



BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2012, 2013, 2014

Volume 25 Issue 8 July 2015

Your Committee:

President: Kiaran Lomas

president@bgcc.org.au

Vice President: Bob Collins

vicepresident@bgcc.org.au

Secretary: Litsa Polygerinos

secretary@bgcc.org.au

Membership Secretary: Helen Tongway

membership@bgcc.org.au

Treasurer: Mark Raymond

treasurer@bgcc.org.au

Editor: Scott MacWilliam

editor@bgcc.org.au

Public Officer: Craig Kentwell

Boat Captain: Rob Wilson

boatcaptain@bgcc.org.au

Burley Griffin Canoe Club Inc.

PO Box 341

Jamison Centre ACT 2614

www.bgcc.org.au

 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT



16 Wollongong St, Canberra ACT 2609; Phone: 02 6239 1323

In this edition of your newsletter ... Table of Contents

	Pages
President's Report.....	3
Editor's Note.....	4
Club Secretary: AGM and Fund Raising	4-6
Shed Extension and Parking	7
Annual Dinner: Awards.....	7-13
Flatwater Convener: John Preston.....	14-25
Ocean Convener: Nick Ziviani.....	25
South Coast Convener: Carolyn Williams	26
Addition to the BGCC Fleet: OC1.....	27
For Sale.....	28-29
Massive Murray Paddle	30
Mysteries	31

**ANNUAL GENERAL MEETING
MONDAY SEPTEMBER 7, AT 7PM.
ETERNITY CHURCH HALL
KAMBAH**

President's Report: Kiaran Lomas

Firstly, I'd like to thank all those who attended the Presentation and Birthday Dinner. You can read about the winners of a range of awards in this edition of Blazing Paddles. However I'd like to especially congratulate Lincoln and Emily Gibson who won the Rainer Swoboda award for Club Member of the Year. Emily and Lincoln contributed to the club through their time and efforts supporting events and club activities. Of note are their efforts with the 24hour Challenge, promoting SUP paddling in the club and the post time trial BBQs which made a considerable sum of money for the club through the year. Well done to you both.

Of late there have been some exceptionally cold days on the water, and those paddling through winter need to be acknowledged for their dedication. In these cold conditions it is important to stay warm and dress appropriate to the conditions. See Scotty and the team at Wetspot if you need any advice on what you need to survive the winter. I think Wetspot do not get enough recognition as the major sponsor of the club, so I'd like you to consider them first when looking at your next purchase.

Last year was the first year I was involved with Sprints through PaddleNSW. I have to admit, I really enjoyed the experience. The format of a number of short races can be more challenging and rewarding than some of the longer races I have competed in. Sprinting in NSW is undergoing a bit of a resurgence and it is expected that the numbers will increase this year, especially with the junior paddlers. The efforts of a few dedicated BGCC sprinters resulted in the club finishing just outside the top three clubs for the series. With a little extra effort it may be possible for the club to finish in the top three for the forthcoming season. The first round is in 25 Jul the day before round 6 of the marathon series. Why not consider making a double header of the weekend?

Speaking of club point scores, I'd like to congratulate all club members who have been competing in the Marathon Ten Series. This year the defence of the trophy is proving to be more challenging. However, the club has been able to develop a lead of over 60 points in the first five rounds. But the hunt for team points is proving to be more challenging this year, so I encourage all members with an interested in competition to have a look at attending the marathon series.

Finally, this will be one of my last contributions to Blazing Paddles as President. It has been a rewarding experience to be involved in the operation of the club. However the club constitution only allows committee members to maintain a position for two years. I encourage all members to consider what skills they have and whether they would be able to contribute to the club as a member of the committee. Just something to think about.

Enjoy your Paddling



From the Editor's Desk: Scott MacWilliam

As this, my second last edition of **Blazing Paddles** is being finalised, the weather forecast for Sunday July 12 is for possible snow in Canberra suburbs and generally 'feral' conditions in the ACT. These winds and temperatures will undoubtedly provide another opportunity for my neighbours to ask, seeing the ski on my car, 'why do you do it'? I either smile, tell them about fun, camaraderie, contrariness or the health benefits of regular exercise, trying not to be too sanctimonious. Each time **Blazing Paddles** is being edited, it is very encouraging to know that there are so many like-minded people, who also paddle in a range of conditions and on a variety of boats.

During the last two years, there has been a major increase in club numbers, some paddling SUPs, competing in marathon and ocean races, or starring at canoe polo. Then there are others, the great majority, who enjoy paddling as a social activity. This issue of the newsletter welcomes another recent addition to the range of boats and paddlers who regularly appear on the water, Outrigger Canoes (OCs). At the same time as the club also sees an increase in members trying to master even less stable C1s and C2s, the beginnings of an OC fleet is apparent and welcomed. As the report on the awards presented at the Annual Dinner indicates, persistence and swimming are recognised and rewarded for a range of disciplines, abilities and boats.

This issue draws attention to the next major event coming up on the club calendar, the **Annual General Meeting commencing at 7 p.m. on Monday September 7 at the Eternity Church Hall, Kambah**. The meeting provides the opportunity for all members to attend and elect office-bearers. Most of the major positions (listed below) will become vacant, the current incumbents having served time-limited terms, which provides an opportunity to refresh and renew the club's leadership. **Please make the most of this occasion by attending, volunteering and voting!**

Finally, with regard to refreshing, it is time to renew memberships with both Australian Canoeing/PaddleNSW and this club. Apart from the social and other benefits of belonging to BGCC, some members have the opportunity to store boats on favourable terms, while others place their names on waiting lists for a rack. At the moment, there are **Twenty One (21) 2014-2015 members** who have boats stored but have not renewed their Platinum memberships. **July 31 is the final date for renewing these memberships.**

Litsa Polygeniros: Club Secretary

The 2015 Annual General Meeting will be held on Monday 7th September, commencing at 7 p.m. (1900 hrs) in the Eternity Church Hall, Kambah. A major item of business will be the election of office bearers. Please Attend.

Each year many committee positions become vacant. Members can nominate for and vote on the Club's executive positions, noting that these positions can only be held consecutively by the same member for a maximum a two-years. A number of existing Committee positions are currently held by members completing their final year in their role. The following Committee positions will be up for election at the forthcoming AGM:

- President
- Vice President
- Secretary
- Treasurer
- Boat Captain
- Two ordinary members

In addition, the Club also has a number of convener roles whose duties revolve around facilitating the Club's interests (including events) in the various disciplines it is involved in. These are non-executive positions and will also be open for nominations and voting to members at the Club's AGM. The convener roles include:

- Editor of *Blazing Paddles*
- Flat water Marathon
- Stand Up Paddle Boarding (SUP)
- Flat Water Sprint
- Ocean Racing
- Canoe Polo
- Touring and Paddling Introduction
- Bay Area Kayakers
- Membership registrar
- Coaching
- Social
- Fundraising
- Triathlon Coordinator
- Time Trial Coordinator

The club's current office bearers are:

- 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 Convener - Emily WILSON
- Triathlon Convener - Bob COLLINS
- Coaching Convener - Gary RAKE
- Beginners Convener - Patricia ASHTON
- Junior Convener - 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 Convener - Kieran LOMAS
- Flatwater Convener - John PRESTON
- Bay Area Convener - Carolyn WILLIAMS
- Ocean Racing Convener - Stephen BUNNEY
- SUP Convener - Lincoln GIBSON
- Membership Secretary - Helen TONGWAY

Further details on the duties for each of these positions will be made available on the BGCC Website and in the next issue of *Blazing Paddles*. This will also include details on how to nominate for the positions. Should you have any further enquiries please contact me at secretary@bgcc.com.

Purchasing Entertainment Books

From every Entertainment™ Book and Entertainment™ Digital Membership we sell, \$12 goes towards our fundraising. The more Memberships we sell, the more money we raise – so please forward this email to your family and friends.

Click the link below to order yours now!

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

The new Memberships are available now and packed with thousands of up to 50% off and 2-for-1 offers. For just \$60, you'll receive over \$20,000 worth of valuable offers.

Use just a few of these offers and you'll more than cover the cost of your Membership!

***ANNIVERSARY KEY RINGS FOR SALE –
A MUST HAVE COLLECTOR'S ITEM
CORNER THE MARKET AND WATCH PRICES SOAR
\$5***



Shed Extension and Parking: Bob Collins (for Shed Sub-Committee)

Shed

Unfortunately the ACT Government's Light Rail plans have now delayed the processing of our application for the acquisition of our shed by Direct Sale. It appears that one of the long term aims is to extend the light rail system to the Canberra Airport – the route could pass through or near Molonglo Reach or worse still, through our shed! Approval cannot be given to the acquisition of the shed until the ACT Planning Minister confirms that our shed area will not be in the path of future extensions to ACT's light rail system.

Parking

TAMS provided us with further bad news back in June when it advised that the estimate to build an overflow carpark had blown out to about \$20,000! However, this month we have been advised that funds have been found within the ACT Government to fund an overflow car park. As TAMS is still set on making this a joint venture with our Club, we have been asked to contribute to the construction costs.

We have offered to contribute \$5,000 towards the cost of the construction, new access gate and bollards to surround the car park.

Due to the overhang of boats on our cars, TAMS has offered to increase the length of the car park spaces from 5 metres to 6 metres and look at 45 degree angle parking with a turnaround area at the end of the car park. We are now awaiting the plans and will meet with TAMS as soon as they are available. We understand that construction will be completed well before the start of our summer paddling season.

2014-2015 Awards Presented at and after the Annual Dinner



**Club Member of the Quarter Century
Helen Tongway
June 2015**

ED. The trophy was made by Paul O'Neill. The woods used in the construction of the rudder on the trophy are Huon Pine and King Billy Pine, with Kwila, otherwise known as merbau, the backing board.

Club Members of the Year

Lincoln & Emily Gibson

Lincoln has done so much this year to promote SUP within the club and Canberra. He was instrumental in setting up the Nisco races, the first of which saw about 20 participants and the 2nd over 50. He was also very involved in the 24 hour Challenge, coming up with many innovative ideas. He is always willing to help out whether it is for triathlons or Nationals, time trials or shed cleans.



Emily has set the bar really high for our club BBQ's! She has catered for all our events, twilight time trials, film night, Mothers' Day Mayhem, organised the dinner venues for the Nationals dinner and the annual dinner. She's also always happy to get in and get dirty with shed clean-ups, triathlons or any other club events.

The two of them together have made an awesome team and are fitting winners of the club's premier award.

Male Paddler of the Year

Ben Rake-went to the World Championships in USA as part of the top Australian u18 K2 pair.
Finished mid- field, beating the kiwis and the yanks.
Finished 6th at U23 nationals.

Paddled 2014 in Div 1...and first BGCC member to do so as an individual since Simon Stenhouse...hence his nickname Benhouse.



Female Paddler of the Year

Carley Goodwin is the Australian Women's Canoe Polo goal keeper. Carley helped the *Burley Babes* stay undefeated in the Summer Series and win the National Canoe Polo championships 2 years in a row.

Carley saved many goals in the Final against NZ in the Oceania Championships where the Australian Team won a gold medal. Carley is a world class goal keeper, who is fast and agile on the polo field. Carley also competes for the ACT Open Men's Team.



Junior Paddler of the Year



Brie Reid - 4 medals at Sprint Nationals in both K4 and K1 Under 16yrs then to have major back surgery and Win 4 Medals in both K4 under 18yrs and Open Para K1 events at this year's Sprint Nationals. Brie also made the National Elite Development Squad for ParaCanoe Sprint.

Most Improved Male Paddler

Basil Yule: came to the club late last year wanting to take up paddling. Basil wanted to do some sea kayaking in the Whitsundays and thought he should learn some skills. To that end Basil had some instruction, used a selection of club boats and tried to get on the water 3 times a week. He asked if he could come along to our Recreational Group weekend to Kangaroo Valley. As one of the requirements was the ability to paddle 10 km without needing to stop, he increased his efforts. For the trip he had booked a club boat with the boat captain, unfortunately there was a communication breakdown and Basil couldn't get into the shed. What to do then? Turn to Wetspot of course, not to hire a boat - but go all out and buy a Mirage with all the trimmings - carbon paddle, trolley, deck, cradles, universal loader, etc.! Well done. Since then, Basil has attended several recreational and instructional paddles, both within and outside the club. Basil has also had thigh bracing added to his kayak to enable him to roll it and has been taking rolling lessons. He has been taking part in time trials improving his times by – a lot! While you might be thinking, OK this is great but many of our new paddlers go down a similar route or take up racing etc. However, you need to remember that Basil was 77 when he started paddling. I find that quite inspiring.

Most Improved Female Paddler

Angela Crawford: has worked hard this year to improve her times at time trials, about 1 minute outside the best times in Australia and performed very well at the SUP Sprint Titles and Harry's Paddle. She gained some ground on Mel at the N1SCO day, and has also been getting better on the surf SUP side of things.

Coach of the Year

Louise Gates: deserves credit for the number of junior canoe polo players competing with the club at the moment. Louise was responsible for developing two micro juniors and a junior team to a level that they could compete at the Australian Championships in 2015. A number of the juniors were also selected in teams at the Oceania Championships.

Flatwater Awards:

Winter Time Trial Winner (2014)

Helen Tongway

Summer Time Trial Winner (2014-2015)

Robert Bruce



Nick Hocking: Titanic Award

Nick's first love is another discipline of paddling; however, to excel in that sport he was required to paddle a TK with an outrigger and a single bladed paddle. As he collected TK's he decided to try paddling them too. With many swims under his belt, he decided that to master a TK he should get a K1, which he did, a fairly stable K1 - a Burn. Getting very enthused by this boat and only being able to sit in it for a couple of strokes he again decided the best way to make it feel stable was to get a high end K1. Swimming from the K1 must have become a bit boring so Nick then decided to go for a C1, not an old fat one like the club one but a lovely new Vadja. Decked out in his sharkskin, Nick has been keen to tackle the C1 over winter. While he has been able to sit and take several strokes there is more swimming than paddling going on, so, a dry suit has been purchased, plus 5 beanies. Once one beanie is too wet and cold the next one goes on etc., till all 5 are wet. Then it is time to go! Even Nick's enthusiasm can't take too many dunkings in the cold Canberra water, so what to do? Not leave it 'till spring, or take up the TK or Burn....no, Nick is taking his C1 to Queensland for a month to master it in warmer waters! We could all learn something about commitment from Nick!!

Appreciation Awards: for the effort before and during Nationals should go to: Helen Tongway, Scott MacWilliam, Tom Hick, Bob Collins, Gary Rake, Lincoln and Emily Gibson and Scott Hunter.

Kiaran Lomas and Kirsten Nicolle: for their work on the Time Trials

Kiaran Lomas: for his work with the juniors and other club members; training and encouraging their participation at time trials, Sprints & Marathon series.

Anne Cronin: for all her enthusiastic assistance in beginners courses, with new members and with training sessions, as well as triathlons and any other club event.

SUP awards:

Gutsiest SUP efforts: Angela Crawford and Shane Lund – for the BOP race at Harry's Paddle in Newcastle. Angie paddled the majority of the race on her knees, but finished!

Fastest SUPer: Pete Garbutt has really taken SUP to a new level and has continued to dominate this year, travelling up to Brisbane to take SUP technique coaching and consistently getting faster times. He is about 10 per cent faster than anyone else in the chasing pack. He performed very well in the SUP sprint titles, Harry's Paddle BOP and flatwater race, Dukes Day at Freshwater and the Marathon nationals at Canberra. Pete has also provided technique coaching to other club members in morning training sessions.

Most Improved: Jason Rantall, after only a few races, is now our second fastest SUP paddler; a great conversion from sit down paddling. Jason was second in the O45 class at the nationals. He has made a very rapid transition to SUP from the OS1, and paddled a very quick time at Harry's Paddle. He is also rapidly progressing his surf SUP skills.

Kate Miller: Consistent improvement in time trial results

Greg Cockerill: the fastest male over 45, under 5'8 on a blue board from Deakin over 70m.

Rohan Evans: shortest retirement from SUP

Lincoln Gibson: Contribution to SUP community

Notable contributions to the club:

Scotty, Aidan, Shane and Jason: for refurbishing the old toilet block for Canoe Polo and SUP storage.

Angela Crawford: for helping out with 24 hour organisation

Pictured: Angela Crawford, Kate Miller and Joanna Nelson



Canoe Polo Awards:

Best Team

Burley Babes: Consisting of Louise Gates, Carley and Stacey Goodwin, Antonia Harmer, Sue Robb, Kim Roper and Dorothea Schäefle. The Burley Babes were undefeated throughout 2014/15; also defending their National Championships title which they won in Canberra in 2014. Three of the team members: Antonia Harmer, Carley and Stacey Goodwin, were also members of the Australian Women's Team who won the Oceania Championships. Louise Gates and Dorothea Schäefle also represented Australia in the Women's 2 Team and U/21 Women's Team.

Most improved:

Mikey Young: Mikey's polo skills have increased significantly over the last 12 months, in particular his goal-shooting (it's like a rocket) and he has unlimited tenacity in chasing down loose balls on the field.

The entire junior canoe polo team: as they have improved so much over the last year, to being able to compete at the national level against teams that were much bigger, older and more experienced, yet still hold their ground; their good spirits and enthusiasm to improve again this year.

Sponsor for Prizes

Murrora Estate

CANBERRA DISTRICT WINE REGION



Burley Griffin Canoe Club Special Offer

Mention this offer and you can get any 12 bottles of the following wines for the discounted price of \$120:

- 2014 Riesling
- 2013 Cabernet Sauvignon
- 2014 Rosé



Free delivery to all Canberra suburbs.

To order phone Josh on 0414 230 677 or email wine@murrora.com.au



wine.murrora.com.au

Valid until 31/7/2015

CONVENERS' REPORTS

Flatwater Convener: John Preston

The M10 racing season is in full swing with another 2 races completed in the last month. As a result we have managed to gain a bigger lead in the Brian Norman Trophy for the club championship. Interestingly the club paddlers based down on the south coast are over-represented in the point scoring: i.e. there are only a few of them but they gain points for us every race. It would be good to have more of the Canberra paddlers getting to some of the remaining races as advertised below.

The Woronora race was another popular race with a record attendance for that venue. The conditions were ideal with little wind and sunny skies. The organisers changed the course from 5 km loops to 10 km loops, which kept the number of times the competitors had to contend with the rebound from the walled sections of the river to a minimum. Nevertheless the few narrow sections and the walls proved to be difficult for those with balance issues. The upper reaches of the Woronora were picturesque and it seems the Sutherland club has hit on a winner. As evidenced by the results below, we had a strong contingent of paddlers in attendance and did very well in a number of divisions.

The Penrith race wasn't as popular with the paddlers. Not sure why this might be other than the race was being conducted over 5 km loops, was only 2 weeks after the Woronora race and the reputation the course has for it to be weedy and difficult if a breeze eventuates. Well the weed was a problem for some but wasn't as bad as it has been in some other years and the breeze was only light. It seems the Sydney-based paddlers are a bit fickle, which played into our hands as we gained more points over our nearest rivals in the club point score. The next M10 race is at Narrabeen on the 26th of July. Let's see if we can get a load of points at Manly's home turf and further our chances of holding onto the Brian Norman Trophy.

The club standings are provided below as are the individual results for our paddlers at the Woronora and Penrith races. Further down there is a table which indicates the individual points and standing of each of our paddlers who have competed in M10 this year. The points are open to some changes when the marathon committee account for changes to divisions and number of races completed but it is a good indication where our paddlers stand at this stage of the competition. We have a number of contenders for prizes at the PNSW presentation dinner later in the year.

Tim Hookins the Chair of PNSW has an important message for members at <http://www.paddlensw.org.au/blog/message-paddlensw-chair> please read.

After a number of years as the Flat Water co-ordinator, I have decided not to stand for this position at the AGM. I mention this now so that potential candidates for the job can consider nomination.



BGCC	Burley Griffin Canoe Club	208
MWKC	Manly Warringah Kayak Club	140
LCRK	Lane Cove River Kayakers	118
HVPC	Hunter Valley Paddlesports Club	106
WCC	Windsor Canoe Club	82
CSKC	Cronulla Sutherland Kayak Club	80
SSCC	Sutherland Shire Canoe Club	74
PVC	Penrith Valley Canoeing	60
CCCC	Central Coast Canoe Club	54
SNBKC	Sydney Northern Beaches Kayak Club	18
JP	Just Paddlers	14
BWP	Brisbane Water Paddlers	12
WBCC	Wagga Bidgee Canoe Club	8
PDDBOCC	Pacific Dragons	8
ICC	Illawarra Canoe Club	4



M10 Race Woronora.

Division 2 - 20km

Pos	Boat	Paddler	Craft	Time
3	226	Russell Lutton Richard Fox	LR2	01:39:32
4	209	Gary Rake	K1	01:40:47

Division 4 - 20km

Pos	Boat	Paddler	Craft	Time
11	417	Patricia Ashton Bob Collins		01:51:08
17	404	John Preston	K1	01:57:17

Division 6 - Start time: 10:09:01 AM Time to Paddle: 20km 2hrs to 2hrs 10mins

Pos	Boat	Paddler	Craft	Time
15	605	Graeme Bacon	OC	02:06:25

Division 7 - 20km

Pos	Boat	Paddler	Craft	Time
4	720	Helen & David Tongway		02:15:31

Division 8 - 15km

Pos	Boat	Paddler	Craft	Time
1	836	Stephen Ison	k1	01:11:30
9	805	Graeme Ison	ski	01:27:23

Division 10 - 10km

Pos	Boat	Paddler	Craft	Time
2	1019	Julia Bowett	k1	00:56:05

Division 11 - 10km

Pos	Boat	Paddler	Craft	Time
2	1122	Mike Iliff		00:58:38
4	1105	Allan Newhouse		00:59:38
5	1120	Paul Atkins	TK1	00:59:55
7	1104	Robert Bruce		01:00:38
9	1110	Anne Cronin		01:02:30
15	1117	Ian Castell-Brown		01:05:24
RNK	1101	Peter Gates	outrigger	01:04:55
RNK	1126	Rachel Muldoon	ski	01:13:56
DNF	1129	Barry Marshall		-

Division 12 - 5km

Pos	Boat	Paddler	Craft	Time
2	1207	Carolyn Williams		00:32:47
3	1203	Dana Atkins	k1	00:35:49
RNK	1200	Basil Yule	Mirage	00:36:53

Graeme Bacon resplendent in his BGCC uniform competing at Woronora. Photo taken by Sam Lovick.



© Sam and Caroline Lovick



Patricia and Bob display the accurate timing needed to perform as well as they do in the double. Photo taken by Sam Lovick at Woronora.

© Sam and Caroline Lovick



M10 Race Penrith

Division 2 – 20k

Pos	Boat	Paddler	Craft	Time
2	226	Russell Lutton Richard Fox	LR2	01:39:59
4	209	Gary Rake	K1	01:40:43

Division 4 - 20km

Pos	Boat	Paddler	Craft	Time
6	417	Patricia Ashton Bob Collins		01:51:14
14	404	John Preston	K1	01:56:58

Division 7 - 20km

Pos	Boat	Paddler	Craft	Time
2	711	Kiaran Lomas	Sup	02:12:37
3	720	Helen & David Tongway		02:15:53

Division 8 - 15km

Pos	Boat	Paddler	Craft	Time
1	836	Stephen Ison	k1	01:20:27
2	805	Graeme Ison	ski	01:24:25

Division 10 - Start 10km

Pos	Boat	Paddler	Craft	Time
3	1019	Julia Bowett	k1	00:56:14

Division 11 - 10km

Pos	Boat	Paddler	Craft	Time
2	1110	Scott MacWilliam Tony Mee	OS2	00:59:20
3	1105	Allan Newhouse		01:00:49
5	1104	Robert Bruce	ski	01.01.58

14	1126	Rachel Muldoon	ski	01:08:03
15	1101	Roger Murray		01:09:48
16	1117	Ian Castell-Brown		01:10:33

Division 12 - 5km

Pos	Boat	Paddler	Craft	Time
1	1207	Carolyn Williams		00:34:10
2	1210	Litsa Polygerinos	K1	00:34:41



2015 Marathon 10 Series







Round 1- Saturday 21st February- BGCC, Canberra 11am
 * State Marathon -14th March –Davistown NSW
 * National & Oceania Canoe Marathon -5th April – Canberra, ACT

Round 2- Sunday 3rd May –WCC, Windsor 11am
Round 3- Sunday 24th May –CCCC, Wyong 10am
Round 4- Saturday 20th June – SSCC, Woronora 10am
Round 5- Saturday 4th July - PVC, Penrith 10am
Round 6- Sunday 26th July –MWKC, Narrabeen 10am
Round 7- Saturday 15th August – CSKC, Grays Point 10am
Round 8- Sunday 30th August– LCRK, Rotary Park 10am
Round 9- Saturday 26th September-WBCC, Wagga Wagga 1pm
Round 10- Saturday 17th October – Makai Paddlers, Burrill Lake

Marathon 10 Awards & Presentation Dinner

Online entry \$25 Entry on the day \$30 (options available) Students & Juniors \$10
 25km, 20km, 15km, 10km & 5km race distances to suit all levels.
 Entry, Race information & marathon rules www.paddlensw.org.au







BGCC members' PNSW Marathon 10 Series Races point scores:

Division 1	James French	4th	49 points
Division 2	Richard Fox / Russell Lutton	2nd	237 points
	Gary Rake	4 th	220 points
	Shane Lund	18 th	48 points
	Jason Rantall	19 th	47 points
	Nick Ziviani	22 nd	36 points
Division 3	Peter Fane / Roy Willis	18 th	45 points
	Adam Scott	19 th	44 points
	Nick Grey	20 th	43 points
Division 4	Bob Collins / Patricia Ashton	7 th	179 points
	John Preston	8 th	145 points
Division 5	Gabrielle Hurley	13 th	121 points
	Rob Wilson	25 th	42 points
Division 6	Paul Hartlipp	22 nd	49 points
Division 7	Helen Tongway / David Tongway	1 st	236 points
	Kieran Lomas	2 nd	190 points
	Graeme Bacon	3 rd	151 points
Division 8	Graeme Ison	1 st	236 points
	Stephen Ison	2 nd	200 points
	Madeline Hanks	10 th	85 points
	John Lockie	19 th	41 points
Division 9	Julia Bowett	1 st	147 points
Division 10	Margi Bohm	10 th	100 points
	Kirsten Nicholle	14 th	79 points
	Danielle Winslow	20 th	44 points
Division 11	Allan Newhouse	1 st	237 points
	Robert Bruce	2 nd	229 points
	Litsa Polygerinos	4 th	186 points
	Ian Castell-Brown	5 th	182 points
	Roger Murray	9 th	134 points
	Anne Cronin	10 th	133 points
	Paul Atkins	11 th	127 points
	Mike Iliff	13 th	98 points
	Melissa Hartlipp / Russell Murphy	22 nd	50 points
	Scott MacWilliam / Tony Mee	23 rd	49 points
	Barry Marshall	26 th	43 points
	Scott Macwilliam	31 st	38 points
	Rachel Muldoon	33 rd	36 points
	David Hearne	36 th	33 points
	Leigh Brady	37 th	32 points
Division 12	Carolyn Williams	1 st	199 points
	Dana Atkins	2 nd	189 points
	Erik Chen	4 th	50 points
	Kiara Chen	5 th	49 points
	Jack Prime / Amber Chen	6 th	48 points
	Tash Ziviani / Carolyn Williams	7 th	47 points



Cure Brain Cancer FOUNDATION

Many minds, one purpose

Paddlers, mark the 12th September 2015 in your diaries as the date for the 2015 Myall Classic, an iconic ultramarathon event for all paddlers, experienced to novice, over three distances of 47 km, 27 km or 12 km.

The event always throws up new challenges for paddlers and organisers alike and 2014 was no exception. Nearly 300 paddlers enjoyed excellent weather, some challenging conditions near the finish and the close company of emergency services craft dealing with a water-ski accident upriver.

More details on the event will be published in the coming months, but those thinking of making a weekend of it are advised to contact Great Lakes Tourism for accommodation advice.

Details of the event are at <http://www.paddlensw.org.au/event/myall-classic>

And of course, the event could not proceed without volunteers...if you are keen and able to assist (as many were in 2014) please let us know at admin@paddleNSW.org.au

The Cure Brain Cancer Foundation will be forever grateful for your continuing support of this great event.

Hawkesbury Familiarisation Paddles



Dates:

Saturday, July 18, 2015 - 10:32 - 14:32

Here's a great way to get to know the Hawkesbury and work out your tactics before the big night.

Sydney recreational paddle company Freedom Outdoors has organised three more paddles (1st was 28 June), each covering a segment of the course of the 111 km Hawkesbury Classic. All with the tide. Car shuttles organised. Paddle NSW members particularly welcome

Saturday July 18 – Wisemans Ferry to Spencer

Saturday August 29 – Sackville to Wisemans Ferry

Saturday September 19 – Brooklyn to Spencer return

Led by Tony Carr, Adrian Clayton and Duncan Johnstone, who have done the Classic many times before. Their tips and hints will be invaluable. You will paddle the course and get a good feel for what it's like to do this iconic event. You'll be able to put your gear to the test and sort out any issues with your boat. Likely checkpoints will be identified and maps and race books will be distributed.

If you are not too worried about the Classic and would just like to have a cruisy day out, come along and enjoy the sights. Kate Grenville's novel "The Secret River", currently on ABC-TV, is set here. Watch the show then paddle the river next weekend.

Bring your own suitable boat and pay **\$58** per person if you are a current financial member of Paddle NSW. (\$68 if you are not). \$88pp in a quality boat provided by Freedom Outdoors (includes delivery to the site and collection afterwards). No children under 14 years. Suitable for paddlers with previous experience, not first timers. These are familiarisation paddles, not races. Numbers are limited.

You must register in advance, not just turn up on the day.

Email: tonycarr@ozemail.com.au specifying the dates you'd like to join the group.

Or phone Tony on 0417 502 056.

Transfer payment to Freedom Outdoors BSB 032 123 Account 22 32 86, with your name in the message field.

Once payment is received we will send you arrangements for the day.

Website: www.freedomoutdoors.com.au<<http://www.freedomoutdoors.com.au>>

Location

Wiseman's Ferry Wiseman's Ferry, NSW



Wetspot Winter Time Trials

Dates and Times

The time trial timings are as follows:

- 9:30 a.m. Registration Opens
- 9:45 a.m. 3 Lap Start
- 9:50 a.m. 1 Lap Novice Start - Junior Paddlers and Novice paddlers
- 10:00 a.m. 2 Lap Start
- 10:05 a.m. 1 Lap Start

The provisional schedule for the time trial is being established to keep race weekends free.

- 12 Jul - Round 9
- 19 Jul - Round 10
- 9 Aug - Round 11
- 23 Aug - Round 12
- 30 Aug - Round 13
- 13 Sep - Round 14
- 27 Sep - Round 15

Results: The top ten point scores for the Wetspot Winter Time Trial Series are listed in the table below:

Name	Total
Scott MacWilliam	48
Mike Iliff	42
Robert Bruce	39
Graeme Bacon	33
Andrew Parkinson	30
Tony Mee	30
Basil Yule	30
Paul Atkins	27
Kirsten Nicolle	27
Trent Shaw	27



For information about this year's Masters Games in Adelaide click on the following link:
<http://www.australianmastersgames.com/>

For information about the World Masters Games in Auckland NZ in 2017 click on the following link:
http://www.worldmastersgames2017.co.nz/?&gclid=CjwKEAju8e2sBRCYte6U3suRjFESJAB4gn_glPI9cMKFcjR_C91K98-VIJo7_yLHOmf7yZksrcy29RoCz7Pw_wcB



This month's interesting information from the web.

Technique:

<http://www.paddleaus.com/kayak-training-technical-brilliance/>

Technique:

<http://www.sportscene.tv/flatwater/canoe-sprint/training/why-are-some-sprint-athletes-perceived-as-the-worlds-greatest-technicians>

Paddle muscles:

<https://www.facebook.com/photo.php?fbid=905810819462439&set=a.345951598781700.74783.100001005886159&type=1>

Wash Riding tips from THINK:

<http://www.thinkkayak.com.au/2012/06/wash-riding-tips/>

Ocean Convener: Nick Ziviani

Well paddlers, as we are in the thick of winter there are still great races being held so don't put your ocean ski in mothballs.

The Sydney Harbour Series is in full swing as round one was held on the 27th June with the Scotland Island Showdown held at Bayview.

These races have two options: A long course of 13.5 km or a short course of 10 km held in protected waters within the Harbour. There were over 150 entrants on the day with paddlers of all capabilities and ages and lots of great door prizes to give away.

The Organisers of the George Bass Marathon to start on 3rd to the 9th January, 2016, have been persuaded to enter an ocean ski division within the race. This allows paddlers to use their 10kg ocean racer rather than their 18kg spec ski. This will open the race up and has already created a lot of interest within social media between our current top paddlers. You can choose to use your surf life-saving ski within its own division or an elite ocean ski in a separate division. The comparison is best explained as driving a VW combo van and then getting in a Ferrari. The VW will get you there (?) in time for dinner but the Ferrari will get you there in time for lunch and an afternoon sleep as well.

The conditions of entry have remained that you need to be a current SLSA member of a Surf Life Saving Club. Anybody that would like any information on this event can contact me on the email below.

Up Coming Events

8 th of August:	Spit to the Zoo (Harbour series)
22 nd of August:	Shark Island challenge
19 th of September:	Bondi to Watsons Bay
10 th of October:	Lion Island challenge
25 th of October:	King of the Harbour (Harbour series)
31 st of October:	Sea Cliff challenge Wollongong

Please feel free to contact me for any information regarding the list above

nickziv13@hotmail.com

South Coast Convener's Report: Carolyn Williams



The great participation by South Coast paddlers was recognised at the recent BGCC birthday dinner with Ian Castell-Brown, Russell Lutton, Graeme Ison, Steve Ison, and Allan Newhouse being given certificates for their outstanding contribution through participation and results in the 2014 M10 series. Well done, guys.

That participation continues with all of the above paddling at Woronora in June and Penrith in early July. Steve and Graeme are dominating Div 8 while Russell and Richard Fox, along with Allan, are consistently placing in Divs 2 and 11 respectively. Ian C-B continues to look good on the water at every race. **(ED. Carolyn Williams has now won four out of five Div 12 races in the Marathon Series and heads the individual point score for this division - see above.)**

We are hoping to organise a race at Nelligen with the Canberra paddlers joining us. The busy racing calendar makes it difficult, but if anyone has any ideas of what format any event may have please let me know on cjw4762@icloud.com.

With the AGM coming up shortly, I will be looking to hand over to another convener, so have a think about putting your hand up to be involved.

Happy paddling,

Carolyn cjw4762@icloud.com

Another Welcome Addition to the Fleet: OC1 Graeme Bacon

Well I can't believe it has been over a year now since I first joined the BGCC after moving down from Sydney, away from the crowds and continuous rain. Over the past 15 years my paddling was done in Dragon Boats or 6 man Outrigger Canoes but I did have an OC1 which gave me the freedom to do my own paddling. Once in Canberra, the desire to continue Dragon Boating wore off and I looked for another challenge in paddling my own boat, which was where the BGCC took my interest. Joining the club was a great change as it allowed me to paddle when I wanted, as well as to build some speed and endurance up on the OC.

Thanks to Kiaran's week -night training sessions last year, my paddling improved, although being the only outrigger in the club he gave up on technique tips, leaving that to me to sort out. But I did pick up the knack of wash riding which is a great help when you are one of the slow boats (yes I'm the white and yellow road block with the training wheel on the left at time trials).

This year has seen a number of other OC1's paddling with the club so the competition has been great at various events and in February I moved to the dark side by purchasing a V10. As I'd never paddled a surf-ski before, paddling on it has been a learning experience which is ongoing. For the marathon series races for the remainder of this year I'll stick with the trusty OC; and while it's still winter the ski will stay at home. Warmth is the main focus and it's pretty hard to fall off the OC, but once it warms up a little, I plan to learn how to paddle the Epic properly and attempt to keep up with the other ski's and K1's around the club.

Well that's about all I can add. I'm enjoying my time with the club and the competition at both the marathon series and weekly time trials and hopefully in the future a few more boats with the left hand training wheel will join the club to match those SUPs which seem to be breeding at alarming rates.



For Sale: contact Boat Captain or Patricia Ashton

1. TK white , a gift to the Club from Nick Grey who has moved from Canberra. Suit smaller paddler, ideal beginner boat, very stable and comfortable seating. \$200 ono.



For Sale-Wetspot Specials

Solution bomber boots on sale were \$59.95rrp now \$29.95



Lots of new warm gear in stock:

Best place for club members to get warm gear to keep you warm and safe through winter. Remember 10% off almost all full priced items.

New: Tripper pogies \$39.95



New: Sealskinz waterproof Gloves \$64.95

Indoor pool kayak rolling sessions on again through July and August, great way to learn to roll a kayak info here:
<http://www.wetspot.net.au/kayak-rolling-clinics-and-practice-sessions>

New BGCC Uniforms for Sale



CAPITAL LAKES ROWING CLUB

Fundraising Event: Stretching Workshop

Learn the ten stretches recommended by Rowing ACT
with Accredited Posture & Flexibility Teachers

- ▣ Get in and out of your boat more smoothly
- ▣ Sit upright with more comfort
- ▣ Look behind with ease
- ▣ Boost your performance
- ▣ Self-manage post row aches
- ▣ For all ages and fitness levels

Sunday 12th July, 3:30-5:30 p.m. \$40 per person (4th family member free) Hughes Community Centre
Minimum and maximum numbers apply RSVP: 10th July

For details and enrolment contact Karen Caldwell
karen@stretchability.com.au or 0406 886 330



YMCA MASSIVE MURRAY PADDLE



July
2015

YMCA Massive Murray Paddle

Changes to the event management

From 2016, the Massive Murray Paddle, formerly the Murray Marathon, will be jointly managed by Mirage Sea Kayaks and Sydney Harbour Kayaks (SHK).

Mirage and SHK are very excited to announce they'll be taking over from next year.

You can read more on our website. Stakeholders and the media are being informed of this change today too.

There are already 250 paddlers signed up to take on the challenge in 2015.

This year's Massive Murray Paddle will go ahead as planned and YMCA Victoria will work closely with the Management Committee during and after the event in to ensure a smooth handover in 2016.

[READ MORE](#)

Identify the Mystery Paddler

<http://www.canberratimes.com.au/act-news/canberra-life/ganggang-mythical-ferrymen-in-the-mist-20150629-gi07sx.html>

Identify the Conference Attendees: Working to Bring Us a Better Life and More Fun



Be Prepared with Post-Training Supplements: For the Nutrition Conscious Paddler

