



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 26 Issue 2 October 2015

Your Committee:

President: Patricia Ashton

president@bgcc.org.au

Vice President: Russell Murphy

vicepresident@bgcc.org.au

Secretary: Kiaran Lomas

secretary@bgcc.org.au

Membership Secretary: Helen Tongway

membership@bgcc.org.au

Treasurer: Tom Hick

treasurer@bgcc.org.au

Safety & Training: **VACANT!** Please apply!

safety@bgcc.org.au

Public Officer: Bob Collins

Burley Griffin Canoe Club Inc.

PO Box 341

Jamison Centre ACT 2614

www.bgcc.org.au

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 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT

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Coming Events:

- Saturday 31st October/Sunday 1st November: Canoe Polo Invitational, Molonglo Reach
- Sunday 1st November, 9:30 a.m., New Members' Induction.
- Sunday 8th November: first Triathlon of the season: Rond Terrace, 6:30 a.m. contact Bob Collins at: bobcollins@grapevine.com.au to volunteer your time.
- Wednesday 25th to Sunday 29th November: Mighty Murray Paddle. 404 km, over 5 days. Enter at: <https://www.registernow.com.au/secure/Register.aspx?E=16441>
- Saturday 5th/Sunday 6th December: 24 hour Challenge, Molonglo Reach
- Saturday 5th/Sunday 6th December: River Canoe Club has a beginners' white water event either on the Deua or Shoalhaven River. If interested in WW it will not be far to travel. *Robert Walker River Canoe Club*
See link: <http://rivercanoeclub.org/content/whitewater-introductory-weekend>
- Saturday 27th February, 2016: Race 1, PNSW Marathon 9 Series, at Molonglo Reach

President's Report: Patricia Ashton

The 2015 PNSW marathon series has finally come to an end with the last race of the season at Burrill Lake on Saturday, 17th October. I'm thrilled to be able to report that BGCC has won the Brian Norman Perpetual Club Trophy for a remarkable fourth year in succession—in 2012, 2013, 2014 and now in 2015. It's an outstanding achievement by our flatwater marathon brigade who have travelled the length and breadth of New South Wales to compete in the nine away races.

Apart from being a reflection of the commitment and dedication of our club's marathon paddlers, what makes this fourth win all the more impressive is that it was achieved by a broad cross-section of our members—from elite paddlers to more novice paddlers in a wide variety of craft, everything from K1s to SUPs and outriggers. I also need to note the great contribution made by our south coast members to our marathon series result, several of them travelling to each race.

But wait; there's more! For the first time, the PNSW Marathon Technical Committee awarded a new perpetual trophy, the Marathon Series International Canoe Federation Class Champion Trophy. This trophy will be awarded annually to the club that accumulates the most points from ICF class boats—i.e., K1s and K2s, C1s and C2s. BGCC also won this trophy, much to the consternation; I am sure, of the strong K boat clubs like Manly Warringah.

I believe that the ICF champion trophy result achieved by our K boat brigade, our regular participation in the NSW sprint series, together with the great results achieved by Margi Bohm and Gabrielle Hurley at the Canoe Marathon World Championships held at Gyor, Hungary last month reflect the growing maturity of our club paddlers. We are becoming movers and shakers at the pointy end of kayak racing!

Well done to all and there is an expanded report on the last two races of the marathon series—Wagga Wagga and Burrill Lake—in the Flatwater Marathon Convenor's report.

The club is alive and well and celebrating spring with more paddlers shaking off winter and getting back onto the water. Marathon, sprint, canoe polo, SUP's, OC's, C1's, white water, ocean racing, beginners courses, triathlon safety boats, we've got it all.

We have the Hawkesbury Classic this weekend with small but keen contingent taking part, the Canoe Polo Invitational comp the following weekend, the Murray Marathon and the 24 hour Challenge coming up soon. Keep up with all the news by reading Blazing Paddles. If you've been somewhere interesting or if you've taken part in a comp we don't know about, send in a story and share your paddling experience with the rest of us.

Patricia.



Sprint and SUP Conveners are unable to provide Reports this month

Kieran is waiting for the Sprint Results to be posted.

Kate wants SUP-ers to know that paddling happening, but she is waiting for a full program to be published so she can inform local paddlers.

2015 24 Hour Paddle Challenge



The Burley Griffin Canoe Club (BGCC) will once again be hosting its annual 24Hr Paddle Challenge, on 5th-6th December. Each year the event becomes bigger and better, bringing together like-minded people in a fun-filled environment to raise money for a worthy cause. Last year the event saw 100 paddlers participate to raise approximately \$10,000 for ACT/Eden Monaro Cancer Support Group. The event also saw a Guinness book of record for solo female (Angie Lee) paddling for 24 hours. This year the BGCC is working towards bringing the event to a new level with more paddlers competing.

This year's nominated charity is Autism Spectrum Australia. Autism Spectrum Australia is Australia's leading service provider for autism and other disabilities. Many of you will know of children and families who face the challenges of autism, which is a lifelong disability that affects about one in 100 Australians, or 230,000 people. The word 'spectrum' reflects the different challenges that people with autism face and the degree to which they may be affected. Autism Spectrum Australia provides services to people with autism and gives them the opportunity to realise their unique potential, as well as providing much needed support to their families, carers, friends and colleagues.

The event will be open to all paddle crafts with the key aim of raising much needed funds for Autism Spectrum Australia. Paddlers can enter as solo, or as part of a competitive or social team at Molonglo Reach in Canberra. Teams and the occasional solo paddler will complete a 4.35 km loop for 24 hours and endeavour to paddle further than their nearest rival, raise more money for Autism Spectrum and/or compete in the fancy dress competition of either the 'Creatures of the Night' or 'Superhero' theme. Awards will be presented for the various categories registered. <http://www.24hrpaddlechallenge.org.au/index.php/rules>

<http://www.24hrpaddlechallenge.org.au/index.php/rules>

Race details are being finalised at: <http://www.24hrpaddlechallenge.org.au>.

The date for the 24Hr Paddle Challenge: 5th-6th December, 2015.

Registration: from 7:30 a.m., 5th December

Race brief: 9:00 a.m., 5th December

Start: 10:00 a.m., 5th December

Finish: 10:00 a.m., 6th December

Presentation: 11:00 a.m., 6th December

For further information or if you have any questions please contact the race organisers on ad.bgcc@gmail.com

Photo of Kieran Macdonell, by prize-winning photographer, Paul Jurak, AKA Kayakcameraman., 7th December, 2014.



Marathon Convener's Report: Russell Lutton

As this is my first report as BGCC flatwater marathon convener, I would like to pay tribute to the contribution that my predecessor, John Preston, has made to the club's flatwater marathon activities and indeed, to flatwater marathon generally.

John was recognised in the PaddleNSW awards this year for his outstanding contribution to making the 2015 Oceania and Australian Canoe Marathon Championships the highly successful regatta it was. This attracted great kudos to him and to BGCC as a club with the skills and ability to host a National-level event. Well done John and thank you from BGCC and all of us all for your hard work and the great outcomes you have achieved.

My first report coincides with the 2015 marathon racing season drawing to a close. And what a successful year it has been for BGCC. Consider the results achieved during the year:

- at the international level in September we had Margi Bohm and Gabrielle Hurley's podium results at the Canoe Marathon World Championships held at Gyor, Hungary;
- at the national level, in April BGCC hosted a widely acclaimed most successful Australian Canoeing/PNSW Oceania Canoe Marathon Championships;
- in NSW state-level marathon racing, BGCC has again won the 2015 PNSW Brian Norman Perpetual Trophy as marathon club of the year;
- evidence of the increasing paddling maturity of our marathon brigade was BGCC's inaugural win of the Marathon Series ICF Class Champion Trophy for club participation of K1/K2/C1/C2 boats in the M10 series;
- and as *Blazing Paddles* goes to press, a good contingent of our ultra-marathon paddlers have just completed the 2015 111km Hawkesbury Classic.



As noted in our President's report, this is a remarkable fourth successive year that BGCC has won the PNSW marathon club-points championship—in 2012, 2013, 2014 and now again in 2015. Not since the early 1990s, when MWKC was the dominant flatwater marathon racing club, has a club so dominated flatwater marathon racing.

And this year was no come-from-behind scramble, as was the case in our first win, 2012. We led the point-score from the first race in Canberra. It was important at the second-last race at Wagga Wagga that we consolidate our lead; and we did. And at Burrill Lake on 17th October, our paddlers left nothing to chance, with some outstanding individual efforts.

In addition to again winning the M10 Brian Norman Perpetual Trophy, BGCC also won a new perpetual trophy awarded by the PNSW Marathon Technical Committee—the Marathon Series International Canoe Federation Class Champion Trophy. It will be awarded each year to the club that accumulates the most points from ICF class boats—K1s/K2s/C1s/C2s.



Not surprisingly, BGCC paddlers featured prominently in the 2015 PNSW M10 series awards at the Burrill Lake presentation night:

Division 2: Richard Fox/Russell Lutton 1st

Division 2: Gary Rake 3rd

Division 7: Kiaran Lomas 1st

Division 7: Helen and David Tongway 2nd

Division 8: Graeme Ison 1st

Division 11: Allan Newhouse 1st

Division 11: Robert Bruce, 2nd

Division 12: Litsa Polygerinos, 1st

Division 12: Carolyn Williams 2nd

In addition, Graeme Ison accrued the most individual series points of any 2015 M10 paddler.

Finally in the kudos department, it would be remiss not to highlight the outstanding participation and results achieved by our south coast BGCC contingent in the 2015 PNSW M10 series. Well done, Graeme Ison, Allan Newhouse, Ian Castell-Brown, Nick Ziviani, Steve Ison, Peter Fane and Roy Willis for your great results and involvement in marathon racing. The final club points score was:

BGCC	366 points
LCRK	296 points
MWKC	284 points
CSKC	212 points
HVPC	192 points
WCC	172 points
CCCC	126 points
SSCC	122 points
PVC	78 points
SNBKC	40 points
BWP	38 points
JP	34 points
WBCC	14 points
ICC	12 points
PDDBOCC	8 points
ACCA	6 points

Wagga Wagga/Burrill Lake M10 race wrap up

It was important that at these last two races of the M10 series (Wagga 26th September and Burrill Lake 17th October) we consolidate our lead in the club point-score. There was always the chance that as Lane Cove River Kayakers and Manly Warringah Kayak Club paddlers battled it out for second and third places, we could see our lead evaporate.

Thanks to a large contingent of BGCC paddlers making it to both races, this never happened. Although the positioning between LCRK and MWKC changed, we maintained the lead.

Surprisingly, the weather at Wagga and Burrill Lake was terrific. Anyone who has paddled at Burrill Lake will remember the dreadful wind and water conditions that can be generated on that waterway.

There were eight BGCC placegetters at Wagga Wagga out of the 18 BGCC members who competed:

James French, 2nd div 1
Ben Rake, 3rd div 1
Gary Rake, 1st div 2
Richard Fox/Russell Lutton, 3rd div 2
Kiaran Lomas, 3rd div 7
Graeme Ison, 2nd div 8
Litsa Polygerinos, 1st div 12
Carolyn Williams, 3rd div 12

Of the 17 BGCC paddlers who competed at Burrill Lake, seven placed in their divisions:

Nick Ziviani, 1st div 2
Gary Rake 3rd div 2
Kiaran Lomas, 3rd div 7
Graeme Ison, 2nd div 8
Margi Bohm, 3rd div 8
Litsa Polygerinos, 1st div 12
Carolyn Williams, 3rd div 12

*Some of our Marathon Series Race paddlers:
Carolyn Williams, Gary Rake, Helen (and David) Tongway,
Russell Lutton, Stephanie Rake and James French*



15th Australian Masters Games, Adelaide, 3-10 October

Congratulations to John Preston (K1), Ian Castell-Brown (K1) [and Pete Garbutt (SUP)] on the medal winning performances over marathon distances at the Masters Games in Adelaide. There is a separate report in *Blazing Paddles* on the event.

PNSW 2016 Marathon Series

The provisional dates for the 2016 PNSW marathon series were released at the Burrill Lake presentation dinner and are listed below. Marathon committee chair, Bob Turner, noted how difficult it has been to again fit the 2016 series into a crowded calendar of sprint, ocean/harbour and state/national events. All race start times for 2016 will be standardised at 11 a.m., something that may be of assistance to BGCC paddlers who make the long trek to Sydney and surrounds for racing.

He also noted that we could expect several rule changes this year, with the possible dropping of the 5 km distance and incorporating it into the sprint program that on some occasions would be held at the same

location and in advance of M10 marathon events. As your correspondent understands it, it is also planned to drop portage from Division 9 and having a cut-off of 1 hour 7 minutes for division 10.

Two factors in combination, apart from maintaining our outstanding M10 participation, could have a significant impact on our club point-scoring ability next year: We have been accruing a lot of club points from the short distance races, which it appears will move from marathon to sprint events. And the increasing ascendancy of Hunter Valley Paddle Sports Club and their inclusion in the marathon calendar, could also be a factor. We will certainly be the target club to beat next year. Looks like an interesting marathon year!

Provisional dates for the 2016 PNSW Marathon Series and state/national marathon events

Rnd	Date	Host club/event
1	27 February	Burley Griffin Canoe Club
	13 March	MWKC PNSW marathon state championships
	25-27 March	Gold Coast AC Marathon National Championships
2	10 April	Central Coast Canoe Club
3	30 April	Windsor Canoe Club
4	29 May	Lane Cove River Kayakers
5	25 June	Sutherland Shire Canoe Club
6	17 July	Brisbane Waters Paddlers
7	6 August	Hunter Valley PaddleSports Club
8	3 September	Makai
	17 September	Myall Classic
9	1 October	Waggabidgee Canoe Club (bonus points [tbc] & awards presentation dinner
	29 October	Hawkesbury Classic

2015-16 Wetspot Summer Time Trial Series

The popular time trial series kicked off again on 14 October, with good participation by club paddlers. Thanks to Scotty and the Wetspot crew for donating a \$50 voucher for the first time trial, which was won by Paul Hartlipp.

Thanks too, to Team Time Trial, who are already working (sort of) like a well -oiled machine—spreadsheet queen Jane Lake, timer Scott MacWilliam, webmaster Kiaran Lomas, barbeque bosses Litsa Polygerinos and Elien Vingerhoets, Bob Collins for getting the overflow parking organised, and others who have helped with timing and set up. We have been getting the results published on the website on the Friday after the Wednesday TT and we will continue to try to meet this target.



Work on the overflow car parking will commence soon, which will preclude our use of this area for parking. We will have to work out what we do during this period, which TAMS and the contractor are endeavouring to keep as short as possible. We will let you know developments via email and the club website.



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

Hawkesbury Classic

At the time of going to press, the provisional results for the Hawkesbury Classic were available. And well done to BGCC paddlers who took on this gruelling 111 km overnight marathon. Congratulations to John Harmer and son Steve (MV40 C2 11:33:13). John has completed every Hawkesbury Classic, this being the 39th time he has paddled the distance.

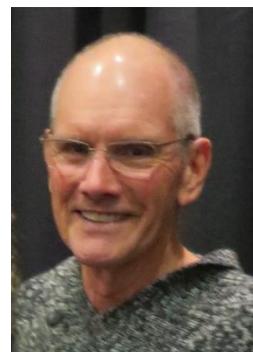
Other finishers I can find in the provisional results (and apologies to anyone I have missed) include:

Adam Scott/Richard Fox	MV40 UN2	9:25:48	
Graeme Ison	MV60 OS1	11:53:51	
Robert Bruce	MV60 OS1	14:04:28	[Brooklyn or Bust]
Helen/David Tongway	XV60 LR2	14:21:43	
Tammy Ven Dange	LV40 OC1	16:14:46	
[Carolyn Atkinson	LV40 OC1	16:37:53]	
Paul Atkins/John Chapman	MV LR2	13:24:29	[Brooklyn or Bust]
John Lockie	MV60 LR1	16:09:12	[Brooklyn or Bust]

While it was a night of almost perfect conditions, the strong incoming tide for a lot of the race made it a gruelling event. Unfortunately, Geoff Collett pulled out at Sackville 35 km despite all the distance training, previous experience and determination. Paul Hartlipp pulled out with less than 10 km to go, after capsizing and spending about 25 mins in the water. That's tough! Big thanks to all of the club land crew—Anne, Patricia, Bob, Robin, Patrick—and others who assisted



Nick Ziv deciding whether he needs a bigger kayak or smaller feet!



Russell

Canoe Polo Report: Kai Swoboda

On the weekend of 31st October/1st November 2015, BGCC will host the annual Canberra Canoe Polo Invitational on the floating field at Molonglo reach. We are expecting around 8 open teams and 6 B grade teams to compete. BGCC will enter two open teams and the ACT women's team and current national champions, the Burley Babes will also compete.

For some BGCC paddlers, this competition — the first of the 2015-16 season — will be the first step along a path that will lead to the 2016 National Canoe Polo Championships in Queensland in April 2016 and then to the Canoe Polo World Championships in Syracuse, Italy in August/September 2016. For some other BGCC paddlers, it will be an opportunity to catch up with some friends over a game or two.

Round robin games will be held on Saturday 31st October from around 9 a.m. to 5 p.m. and on Sunday 1st November from around 9 a.m. The finals should take place after lunch. Feel free to wander over for a cheer or two before or after your paddle on the river!



Front: James Harmer (with ball), Contesting: Jason Downey.

Kai

Private Boats in Club Shed: Boat Captain

Just a reminder that about 60% of the boats in the club shed are privately owned and are therefore not available for the rest of the club membership to use as they might want to.

If you would like to try a paddle in one of the private boats, please contact the owner to see if they will let you have a go.

Scott

Ocean Convener's Report: Nick Ziviani

I have great news, The Ocean temperature has been a consistent nineteen to twenty degrees for the past couple of weeks and looking at the satellite chart it is here to stay with the current running from north to south at an average of 1.5 kph down the eastern side of Australia. The temperature should keep rising as we head into the summer months.

As we can all agree this makes down winding much more exciting especially as we have an abundance of migrating whales splashing their way down the coast. Most of the time only a couple of hundred metres off the shore!

The 2015 World Ocean Racing Championships have been held this month in Tahiti with great downwind conditions for all to show who is the best current Ocean racer. All the top sponsored paddlers were there to test their skills with the showdown between Australia's best matching it with South Africa.

Australia's Cory Hill (Fenn team) won the event with Clint Robinson (Epic Team) coming in second with under 1 minute separating the two over a distance of 27 km. This is a fantastic effort from our guys showing Australia's dominance in this sport.

Epic have recently released their new design innovation with what they call their GT series models. These boats are a frightening guaranteed 8.5 kg or less with zero flex. This is also good news for people that like the comfort and stability on an ocean ski for flat water marathon racing as they are now as light as the current K1 lay ups. The only downfall will be the price as the Aussie dollar has taken quite a hit recently. Epic are keeping a tight lip on the Australian price for this new model with a "ring us and ask" policy.

I can also confirm that Epic are releasing another new model to their line-up. The V12 is getting an overhaul with Director and chief designer Mr Greg Barton coming out to Australia to work with Clint Robinson to test and tweak the new model. This is great news as the word is they are intending this model to be THE downwind boat in their range fitting in between the new V10 and the V14.



Nick

Upcoming Events:

October 2015

Date	Event No	Name	Suburb/City/Area	Venue	Organiser	Series
10 Oct 15	3	Lion Island Challenge	Palm Beach		Avalon SLSC	Ocean Series 2015-16
17 Oct 15	10	Marathon 10 Series Round 10	Burrill Lake		Makai Paddlers	Marathon Series 2015
24 Oct 15		Hawkesbury Canoe Classic	Windsor			Stand alone event
31 Oct 15	4	Sprint Series Round 4	Sydney			Sprint Series 2015
31 Oct 15	4	Sea Cliff Ocean Challenge	Wollongong		Bulli SLSC	Ocean Series 2015-16

November 2015

Date	Event No	Name	Suburb/City/Area	Venue	Organiser	Series
22 Nov 15	5	Sprint Series Round 5	Sydney			Sprint Series 2015
28 Nov 15		The Doctor	Perth			Ocean Paddler AORS

The Battle at Green Can: by Nick Hocking

So, there I was, starting the second lap of my very first Canoe Marathon. Paddling upstream towards the "Green Can" at Wagga, a Marker-Buoy indicating an area of rocks. The organizer had told us to keep left of it or close to it on the right. Well there were people coming downstream to my left of the Buoy so I went close to the right - BAD move.



It sucked me straight into it and trapped me against it. I had done the wrong thing by stopping paddling. I should have just blasted my way through. Eventually when I tried to extricate myself, the eddy surrounding this buoy over-turned the boat (a borrowed TC1 River Rat) and sucked me under. Initially I grabbed onto the boat with my feet, but fearing I would drag the boat under I transferred my grip to my right hand whilst still holding the borrowed paddle with my left.

Then I fought my way to the surface where I was surprised to find I was coughing and spluttering. Eventually the eddy spat me and the boat out and we drifted off downstream. I did see my water bottle making a run for it towards South Australia but decided to stay with the boat.

The SES asked me if I needed help and after initially refusing, decided to get them to drag us to shore. There I found that I had broken the seat off and so couldn't complete the race; so the SES towed me to the start/finish.

At no time did I realise how close to a bad situation I may have been but now am really thankful that I was wearing a PFD and that the Tongway's River Rat was so buoyant. Without those two factors I may still be wearing my cap, which I think may still be circling below the Green Can.

The moral of this story is -- if there are ANY adverse conditions (high wind, fast water, cold water, obstacles etc.) then it is a REALLY good idea to wear a PFD. Also make sure your boat has heaps of flotation and is truly unsinkable. Before the start of the race I was in two minds whether to wear the PFD or not. Fortunately peer pressure won out (all the gun Canoeists were wearing theirs).

Nick



Boat-Repair Morning

Soon after 9 a.m., or 0900 if you prefer, on Saturday 24th October, a band of intrepid boat repairers descended on the BGCC shed at Molonglo Reach. Equipped with enthusiasm and all manner of tools and led by deputy boat captain David Gordon; Jane Lake, Greg Cheshier, Tom Layton and Roger Murray used their skills to maximum effect. A list of boats needing servicing and some repairs had been prepared by The President, Patricia Ashton for use at the forthcoming Beginners course.

Within two hours, layers of dust, squeaky and broken cables, sticky pedals and a multitude of other ailments had been fixed. What could not be finalised on the Saturday morning was done within 48 hours by multi-skilled DBC Gordon, with Anne Cronin being nominated *in absentia* to use her talents on a rat-eaten Prijon seat. Another small but important achievement by a willing band of volunteers, working collaboratively to keep the club's boat fleet working well.

Scott



Triathlon Notice: Bob Collins

The first Triathlon of the season will be on Sunday 8th November.

Details are: **Sunday 8th November 2015, at Central Basin (Rond Terrace)**

1. 600/750 metre swims: 6:20 a.m. for a 6:40 a.m. & 7:00 a.m. swim starts

*I will need **14 boats** at 6:20 a.m. (**be off the water about 8:10 a.m.**),*

2. 200/100 metre swims: 8:40 a.m. for the 9:00 a.m. swim start

*I will need **4 boats** at 8:40 a.m. (**be off the water about 10:00 a.m.**)*

While it is good to have our experienced triathlon helpers out on the water, it is not an arduous job and can be quite a social event.

If you are a willing helper, please contact me at: bobcollins@grapevine.com.au
Or, Mobile: 0406 376 804

If you are unsure of what is involved, contact me and I will send you information on what is needed, plus a briefing on 'how to' on the morning of the event. Or arrange a session with me before the event.

This is one of our main income sources, so helping out helps to keep our club fees lower.

Bob



New Members Inductions and Taste of Paddling Courses

New Members

If you are a new BGCC member and have not yet attended an Induction session, the next one will be on Sunday 1st November at 9:30 a.m. Following Induction sessions will be held on Sundays 29th November, 3rd January and 7th February, each starting at 9:30 a.m. and going for about one and a half hours. New members will be informed about the general running of the club, the use of club equipment, signing in and out on the log-sheets, general safety on the local waterways and expected rights and responsibilities.

Please reply to membership@bgcc.org.au if you will be coming along, so we can have enough people ready to look after you!

Taste of Paddling

This is a pre-paid course held on Sunday afternoons, 1 p.m. till 4 p.m., so as to not use club boats when the majority of club members want to use them. There is usually 1 course per month over the warmer months, so that members of the general public can be given a "taste" of a sport/recreation which we, as club members, already enjoy.

The first course will be on Sunday 8th November, with following course on 13th December, 17th January and 14th February. A club coach or instructor leads each course with one or two other, experienced-paddler club members helping out.

Many thanks to the workers from last Saturday, who have repaired various boats, ready for this course!

2015 World Masters Cup: Margi Bohm

IT'S A LONG WAY TO THE TOP Personal Reflection on the 2015 Masters World Cup

The World Marathon Masters Cup at Győr, Hungary has been on my radar for almost four and a half years. I was at a kayaking crossroads; getting older (interpret slower) with no racing or training goals. Dianne Chellew and Darren Lee came to the rescue ... “come to Rome and race in the World Masters Cup. It will be fun.”

So I went and I was conquered – out-paddled by a Spaniard, a Dane and a South Africa. They dropped me within a kilometre and so the dye was cast, a goal was set ... win a World Masters Cup K1 title. The task ahead of me was not trivial. As a sprinter, I had a lot to learn about pack racing and portages and wash riding and being assertive but not aggressive. The women who were faster than me in Rome are very good paddlers and I knew that beating them would take careful planning and probably a couple a years. A quick analysis of results and looking at the way masters race internationally, it appeared that Győr, Hungary would be the year to aim for. Not only would I have the advantage of age (being the youngest in my age group) but there would be an added satisfaction of winning in Hungary where kayaking is the national sport.



View up the course at Győr. Afternoon training session with the U12 paddlers!



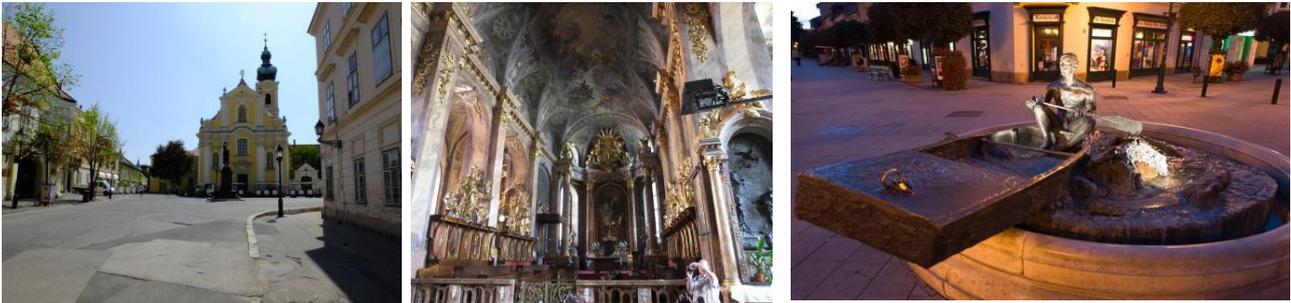
The team enjoying a night out in the central square of Győr.

And so began the road to Győr ... First task was to undertake a detailed analysis of marathon racing, identify my strengths and weaknesses and develop a plan to improve the worst aspects first. Portaging was high on the list of weaknesses as was pack racing so together with Randall Fitzsimon and Mark McDonald, the training began. As a club, we instigated early morning can-racing which improved all of our boat handling skills.

A year later at Copenhagen, I was faster but fell further down the pack coming 6th. Improvements in portages were promising as with the faster boat speed but my pack racing skills were not greatly improved from the year before. More analysis and a new plan was devised. Malcolm Hall joined our little paddling group and brought back memories of the toughness of the South African training ethic. Emphasis on endurance speed with a more aggressive gym program saw a change in the way I raced and thanks to the boys, my wash riding improved.

In June 2014, I took the inaugural Emerging National Marathon Team to South Africa to race in their national championships. This provided me with an opportunity to race against Hilde Lapere, who I had to beat if I was going to win in Győr. She wholoped me! ARGHHH. What was wrong? Why could I not beat these girls!!!

More analysis and two things became clear. Firstly, I don't like wash-riding! I get bored and then I fall off. It is as simple as that! So, if I am going to beat Hilde, I need to be fast enough with enough resilience to paddle from the front. Second cannot run, let alone with a boat! Training towards improving these two issues commenced the day I returned from South Africa – 8 weeks to Worlds.



Győr is a beautiful town with a strong architectural heritage despite its turbulent past. The statue in the left most photo still has bullet holes in it from WW2. It also has a strong kayaking heritage with a huge club, lots of juniors and an amazing performance record. The cathedral is spectacular.

2014 Masters Marathon World Cup was held in Oklahoma and I was faster and I beat Hilde and I did it from the start. I raced the plan, the portages were good. But would this be good enough to win against the Europeans? They did not come to Oklahoma.

More analysis and on paper, I was still not fast enough if I was going to win against the Europeans in Hungary in 2015. To reach my goal, I made two major changes to my training program. Firstly I did not take a 6 week break on returning to Australia after Oklahoma. Instead I immediately went back into cross-training, in part because I had to get fit for a research trip to Macquarie Island. I also spent a lot of time working on technique and I upped the hours spent running and in the gym. This meant that by January 2015, I was significantly fitter and stronger than in previous years and my technique was more reliable.



Enjoying the warmth on the course in the lead up to the Worlds.



Race Day. View from the spectator stands

This base has served me well this year despite extended overseas travel three times during the lead up to the World Cup. I was able to build speed, endurance-speed and skills through the summer together with the help of Randall, Mark, Jules and Malcolm. In South Africa in June, I won the sub-grandmaster category easily and I was the second master paddler home, beaten only by a lass more than 15 years younger than me. I was very happy with my portages and pack racing skills and my ability to race from the front. It was a great race!

Training into Hungary was difficult as I spent 4 weeks doing research in a South African game reserve after their national championships and was not able to do much in the way of any training. So when I returned to Australia in early July, I knew I had to be very clever about how I went about preparing for the World Masters Cup in mid-September. I tried to be sensible and not over-train. This means only 7 or 8 sessions a week, maybe 10. Does not leave a lot of time to catch up on 4 weeks of lost training.

I did three things that I think played a huge part in my later success in Hungary. First I tested myself to determine how much I had lost during the 4 week away from training. I did this for all aspects of the race – how fast was my start; what was my time over one lap; how fast could I run the portage; how fast was I in and out of the boat; how strong was I. Second I compared these data with those from the South African National Championships and from my training diary to determine which aspects had suffered the most. Finally, I developed a training program that addressed those aspects in which I had lost the most performance whilst maintaining and slowly improving the remaining key aspects of the race.



*Kangaroo meets Chicken!
Unfortunately the Chicken won!*

I used the Marathon 10 Series races to test my progress and in all honesty, I was not happy with the results. I just did not seem to be getting faster. I flew to Europe less than confident, 10 days before the race. The week before the regatta, I spent on the 4.3 km course, paddling hard twice a day for an hour per session. I learned as much as I could about the flow of the river and her moods. I concentrated on speed work, honing my skills around speed and figuring out how best to do this in a rapidly flowing river. I spent a lot of time paddling upstream so that I knew where the current was fastest (I measured it at about 4 km/hr mainstream) and where it was shallow and versus deep and fast. I developed a plan of the fastest routes, both up



Hilde and me pulling away from the pack

and down stream. I practised getting in and out of the boat at the portage area but I did not run with the boat as the boat that I rented to train in was an old 12+ kg sprint boat and I did not want to hurt myself. I tried to eat well and sleep lots and while I did explore the town, I tried not to tire myself out except in the boat. Finally I adjusted my body clock to the time of my race which was 1 pm in the afternoon. I rarely train or race this late in the day. Every day was race day, from waking up, to eating breakfast, to preparing for the race. I did my first session at 1 pm.



Mission Accomplished.



Hilde and me enjoying the K2 race.

There were two hiccups in the lead up to the race. The first was when the ICF announced 4 days before the race that we would no longer be paddling 14.4 km with 3 portages but rather 18.3 km with 4 portages and the second was that my boat only arrived from Portugal on the afternoon before the race. I was not amused about the distance change mainly because I felt it was handled unprofessionally but I tried to contain my emotions by reconsidering my race plan. It is a bit awkward when the boat arrives late as it can take a while to get it set up properly. The rudder had to be installed and boat

trim set up. Fortunately I can do this myself and I had the tools with me, so I did not have to sit around and wait for someone to do it for me. Kanga and Tim Stenlake helped me set the trim under race pace. By sunset, we were ready to go.

And then before I knew it, I was sitting on the start line, the call "Ready ... Go" was heard and it was all on! My race plan was to lead out but only as fast as needed to split the group into a small front pack and the rest. I was very careful not to go lactic – going against all my sprinters' instincts – as the one thing that I had learned during this journey is that going off too fast at the start of the race will severely impact my ability to maintain boat speed later in the race and one thing we all forget is that the boat with the highest AVERAGE boat speed wins. I was able to do this, and furthermore, the other paddlers in the group (French, Danish, Canadian (ex-Russian)) let me control the group so that Hilde could catch us after a slower than usual start. I wanted Hilde in the front pack as she is able to push herself to the limit and I knew that she would work with me if we could break away. I also knew that I could outsprint her in a dash for the line. I set a fast pace for the first lap and by the time we came to the first portage, the group consisted of Hilde, myself and the Dane.



There was a big upset in the women K1 race with Hungarian favourite and national hero Renata Csay beaten to second place. The next day, Renata left nothing to chance in the K2, taking an early lead and powering away from the pack throughout the race.

It is important to take notice of the way one's opposition races during the first half of the race. How quickly are they getting in and out of the portages? Can they stay with you if you put in a small effort? What is their body language? Are they breathing hard? This information is critical in determining if any changes to the race plan is needed. I noticed that the Dane was very slow in the portage but very quick in the water. Hilde was slower than me in the portage, I could pull away from her but she could pull me in if there was enough time. The Dane did her share of the pulling but Hilde was not doing any. However, the Dane and I could not drop Hilde; she kept clawing us back.

So ... back to the race plan. Well a little tumble at the start of the 2nd portage put a spanner in the works and I had to run extra hard through the portage to make up lost time as well as pull Hilde back. That took about a kilometre and then it was game on. We had dropped the Dane. It was just between us. We are double partners and friends – we know each other well, but out there all chips were down. Hilde would not pull and I knew that trying to drop her with two laps to go would be a waste of energy. So I kept pulling her as fast as I could, making her work hard to catch me after the 3rd portage. She was breathing hard so I knew that she was working as hard as I was. I also knew that Hilde never, ever gives up!

Then at the 4th and last portage, I took off and dropped her. I sprinted out of the portage (something I had trained for) and kept going as hard as I could for the last kilometre. The race was mine! Mission accomplished.

The next day Hilde and I paddled the K2 successfully. This was an uneventful race. We led from the start and it was just a matter of going through the motions without making any fatal errors. We had hoped to race against our nemeses, the Danish Sisters who have won this event for the last 4 years but they didn't show up. This was very disappointing. Maybe next year!



Start of the Men K1 race at Győr.

Andy Birkett leading the pack into the first turn – Hank McGregor and others using Andy to pull them. They dropped him before half way! Note the technique of the front runners – strong move towards sprint-like technique with powerful leg drive and core rotation.



Portage towards the end of the race. Hank McGregor – eventual winner - leading the pack.

Club member in Prize-winning Photograph

Renown local photographer, Paul Jurak – aka kayakcameraman – won first prize in the Open Category of the Community Services ACT Life's Reflection photo competition.



Above: the prize-winning photo

Below: Paul and Allan Newhouse at the prize-giving evening.



Australian Master's Games: Ian Castell-Brown

Held every two years, the Australian Masters Games is billed as "Australia's greatest multi-sport festival for 38+ year olds". This year's games were held in Adelaide from 3rd – 10th October, with this friendly city host to 10,000 participants across more than 50 sports.

Three BGCC people made the trip over to join in the fun and competition, including kayakers Ian Castell-Brown and John Preston, plus SUP-er Pete Garbutt.

Marathon: *Singles:* Ian Castell-Brown: MV75 K1 12 km 1st, 1:38:40

John Preston: MV60 K1 16 km 2nd 1:59.21

Pete Garbutt: MV40 SUP 16 km 2:37.06

Doubles: Ian Castell-Brown /Ron Blum MV75 12 km 1:33.02

Sprint: *Singles:* MK1 75+ Ian Castell-Brown: 200m 1st 1:07.89; 500m 1st 3:04.21 1000m 1st 6:05.05

MK1 60+ John Preston: 200m 3rd 1:02.39 500m 4th 2:43:95 1000m 2nd 5:13.61

SUP 40+ Peter Garbutt 200m 1:11.11; 500m 3:00.50 1000m 5:48.29

Doubles: Ian Castell-Brown/Ron Blum K2 75+ 200m 1:14.54; TK2 500m 3:05.50; 1000m 6:14.79

While John and Pete entered all the Singles they could, Ian contested all his age events in both kayaking and indoor rowing. "I've never contested indoor rowing before" Ian said, "and thought it worth a go, given the long drive over with two kayaks on the roof. It was well worth the effort since I managed to bring home three indoor rowing silver medals and eight gold kayaking medals from eleven events overall. Just days before leaving for Adelaide I had thought I wouldn't make it owing to a three week illness".

Ian stressed that all events were challenging which embodies the spirit of the games. Day one of kayaking saw paddlers in distances ranging from 10 to 25 kilometres dealing with a wind of 25 knots gusting to 30 knots which wrought havoc for all. The narrow K boats are difficult enough to balance in quiet waters let alone in conditions such as occurred. There were numerous capsizes and withdrawals with some shortened courses. Luckily 76 year old Ian survived his 10 km race without incident. Weather was kind for day two sprint events of 200, 500 and 1000 metres both singles and doubles. However with strong winds forecast for day three, doubles marathon races were started early and trouble avoided.

Ian's partner in the 10 km doubles race and sprints was 81 year old Ron Blum of Adelaide. The pair have raced together before and have "almost" mastered on-water communication despite Ron's total deafness and sight impairment owing to the loss of one eye.

But, for Ian, the most challenging event was the 2000 metre indoor rowing event. Up against an opponent who has never been beaten he dug in but had to draw on anaerobic capacity for the final 250 metres to finish second. As Ian said "I experienced the true games spirit when fellow 'rowers' gathered round and urged me over the 'line'. And, there's always next time." In 2017 the games move to Tasmania where, again, competitors will combine sport and tourism for an overall enjoyable experience.



Ian Castell-Brown;



Ron Blum & Ian C-B in action



Ron & Ian with some medals



John Preston in action



Paddler John with medal

2015 Pontoon repair Gang in Action!



Thanks to Gary Rake and Shane Lund for their work on keeping our pontoon functional and in one piece.
(More club Volunteers at work ☺)

Kayak for Kids 2016



Lifestart Kayak for Kids 2016

Sunday 20 March 2016

GET INVOLVED

Get your team together to paddle in Sydney's kayaking event of the year at Lifestart Kayak for Kids 2016. Both professional and novice paddlers alike will tackle the paddling challenge in solo, double and triple crafts in an inspirational paddling event with a difference. Register your family, friends and workmates for a one of a kind team building experience while raising much needed funds for Lifestart, promoting inclusion for children and young people living with disability or delay.

THE COURSE

The paddling course runs from Blues Point through three transition areas to Clifton Gardens across 18km of sparkling waters on breathtaking Sydney Harbour. Paddlers including relay teams of 12 will race against the clock with the course being divided into four sections of 4.5 km each. Hire of a three seater kayak, paddles and safety gear are included in the registration fee.

Register online now at kayakforkids.com.au

FUNDRAISE FOR LIFESTART

Kayak for Kids is Lifestart's major annual fundraising event hoping to attract 1,400 paddlers, 5,000 spectators and \$400,000 in fundraising for 2016. Fundraising is simple... If you are paddling in Kayak for Kids, please create your own online fundraising page and encourage your friends, family and workmates to sponsor your paddle. Fundraise with Everyday Hero at everydayhero.com.au/event/kayakforkids16

Free shuttle bus service between transition points | View a short video of last year's event [here](#)

All inclusive food, drinks and entertainment from 10.30am at Clifton Gardens at the Lifestart family picnic

For more information go to www.kayakforkids.com.au.

Tel: 02 9364 0111 • Email: events@lifestart.org.au

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Our own “Tea-Bag” Award for our HCC Land-crew

While the HCC committee seem to have done away with the Official Tea-Bag Award for outstanding land-crew, we, the BGCC paddlers, wish to acknowledge the skill and dedication and thought put into looking after us last weekend. Land-crewing is taken on for many reasons (it might be easier than paddling all night; checking to see if they want to paddle the distance next year; enjoy watching others suffer; the comradery of the river-bank; trying out other vehicles to see how they drive; joining in the thrill of watching “our paddlers” finish and helping failing bodies out of their boats; and so on) but whatever the reason – even being truly altruistic – we the paddlers are forever grateful for your kind ministrations to us. Without you we could not take part. So THANK YOU to our combined club Land-crew: Patricia Ashton, Bob Collins, Anne Collins; Robin Robertson and Patrick Chapman.

Helen.

Membership Now Over-Due: Helen Tongway

The sun is shining, the frosts have gone and it is time to be back out on the water!

But – if you want to take part in club events, use club equipment or you have a club shed key and you haven’t already renewed, (and there are about a dozen of you!) NOW is the time to do it.

Everyone needs **Standard Level Membership** (\$50 Adult, \$75 Family or \$25 Junior.) This is now paid in combination with your PNSW Membership, via Australian Canoeing, at:

➤ http://auscanoe.sportingdna.com/users/register/organisation_id:1/language:en

As this is a new system you will need new passwords, log-ins, etc., which can be checked at:

➤ <http://canoe.org.au/member-number.php>

Plus: If you have a club shed key, then the annual hire fee is \$50. **Bronze Level Membership** (If you wish to hire a Club Shed key, you need to put in an Application Form, plus a refundable \$50 deposit.)

Plus: If you want to use more than just the Robust Club Boats, the boat use fee is \$125. **Silver Level Membership**

Or: Key-hire plus Boat Use = **Gold Level Membership** (Adult Total = \$225)

Or: You already have a shed key and approval to have your own boat in the Club Shed, \$150 **Platinum Level Membership** (Adult Total = \$250)

Confused? Don’t be! Just ask and I will let you know what you owe ☺ membership@bgcc.org.au

All Extras at: <https://www.registernow.com.au/secure/Register.aspx?E=17978>

Helen

Blazing Paddles Deadline: Editor

The aim is to have the next *Blazing Paddles* published by Monday 30th November.

All Committee members and Discipline Conveners are asked to provide a report for each Committee meeting, so why not save on duplication and provide the report to BP, but with added photos!