	01:46:52
8	309	Roy Willis Peter Fane	BGCC	01:47:57

Division 4

Pos	Boat	Paddler	Club	Time
6	426	Patricia Ashton Bob Collins	BGCC	01:51:27
9	422	Graeme Ison	BGCC	01:54:33

Division 6

Pos	Boat	Paddler	Club	Time
4	606	Allan Newhouse	BGCC	02:02:57
5	620	John Lockie Helen Tongway	BGCC	02:03:29
DNF	632	Stephanie Rake	BGCC	-

Division 7

Pos	Boat	Paddler	Club	Time
4	711	Kiaran Lomas	BGCC	02:17:05

Division 8

Pos	Boat	Paddler	Club	Time
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1	836	Stephen Ison	BGCC	01:18:19
5	821	Margi Bohm	BGCC	01:23:52
13	826	Madeline Chard	BGCC	01:35:24

Division 10

Pos	Boat	Paddler	Club	Time
RNK	1019	Paul Hartlipp Melissa Hartlipp	BGCC	01:00:35

Division 11

Pos	Boat	Paddler	Club	Time
2	1122	Mike Iliff	BGCC	00:59:48
8	1113	Litsa Polygerinos	BGCC	01:06:34
DNF	1123	Carolyn Williams	BGCC	-

Code Club Name Points

BGCC	Burley Griffin Canoe Club	436
MWKC	Manly Warringah Kayak Club	316
LCRK	Lane Cove River Kayakers	306
WCC	Windsor Canoe Club	212
CCCC	Central Coast Canoe Club	204
CSKC	Cronulla Sutherland Kayak Club	184
SSP	Southside Paddlers	166
PVC	Penrith Valley Canoeing	88
SSCC	Sutherland Shire Canoe Club	86
HVCC	Hunter Valley Canoe Club	38
JP	Just Paddlers	22

WBCC	Wagga Bidgee Canoe Club	16
StGKC	St George Kayak Club	14
SYDU	Sydney Uni	14
ACCA	Dragon boats	10
ICC	Illawarra Canoe Club	10
MMCC		4
PDDBOCC	Pacific Dragons	4
GLCC	Great Lakes Canoe Club	2

For the latest photos from the 2014 Marathon series click here:
[2http://www.paddlensw.org.au/blog/latest-marathon-10-series-photo-album](http://www.paddlensw.org.au/blog/latest-marathon-10-series-photo-album)

Race 7 - Windsor

Windsor proved to be yet another good race for BGCC. Despite a number of our paddlers being unavailable for various reasons we were still able to score enough club points to maintain a strong lead in the championship points score. It was a warm day by Canberra standards yet the Sydneysiders were still whinging about the cold conditions. I guess the early fog was part of the problem. The racing was vigorous and we didn't earn as many podium points as we have in other races. Our team spirit shone through with many of our paddlers doing portages and paddling K1's in order to maximise club points. Well done to those who sacrifice possible personal glory to ensure that we are contenders in the club championship.

Division 1 - 25 km

Pos	Boat	Paddler	Club	Time
RNK	104	Ben Rake Alex Nielson	BGCC	01:56:08

Division 2 - 20 km

Pos	Boat	Paddler	Club	Time
6	229	Shane Lund	BGCC	01:43:00
8	209	Gary Rake	BGCC	01:44:09

Division 3 - 20 km

Pos	Boat	Paddler	Club	Time
9	309	Roy Willis Peter Fane	BGCC	01:47:36

Division 5 - 20 km

Pos	Boat	Paddler	Club	Time
2	501	Graeme Ison	BGCC	01:53:34

Division 6 - 20 km

Pos	Boat	Paddler	Club	Time
8	632	Stephanie Rake	BGCC	02:02:01
10	606	Allan Newhouse	BGCC	02:03:53
11	620	John Lockie Helen Tongway	BGCC	02:04:45

Division 8 - 15 km

Pos	Boat	Paddler	Club	Time
2	836	Stephen Ison	BGCC	01:20:13
4	821	Margi Bohm	BGCC	01:25:24
10	805	Graeme Bacon	BGCC	01:33:39

Division 10 - 10 km Start time: 11:12:46 AM Time to paddle: 55 mins to 1 hr

Pos	Boat	Paddler	Club	Time
7	1023	Madeline Chard	BGCC	01:04:51
8	1018	Julia Bowett	BGCC	01:05:49

Division 11 - 10 km

Pos	Boat	Paddler	Club	Time
3	1122	Mike Iliff	BGCC	01:01:29
13	1106	Ian Castell-Brown	BGCC	01:08:48

Race 6 – Burrill Lake

If you go to Burrill Lake to race make sure you are prepared for a windy day. This was the expectation as our members reminisced about last year's race and thought about the forecast conditions for this year's event. Luckily the forecast turned out not to be as dire as was expected but nevertheless it was still damn windy. Those of us who were able to cope with the conditions the best did well. Some struggled because they raced in tippy boats while others struggled because they don't handle paddling into the wind very well. Nevertheless by all accounts we did very well across the board to add further to our club points tally.

Division 1 - 25 km

Pos	Boat	Paddler	Club	Time
8	112	Ben Rake	BGCC	02:09:19

Division 2 - 20 km

Pos	Boat	Paddler	Club	Time
1	232	Simon Stenhouse	BGCC	01:40:08

3	229	Shane Lund	BGCC	01:40:17
5	216	James French	BGCC	01:41:06
12	206	Clare & Russell Lutton	BGCC	01:46:20
14	209	Gary Rake	BGCC	01:47:58

Division 3 - 20 km

Pos	Boat	Paddler	Club	Time
6	309	Roy Willis Peter Fane	BGCC	01:51:37

Division 4 - 20 km

Pos	Boat	Paddler	Club	Time
9	425	Graeme Ison	BGCC	02:02:16
10	405	John Duffy	LCRK	02:03:02

Division 5 - 20 km

Pos	Boat	Paddler	Club	Time
9	506	Paul Hartlipp	BGCC	02:11:46

Division 6 - 20 km

Pos	Boat	Paddler	Club	Time
3	620	John Lockie Helen Tongway	BGCC	02:08:36
4	606	Allan Newhouse	BGCC	02:08:43
DNF	622	Gabrielle Hurley	BGCC	-

Division 7 - 20 km

Pos	Boat	Paddler	Club	Time
2	711	Kiaran Lomas	BGCC	02:18:14

Division 8 - 15 km

Pos	Boat	Paddler	Club	Time
1	836	Stephen Ison	BGCC	01:22:45
11	805	Graeme Bacon	BGCC	01:35:05

Division 9 - 10 km

Pos	Boat	Paddler	Club	Time
1	907	Margi Bohm	BGCC	00:58:27

Division 10 - 10 km

Pos	Boat	Paddler	Club	Time
1	1000	Gerard O'Dea	BGCC	00:56:11
6	1005	James Suthern	BGCC	01:13:02

Division 11 - 10 km Start time: 12:16:18 PM Time to paddle: Greater than 1hr

Pos	Boat	Paddler	Club	Time
4	1113	Litsa Polygerinos	BGCC	01:06:24
5	1115	Russell Murphy Melissa Hartlipp	BGCC	01:06:38
8	1123	Carolyn Williams	BGCC	01:11:21
11	1106	Ian Castell-Brown	BGCC	01:14:04
13	1101	Ceara Clark	BGCC	01:24:15
DNF	1119	Angus Whitford	BGCC	-

WETSPOT WINTER TIME TRIALS: With only a month to go in this year's Wetspot Winter Time Trial series there is a close contest with Julia Bowett, Mike Iliff, Malcolm Hall, Gerard O'Dea, Kiaran Lomas and Helen Tongway all still in contention. Whoever comes out on top will be someone who hasn't won it before. Thanks to all those who have helped with the time keeping over winter and also to Nick Grey who publishes the results and the points. See the club website for the latest point score and results.

Please note: The Wetspot Summer Time Trials commence on Wednesday the 8th October.

Sunday Time Trials Program – August / September 2014

Sunday 14th September 9:30 start Molonglo Reach

Sunday 21st September 9:30 start Molonglo Reach



WETSPOT SUMMER TIME TRIALS

Wednesday evening time trials will commence on 8th October, 2014.

Marathon Series: Date and Venues.

- Round 10- Saturday 27th September: Final round and Series Presentation; Wagga Bidgee Canoe Club, Wagga Wagga.



13th September 2014 Tea Gardens NSW
Raising funds for 'CURE FOR LIFE'



47km course turn

Three distances: 47km, 27km, 12km
Four Start Times: 8am, 9am, 10am, 11am
Perpetual Trophies for:

- Fastest Single
- Fastest Double
- Fastest Female/s
- Fastest Junior
- Fastest Vet 50+
- Fastest V (vet 35+/Junior doubles combo)

Trophies and Lucky draw prizes

All paddlecraft welcome:
Kayaks, Skis, Outriggers, SUP's

Start/Finish

More details and enter online at
www.paddlenSW.org.au

For accommodation and tourist information, visit
www.greatlakes.org.au



Central Coast Canoe Club -30k race 5/10/2014

<http://www.paddlenSW.org.au/blog/central-coast-canoe-club-30km-race-05-10-2014>



The Hawkesbury Classic – 25/10 -26/10

<http://www.canoeclassic.asn.au/my/events/750>

2014/15 Sprint Season: The 2014 / 15 sprint season has commenced (see the program below). PNSW have developed a fantastic ½ day of sprint events in a series format which take place over the next few months. The format ensures that you don't sit around all day waiting to do just one race. Everyone gets to race over 1000m, 500m and 200m. You don't have to paddle a K1. SUP's, canoes, skis, outriggers and kayaks are all welcome. See PNSW website for more information.

<http://www.paddlensw.org.au/book/sprint>

<https://www.facebook.com/PaddleNSW.Sprint>



2014/15 Sprint Season Program

- Sprint Series Round 2: Sun 5 Oct 2014
- Sprint Series Round 3: Sun 2 Nov 2014
- Sprint Series Round 4: Sun 30 Nov 2014 2015
- NSW Sprint Championships: Sat 17-Sun 18 Jan 2015



Up-coming events:

- 2014 ICF World Canoe Marathon Championships - Oklahoma, USA
- 2015 Australian Canoe Marathon Championships – Canberra
- 2015 Masters Games - Adelaide
- 2015 ICF World Canoe Marathon Championships - Gyor, Hungary
- 2017 World Masters Games Auckland, New Zealand <http://go.oqilvy.co.nz/f00hs0r0WF000W2KCtDwl00>

Sprint season springs off! Round 1 of NSW Sprint Series: Keturah Whitford

The Sprint Season started on Sunday 24 August at the Sydney International Regatta Centre at Penrith. At 8 a.m. the mist was just rising from the water and so the Canberrans from BGCC were feeling right at home.

Competition started with the 1 kilometre races followed by the 500 metres and 200 metres. Finals were held in the 500 metre and 200 metre categories. Julia Bowett lead the BGCC team with fine times in all races with Madeline Chard and Mike Iloff hot on her heels (or perhaps that should be wash). Kiaran Lomas outperformed most SUPS as well as plenty of kayaks. Litsa Polygerinos and Angus Whitford also had great days. Litsa paddled a K1 for the first time in competition and Angus paddled a TK1 for the first time in competition. Angus gained a lot of experience from competing in this event and it was great to see a lot of other kids competing on the water. Round 2 of the Sprint series will be held on October 5 at the same great venue. It was a great day with a great atmosphere and it would be fantastic to have a good showing of all ages of BGCC members at the next event.

A picture of concentration-Angus Whitford



Steady as she goes-Litsa Polygerinos in an unfamiliar boat

Julia Bowett - all smiles



SUP Convener's Report: Jon Bell

SUP gear

An interesting article from Quickblade on what causes paddle shafts to break
<http://standupjournal.com/great-video-stand-paddle-shaft-breaks/>

SUPAA are running certification for race officials, more details here, including the October session in Australia: <http://supathletes.com/race-official-certification/>

SUPAA have also put out 20 Pro tips for a faster SUP race time <http://supathletes.com/20-pro-tips-faster-race-time/>

A few of our paddlers have been away at The Entrance doing the Academy of Surfing Instructors (ASI) SUP instructors courses. There are more sessions coming up, details here:
<http://www.academyofsurfing.com/stand-up-paddle>

Some of our members have been travelling with their inflatable boards, below are pictures from Emily and Lincoln in Far North Queensland and Pete in Canada. Pete has been posting pictures and stories of his adventures here www.supete.blogspot.com.au.



SUP results

Makai @ Burrill

Thanks to the Makai Paddlers for hosting a fun event at Burrill Lake on the weekend. Litsa, Kieran and Jon paddled for Capital SUP/BGCC, with Litsa winning the women's race. Well done to Paul from the Husky SUP Club who won the men's race.

SUPYAKSKI RACE

The first SUPyaki race was held by Capital SUP/BGCC on 3 August. Well done to Pete Garbutt - 1st, Ben Rake - 2nd, Scott Hunter - 3rd. Thanks to Ben, Aidan and others for putting the race together, which included a 3.8 km lap on SUP boards, followed by a 3.8 km lap on either a kayak or a ski. Thanks also to Kieran Lomas for time keeping, setup and boat wrangling. Pete powered away from the start line and built a handy lead of about 2 minutes throughout the SUP leg. Scotty was the engine for a 4 board drafting train until the first turn, where he used his skills to execute a tight hook turn, drop the excess baggage behind him and paddle away into second at the transition. It was always going to be interesting once Ben got off the board and he zipped through the transition and set about chasing Scotty. With two thirds of a lap to go, Ben was closing in on Pete with every stroke, almost catching Pete and finishing only a few seconds behind.

SUP events coming up

- 15-19 October, Australian titles SUP racing and SUP surfing, Currumbin Alley, QLD, <http://www.surfingaustralia.com/event.php?id=1174>
- 25 October, Shoalhaven river festival <https://www.facebook.com/events/636059126471766/>
- 27-30 November Merimbula Classic <http://www.merimbulasailboardclub.com.au/>
- 6-7 December 2014, BGCC 24-hour, <https://www.facebook.com/events/1481846998715871/>

South Coast Convener's Report: Carolyn Williams

Another two races in the Marathon 10 series are done, with Lake Burrill being a rather windy affair and Windsor being absolutely perfect. Our usual contingent of Coast paddlers were able to get to both races with Steve Ison coming in at number one and two respectively in Div 8 and Graeme Ison coming in second in Div 5 at the Windsor race. Allan Newhouse is still in the running for an overall place at the end of the season in Div 6. Ian C-B capped off his race by returning the next day for the Makai event and trying out one of Kieran's SUPs. Is there no challenge too big for this man???

The club events have been varied over the last couple of months, including a highly successful coaching clinic run by the club's coaching co-ordinator, Gary Rake. Despite predictions, the weather was kind enough and the 10 paddlers involved got valuable instruction and training ideas from Gary. Many thanks to Gary for taking the time to put together such an interesting session – we hope to be able to do it again!

Another event on the winter calendar was the Tuross Paddle, co-ordinated by local Allan Newhouse. Unfortunately this weekend coincided with a lot of other activities for our members and only four were able to be there. However, all reported a fabulous paddle of Lake Tuross, ably guided by Allan and it is another activity that will held again.

The boat swap morning didn't turn into that – the boats and paddlers available did not really match up for much swapping, so the decision was made to be adventurous and head up river! It was a stunning morning with sun shining and magnificent silence – a truly marvellous way to start the weekend.

The next couple of weeks is busy with two M10 races – good luck to all those competing.

Happy paddling

Carolyn Williams

Guess Whom?

Grandpa Russl and friend



Ageless Ian mastering yet another skill

South Coast Stable



Coaches' Corner: Gary Rake

Coaching Comments – South Coast Clinic

On 2 August 2014, I conducted a coaching clinic on the Clyde River at Nelligen - primarily for our south coast members.

In the weeks leading up to the clinic, paddlers had submitted the following topics or questions for the clinic:

- 1 - How to go fast?
- 2 - The correct angle of the blade as it enters the water and how to get it right?
- 3 - How to get the paddle vertical?
- 4 - Checking paddle length and seating position
- 5 - General stroke assessment

In response to these issues, here is an overview of the session we ran.

Part 1: All the theory bits.

For the first half hour, we did land-based work ground work. We focused on the feeling of rotation, leg drive, and hand height.

We assessed each paddler's individual flexibility while seated in the paddling position to identify any particular areas that needed attention. One of the key elements was each person trying to get their own muscle memory working - trying to work out what feeling they needed to recreate out on the water to fix any of their areas of concern.

We also took some time to play with a rope-pulley training tool...a great warm up tool (I will focus on this tool in a future article and show how to build one).

Part 2: Boat, paddle and paddler setup

In the second 30 minute spell, we got everyone out on the water. As each paddler got on the water, we did a fresh assessment of their seating position and gear setup, including leg length and paddle length.

We did some drills to encourage a good catch and pull with vertical blade entry and close tracking of the paddle blade down the side of the boat.

Part 3: Seating position and weight distribution

We started the second hour on dry land again, this time focusing on the distribution of weight through our seats. The aim is always to be putting your weight on the same side as your stroke.

Sitting on the ground in paddling position, we each tucked our hands just under our backside and moved our legs to simulate leg drive. Feeling the pressure move on and off our hands as we moved our legs, gave us a good sense of how much we were moving our weight from side to side.

We then got the paddlers back on the water to practice it. Correct weight distribution is very difficult and most paddlers tend to put their weight on the wrong side during each stroke. When we do this, we are basically falling away from the stroke - missing out on power and speed.

Sure enough, when we assessed paddlers on water most were not sitting on the stroke. So we did some drills to practice getting it right. Pleasingly, everyone was able to get some improvement in just a very short period of time.

Part 4: How to go fast!

In the last part of the clinic, I gave the paddlers a little 'chant' they go through any time they wanted to go faster.

'Is my stroke long enough? Is my stroke strong enough? Is my stroke fast enough? Am I fit enough?'

Let's run through these points:

Is my stroke long enough?

Are you reaching forward for your catch? Is your top arm straight and your hand up at eye height before you reach into the catch? If not, you are probably taking a short stroke. If your stroke is just 5cm short...over the course of an hour (at just 60 strokes a minute), you'll be nearly 200m behind. If its 20cm short at 80 strokes a minute...you'll be more than 700m behind!

To fix this, do reach and catch drills. Reach as far forward as you can on each stroke – nice straight top arm. It will help if you feel like you are leaning forward a little bit in the boat too. Make sure you are rotating to bring your lead shoulder forward...not just rounding your shoulders to make it look like one is coming forward!

Is my stroke strong enough?

This one is quite simple...are you hitting the water with real intent on each stroke? Or are you just going through the motions? Are you pulling with a bit of force?

To fix this, do drills where you focus on the effort and force of each stroke quite deliberately. As you take each stroke, think to yourself 'Hit!' 'Hit!' 'Hit!' Make sure the stroke is stronger but don't accidentally fall in to the trap of just taking faster strokes...you can focus on that another time.

Is my stroke fast enough?

A marathon race-pace stroke rate is between 70 and 80 single strokes per minute. I sit up near 80. Most of the people in the clinic were sitting below 70. If you lift your stroke rate by just 2 per minute, you can achieve a 3% increase in speed. This might not seem like much, but the speed change to move to a higher division in the marathon series is only 5%! This is a gain worth getting if you can.

To fix this, you'll need to work out your stroke rate and then set yourself a new target rate. You can count strokes while looking at your stop watch or you can use a cadence meter linked to your GPS.

Once you know your normal rate and target rate, do short intervals where you focus on lifting your stroke rate by just a few strokes per minute. Gradually lengthen the intervals until you can hold the target rate for all of your hard training sessions. Then make sure you consciously bring it into play the next time you race.

Am I fit enough?

This is, perhaps, the cruelest assessment of all. But, deep down, each and every one of us knows whether we have taken our training seriously or not.

There's the simple old adage '*No pain, no gain!*'. And for the deeper thinkers, there is another, more philosophical version... '*Know pain, Know gain.*'

In short, to go faster, you'll need to ensure you have a training plan that works towards that goal and you'll need to follow the plan. If you need advice or help with a training plan...please don't hesitate to ask a club coach. That's what we are here for!

Wrap up...

We had great weather throughout the clinic and I think (hope) we all had fun and found it worthwhile. I certainly appreciate the invitation to run the clinic and had a great time doing so.

As is the tradition at Nelligen, we finished the morning with coffee, breakfast and lots of chatter. The south coast crew are an extremely friendly bunch and I really enjoy hanging out with them. If you haven't been to a time trial at Nelligen...I highly recommend it!

BGCC New Member Induction sessions and Introduction to Paddling courses: Patricia Ashton.

The club's 'education committee' has been looking at minimising risk during our Introduction to Kayaking courses and our New Member induction sessions.

Below is an outline of both the Intro course which we were running as a one-off - now called 'A Taste of Paddling', and Induction sessions which we hope to put in place for ALL new members.

If you know of people wanting to join the club - please note that ALL NEW MEMBERS WILL NEED TO COME TO THE INDUCTION SESSIONS ON THE 1ST SUNDAY OF THE MONTH. They will then be required to attend 2 follow-on sessions.

PLEASE DON'T TAKE OUT NEW MEMBERS (whether they are FRIENDS or FAMILY) until they have completed the Induction course. (There will be separate arrangements made for experienced paddlers).

As you can see below, we'll be offering 3 compulsory sessions before they are able to take out club boats unescorted, or apply for a shed key. It will also be compulsory for all new members to prove they can do a wet exit and swim their boat to shore.

Existing members will need to demonstrate the ability to either roll, re-enter or wet exit and swim their boats to shore during this membership year. More to come on this later.

As you can see there is quite a lot of work to be put into these sessions - over the last 2 years our Introduction to Paddling courses have made the club approximately \$8,000- so the courses are well worth keeping up. Our new members often feel unsure of what and how to do things, so hopefully offering them 6 hours of structured lessons will increase their boat skills, club knowledge and confidence.

As most of these sessions will be run by and/or assisted by Helen, Russell Murphy, Patricia, Bob, John Lockie and Tom, we'd love more people to help out. If you are able to assist with any of these sessions, or if you would be interested in doing an Instructors course, please let me know.

'A Taste of Paddling'

The Burley Griffin Canoe Club will hold 'A Taste of Paddling' sessions for those people who would like to try out kayaking. The sessions will be held on the Molonglo River in calm conditions close to shore. Participants will be able to try out a variety of boats, learn about equipment, boat handling, entry and exit techniques, basic paddling techniques and basic capsizing procedures. Participants are expected to be able to swim 50m.

Sessions will be run over 3 hours and cost \$95-. All boats, life jackets and paddles are provided.

Sunday 19th October 1 p.m. – 4 p.m.

Sunday 16th November 1 p.m. – 4 p.m.

Sunday 14th December 1 p.m. – 4 p.m.

Contact Patricia for more information.

Maybe BGCC Membership is better for you?

Alternatively, you may already know you like paddling - if so, just join the BGCC! Costs for both BGCC and PaddleNSW (our insurance component) are about \$120- till the end of June 2015. Membership details are on our website. Payment is made on-line and should be made before attending Induction sessions.

New member induction sessions will be held from **11 a.m. till 1 p.m.** on the first Sunday of each month, with follow-up sessions the following weekend. Please note that all new members will need to attend the 3 x 2-hour sessions before being able to take out a club boat unescorted, or before applying for a shed key. (Members transferring from other clubs or experienced kayakers may need to make separate arrangements).

Your first session will introduce you to the club, the shed, the boats and THE RULES! We'll do some technique both on shore and on the water.

Session 2 will be mainly on the water practicing your paddling technique.

Session 3 will involve a bit more paddling as well as doing a wet exit and swimming your boat to shore.

Over the 3 sessions we aim to give you the skills necessary for the safe, unsupervised use of a (stable)club boat in calm to moderate conditions on Lake Burley Griffin.

New members will only be able to attend the following session times: 11 a.m. till 1 p.m. Please make sure you come about 10 minutes early; and preferably let us know if you intend on coming along.

Induction	2nd session	3rd session
7th September	14th Sept	15th Sept (swim to be done in Nov)
5th October	11th October	12th October (swim to be done in Nov)
2nd November	8th November	9th November
4th January	10th January	11th January

Samoa Trip July 2014: Patricia Ashton

Courtesy Outdoor.co.nz

10 club members met up at Sydney airport on Sunday 6th July to fly to Samoa for a 10 day paddling trip. Lynne, Stephanie, Roger, Adrian & Rae, Tony & Trish, Lou & Tristan and I, had booked about a year ago so it had been a long time coming. We had the itinerary but none of us really knew what to expect, from the paddling, the accommodation or Samoa generally. All we knew was that it was cold and miserable in Canberra (and Melbourne) and the forecast temps were 23 - 32 degrees with the water temp around 28. Heavenly!!

Landing at the airport at 5.15 a.m. in the dark, piling into a van, already in a bit of a sweat, to trundle off to meet our guide - there was a definite sense of adventure, nerves and just the knowledge we'd left home and work behind. It was time to relax.



The Airport Lodge was only a 10 minute drive away, so soon we were unloading, getting changed, enjoying a huge breakfast, meeting our guide, getting fitted into boats (Single Q-Kayak Penguins and Shearwaters as well as a double), spraydecks, pfd's, sunscreen.....a bit of a chat then hauling boats across the road to the put-in- point. Coconut palms, blue skies, clear blue tranquil water for our crossing to Manono Island. Ross, our guide, decided that we needed the exercise and experience so instead of heading straight across for a 3 km paddle - we went out and over the reef for a 12 km paddle. It was a little sloppy further out, but we were able to surf a couple of waves and

had a stop once we got to the Island. We were all suffering from a long overnight, sleepless flight, so were generally finding the paddle a bit of a struggle. The first sighting of a turtle did excite us all.

Once around the other side of the Island we were out of the wind and into the calm clear waters we had expected. Paddled past several villages and lush green landscape edged with black volcanic stone walls (protection from the sea during cyclones).

The resort we were staying at had cabin-style accommodation: while it was very basic it was clean and we had en-suites. The bad news came that none of the places we were staying at had hot water, so it was strictly cold showers, brrrrr!! (Ed. Air temp 23 min. Water temp 28 degrees? Oh please!) The afternoon was for relaxing - having a swim, catching up on a rest or going for a walk etc. Later, a boat took us out a bit further to do some snorkeling.

The following day we had a leisurely start - we paddled across to a smaller island – Nuulopa Island, to have a look around then back to some sheltered water to revise some kayaking skills and assisted re-entries. So much more pleasant doing these in warm, clear, clean water! After lunch one of the Samoans took us for a walk around the Island telling us a bit about how they survived the Tsunami and about Island life. A bit more culture in the afternoon - watched the men prepare an Umu (similar to a New Zealand hangi).



We headed back to the mainland next morning, going the other way around the Island, staying within the reef. We had to contend with a squall which came through making the last part of the paddle a little uncomfortable. We loaded up all the boats and luggage to travel up and over the peak to Le Faga Bay. Here we stayed in some lovely *fales* which were part of a B&B. The family running it were very friendly and chatty. In the afternoon we grabbed our snorkeling gear to go and swim over giant clams - they were quite impressive, there were also a lot of fish to look at. Again, such warm water!

The next day we drove to our put- in- point - we had planned to paddle outside the reef back to where we were staying. However, after waiting half an hour for the wind and rain to ease, then watching the next storm coming over, Ross stated that the paddle “was survivable”!! That inspired us with confidence. However, after about 40 minutes we found the open water too rough and visibility a bit too low to continue with this paddle so headed back towards shore and had some great runs in the swell, before crossing over into a lovely protected bay area known as Turtle Soup. Didn't see any turtles but the water was quite shallow and visibility great for watching the coloured fish and the coral as we paddled over them. “It was survivable” became a bit of a catch phrase for the rest of the trip – coming in quite handy several times when describing paddles and climbs!



Later that afternoon all the boats and gear were again loaded up for a drive to our next destination, Tafatafa Beach. These *fales* were right on the beach and open - very picturesque, and so very practical in a hot climate, with the addition of a mozzie net, makes them quite comfortable, our host was Aunty Mago Masoe, a colourful character. The night was somewhat noisy though with the surf sounding like a train all night!



Friday morning we were all up for a paddle to Nuusafee Island - white sand, hermit crabs everywhere - even had a crab race, magical snorkelling, on the way back we detoured through the mangroves which was lovely, narrow and winding without the mangrove smell that we tend to get here. Very pretty.

Off to another resort –Maninoa Beach Surf - this one was fairly simple but with slightly more built in fales. It was also situated between 2 five star resorts which meant we could wander over for a real drink rather than just Samoan beer or soft drink which was all that had been on offer previously.

The idea of a real resort with a pool deck, lounge chairs and coffee and a lunch menu and a massage with a hot shower was just too much of a draw card for some of the crew, so only 5 of us paddled on Saturday. We had a lovely leisurely paddle in perfect weather, with turtles skimming under our boats, winding our way through coral. We rafted our boats up and threw an anchor down and went snorkeling in a protected bay, also having morning tea in the water. At the end of our paddle we pulled into another resort and had fish and chips for lunch. Went to 'Coconuts Resort' (the other 5 star next door) after our dinner, for a cultural night with traditional songs and some exciting fire dancing (and ice cream for dessert).



Samoa closes down on Sundays, and all the locals attend one of the 100's of churches. "There was singing coming from many of the churches as we drove by. We only had a very short paddle scheduled for later this afternoon to Manau Island, so on the way, we stopped at a waterfall to have a swim - cool, fresh water, very pretty area. Then off to To Sua Trench - a collapsed lava tube - stunning, beautiful gardens and scenery plus quite an interesting place to swim, at high tide you can, if you're brave enough, swim through a tunnel and out to sea.



The area we were driving to had been devastated by the tsunami in 2010 and then by Cyclone Evan in 2012, but was being rebuilt again. The paddle across to Manau Island was a very leisurely 15 minute paddle towards an island paradise, part of the Aleipata Islands. A beautiful white beach with thatch roofed fales, surrounded by coconut palms and a peak covered in green as the backdrop.

This was a lovely resort - there were no others on the Island which could be 'walked' around in an hour (several members of the team tried it at low tide - there was some rock hopping and climbing). This was a lovely place to relax and enjoy. A bit of kayaking, a bit of walking/climbing, some swimming, reading, playing cards and chatting passed the hours gracefully. The view from the top of the peak was quite impressive with a view of American Samoa off in the distance.

A short paddle to neighbouring Fanuatapu Island to climb up to the lighthouse with machette in hand took up the next morning.

Tuesday was our last day of paddling. The plan was to do a 15 km paddle outside the reef but along the coastline with the option of another 10 km after. According to our guide we would have the current and any breeze helping us along. We all paddled to the mainland first, the water taxi bringing all our gear. This was packed away, along with the boats we didn't require. Four of us weren't paddling - Lynne, Tony, Lou and Tristan would take the car and meet us at the 15 km pull out. The rest of us started out in beautiful conditions, calm waters with an easy swell, lovely scenery, just a hint of a breeze. The paddle was supposed to take 2 - 2.5hours, so realistically we thought 3 - 3.5hours however after some time the paddling was getting harder and it was decided we were actually paddling against the current. Every now and then we'd get some rough water due to waves bouncing back off shallow rock ledges, and that would make it very uncomfortable. After 3.5hours we were starting to struggle a bit. I was sea sick and not 'enjoying' it much anymore, but onward - we must be getting close. After 4 hours I was quite unwell, others were getting really tired so we pulled into a rocky beach for a bit of a rest. Ross told us it was another hour! 5.5hours was a bit more than we'd anticipated, and much longer than the others had been expecting. With no phone reception we couldn't let them know all was well, just slow! So, unfortunately it wasn't the best end to a lovely trip, and tempers were somewhat frayed! (However it was survivable - so all was good!)

The trip to Apia through the mountains was quite spectacular - a much poorer area and well off the tourist track. The Hotel at Apia went some way to soothing everyone - queen size beds with good pillows and hot water showers! A bar and then a lovely dinner out at Paddles Restaurant to finish the day. The following day in Apia we split up to do our own sight-seeing. The Robert Louis Stevenson museum was well worth the visit and the markets were interesting - the only chance we had to buy any souvenirs and check out some local crafts.

A van back to the Airport Lodge in the evening with dinner out at one of the larger resorts and an early night - it was up and out by 4 a.m. to catch the flight back to Sydney at 6.30 a.m.

So, there were some challenges and for many of us the comfort zones were tested, but overall it was a lovely trip, Samoa is off the tourist track, so not busy, the water is beautiful, warm and clear, the scenery spectacular. We developed a taste for lemongrass tea which is so easy to make and refreshing. We also discovered the advantages of the 'lava lava' (Samoan for a sarong), with several of us (including Tony) wearing them often. Would I go again? Probably not – I'm pretty sure sea kayaking is not my thing – I'll stick to flatwater. Was it worth going? Definitely.

New Boats for Mature People: David and Helen Tongway Lightweight Limited Edition Mirage 730

We are rusted-on Mirage paddlers: we don't paddle fast boats and we don't ever want to swim for it.

We have been pestering Mirage for lighter-weight boats for years, as the expedition-grade boats need fairly strong people to lift them back on the car after a long paddle. We are now on our third 730, having bought a standard boat (40 kg) in 2001, then a lighter one in 2006 (34.5 kg) which we agreed with Mirage that we would not take to sea. As we get older, the task of heaving the boat back onto the top of the car became more onerous, particularly with David's lumber stenosis.

We approached Shannon at Mirage earlier this year with a plea for an even lighter one. Our current ownership of a 24 kg SLR2 prompted this. Shannon agreed to take it on as a bit of a challenge and the factory eventually turned out our new boat at just under 28 kg. It has a Kevlar fabric hull and deck but with light-weight carbon moulding on the cockpit edges and thin carbon bulkheads. Mirage selected the lightest gel-coat, which turned out to be white. The boat is much more "transparent" than the others and is definitely for flat water racing. We ordered a short rudder, which came as a lovely carbon moulding, but with our differential weights, it didn't extend into the water –no steerage whatsoever! We had a spare medium rudder which was fine, but took the weight over 28kg. David made a carbon/Kevlar/balsa replacement which is 250 g lighter than the Mirage rudder. Geoff and David have paddled with this and think the boat turns slightly tighter.

Helen and John have paddled the new 730 in Div. 6 races with time improvements on what they can do in the SLR2 –due to needing no brace-strokes. It feels a bit more "lively" in the water, possibly due to slightly higher seat positions in the hull. We are very pleased with the new boat and loading it is a pleasure. (Ed. Rumour has it that Helen will be seen and heard goading John Lockie to greater efforts one dark night at the end of October over 111 km in the new boat on the Hawkesbury River.)

*The old and
the new:*



And on the inside



More: Things to do over the October long-weekend:

CLUB TO PUB SURF BOAT AND SKI RACE

Pambula Beach to Merimbula Pub Jetty 4th October, 2014, 10 km race, all categories

8.00 a.m. check in for a 9.30 a.m. start

(Please make sure payment is made prior to check in time or no race)

All competitors must wear SLSA approved high visibility vest and cap (supplied with entry fee)

See BGCC website for details or www.surflifesavingonline.com.au

and/or:

If you like longer distance racing and you want to train for the Hawkesbury Canoe Classic

Join the Central Coast Canoe Club for their 30 km race or 15 km option

9.00 am start, Sunday 5th October, 2014

Lions Park, Wyong

For details call Nick on 02 4353 1556

or email centralcoastcanoecub@gmail.com

Boats for Sale:

Nelo Sea Vanquish K1

Contact : James Southern:

0409 045 727;

j_southern@hotmail.com

Price \$1800



Mirage 580:
fibreglass construction.
Used, but still good for plenty of trips.
Includes Lifejacket and trolley.
\$1799 - view at Wetspot



Fenn Mako Millennium double ocean ski

Winner of Keen Adventure Race, 2010 Hawkesbury category winner & 2010 Burley Griffin Bash winner.

Good condition, just not being used. \$1800

Contact :

Alex 0430 078 827 or,
Randall 0408 733 139



Wanted to Buy

Hey folks,

Got back on the water today after 6 months of no paddling - awesome!!!

Now looking for a cheap second-hand K1. Please let me know if you come across anything. The other option is I swap my 18X for a good K1 but I like my 18X too much.... I think.....

Thanks heaps. Justin Channells jckayaks.ic@gmail.com



Naish, Wetspot and BGCC

Not all club members are aware of the contribution sponsors can make to the Club's operations and activities. To give just one example, *Blazing Paddles* lists the details of a SUP package recently negotiated with Naish and Wetspot to increase the SUP fleet and improve the conduct of SUP races. The Club has purchased:

5 x 12ft 6 in Nisco boards	\$8250
2 x Buoys	\$258
5 x Adjustable Paddles	\$645
5 x Leashes	\$275
1 x Pump	\$45
Freight	<u>\$200</u>
Total	\$9673

By purchasing through Wetspot, the Club obtained a discount of \$3348, so the net cost to BGCC is \$6325.

Thanks very much Naish and Wetspot

More Sponsors Wanted