



# BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2012, 2013, 2014

Volume 25 Issue 2 November 2014

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## 24 HOUR MAYHEM AND MORE



*The ACT Government assists the BGCC through Sport and Recreation ACT*



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## President's Report: Kiaran Lomas

This has been one of the quieter months for the year and still it seems we did not stop. Firstly, the canoe polo players held their Invitational carnival at Molonglo Reach. The event was a great success and special congratulations to the ACT ladies team who won their category.

There was also the Pambula Ocean Race which was attended by Skis and SUP in what proved to be challenging conditions for some. Paddlers were happy with their results with a few yarns to tell after the event.

Thanks to all the volunteers who assisted in cleaning up the shed and with a little effort, we hope to maintain the shed's tidiness until the New Year. Special thanks to Rob Wilson and Scott MacWilliam for organising the clean-up.

This month we have some interesting events and challenges. Firstly, the ISUP regatta being sponsored by Wetspot; followed by the first triathlon round for which we are required to provide rescue assistance; the touring trip to Kangaroo Valley; the SUP Expo at Merimbula; and finally the Sprint Series Regatta which is mentioned later. Refer to the calendar for dates.

The new round of the time trial season has started and I wish to thank those who have volunteered to time-keep, cook at the bbq and tallying the results. There has been confusion at the start of the time trial with the new registration system and we ask everybody to review the outline of the rules and registration system outlined in Blazing Paddles, noting the registration closing times which will be strictly adhered-to in the coming weeks.

Finally the 24 hour race is nearly on us. Note that entries close 30 November, so sort out your teams and get your entries in and start fund-raising.

Enjoy your paddling.



## From the Editor's Desk: Scott MacWilliam

It is only three weeks until one of the Club's signature annual events, the 24 Hour race, is held and training is stepping up. So too is the work of the organisers, headed by Lincoln Gibson and Emily Wilson. All Club members are asked to assist them in any way possible, including getting entries in early. There is plenty of information on the event below as well as on the event site.

This issue also contains some reports from the Hawkesbury Canoe Classic, held at the end of October. Although the club's entries were down on recent years the quality was still very high. Adam Scott, Paul O'Neill, Bob Collins and Patricia Ashton achieved PBs in sometimes difficult but generally favourable conditions. Ever alert Craig Kentwell captured one of the former in a spectacular photo reproduced here. Geoff Crockett, Tony Mee, Mike Iliff, Graeme Ison, Rohan Armstrong and Craig were the indispensable landcrew for the club's paddlers. My memorable moments include two: the wonderful camaraderie among the BGCC paddlers and landcrew, and the evening's funniest occasion. The sight of three adult men in flashing vests lining the bank of the river trying to help an unknown paddler find her daughter, waiting on the bank near us will live long in memories. Cries of 'Mum', 'Mum' 'Mum' coming from ageing males travelling across the water to a startled woman in a boat which had definitely seen many years brought gales of laughter to go with the wind and rain. Graeme Ison, reconnoitering for his future entry into the race, had a wonderful introduction to the lighter and the more difficult moments of the Classic. Definitely a man to be watched in years ahead, who spent much of the night in the water helping others.

Similarly, the club is indebted to volunteers Paul O'Neill, Tony Mee, Helen Tongway, and coordinators Emily and Lincoln Gibson for running the very successful bbq held during the recent Wetspot 'Come and Try' day, which raised \$200 for the club. Thanks from everyone for your efforts.

Finally, it can be reported that the seat padding in a Club kayak, one of the yellow Prijon's has been chewed by a rodent or similar creature while stored in the shed. Some of the closed sachets containing poison have been thrown around the shed in the hope that we can eliminate the varmint. Please don't leave food in places where it can attract pests (put it in a bin and close the lid!) – and don't pick up the brightly coloured sachets for use as a pre-race supplement!

## From the Club Secretary: Litsa Polygerinos

### Calendar of Coming Events

(as at November 2014)

November 2014	
16	WETSPOT SUP Fun Day A Taste of Paddling
24-28	Murray Marathon
27-30	Merimbula Classic
29-30	Recreational Paddle at Kangaroo Valley

December 2014	
1	Club Meeting
6-7	<b>24 Hour @ Molonglo Reach</b> Victorian Invitational Canoe Polo @ Nagambie
10	<b>Time Trial Christmas Party</b>
14	A Taste of Paddling
January 2015	
4	BGCC Induction Session 1
10-11	BGCC Induction Session 2 & 3
17-18	PNSW Sprint Series Championships
February 2015	
2	Club Meeting
21	<b>PNSW Marathon Series – Round 1 @ Molonglo Reach</b>

### 2014-2015 BGCC Membership – Now well OVERDUE!!!

For those good BGCC members who have paid their re-joining fees – thank you and no need for you to read further in this article.

**For the rest of you:** If you wish to continue paddling with BGCC, then it is time to get into action and spend some money on your membership.

All BGCC must be registered with Paddle NSW. If you haven't already joined them, go to their web-site: [www.paddlensw.org.au](http://www.paddlensw.org.au) and log-in and pay up and make sure we are all insured.

Then, go to the club web-site: [www.bgcc.org.au](http://www.bgcc.org.au) and pay your fees with us! Membership is in the left-hand menu. Or contact me: [membership@bgcc.org.au](mailto:membership@bgcc.org.au) if you are having problems.

Everyone is to pay at least the Standard Level membership fee (Adult: \$50; Family \$75; Junior \$25). This gives you the right to use Robust club boats whenever the Club Shed is open.

Plus, if you have a Club Shed key, the annual fee of \$50

Plus, if you want to use more than just the Robust club boats, you need to upgrade your membership to Silver or Gold Level: an extra \$125.

(.: Bronze Level: \$100; Silver Level: \$175; Gold Level: \$225)

Thankfully all those who have their own private boat stored in the Club Shed have done the right thing and paid up ☺ (In case you were wondering, an extra \$150.)

The really annoying people are those who signed up and hired a Club Shed key in past seasons and haven't bothered to either return their shed key if they don't want it any more, nor re-join and pay their membership and key-hire fees.

**You should know who you are, but I will list your first names here:** Jeremy, Justin, Michael, Andrew, Robbie, Mark & Hayley, Steve, David, Helen, Anne, Simone, Brad, and Frank & Lorraine.



# BGCC 24 Hour CHALLENGE



**ENTER NOW**

**6 – 7 December 2014**

Complete as many laps as possible in 24 hours.  
Lap distance approximately 4 km.



Solo, team, school and social (fun) categories  
Canoe, kayak, SUP and outrigger classes



Molonglo Reach, Canberra ACT

Camping, food and drinks available onsite

Proudly supporting the Cancer Support Group of ACT Eden Monaro

**ENTRIES CLOSE 30 NOVEMBER**

Event website: [www.24hrpaddlechallenge.org.au](http://www.24hrpaddlechallenge.org.au)

Event email: [president@bgcc.org.au](mailto:president@bgcc.org.au)



[www.facebook.com/BGCC24hr](http://www.facebook.com/BGCC24hr)



There is less than a month till the shoreline of Molonglo Reach is transformed into a sea of tents, caravans and boats as the BGCC hosts the annual 24hour Challenge.

The event will be held from 10:00 a.m. Saturday 6 December till 10:00 a.m. Sunday 7 December.

***In 2014, divisions will be as follows:***

**SOLO Canoe or Kayak (Singles or Doubles), SUP 14', SUP unlimited**

- Solo Male
- Solo Female

**PAIRS Canoe or Kayak (Singles or Doubles), SUP 14'**

- Pairs Male
- Pairs Female
- Pairs Mixed

**COMPETITIVE TEAMS Canoe or Kayak (Singles or Doubles), SUP 12'6" - 14'**

- Junior Team, up to 8 team members
- Teams of 4 Male
- Teams of 4 Female
- Teams of 4 Mixed

## SCHOOL, SOCIAL and CORPORATE TEAMS

- N1SCO SUPs School Teams \*NEW to 2014\*. Team of 8–12, ages 12 and above (High School and College students)
- Male: up to 12 team members
- Female: up to 12 team members
- Mixed: up to 12 team members
- Corporate, government or sporting team: up to 12 team members

Final results will be based on line honours and through a point system based on the Hawkesbury Canoe Classic handicap matrix.

Entry is a two-step process. Firstly follow the link below to enter the event. Note if you are entering in a team it is important that all paddlers enter with the same team name, spelt the same way. The first person who enters will be the team captain by default.

### ENTRIES CLOSE 30 NOVEMBER 2014!

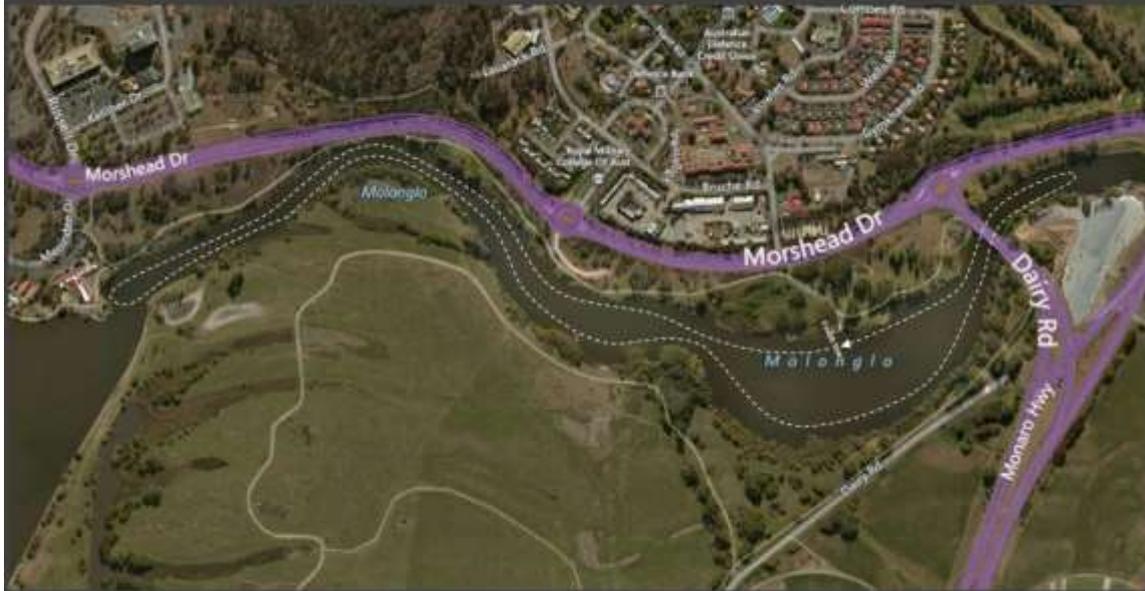
For more details, a link to the entry website and race updates check:

<http://www.24hrpaddlechallenge.org.au/>

Facebook [www.facebook.com/BGCC24hr](http://www.facebook.com/BGCC24hr)



## BGCC 24 Hour Challenge Lap Overview



- ~ Laps will be counter-clockwise with paddlers staying to the right of marker buoys at all times
- ~ Course markers will be illuminated overnight and glow sticks must be attached to craft between 0600PM and 0600AM.
- ~ Lifejackets must be worn by paddlers between 0600PM and 0600AM, and are recommended at all other times.
- ~ Transition area is where paddlers will tag the next paddler from their team going on the water.
- ~ Lap distance approximately 4.3km



## THE WETSPOT SUMMER TIME TRIALS



**TIME:** Commencing on 9th October, 2014: each Wednesday evening at Molonglo Reach.

**Registration will start at 5:15 p.m. and close 10 minutes before each start time.**

Distance	Registration Close	Start Time
3 Laps	5:35 p.m.	5:45 p.m.
2 Laps	5:40 p.m.	5:50 p.m.
1 Lap	5:45 p.m.	5:55 p.m.
Novice (2.5 km)	5:45 p.m.	5:57 p.m.

**Registration.** The timing system is based on each paddler being permanently allocated a unique race number. Registration sheets will be stuck to the time keeping table at the start. It will be based on your most common distance and boat class that you have paddled and the unique race number you have been permanently allocated.

- If the details are correct, you put a line through your name with the **yellow highlighter**.
- If the distance is correct but the boat class has changed for this race, you put a line through your name with the **pink highlighter** and write the type of boats beside your name.
- If you are going to paddle a different distance put a line through your name in pen and write your name, number and class on the appropriate sheet.

**Numbers are now permanently assigned.** With the computer timing system you get a number allocated to you. ***If you forget your number you are creating extra work for the timekeepers and complicate the timing process.*** For Kayaks, Skis and Canoes, the number can be displayed in the number-slot on the boat, or you can request an adhesive number to be stuck to your boat for the time trial series. If you are on a SUP you can use a number slot, adhesive number on your board or, pin the number to the right-hand side of your board shorts. Paddlers without a number may not get a time recorded.

**START / FINISH:** The start / finish line between a blue buoy and the pontoon. Only pass through the finish line (between the blue buoy and the pontoon) when you are finishing your chosen distance.

**THE COURSE:** The course has 2X 180 degree turns. The first is a 3 yellow buoy at the Hospice end near the entrance to East Basin. The second is a 3 yellow buoy turn beyond the first bridge heading upstream towards Fyshwick.

Stay to the right-hand side of the course. White buoys indicate some known danger and some caution is required in that area. Paddlers must paddle to the right of the pink/red buoys.

Be aware that occasionally the river has debris floating in it. This occurs mainly after heavy rain. Caution is required at all times.

**WARM UP AREA:** Please warm up in the area East of the start.

**TIME TRIAL DISTANCES:** There are 4 race distances to choose from: 2.5 km, 1 lap, 2 laps or 3 laps.

Please note: if you nominate to start any of the 2 longer races and pull out without completing the set course, you will be given a DNF and the points that go with that classification i.e., 1 point .

Paddlers must nominate which distance they are going to attempt and record their name, boat number, boat type (e.g. K1, TC1, LR2, OS1, etc.) on the relevant starting sheet. Please learn what class your chosen boat is. If you change boat classes during the summer Time Trial season; e.g. go from a TK1 to a K1, you will need to establish a PB in the new boat. Paddlers doing the 2 longer courses have the option of doing portages at the start of the 2nd and 3rd laps. Portages will take you around the trees near the start finish. If you do a portage on your first lap you are expected to do one on the 2nd lap as well. Failure to comply with this will result in a 60 second addition to your time for each breach. Those paddlers who intend to paddle at Nationals in K1's should be doing the portages. Those doing portages will have a PB which includes portage time (you can't improve your PB by not portaging).

**STARTS:** There will be up to 4 starts, 5 minutes apart. The 1st start will be as close to 5:45 p.m. as possible. Start 1: 5:45 p.m. Start 2: 5:50 p.m. Start 3: 5:55 p.m. and Start 4: 6:00 p.m.

**If you miss your nominated start your time will be taken from when you should have started.**

**POINTS SCORE:** Your first race over any distance will constitute your PB for that distance and earn you 6 points in the point score competition. Should you beat your PB in a subsequent race you will earn 9 points. Should you come within 2% of your PB in a subsequent race you will get 6 points. Should you come outside your PB by more than 2% in a subsequent race you will get 3 points. Should you not complete your nominated distance you will be given a DNF and 1 point. If you are the timekeeper or cook the BBQ you get 6 points

Doubles will have to earn a PB as a crew. Points earned will be given to both paddlers as individuals.

Points earned will be tallied and at season's end there will be a prize given to the top point scorer. We thank Wetspot who are contributing towards the prizes.

**Lifejackets:** The use of lifejackets is optional if you are over 14 years of age, unless the weather is hazardous and **unless you are using a club boat where the use of a PFD is mandatory.**

**SAFETY:** Be aware that the time trial attracts paddlers of various degrees of ability and confidence. Please be courteous to others. When passing slower paddlers tell them you are approaching and on which side you are going to pass. Give room to others on the turns and in the areas where there are potential hazards.

Should someone capsize, the accepted protocol is for other competitors to assist if required.

If you assist a paddler who has a legitimate problem on or in the water, please see the timekeeper in order to have some time allowance made for your inconvenience.

Any issues regarding these events should be addressed to John Preston at: [paddlerjohn@hotmail.com](mailto:paddlerjohn@hotmail.com) or on 0428 365 064

## CONVENERS' REPORTS

### **Canoe Polo Convener's Report: Rowan Holt**

This month, the club hosted the first event of the 2014/15 Australian Canoe Polo Summer Series, the Canberra Invitational, on November 1 & 2. Two A grade, Two B Grade and Two Juniors Teams were fielded by the club. We're pleased to announce that the Burley Babes (BGCC) won the B grade competition and the Dream Team (BGCC) placed third. In the A grade competition, PSV (BGCC) made it through to the Grand Final against The Inbetweeners (SA) and, although the South Australians proved too strong for PSV, we are elated with Second place honours. Kanusport, another BGCC A grade team, tied for Fifth position.



*Some of the action from the Canberra Invitational)*

As has now become the standard at BGCC Canoe Polo competitions, Juniors' games were also included over the weekend. Participation in regular competitions is important for the ongoing development of new players and especially helps to keep junior players interested in the sport. With assistance from parents on the sidelines, the Junior competitors demonstrated marked improvements in their paddling and overall Canoe Polo skills. A large portion of the junior players also participated in the Shoalhaven Canoe and Kayak Club's Mudcake Challenge on Saturday, November 8.



The Mudcake Challenge gains its name from the prize for the winning teams of the A and B grade competitions, which is then shared with all attendees of the event. This was the first Canoe Polo event outside of Canberra for most of the juniors. The weather and water temperature were perfect on Saturday, not only for Canoe Polo, but also for rolling practice. The juniors made real progress under the water as well as on top of it, with a number of them gaining the skills to hand-roll for the first time! It was also the first competition win for some of our juniors playing in the 'Mudcakes' team (B Grade).



(The Mudcakes)

For those of you not overly familiar with Canoe Polo but are interested in the social side of competitions that the sport offers, the Mudcake Challenge is definitely a great place to start your new fitness hobby. If you can already paddle a kayak in a straight line, you're halfway to becoming a Canoe Polo Paddler.

(picture: BGCC and Shoalhaven juniors enjoying their well-deserved mudcake)

The success of the Mudcake Challenge has prompted a similar event to be organized for Saturday, December 13, at Molonglo Reach.



It is hoped that smaller competitions run more frequently will assist in the development of all players, especially juniors, whilst also building a stronger paddling community. This event will take place on the weekend after the second Australian Canoe Polo Summer Series event, the Victorian Invitational, to be held at Nagambie Lakes. A number of BGCC paddlers have already indicated their intention to make the journey to Nagambie and we're all looking forward to more competitions in the fastest growing paddle sport in the world.

'The Good, The Bad and The Ugly' (picture right: Stacey Goodwin, Carley Goodwin and Kim Roper) (James Harmer is missing from the photo, so maybe a name change is in order?...!)

BGCC came first in the A grade competition, beating the Shoalhaven team 'Assorted'. The training sessions held at Tuggeranong Pool over the cooler months have really helped with the development of our new and junior players. Thanks again to Louise and Tim Gates for organizing and leading the Junior/Beginner sessions.



## Flatwater Convener's Report: John Preston

The Hawkesbury Classic was the main feature of this month's flat-water paddling events. Well done to all those who competed and to all of those courageous, sleep-deprived support crew members who made the event just that bit more comfortable for the paddlers. The tales of triumph and disappointment can be found with the results on other pages in this edition of Blazing Paddles.



The Wetspot Summer Time Trials are well under way with a strong gathering of paddlers of various levels attempting the various distances on offer. There has been some very tight racing especially in the 2-lap event. One still wonders why Wednesday evening is the windiest evening of the week. Thanks to the members who have helped out with the timing and the bbq. It is great to see some new faces helping out. Don't forget that not all of those competing in the Wetspot Time Trials are experienced paddlers. Please give the inexperienced paddlers a bit of space and call out which side you will be overtaking them on and give them some encouragement when you see them around the club.



News from Paddle NSW yet to be fully ratified is that we will be running Race 1 of the 2015 Marathon 10 Series on the 21st of February and the Marathon State Titles are to be held at Davistown (Central Coast) on March 14<sup>th</sup> and 15<sup>th</sup>. Stay tuned for the full calendar to be released shortly.



### Up-coming events:

- 2015 PNSW M10 Race 1 – Canberra 21/2
  - 2015 Burley Bash – Canberra 22/2
  - 2015 Marathon State Titles – Davistown (Central Coast) 14<sup>th</sup> – 15<sup>th</sup> March
- 2015 Australian Canoe Marathon Championships – Canberra, Easter
- 2015 Masters Games – Adelaide, October
- 2015 ICF World Canoe Marathon Championships - Gyor, Hungary
  - 2017 World Masters Games Auckland, New Zealand <http://go.ogilvy.co.nz/f00hs0r0WF000W2KcDwl00>

### Sprint series Round 3

Round 3 of the PaddleNSW sprints was postponed by one week and as a result young Angus was not available to make his 2nd appearance for the series. Once again, just after 4 in the morning (and when we finally got Gerard out of bed) a small squad from BGCC began its journey to Penrith for an 8 a.m. start. Shortly after we started progress we momentarily halted to check Gerard's K1 which hit a kangaroo. Luckily there was no significant damage to alter plans for the race.



The morning program started with the 1000m with our fleet of K1s: Gerhard, Madeline and Jules. Mike was on his Ski and Nicholas made his sprint debut with his aunt on a TK2.

This was followed by the 500m heats, this time Andreas making his debut in the TK2 whilst everybody raced singles, including Greg Cockerill as the lone SUP.

By the time the 200m heat started we had a light tail wind, which ensured most people started setting good times. At the end of the day everybody was pleased with their efforts. Gerard had shown improvements in all of his times. Greg improved his time but more than the slight tailwind would have pushed him. Nicholas and Andreas are keen to master faster boats for the next round. Interesting to note that BGCC is coming 3<sup>rd</sup> in the Sprint Championship, moving up two places in round three. But the best fun of the day was the swim at the end.



Thanks to Margi for pulling out the old sprint strip, which looked quite impressive - having all BGCC paddlers wearing them. The next round of the sprint series will once again be held at the International Regatta Centre at Penrith on 29 November, starting at midday.

## Sprint Results:

Name	Race	Distance	Place	Result
Andreas Giannakopoulos	200M <sup>B</sup> Heat <sup>1</sup>	200	6	1:34.05
Andreas Giannakopoulos	200M <sup>B</sup> CFinal	200	9	1:34.88
Gerard D'Dea	1000M <sup>B</sup> Race <sup>5</sup>	1000	3	4:36.95
Gerard D'Dea	500M <sup>B</sup> Heat <sup>6</sup>	500	8	2:13.29
Gerard D'Dea	200M <sup>B</sup> Heat <sup>5</sup>	200	1	0:48.19
Gerard D'Dea	500M <sup>B</sup> CFinal	500	1	2:11.69
Gerard D'Dea	200M <sup>B</sup> CFinal	200	7	0:49.74
Greg Cockerill	500M <sup>B</sup> Heat <sup>1</sup>	500	2	3:07.49
Greg Cockerill	200M <sup>B</sup> Heat <sup>2</sup>	200	4	1:09.61
Greg Cockerill	500M <sup>B</sup> CFinal	500	4	3:03.77
Greg Cockerill	200M <sup>B</sup> CFinal	200	7	1:11.52
Julia Bowett	1000M <sup>B</sup> Race <sup>2</sup>	1000	3	5:13.19
Julia Bowett	500M <sup>B</sup> Heat <sup>3</sup>	500	2	2:26.90
Julia Bowett	200M <sup>B</sup> Heat <sup>4</sup>	200	9	0:54.49
Julia Bowett	500M <sup>B</sup> CFinal	500	5	2:28.07
Julia Bowett	200M <sup>B</sup> CFinal	200	6	0:58.99
Litsa Polygerinos	200M <sup>B</sup> Heat <sup>2</sup>	200	5	1:11.35
Litsa Polygerinos	200M <sup>B</sup> CFinal	200	2	1:11.04
Litsa Polygerinos <sup>2</sup> Andreas Giannakopoulos	500M <sup>B</sup> Heat <sup>1</sup>	500	3	3:08.20
Litsa Polygerinos <sup>2</sup> Andreas Giannakopoulos	500M <sup>B</sup> CFinal	500	5	3:08.18
Litsa Polygerinos <sup>2</sup> Nicholas Giannakopoulos	1000M <sup>B</sup> Race <sup>1</sup>	1000	5	6:40.12
Madeline Hanks	1000M <sup>B</sup> Race <sup>2</sup>	1000	4	5:17.40
Madeline Hanks	500M <sup>B</sup> Heat <sup>3</sup>	500	8	2:40.62
Madeline Hanks	200M <sup>B</sup> Heat <sup>6</sup>	200	9	1:00.11
Madeline Hanks	500M <sup>B</sup> CFinal	500	1	2:31.46
Madeline Hanks	200M <sup>B</sup> CFinal	200	2	0:59.44
Mike Cliff	1000M <sup>B</sup> Race <sup>1</sup>	1000	1	5:47.09
Mike Cliff	500M <sup>B</sup> Heat <sup>2</sup>	500	1	2:45.37
Mike Cliff	200M <sup>B</sup> Heat <sup>3</sup>	200	6	0:59.21
Mike Cliff	500M <sup>B</sup> CFinal	500	3	2:41.71
Mike Cliff	200M <sup>B</sup> CFinal	200	1	0:58.77
Nicholas Giannakopoulos	500M <sup>B</sup> Heat <sup>1</sup>	500	7	3:28.34
Nicholas Giannakopoulos	200M <sup>B</sup> Heat <sup>1</sup>	200	5	1:17.65
Nicholas Giannakopoulos	500M <sup>B</sup> CFinal	500	7	3:21.48
Nicholas Giannakopoulos	200M <sup>B</sup> CFinal	200	8	1:21.66

SUP Convener's Report: Lincoln Gibson



## **Capital Stand Up Paddle (SUP) Summer Series**

**Race 1 – Kingston Foreshore, 16 November, 2014**



**Suitable for all levels of paddlers, from beginners to pro.**

**3 short course race distances with male, female and junior divisions**

**Registration 08:00 a.m. – 09:30 a.m., Briefing 09:40 and Racing from 10:00 a.m.**

**Entry \$10 (+ \$15 PNSW day insurance) or \$5 for Capital SUP (BGCC) members**

**Entry includes use of Naish One boards, paddles and optional lifejackets for races.**

**All entrants have the chance to win a Naish paddle.  
Lots of other great prizes provided by supporters**

**For more details**



**'Capital SUP'**

Supported by



*The SUP Way Movement*



Capital SUP is a chapter of the Burley Griffin Canoe Club





## Capital SUP Club Calendar of Events, Summer 2014/2015

Club members event   Club event open to public   Other SUP event

 Like Capital SUP on Facebook and check the events pages for details

- 4 Oct. Club to Pub Open Ocean Paddle, Merimbula NSW
- 5 Oct. Penrith Sprint Races (PNSW), Penrith NSW
- 4-6 Oct. SUP'ing Caveman SUP school launches in Canberra
- 8 Oct. BGCC Wetspot Weekly Summer Time Trials begin every Wednesday
- 12 Oct. Floriade Sunday social coffee paddle, LBG ACT
- 18 Oct. BGCC Film Night, ACT
- 25 Oct. Shoalhaven River Festival, Shoalhaven NSW
- 1 Nov. Sea Cliff Ocean Challenge, Wollongong NSW
- 9 Nov. Wetspot Watersports Demo Day, Yarralumla ACT
- 16 Nov. Capital SUP ISUP Race #1. Canberra ACT
- 27-30 Nov. Merimbula Classic, NSW
- 6-7 Dec. BGCC 24 Hour Challenge, ACT
- 10 Dec. BGCC Wetspot Time Trial and Christmas Party, Molonglo Reach ACT
- 1 Feb. Capital SUP ISUP Race #2. Tomakin, NSW
- 14-15 Feb. The Forsters Island Paddle Challenge, Forster NSW
- 22 Feb. Naish N1sco Canberra ISUP race/Capital SUP ISUP Race #3. ACT
- 21-22 Mar. Harry's Paddle, Stockton NSW



Capital SUP is a chapter of the Burley Griffin Canoe Club



## South Coast Convener's Report: Carolyn Williams



It's pretty quiet on the BGCC south coast paddling scene – at least in the sense of organised paddling activity and perhaps for good reason. Being ardent BGCC participants in the PNSW M10 marathon series – an activity demanding total commitment to training and racing all winter and ridiculous travel distances from the distant south coast to participate in the compressed winter program – it is perhaps not surprising that things paddling have stepped down a gear this summer, particularly after the outstanding individual and club points results achieved by the peripatetic south coast paddlers.

In addition, several of our most regular paddlers are taking a spell of “enforced” R&R this summer with the aim of being race ready again in 2015. Nick Ziviani is making a good recovery from major shoulder reconstruction. Roy Willis, who continued to race for the club whenever possible during last winter, is using summer to get on top of a peskily persistent wrist injury. And even Stephen Bunney can no longer rely on his uncanny ability to read ocean conditions to offset some niggling back issues.

But that does not mean that there is a moribund local paddling scene. Ian Castell-Brown and Allan Newhouse have come up with ever more innovative racing formats to maintain interest in the Nelligen timetrials (some say, unfairly, they are primarily aimed at nobbling faster paddlers).

Allan has used the summer to complete his latest wooden kayak masterpiece (see this edition of *Blazing Paddles*) to take to the Hobart 2015 Australian Wooden Boat Festival. Allan also led a group of nine paddlers in last Friday evening's perfect paddling conditions for a full moon paddle.

And being off the water for several more months hasn't stopped Nick Ziv from acquiring a new K1 for when he starts back on the water in 2015.

So for the summer season we have scheduled races for every Saturday set to start at Nelligen at 9 am. However, these races are unstructured in that the format will be decided by those who attend on the day and timekeeping will also be made by paddlers on the day. If anyone has any questions about what is happening down at Nelligen they can email me on [cjw4762@icloud.com](mailto:cjw4762@icloud.com)

Happy paddling.

## South Coast Boat Builder – Allan Newhouse



This hardly qualifies as a new boat on the water as it hasn't actually been on the water yet and in fact is not quite finished. Structurally it is complete, but is yet to be sanded and coated with polyurethane and I haven't made the seat yet.

The Estuary-type kayak is 5.3 meters long and has a maximum beam of 53cm. It is constructed from 5mm thick Paulownia strips with 125gsm glass inside and out. Fitted out with hatches and bulkheads, but no seat yet, it weighs a little under 11 kg.

I had two goals in mind in designing it. I wanted a nimble, low volume sea kayak suitable for paddling on Tuross Lake and other nearby waterways. I also wanted something that looked reasonably sleek with a fairly traditional Greenland kayak shape as I plan to take it down to the Hobart Wooden Boat Festival in early February next year.

I'm happy with the shape. Within a week, I should know if I am happy with the performance.



**Wetspot Summer Time Trail  
Christmas Party Paddle  
Wednesday 10th December**



**Save the date!**



## The Hawkesbury Canoe Classic – October 25-26, 2014

Photo by Craig Kentwell taken at Wiseman's Ferry



### Results for BGCC Members:

Adam Scott	M v40+ ORS1	4 <sup>th</sup>	9.57.40
Paul O'Neill	M v50+ ORS1	3 <sup>rd</sup>	9.59.56
Patricia Ashton and Bob Collins	Mixed V50+ LR2	2 <sup>nd</sup>	10.51.15
Helen Tongway and John Lockie	Mixed V60+ LR2		DNF
John and Stephen Harmer	M V40+ C2	1 <sup>st</sup>	11.59.05
Kirsten Nicolle	L Open LR1		DNF

### **Adam Scott: Paddler**

This year I was not expecting to be racing solo, but Craig had hurt his shoulder. So solo vet 40 ocean ski was the new plan with Craig as my chief land crew, training Rohan for crewing the Murray Marathon or should I say massive paddle.

On the back of about 300 km training in the 5 weeks leading up to the race I was feeling good about the race. So I was probably the least nervous that I've ever been at the start. I stuck to my race plan, go the speed at the start that you want to finish at.

I let the skis in front mess around in the wash and settled in at my desired pace. The tide seemed to change late and I was 30 minutes ahead of scheduled time by Wisemans. Those flashing jackets are the best idea (even if I do say so myself). I could see my land crew 3 km ahead

After Wisemans and a 5 minute stop, I headed out alone into a thunder storm and rain. I did not see anyone for an hour during this time I kept hitting large fish with the boat and paddle and I admit to having shark fantasies. Just as the tide started to turn I ran into Paul who had left Wisemans 5 minutes ahead of me. I was feeling strong and was happy for him to take a ride on the back wash. At checkpoint O I misread the tide and fell in. Even though I was going strong, at times something like that takes heaps out of you and I could not get back on the ski. I was lucky that a friendly double kayak came along and helped me get back in. The run to the finish from there is a bit of a blur and I was surprised that by my clock (and the official time: SM), I did the race in 9:57. I'm very pleased with that and have learned a few things to make me faster next time

A big thanks to Craig and Rohan who were champion land crew and friends.

### **Thinking Big at the start**



## Patricia Ashton: Paddler

The lead up to this year's Hawkesbury was not quite as I'd hoped. Preparation was quite disjointed, between medical procedures, visiting Mum every 2 weeks, 10 days holidaying in Samoa, Mum suffering a heart failure and her being hospitalised for a week – all led to me feeling somewhat under done! After our last failed effort I was quite nervous, though Bob was positive (and luckily had been able to train – so if worst came to worst I could rely on him to get us to the end!!)

While I couldn't paddle quite as much as I would have wanted I did do more running and running up hills, which did help with cardio fitness. As we went through our anticipated times we thought we'd give ourselves a bit of leeway while still aiming for a time we'd be happy with. After factoring in the tides and stops we worked on 11:30 hours while hoping for 11 hours. Last time we'd targeted 10:30 and found that it put too much pressure on us.

We were lucky with our landcrew – we had some experienced people who had both land-crewed previously and also paddled in the Classic, as well as some enthusiastic new helpers. Thanks to Scott MacWilliam, Geoff Collett, Tony Mee, Mike Iliff, and Graeme Ison.

The weather forecast promised to be good with only light winds, a small chance of rain and if all went well, the tide with us to the finish.

Saturday was hot, so it was quite a long wait in the shade, waiting for the 5:30 p.m. start. But at last, it was time. We were on the water, drink systems in place, GPS's on and running – one with the map of the river downloaded which was so beneficial – saved a few kilometres and quite some stress! – another GPS with heart rate and speed; sweetcheeks; and some GU's. Our strategy was to start easy, not to get carried away with the start and not to chase (too hard). We were going OK for the first 500m or so, until one of the other boats in our class came alongside. We thought we'd keep up to them while we 'chatted' – their rate was a bit higher than what we really wanted at that stage but you have to give these things a go. Then they stopped around Cattai (10 km) for something to eat. OK, we'd see them at Wisemans – except that in another hour or so they were overtaking us again – so we jumped on their wash and joined a conga line of other paddlers all the way to Sackville. Again, we were going faster than we wanted but it was too good a ride not to take advantage of the wash!

We had a short 5min stop at Sackville, just to put on a light jacket and a bit to eat. Didn't even get out, then we were on our way. The next 25 km went really well, we both felt good, there were plenty of boats to overtake and people to have a quick chat to. As we got closer to Wisemans though, I started to feel nauseas, but was able to keep paddling. Our landcrew were well lit up and we spotted them as soon as we got near the checkpoint. They helped us out and up to the shore. I had put in an order for a cuppa, which Tony had ready for me as soon as we got out of the boat. It tasted so good. We were 20 minutes ahead of schedule, but only wanted to spend 15-20 minutes here. The tea went down well, but I couldn't put anything else in my mouth without gagging, so thought I'd better take another GU as I had to have something...well, that didn't happen. As soon as it hit my tongue, everything else came out too. So much for the nice cup of tea! So without any food – we took off again. With the storm hanging over us and a bit of rain already we did put on our jackets – was this a mistake? At times we were so warm, however when the wind came up and there was a bit of rain – we were glad. There were times over the next 40 km when we both started to feel tired, hungry, disorientated. There weren't quite as many boats on the water, the river was a bit confusing – lucky we had the GPS – what do you do then to break it up? Bob surprised me by reciting several poems – silly poems by Spike Milligan – so they were quite entertaining. Every now and then I'd have to stop paddling to take a few deep breaths but generally we were paddling well, the phosphorous we were looking forward too was a bit disappointing – while it was there, it wasn't quite as bright as we'd seen in previous years. Bob was saying we had about 12 km to go but when we asked at the next checkpoint – it was only 5 km!! Two corners and there was the bridge – we knew it was about 3 kms, perhaps more as we weren't going to chance going across the oyster leases. We decided we'd go for it and probably did those last k's at race pace.

The finish was suddenly there and getting the boat in the right position to get out without dragging it up the ramp, having officials press our 'medals' onto us, looking out for our land crew then being whisked away, boat loaded

onto the car. It was all go. Paul O'Neill had done a brilliant time and was still suffering somewhat, Geoff had some results on his phone which looked like we got in at 4.05 – first they said that put us at 11.5hrs then, no that couldn't be right as we left at 5.30pm so must be 10.35hrs - Wow, that was way better than we'd anticipated. Unfortunately, we discovered the next day that the times were for the last checkpoint not the finish, so we didn't actually know what time we'd done!! The organisers were having trouble with the timing – we still didn't have times by Wed evening. We hoped that it was under 11hrs (it was 10.51:SM). But we were happy anyway, we felt we paddled as well as we could.

Thanks to Scott for getting us home safely and to all the landcrew for packing up everything and being there to help us along the way.

## **Helen Tongway: Paddler**

A sorry tale of not quite completing the HCC....

As with all good scary stories: ***It was a Dark and Stormy Night.***

*Helen's story:* John Lockie and I have been paddling together for well over 12 months; more like 18 months. Not constantly, as I have a small collection of older gents I put in the back seat of my Mirage 730. But we had done a lot of paddling together both in races and in training. So we didn't see any good reason for us not completing this year's Hawkesbury – maybe not in some astounding time, but at least completing it.

In the old, heavier Mirage with its hard plastic seat, John had always removed my bit of spongy seating – going either with the flat plastic or his nice woolly sheepskin to sit on. In my new, lighter-weight Mirage John had enjoyed the built-in spongy seat and used it in both races and training – without problems.

Training for the Hawkesbury had been a bit shortened, because of illness and intervening races and family business to attend to. So not ideal, but we had done a number of shorter paddles together, including a good 25 km paddle, without any seating problems and had no reason to suspect what was in store on the evening of 25<sup>th</sup> October.

Our plan for the race was to go out slowly and gradually increase speed as we warmed up. Well, we started out slowly okay, but the increase in speed didn't get as high as we would have liked as we travelled down the river with the ebbing tide. Time to Sackville was not too bad, but already John was starting to feel uncomfortable and I was being spooked a bit by the thunder and lightning show. After a short stop to put on coats and have a stretch, John declared himself ready to continue and I made the mistake of having a GU.

It was not long before John was again dancing a jig in the back seat as he tried to relieve the pressure-point which had made itself very aware to him and causing leg spasms to go with it. And my stomach was starting to rebel against the GU (or the dark, or the waves, or whatever it is that upsets it on the Hawkesbury.) Added to our personal discomforts was the problem of navigating in the very dark night with the occasional flashes of very bright lightning – some of which seemed too close to become comfortable about. I believed my GPS track for most of the time, but a brush of paddles through some tree-leaves made me a little wary of following it exactly through the corners.

The rest of the trip to Wisemans became a slow sorry paddle as first one and then the other of us had to stop paddling in an endeavour to feel a bit more comfortable. The occasional blast of wind from behind us was welcomed as a speed helper, but the only time we paddled well in that section of river was when we hit a strong head-wind and we had to go hard just to make some head-way and avoid being blown backwards. Amazing what you can do when needs must!

The last kilometre or so was a bit of a slalom as we wove in and out of various unmarked buoys to finally be greeted by our ever-constant landcrew. '*Burley Griffin.*' We are ever so thankful that you waited so long for us – an hour or more overdue.

So, next time: do more and longer training paddles.

And a big thank you again to this year's club landcrew: Scott, Geoff, Tony, Mike and Graeme. ☺

### **Geoff Collett: Landcrew**

A huge congratulations to the brave paddlers participating in this year's HCC. Having completed 2 of these myself, I understand how gruelling this paddle can be. Well done to those that bettered their previous records!

Thanks to Scott and Helen for organising the land-crew.

I ended up taking Mike and Paul with his ski to the start then moving on to greet the paddlers at Sackville. I then joined other land-crew at Wisemans but had to hi-tail it to the finish to get there ahead of Paul. Sackville had fairly short queues for the bus ride down to the beach and back. Some less dedicated paddlers from other clubs looked like they were finished at Sackville, spending 40 minutes or so on the bank before continuing. For others land-crewing at Sackville in the future, it is worth noting that there is a brick toilet block 50 metres up the bank that is not documented on any maps or web sites that I could find, but very important if paddlers are caught short. My phone is on the Telstra network and had good signal at all 4 checkpoints.

The only concern that I had was for paddler safety during the thunderstorm, but we only seemed to catch the edge of this during the event. A bit of rain, but none of us are strangers to getting wet in this sport.

HCC were trialling a new facility at the finish which I hope they will roll out to the internet for the next event. It allowed anyone to link their smart phone to the local WiFi access point and on their local web site, add boat numbers that you are tracking from your club. You are automatically alerted each time the paddler enters/leaves/withdraws at a waypoint with the time. This is a great facility that will allow us to better track progress and be ready for boats as they arrive at major checkpoints. For example, I noticed that most boats took about 25 minutes from checkpoint Q to the finish, so I could fairly accurately estimate when the next boat should arrive.

Even though we ended up putting up tents at the start and at Wisemans, we could probably have gotten away without these. I don't think anyone had a problem with bringing their own food or purchasing it at the event. I would say that the chairs and rollout mats placed under trees at the start were essential. A ground mat for each paddler to lay out flat for 30 minutes or so at the finish would probably also be appreciated.

The flashing vests at Wisemans worked out really well and apparently could be seen by paddlers from 2 km out. I should have used one at Sackville. In future HCCs, I think it would also be worth providing paddlers with some sort of distinctive light (maybe blue flashing) that they could turn on as they approach major waypoints. It is very difficult to spot a boat in the darkness amongst all the others and it would be helpful for paddlers and land-crew to more easily identify each other.

In the stops, it would appear to be time consuming and prone to problems when refilling water bladders and disconnecting tubes etc. in the dark. It may be worth paddlers considering carrying enough drink for the entire course, to reduce delays and worries about running out or getting an incorrect mix as a refill. Of course, the trade-off is the extra weight and space used in the boat. I have almost convinced myself to paddle in HCC 2015. I should start intensive training now !

**Paul O'Neill with Bob Collins at the start. Note Paul's colour coordination (photo by Geoff Collett)**



**The latest in SUP equipment: Tom Simmat** (photo by Geoff Collett)  
(Ed. Tom, who is well known internationally in paddling circles, completed 31 km in his craft in 6 hours, 28 minutes. He is currently negotiating with SUP manufacturers and funeral directors for a contract.)

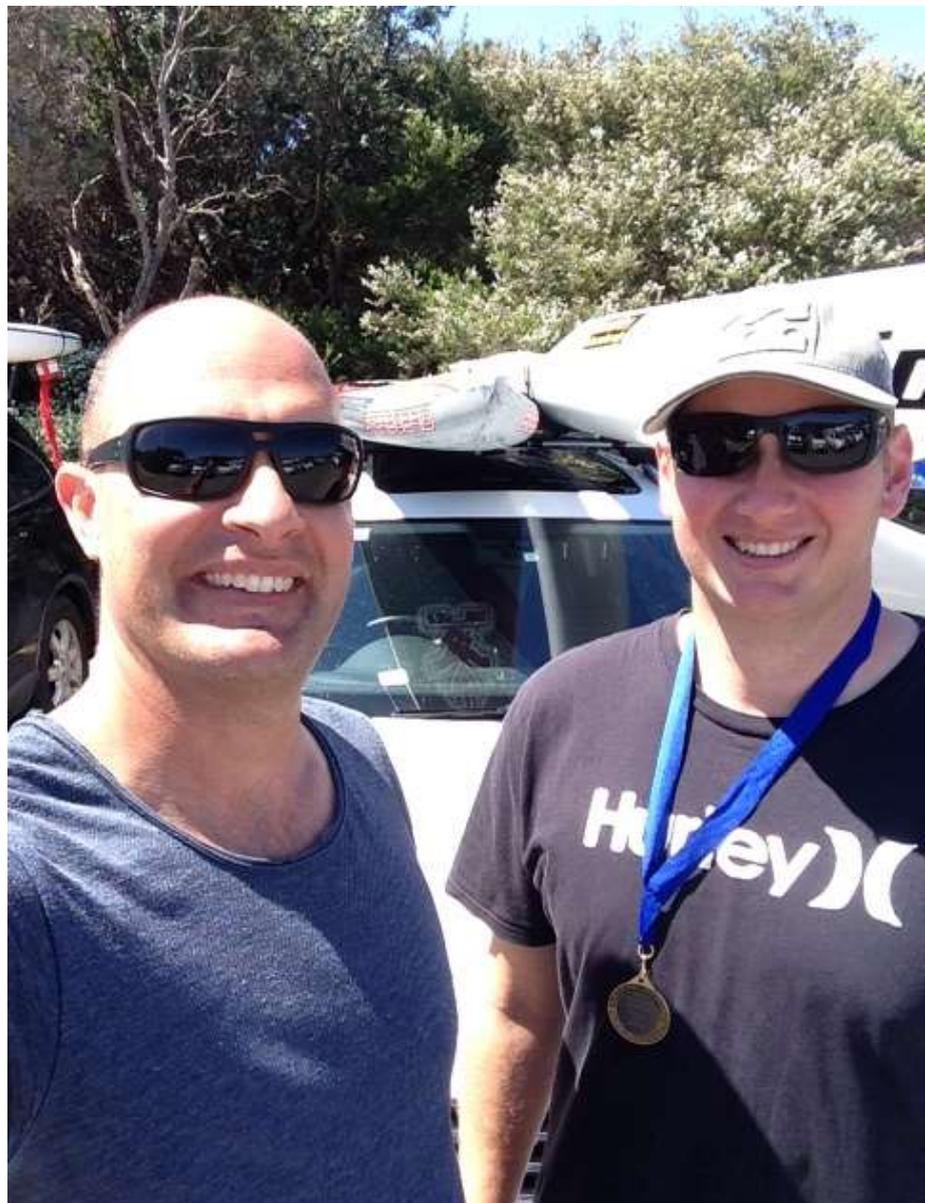
## Ocean Paddling: Rohan Evans

Lion Island Challenge 2014 Mate vs Mate SUP vs Epic Ocean Ski

The 2014 Lion Island Challenge attracted 240 competitors. This was the third time I had competed in the event but the first time on a SUP after only taking up the sport 4 weeks before.

The Lion Island Challenge is an outstanding event that I highly recommend to all club members. It is set in the beautiful waters of Palm Beach in the northern suburbs of Sydney. It has now become the first event in the Ocean Series Races. It caters for all competitors with a 14 km long distance course and an 8 km and 6 km short course. In 2013 both Nick Johnson and I competed in the long course in our epic skis: unfortunately Nick had a DNF next to his name. To make things interesting we decided to take on the 8 km short course and race the ski against the SUP.

Nick had an outstanding start taking a commanding lead, which he held for the entire race, taking out the gold medal and beating off 70 competitors. My 4 weeks on the SUP were not enough to master the conditions and I went for 5 swims during the race. In the end I finished 52nd. The next race in the series is the Sea Cliff Ocean Challenge followed by 20 Beaches in December. We hope to see a few more club members at the Ocean Series events.



## Coaches' Corner: Gary Rake

### **Make a warmup cable & pulley**

Materials:

4 or 5 metres of 6mm rope (a tight braid will make it run smoother)

1 x stainless steel pulley to fit the rope (available at Wetspot for about \$10)

2 x 15cm pieces of plastic pipe about the diameter of your paddle shaft

Optional: 1 x 1.5-1.8m length of plastic pipe that fits snugly inside the above pieces

***With thanks to Steve Vegh from Canoe Innovation. I copied my pulley from his.***



### **Put it together**

Thread the rope through the pulley & let the pulley sit near the middle.

Thread one end of the rope through one of the pieces of plastic pipe. Pull about 30cm of rope through the pipe, loop it back to the main rope and tie a knot. This makes one of the handles. Do the same at the other end.

*Here's a pic of the materials & making the handles.*

### **Use it for warmup drills. Practice straight arms & high hands!**

Attach the pulley to a fixed point about eye height. The metal mesh on the outside of the club shed doors is ideal!

Put tension on the rope, bend your knees slightly & slowly swing your arms back & forward...almost mimicking a paddle stroke.

At the top of each 'stroke', make sure your arm is fully extended & your hands are high. Allow your chest & shoulders to rotate around to extend the reach. Keep your knees bent, just a little, to ensure you are rotating at the waist - not at the knees!

Do this slowly for 1-2 min. You'll develop a nice smooth motion that warms you up & stimulates the nerve pathways you want to engage when you get in the boat.

*Here's a pic of me using the pulley with the two handles.*





### Now make it into a full 'paddle shaft'

When you buy the plastic pipe for the handles (I used plastic plumbing pipe), see if you can get two diameters...one that just slides inside the other.

Use the bigger pipe to make your basic handles.

When you are ready, you can cut the thinner pipe to about the length of your paddle shaft and jam it inside the handles.

Now repeat the drills with an even more realistic paddle stroke.

Again, focus on the things we all do worst...get your top arm straight for a good catch, keep your top hand high & rotate (from the waist, not the knees).

*Here's a pic of me using it with the 'paddle shaft'...but rotating too much from the knees! Hips should be square to the front!*

## Recreational Tour: Patricia Ashton

### Kangaroo Valley

The BGCC recreational paddle group will be heading to Kangaroo Valley on Saturday & Sunday 29th & 30th November. The group will cover approximately 15 km on both days and while the trips are leisurely, often stopping for photo opportunities, morning tea and lunch, or even a swim, we do require participants to be able to paddle 10 km without a rest in no more than 1.5 hours. This ensures the group can keep together if required, e.g., due to bad weather.

Accommodation will be booked, depending on numbers, at the Tourist Park at Kangaroo Valley, for Friday and Saturday nights. There is also a camping option if you prefer. We will probably car pool to Tallowa Dam on both days and paddle from there.

Let me know if you're interested in coming along - and if you require a club boat, please e-mail [boatcaptain@bgcc.org.au](mailto:boatcaptain@bgcc.org.au) to organise.

## New Uniforms Update: Gary Rake

A big thanks to all of the members who voted to select a colour scheme for our new uniforms. Option 2 - blue, black and white was a runaway winner. At the November meeting, the club committee ratified this selection.

In the next few weeks, I will be distributing order forms. We need to get as many orders in as possible. The higher the quantity, the lower the price! At this stage, we expect items to cost between \$45 and \$60 each (again, the more we order, the closer we'll be to the lower end!) I will also arrange to have samples in each size for people to try on. We will be buying some spares, so if you can't try one on, use the sizing chart to make your best guess and we should have enough spares to do an exchange if it is not quite right when it arrives. (The sizing chart will be posted in the shed: SM) I will aim to have the samples available for about a week...probably covering a Wed time trial and the 24hr race weekend.

## Coolangatta Gold 2014 (or...Hypothermia on the Gold Coast)



Some readers may recall that, back in May this year, John Preston, Mark Terracini & I competed in the inaugural Murray Quad ultra-endurance multisport event. As I beat Mark in the event, he was entitled to call for a 'rematch' and to select the event for that rematch.

He chose the 2014 Coolangatta Gold surf lifesaving endurance event. 23 km on a spec ski, 2 km beach run, 3.5 km ocean swim, 6 km mal paddle & 7 km beach run. Mark did it in 2012. I was a novice.

### The training...

Some of you may have noticed us out on the river paddling our mals in the kneeling position. This is really tough. Balance is hard & the workout for your butt muscles is intense! We did a couple of time trials as 'surf multicraft' with 2 laps on ski & 1 lap on mal. We also did a few brick session (combining multiple disciplines) down the coast. I went up to Manly in early September & did a test event over half the Coolie distance – that was a horrible failure...my ski paddling in the ocean swell was abysmal. I was really praying for flat conditions for the big race!



Some inspiring support sent from the boys at Menslink.



Oh yeah! We've got this nailed! May as well hand over the finishers' medallions now...

## Pre-race preparation...

We arrived a couple days ahead of the race. The forecast was not good. Strong wind & big seas...the last thing we needed.

We distracted ourselves by inventing novel ways to test our goggles: the 'head under tap method' & the 'face-down in the spa method' (see above pictures). For the record...both methods work.

On Saturday morning, we went to watch the short course race. They had wind as strong as our forecast (although in exactly the opposite direction) & slightly smaller seas. This meant they had a headwind for the ski paddle & then a tailwind all the way home. The conditions were awful! The gaps between paddlers were as large as 5min & they were struggling. But once they got off the skis, they made good time home.

## The big day (in every way)...

We woke on race day to find the wind had turned. It was blowing hard & going to get worse. The seas were 2m with a 2m swell. We'd have the wind & swell with us for the first 18 km of the ski paddle, then headwind all the way home & in all the other disciplines.

The race got underway & I went straight to the back of the field. There was a big chop & waves occasionally breaking outside me. The wave period was just 3 sec! I was in trouble & fell off for the first time. At the 10min mark, I thought about pulling out. I had that same thought every 10min from then on. I fell off about 15 times in the ski leg.

When I turned at 18 km, I hit a 50 kph head wind. The last 5 km took me an hour! The highest speed during that hour was 6.1 kph...& a lot of 3.2 kph! I finished the ski, had a quick 2 km run & goggled up for the swim.

The swim was open water & the swell was horrible. I couldn't see which cans I had to swim to & kept being blown off course by the wind & swell. I had a young local girl from Burleigh Heads SLSC as my safety paddler for the swim. But she was so light, & the wind/swell so strong, that she kept being blown off course & ran me over a couple of times. The swim should have taken me about 70min. It took 103min.

At the 80min mark of the swim, I had a sudden burst of optimism. I realised that my 2 weakest legs were nearly finished & I only had my strong/comfortable legs to go. I was tired but sure that with a few energy gels & drinks, I was going to finish this thing! I was pumped! The only risk was whether I had fallen outside the cut off time. I was a long way back. By this point, Mark was nearly an hour ahead of me.

I exited the swim, said a cheery g'day to my support crew & the officials on the beach & headed in to transition to grab my mal. That's when disaster struck.



**The conditions don't look too bad...until you appreciate the scale of this picture. That buoy is 100m off shore. And somewhere in the middle of the shot is a lone ski paddler hidden among the swell..**



**I was not smiling like this 5 hours later...**

An official approached me & he looked stern. I asked if I'd missed the cut off. He said I was outside it, but they'd been letting people go anyway. But he did say people were starting to withdraw from the race as they were getting too cold...due to the extra-extended periods in the water & the high winds. He said I didn't look good & ordered me to medical control for a temperature check. The medics determined that after nearly 5hrs of battering, I was suffering mild hypothermia. With only 2hrs to go, I was disqualified from going any further.

A Canberran...with hypothermia...on the Gold Coast?! WTF?? I asked whether I could have a medical certificate to replace the finishers' medallion that I now would not get. I was heartbroken & still sure I could finish. But seeing the condition of some of the others with more severe hypothermia...I knew the officials had to play it safe. I thanked them for their work & for making the tough, but sensible, decision.

Meanwhile, Mark had been feeling the cold...badly. He had finished the swim, started the paddle but turned back after a few hundred metres due to extreme cold. The wind was forecast to drop late in the afternoon. So, rather than withdrawing immediately, he sat on the beach for about 40min watching the conditions. At one stage, he grabbed the mal & went back out...but had to turn back again. At this point, he had to withdraw & get some help to warm back up. In the end, about 1/3 of the field did not finish...much higher than normal. I take my hat off to the guys and girls who had the skill to finish that event. It beat me & I won't be going back to try again.

## Reclink Australia National Paddle Series 2015



### Welcome to Australia Post

We are excited to welcome **Australia Post** as the presenting partner of the Reclink Australia National Paddle Series 2015!

 [Facebook](#)

 [Instagram](#)

 [Twitter](#)

Australia Post have been fantastic supporters of Reclink Australia and we are delighted that they are extending their support to the National Paddle Series.

### **We're on social media!**

This year we have launched our very own National Paddle Series [Facebook](#), [Twitter](#) and [Instagram](#) pages to keep you up to date with all the latest event news and paddling inspiration!

Be sure to hashtag your paddle photos with #ReclinkPaddle and #ReclinkAustralia to share with us your training and summer activities in preparation for the National Paddle Series!

### **A great Christmas present!**

We know this might make you cringe, but the reality is that Christmas isn't that far away... so what better present is there than a registration for the National Paddle Series (okay maybe a new craft, but surely this would come a close second)!

Take advantage of the new discounted price for kids and bring the whole family for a great day out on the water supporting a worthy cause.

### **REGISTER NOW**

[www.reclink.org/paddle](http://www.reclink.org/paddle)



### **EVENT CALENDAR**

"Bridge to Bridge"  
Saturday 31 January  
2015  
Middle Harbour,  
Mosman, NSW

"The Great Eastern  
Beach Paddle"  
Sunday 15 February  
2015  
Eastern Beach,  
Geelong, VIC

"The Great Peninsula  
Paddle"  
Sunday 22 February  
2015  
SSCBC, Sorrento, VIC

"The Great Moreton  
Bay Paddle"  
Sunday 1 March 2015  
Suttons Beach,  
Redcliffe, QLD

## WETSPOT NEWS



### ***Wetspot Massive “Come and try day”***

The sun shone on over 350 Canberrans who turned out for Wetspot Watersports 2014 ‘Come and try day’ Sunday 9<sup>th</sup> November.

With support from Naish, Fanatic, Hobie, Vajda and Paddlepro, we had a huge range of SUPs, kayaks, Canoes and paddles to try, ranging from K1’s to short plastic sit-on-tops and everything in-between.

Participants also enjoyed the BGCC fundraising BBQ, proceeds from which are going towards the Club’s building fund.

Thanks to all the helpers, especially Tony, Paul, Helen and Emily for manning the BBQ, reps and participants on the day.