



BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2013

Volume 24 Issue 6 April 2014

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Championships Month



The ACT Government assists the BGCC through Sport and Recreation ACT



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President's Report –Kiaran Lomas

Can we please not schedule another month like March?. I'm exhausted! But it's been a blast.

It's gone so fast it's taken a bit of effort to recap all the events and achievements for the month. I'm sure if I miss any here the conveners will catch them in their sections.

The first weekend in March saw the Naish NISCO series hit town. It was great to see some kayak paddlers acquitting themselves well in this event. It's a lot of fun and there has been a proposal passed to me to purchase some of these boards for the club. We will have to see how far the money can stretch but I don't see anything happening until the spring as there are a few other issues that need to be resolved first.



The second weekend, I took a small squad of paddlers to Nelligen for a time trial and as usual, the Bay Area Kayakers ran a great time trial. I encourage all of you to keep an eye on the dates and try their course and for all those ski and SUP paddlers go for a play in the ocean before you return to Canberra.

The third weekend was the M10 series race and Burley Griffin Bash. The club did exceptionally well winning many of the divisions. But if we want to win a third championship we will need to ensure our numbers and performances continue at future events. John Preston has provided a round-up of this event.

A small number of our SUP paddlers competed in Harry's Paddle. The competition was very strong but our local paddlers acquitted themselves well.

Breana Reid recently competed at the sprint nationals and came back with four medals. She proudly showed me her medals on the weekend and I was very excited for her.

The canoe polo players have had a quiet month preparing for the Nationals in Canberra over Easter. I strongly encourage you all to come and support the local paddlers on the water. These are some of Australia's most skilful paddlers and you need to see them in action to really appreciate how much talent there is in the club.

Finally we got to know our neighbours with a crossover weekend with the Ice dragons. The weather was pleasant and the cross section of boats available was impressive. We thank all those who attended along with the Ice Dragons for making this event a success.

In the back-ground, the committee has been wrestling with issues surround the boat shed extensions, safety, training qualifications and usage of club boats. I will address the safety and training issues in a later issue of Blazing Paddles.

This month is going to be just as busy, so work hard and good luck to all paddlers attending the National Marathon and Canoe Polo Championships. Most importantly, enjoy your paddling.

From the Editor's Desk: Scott MacWilliam

This edition of Blazing Paddle features the outstanding results from the most recent major event in which BGCC members competed and news of two very important competitions in April. Canoe Polo convener Rowan Holt's report on the forthcoming National Championships to be held at Molonglo Reach over Easter sets the scene for what will be one of the most important achievements of the club. John Preston details the participation of the club's best flat water paddlers at the Australian championships also being held over the Easter weekend at Ballarat.

BGCC is however far more than its competitive members, outstanding as are these people. This edition covers the social side of paddling too. In order to appreciate how important the social paddlers are to the health of the club and its finances, the table below sets out numbers and fees paid from each discipline, as well as the priorities indicated by members.

BGCC Membership 2013-2014

Canoe Polo:	(1 st)	28	(2 nd)	7	(3 rd)	4	Total:	39	
Income:									~\$1,300
SUP:	(1 st)	14	(2 nd)	8	(3 rd)	9	Total:	31	
Income:									~ \$605
Marathon:	(1 st)	61	(2 nd)	37	(3 rd)	32	Total:	130	
Income:									~\$2,440
Sprint:	(1 st)	10	(2 nd)	22	(3 rd)	6	Total:	38	
Income:									~\$400
Recreational:	(1 st)	169	(2 nd)	30	(3 rd)	16	Total:	215	
Income:									~\$6,760



This issue also carries a tribute to the club by one of our best known regular visitors and a note of appreciation for the volunteers who made the Marathon/Bash weekend such a success. There is a further call for volunteers to assist on the Easter Weekend when the club will host one of the most important events held at our Canoe Polo venue.

CONVENERS' REPORTS

Canoe Polo Convener's Report-Rowan Holt

BE THE INFLUENCE TACKLING BINGE DRINKING

AUSTRALIAN CANOE POLO CHAMPIONSHIPS CANBERRA 2014 Apr 19 - 21

'Australia's premiere Canoe Polo event in the Nation's Capital.'

Australian Canoeing Canoe Polo, paddle nsw, www.kayakplus.com, Cancer Council ACT, ACT GOVERNMENT

Nationals

The *Be The Influence: Tackling Binge Drinking 2014 Australian Canoe Polo National Championships* are on our doorstep. Taking place at Molonglo Reach from April 19 – 21, the event will attract around 200 athletes plus team support crews to Canberra. The excitement surrounding the Championships has been building for many months now, with the recent Australian Canoe Polo Summer Series events providing an insight into the high levels of intensity and professionalism that can be expected within all games taking place over the Easter long weekend.



Michael Lawrence-Taylor (ACT Open A) Winning the Charge start at the 2013 Canberra Invitational

Thirty-one teams from ACT, NSW, QLD, SA and VIC will be competing at the National Championships in seven divisions: Micro Juniors (U13), Juniors (U16 boys and U18 girls), Youth (U21), Women's, Open, Veterans (+35yrs) and Masters (+45 years). The Australian Canoe Polo High Performance Manager and former Canoe Polo World Champion, Duncan Cochrane, stated that this year's National Championships will be the largest in 5 years. The event organizing committee is also extremely proud to announce that this year's junior division will be the largest at an Australian Canoe Polo National Championships in the past 8-10 years.



James Deakin, ACT Open A Captain (Blue Vest)

Around 40 BGCC members will be representing the ACT at the National Championships within two ACT micro-junior teams, an ACT Women's team, two ACT Open teams, two ACT Veterans teams and some members participating in composite Micro-Juniors, Juniors and Master's teams (see below for the ACT teams' members). Training on Sunday afternoons at Molonglo Reach for the past few months, the new junior contingent of BGCC Canoe Polo players is strong and has rapidly developed in time for Nationals. Having two complete ACT micro-junior teams ready for Nationals is a tremendous feat. Great work kids! Thanks and congratulations to the club members and the parents of the junior and micro-junior players for all of your work in getting the juniors teams to a competitive level.



Micro-Juniors at the 2013 Canberra Invitational

The National Championships is the final selection event for the Australian Canoe Polo Men's team and will play host to the best players in Australia. At recent Canoe Polo Nationals, South Australia and Victoria have been the teams to beat. The 2013/14 Summer Series events were generally dominated by teams from those two states. However, ACT and NSW have caused a couple of upsets during the season and are determined to pose a significant challenge to the status quo. Spectators can expect excellent displays of skill and explosive plays from all teams involved.

The ACT Women's team, which only formed late last year, is aiming for gold at the Championships. In their training sessions leading up to the event, the Women's team has increasingly demonstrated their strength and hunger to achieve great results. BGCC's Carley Goodwin is seeking to etch her name into the minds of the Australian Women's Team selectors and is being encouraged by her teammates, Sue Robb, Toni Harmer, Louise Gates, Kimberley Roper, Stacey Goodwin (Carley's twin sister) and Kristy Offner (Shoalhaven Canoe Club). Be sure to bring your loudest voices to cheer for this determined ACT Women's Team!



Some members of the ACT Women's Team at the 2013 Canberra Invitational: (from left) Toni Harmer, Melissa Mooney (not playing at Nationals), Carley Goodwin, Kimberley Roper, Louise Gates, Rebecca McKetin (not playing at Nationals) and Sue Robb

The recent selections for the ACT Open and Veterans teams at Molonglo Reach demonstrated the development and improvement of new and existing players vying for positions on the Nationals teams. Ashleigh Jefferson (Ash), who only began playing the sport in mid-2013, truly impressed the selectors and gained a place on the ACT Open B team. Ash's demonstrated commitment to his development over the past 10 months places him on the radar for selection in next year's ACT Open A team.

Also of note is the improvement witnessed in the game play of Michael Young, who has been training with the Australian squad over the summer season. Although missing out on a place in the recently selected Australian Men's team shortlist, Michael has been applying his newly acquired Canoe Polo fitness and training exercises at our regular Molonglo Reach training sessions to good effect. Brenton Smith's perseverance at training and increased competition experience, attending three of the four 2013/14 Summer Series events has paid off, gaining a place on the ACT Open A and Veterans A teams. Brenton's powerful shots at goal are definitely something to look out for during the competition.



James Harmer (ACT Open A – Blue Vest #5) getting a crucial pass away at the 2013 Canberra Invitational

Congratulations to all players who have earned their position on their respective teams. The organizing committee would like to thank everyone in the club who has supported and contributed to the formation of the event and especially for the generous supply of refereeing pontoons.



ACT Open B working hard to counter an attacking play at the 2013 Canberra Invitational

With 200 athletes competing, we are looking for volunteers to help run the BBQ stall (see call for volunteers following this Report). The profits from the food sold to feed the masses will go straight back to the club. Games are set to start at 8 a.m. and conclude at 5.30 p.m. on Saturday and Sunday, with Monday games, including the Grand Finals, commencing at 8 a.m. and concluding at 3 p.m. Bring yourselves, your family and friends to what is anticipated to be a tremendous display of Canoe Polo in the Nation's Capital.

ACT Micro-Juniors Team 1

Emily Gates, Matthew Gates, Kate Loynd, Ned Loynd, Alexis Miller, Rowan Skeat and Ruby Skeat

ACT Micro-Juniors Team 2

Daniel Harmer, Finn Harmer, Jessica Harmer, Leo Jefferson, Neve Jefferson, Reid and Maggie

Composite Micro-Juniors (South Australia Team)

Ted Gilbert, Jackson Smith and Max Swoboda will be joining 3 SA Players

Composite Juniors (Queensland Team)

Rebecca Gates will be joining 4 QLD Players

ACT Women

Louise Gates, Carley Goodwin, Stacey Goodwin, Toni Harmer, Kristy Offner (Shoalhaven), Sue Robb and Kimberley Roper

ACT Open A

James Deakin, Jason Downey, James Harmer, Steve Harmer, Michael Lawrence-Taylor and Brenton Smith

ACT Open B

Daniel Brammall, Rowan Hartcher, Rowan Holt, Ashleigh Jefferson, Mark Raymond, Kai Swoboda and Michael Young

ACT Veterans A

James Deakin, Jason Downey, James Harmer, Steve Harmer, Mark Raymond and Brenton Smith

ACT Veterans B

Daniel Brammall, Rowan Hartcher, Ashleigh Jefferson, Roland Mangos and Kai Swoboda

BGCC Canoe Polo:

Over the past year there has been an increasing focus on the development of Canoe Polo at all levels. The Club's support of Canoe Polo, especially the National Championships, is truly appreciated by all participating members. Following Nationals and toward the end of this year, it is hoped that a round-robin competition between Kangaroo Valley, Sydney and BGCC will eventuate. This round-robin competition will provide participants with greater exposure to former and current Australian Canoe Polo Team members and, in doing so, will promote continued individual and group playing skills development. The round-robin activities are also aimed at increasing the exposure of junior players to inter-club games.

The substantial number of juniors taking up Canoe Polo (an average of 18 juniors at each training session) is fantastic to see and we hope that their involvement will be maintained and encouraged over the cooler months when they move to the heated pool at Tuggeranong for their Sunday training sessions (3 p.m. – 4:30 p.m.) We, the Canoe Polo group, would again like to express our appreciation for Louise Gates' efforts in driving the juniors training sessions. Additionally, the involvement of parents (some of whom do not play polo...yet...) and adult canoe polo players at the junior training sessions is incredibly valuable to the continued development and growth of our sport.

We have an average of 25 members attending our training and games sessions at Molonglo Reach. Our regular Wednesday games nights have moved back to the Lakeside Leisure Centre in Tuggeranong a little earlier than anticipated, so we could secure our usual timeslot at the very popular pool. Games commence at 7:15 p.m. sharp! and conclude at 9:15 p.m. Teams for the upcoming winter round-robin competition will be formed after Easter.

Monday night training sessions will still be taking place at Molonglo Reach in the late afternoon (5:30 p.m. onward) and into the evening under the portable lights. As the cool weather settles in, training sessions will be moved to the weekends.

See you at Nationals – bring your friends and family along!

Volunteers Needed

Our Canoe Polo teams are working hard to host the National Canoe Polo Competition over the Easter period. There are expected to be about 200 players attending, plus officials, families and spectators. The club will be running a BBQ to feed the masses and do some fund raising. However, we need some non-canoe polo players to help out. The BBQ assistance will be required between 11:30 a.m. till 2:30 p.m. on Saturday, Sunday and Monday, 19th & 20th & 21st. If you can spare a couple of hours to help on the BBQ and support our club and canoe polo it would be much appreciated. The BBQ will be fairly simple with sausage & steak sandwiches.

Even if you can't help out, come along and watch some high quality canoe polo matches. This is a selection event for National teams, so you'll see some of the best players in the country.

If you can help out, please let me know what day and times suit you. Patricia (patricia.ashton@gmail.com)

Flatwater Convener's Report: John Preston

As everyone would know by now, we had a fantastic weekend of racing to open the 2014 Marathon season. With 212 paddlers on the water in 183 kayaks, it was a huge Saturday race which was conducted in very trying conditions. To add to the tight packs in the river, the paddlers also had to contend with very rough water on the extended lake section of the course. The strong NW wind whipped up a large chop which was exacerbated by the rebound waves from the wall near the Boat House Restaurant and the large number of kayaks involved in the racing. The rescue boats were kept busy as there seemed to be an endless number of paddlers taking a dip. Thanks are extended to the SES, David Preston and Greg Cheshire who did a great job making sure all paddlers were safe. Despite their best efforts however, one paddler had his kayak sink to the bottom of the lake after he capsized. Apparently he had taken out the floatation, a decision he probably now regrets. The kayak has proven to be unsalvageable.

A new initiative from PNSW saw points being allocated to paddlers who portaged during the race. Our Marshalls did a great job ensuring the spectators didn't encroach into the area and the kayakers knew where they had to run. Nick Grey took on the job of aligning the paddlers in each division before they moved up to the starter: our own Margi Bohm. Margi did a great job of getting the huge fleet under way. Not content with their efforts there, Nick went on to help with the timing in the PNSW recording tent and Margi went over to oversee the portage area. There were a great number of helpers on the day to whom we owe our gratitude. I fear I'll leave people out if I try to list all of those I saw lending a hand with the various jobs. Thank-you to all of you. Without your efforts the day wouldn't have been as successful.

In order for any race to be successful there is work that goes on in the weeks leading up to the big day. Shane Lund's help was invaluable in setting up the course with marker buoys. Ben Rake also put in a big effort on the eve of the race helping to finalise the positioning of the turn in East Basin. Let's hope we can use more of the river next year to avoid some of the potential problems out on the lake. Kiaran Lomas and Tom Hick were also involved in the preparation stages thanks guys. Helen Tongway, Patricia Ashton and Bob Collins worked behind the scenes drawing in the members for the various jobs. Scotty Hunter from Wetspot Watersports provided his marquee for our use as did Craig Kentwell. Craig also managed to get some pre-race publicity into the sports pages of the Canberra Times.

As one can see from the club point score and the individual results we had a great day and have got a good lead in the race for the club trophy for the 3rd year in succession. Well done to all those who competed and thanks to those who made the effort to portage or paddle an international class boat to gain more club points. Despite the good lead we have it is still early days. Last year we saw concerted efforts from other clubs to close the gap on us - particularly in the races conducted on their waterways. We need a strong contingent to make their way up to Wyong for the next race in the series in order to consolidate our position.

Code	Club Name	Points
BGCC	Burley Griffin Canoe Club	68
LCRK	Lane Cove River Kayakers	22
CCCC	Central Coast Canoe Club	18
WCC	Windsor Canoe Club	16
MWKC	Manly Warringah Kayak Club	14
SSCC	Sutherland Shire Canoe Club	10
CSKC	Cronulla Sutherland Kayak Club	8
PVC	Penrith Valley Canoeing	6
WBCC	Wagga Bidgee Canoe Club	4
MMCC	Mitta Mitta Canoe Club	4
ACCA	Dragon boats	4
SSP	Southside Paddlers	2

Division 1 – 25k (4 compulsory portages)

Pos	Boat	Paddler	Club	Time
PP5	112	Ben Rake	BGCC	02:08:59

Division 2 – 20k (3 optional portages)

Pos	Boat	Paddler	Club	Time
1	229	Shane Lund	BGCC	01:41:17
2	220	James French	BGCC	01:42:34
7	226	Mark Halpin	BGCC	01:45:49
8	203	Stephen Bunney	BGCC	01:46:55
9	230	Randall Fitzsimon	BGCC	01:49:19
10	209	Gary Rake	BGCC	01:52:33
RNK	202	Jason Rantall & Scott Hunter	BGCC	01:41:32
RNK	206	Clare & Russell Lutton	BGCC	01:42:53
DNF	205	Malcolm Hall	BGCC	-

Division 3 - 20k (3 optional portages)

Pos	Boat	Paddler	Club	Time
10	309	Roy Willis & Peter Fane	BGCC	01:50:11
DNF	314	Richard Fox	BGCC	-

Division 4 – 20k (3 optional portages)

Pos	Boat	Paddler	Club	Time
1	402	Paul O'Neill	BGCC	01:48:46
2	429	Adam Scott	BGCC	01:49:16
5	415	Patricia Ashton & Bob Collins	BGCC	01:51:11

Division 5 – 20k (3 optional portages)

Pos	Boat	Paddler	Club	Time
1	507	Graeme Ison	BGCC	01:55:14
11	540	John Preston	BGCC	02:09:03
12	506	Paul Hartlipp	BGCC	02:11:59

Division 6 – 20k (3 optional portages)

Pos	Boat	Paddler	Club	Time
2	632	Rob Wilson	BGCC	01:57:21
5	606	Allan Newhouse	BGCC	02:06:44
8	610	Kirsten Nicolle	BGCC	02:09:36
13	615	Robert Bruce	BGCC	02:13:17
RNK	625	Alex & Sarah Zeller	BGCC	02:04:45
RNK	620	Geoff Pickup & Helen Tongway	BGCC	02:10:34

Division 7 – 20k (No portage option)

Pos	Boat	Paddler	Club	Time
2	713	Stephanie Rake	BGCC	02:06:38
4	710	John Lockie	BGCC	02:21:57
5	711	Kiaran Lomas	BGCC	02:22:36
RNK	722	David Abela	BGCC	02:15:21
DNF	733	Gabrielle Hurley	BGCC	-

Division 8 – 15k (No portage option)

Pos	Boat	Paddler	Club	Time
1	836	Stephen Ison	BGCC	01:24:11
10	800	Breanna Reid	BGCC	01:41:07
11	807	Madeline Chard	BGCC	01:42:17

Division 9 – 10k (1 compulsory portage)

Pos	Boat	Paddler	Club	Time
1	940	Shane Ison	BGCC	00:58:09
2	912	Harrison Bunney	BGCC	00:59:43
RNK	902	Gerard O'Dea	BGCC	01:00:60
RNK	903	Julia Bowett	BGCC	01:02:27

Division 10 – 10k (No portage option)

Pos	Boat	Paddler	Club	Time
1	1014	James Suthern	BGCC	00:57:47
8	1025	Julie Cammell	BGCC	01:01:29
11	1013	Spencer Milburn	BGCC	01:06:59
RNK	1027	Lisa Bush	BGCC	00:59:41

Division 11 – 10k (No portage option)

Pos	Boat	Paddler	Club	Time
1	1118	Roger Murray	BGCC	01:00:48
5	1129	Debbie Styman	BGCC	01:07:57
7	1126	Russell Murphy	BGCC	01:09:07
8	1100	Warren Trick	CSKC	01:09:16
9	1123	Carolyn Williams	BGCC	01:10:31
11	1106	Ian Castell-Brown	BGCC	01:10:59
12	1112	Ceara Clark	BGCC	01:16:00
17	1125	Angus Whitford	BGCC	01:42:15
RNK	1109	Debora Bachewich & Malcolm Macaulay	BGCC	01:02:10
RNK	1102	Diana Perriman	BGCC	01:06:37
RNK	1128	Angela Crawford	BGCC	01:08:39
RNK	1122	Mike Iliff	BGCC	01:09:45
RNK	1130	Peter Garbutt	BGCC	01:10:50
RNK	1113	Litsa Polygerinos	BGCC	01:11:47
RNK	1115	Jon Bell	BGCC	01:15:59
RNK	1131	Lincoln Gibson	BCKC	01:16:46
DNF	1108	Robin Robertson	BGCC	-
DNF	1105	Scott MacWilliam	BGCC	-

The Burley Griffin Bash was conducted on the Sunday of the marathon weekend and if anything, was held in even worse conditions than the marathon race the previous day. There was a lot of bravado in the warm up area prior to the race. Once out in the rough conditions on the lake the bravado ebbed quickly as paddlers concentrated on getting back into the protection of the river. Many abandoned the race altogether. Nevertheless there were some exceptional efforts in very difficult circumstances. Well done to all who completed their race. Thanks to all the volunteers who made the Bash successful and especially to those who made the effort to help out on both days. Thanks especially to Lincoln Gibson, Russell Lutton, David Preston and John Preston for manning the safety boats.

Two safety issues came to light over the weekend. One was mentioned above with the need to ensure your kayak has suitable floatation. The other was with a wire coat hanger used to support a drink bladder around ones neck. One unfortunate competitor who took a swim was nearly strangled by his own wire device as we tried to tow him to safety. Be aware that these wires don't break easily and that in some circumstances can be a major hindrance.

Full Bash results can be found on the Club's website here:

<http://www.bgcc.org.au/attachments/article/331/38th%20Burley%20Griffin%20Bash%20Results.pdf>



Marathon Series: Dates and Venues

- Round 2- Sunday 4th May: Central Coast Canoe Club, Wyong
- Round 3- Saturday 17th May: Sutherland Shire Canoe Club, Woronora
- Round 4- Sunday 1st June: Manly Warringah Kayak Club, Narrabeen
- Round 5- Saturday 28th June: Penrith Valley Canoeing Club, Penrith
- Round 6- Saturday 19th July: Makai Paddlers, Burrill Lake
(*Sunday 20th July –Lake Lunacy, Makai Paddlers*)
- Round 7- Saturday 9th August: Windsor Canoe Club, Windsor
- Round 8- Saturday 30th August: Cronulla Sutherland Kayak Club, Grays Pt
- Round 9- Saturday 6th September: Lane Cove River Kayakers, Lane Cove
- Round 10- Saturday 27th September: Final round and Series Presentation;
Wagga Bidgee Canoe Club, Wagga Wagga.



The Wetspot Summer Time Trials ended on Wednesday 2nd April, before the end of daylight saving. The series has been a great success. Not only did it provide an opportunity for established paddlers to hone their skills over a variety of distances but it also afforded new paddlers with an opportunity to have their first racing experiences. There was an increase in the number of SUP paddlers participating in the racing and it was pleasing to see a number of junior paddlers taking on the challenge of racing on the Molonglo. The improved times achieved and the confidence gained in these races provide BGCC with a strong pool of paddlers who compete strongly at State and National level.

Wayde Margetts (pictured below) won the series by a fair margin after some very good time improvements in a number of different kayaks prior to Christmas. He made a break on an inconsistent pack and never lost the lead from that time onwards. Wayde will be presented with a trophy on presentation night later this year.

I'd like to take this opportunity to thank all those people who made the effort to help with the time-keeping and the bbq. The Wetspot Winter Time Trials are underway. Be at the start at Molonglo Reach by 9:15 a.m. for a 9:30 a.m. start on Sundays.



Wayde Margetts paddling his K1 in a recent Wetspot Summer Time Trial

2014/15 Sprint Season Program

Sprint Series Round 1: Sun 24 Aug 2014
Sprint Series Round 2: Sun 5 Oct 2014
Sprint Series Round 3: Sun 2 Nov 2014
Sprint Series Round 4: Sun 30 Nov 2014
2015 NSW Sprint Championships: Sat 17-Sun 18 Jan 2015

Up-coming events:

2014 Australian Canoe Marathon Championships

18 - 21 April 2014 at Ballarat

2014 Oceania Canoe Marathon Championships

The 2014 Oceania Canoe Marathon Championships are to be held on 5th and 6th April 2014 at Lake Karapiro, Cambridge, New Zealand.

2017 World Masters Games

The 2017 World Masters Games have been awarded to Auckland, New Zealand.

Other Future Events

2014 ICF World Canoe Marathon Championships - Oklahoma, USA
2015 Australian Canoe Marathon Championships – Tasmania
2015 Masters Games - Adelaide
2015 ICF World Canoe Marathon Championships - Gyor, Hungary
2016 Oceania and Australian Canoe Marathon Championships - New South Wales
2017 Australian Canoe Marathon Championships – Queensland

**AUSTRALIAN
CANOEING**

**2014
CANOE
MARATHON
CHAMPIONSHIPS**
LAKE WENDOUREE
BALLARAT VICTORIA

**BE THE
INFLUENCE**

**TACKLING
BINGE
DRINKING**


AUSTRALIA

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Over Easter we have a number of our paddlers heading down to Ballarat for the Marathon Nationals. Unfortunately there has only been one marathon series race prior to the Easter break so most of our Canberra-based paddlers have been using the Wetspot Summer Time Trials as their main race condition preparation. Squad and individual training for most has been fast and furious although some are going to compete despite their preparations being hampered by illness. The club pontoon has been getting a good workout by those who have been trying to improve their portaging. Some of our K1 paddlers are inexperienced in this facet of the sport and are looking forward to an interesting challenge. Hopefully the water fowl shit won't be quite as deep on Lake Wendouree's pontoons. PNSW has a large contingent of paddlers going to Nationals this year. Hopefully the surge in interest will also see a better result against the state teams that have dominated these events over the last few years.

At the time of writing we have the following going:

Margi Bohm: Women 's Vet50 K1 and with Darren Lee (Cronulla) Mixed Vet50 K2.

Madeline Chard - Women's Vet 40 K1.

James French: Men's Vet 40 K1.

Nick Grey: Men's Vet 35 K1.

Shane Ison: Men's U16 K1.

Steve Ison: Men's Vet 50 K1.

Kit Nicolle: Open Women's K1.

Stephanie Rake: Women's Vet 40 K1.

Breanna Reid Women's U16 K1.

Gary Rake: Men's Vet 40 K1.

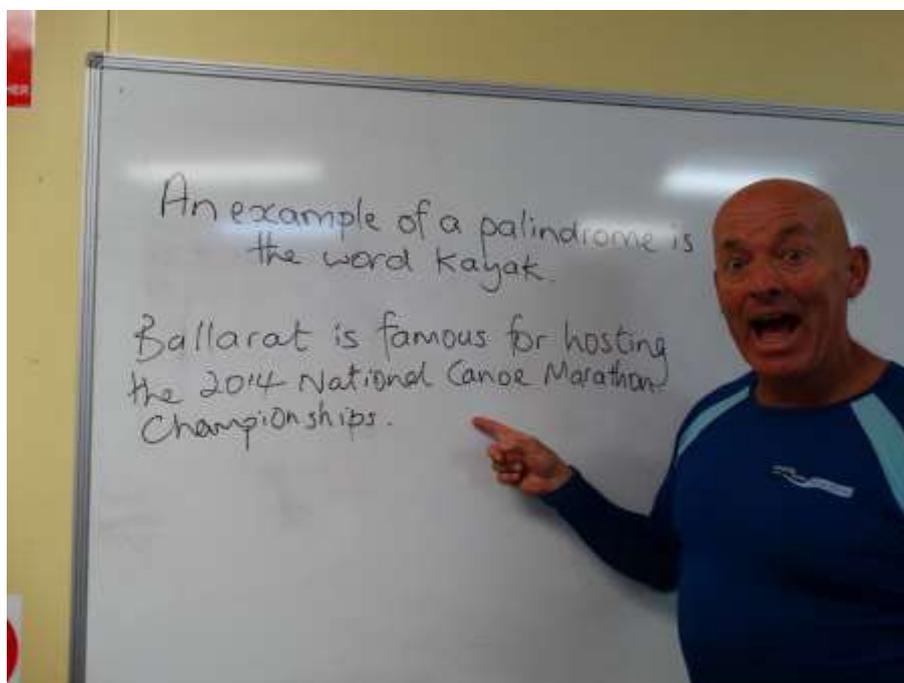
John Preston Men's Vet 60 K1 and with Liz Van Reece (JP) Mixed Vet 50 TK1.

Ben Rake: Men's u18 K1.

John Lockie and Helen Tongway in the Mixed Vet 60 Sea Kayak.



Good luck everybody.



John Preston makes a couple of important points while breaking the new dress code for teachers in NSW schools. **(Editor's Note: Despite repeated attempts to have members of the BGCC PaddleNSW team for the National Championships pose in their uniforms, this is the closest BP could get. Thanks John.)**

Most Valued Club Members: Helen Tongway

While all those folks out paddling on the rather ruffled waters of LBG on the weekend of the Marathon Races which were of course the whole reason for holding our Food Stall, without the dedicated efforts of a few of our club members there would not have been a set of satisfied customers at the end of both days.

This is to thank those who either gave up their paddling time to help out, or who thought they were not up to paddling on the ruffled waters and considered the Food Stall an easier option. (How wrong they were!)

Starting early Saturday, a team of dedicated people began the task of dicing and slicing the kilos of onions, tomatoes and lettuce, preparing the tables, setting up the morning teas, cakes and cool drinks. Several of our paddlers dropped in to help before their paddle, while the team proper took over for the long haul. Foremost of these people were Kevin Swain (who popped back again on Sunday to continue his work at the barbecue) and Maureen Ledingham. Also helping for varying times on each day were Debora Bachewich, Emily Gibson, Greg Cockerill, Robin Robertson, Tom Hick, John Harmer, Patricia Ashton, Paul Hartlipp, Lincoln Gibson, Jon Bell, Litsa Polygerinos, Malcolm Macaulay and I suspect several others I have not found out about. To all of you, named or not, many thanks.

Meanwhile, a little distance from the Food Stall, other equally important work was going on. Scott MacWilliam had ordered in the portable toilets, plus the important extras: toilet paper and rubbish bags. Unfortunately the toilets had been parked with an alarming (when in use) list to the lower side of the land. However, with muscle supplied by Spencer, Jason and Shane, the structures were righted and the users were much relieved. Scott continued his good works over the weekend, keeping the toilets supplied with paper and pumping the water for those who seemed unable to do so.

Editor's Note: Subsequent to the Marathon Series race and the Bash, the club received this note from one of our regular visiting paddlers, who is a great supporter of events at Molonglo Reach.

Richard Barnes wrote:

Altogether a great weekend of paddling, both in the Series race and the Bash.

It is a fitting reward that a new attendance record was set for Saturday.

Amazing how many come down to enjoy hospitality BGCC style.

We'll have to try to convert a few more of the campers into Sunday paddlers.

I was glad we got the chance for a true lake Bash on Sunday. That paddling option really was a thriller ride.

Which brings me to the boat selection and how thankful I was for the loan of the club V8.

It's a great craft. I'd not tried a ski previously so that was new and exciting too.

The V8 felt completely stable even in the choppiest the lake could muster.

Looking ahead, it would be good to know which way you plan to go date-wise for the 24 hour marathon.

I'd like to promote it more amongst the Sydney and Lane Cove paddlers.

It might even be worthwhile getting an ad for it into the Hawkesbury Classic booklet?

As a long-term solution I'd be hoping the 24hr and Murray would not clash.

Thanks again for solving my boat transport dilemma and for BGCC's contribution to our wonderful sport.

SUP Convener's Report: Jon Bell

SUP Gear

Board size restrictions

The SUP Athletes Association and the leading board manufacturers are intending to establish the following stand up paddle board restrictions to take effect from the beginning of 2015.

- 14' width minimum of 23" inches as measured at the 3 inch rail mark.
- 12'6" width minimum of 23.75" inches as measured at the 3 inch rail mark.
- 14' weight minimum of 10kg (22.05 lbs)
- 12'6" weight minimum of 9kg (19.84 lbs)

No board shall have raised rails greater than 4.92 inches (12.5 cm) as measured from the standing area to the top of the rail.

- There is also the **unlimited class** is for those paddlers and designers who want to push the envelope of SUP board design.

See the full story here <http://supathletes.com/supaa-manufacturers-announce-board-restrictions/>

New Boards on the Block

- Christine's Naish N1SCO 12' 6" inflatable
- Matt's Fanatic Fly 12' 6" inflatable
- Greg's Starboard 14'

Cross over day with the Ice Dragons and Canoe polo.

Patricia's article elsewhere in this edition summarises the great fun had by all trying out all the different craft. It is worth noting here how adaptable the canoe polo players are, as shown in the pictures below. They swapped their canoes for SUP boards and carried on playing and hardly any of them fell off.



For another form of SUP polo, see the separate article by Matt Scott elsewhere in this edition on SUP SAC.

SUP Results

BGCC weekly time trials

The competition has been heating up among the SUP paddlers at time trials. At the end of last year, the club record for 1 lap stood at 26:10. A number of paddlers now have times under 26 minutes. Pete Garbutt and Aidan Lewis have been having a great contest so far this year, taking over a minute and half off the record, with Pete now holding it at 24:25! Kiaran Lomas is also paddling at a blistering pace setting a new record for the 2 laps, of 49:15.

Paddle NSW Marathon Series race 1, 15th March

Results for the Capital SUP paddlers: Div 8 – Kieran Lomas 8th, and in Div 11 – Angela Crawford 10th, Pete Garbutt 15th, Jon Bell 20th, and Lincoln Gibson 22nd. Well done. Especially given most other paddlers were on much faster kayaks and skis.

Burley Griffin Bash, 16th March

SUP paddlers entered three classes of the Burley Griffin Bash: Kieran Lomas took on the 13 km, Aidan Lewis, Andy Stevens, Scott Hunter and Joanna Nelson raced the 5 km. It was great to see some juniors racing too, well done to Ethan Garbutt, Sebastian Mee and Eric Bell. Full results are on the BGCC website.

Harry's paddle, Newcastle 22nd March

<http://www.sup-australia.com/events/22-march-2014-harrys-paddle>

Pete Garbutt and Matt Scott represented Capital SUP and BGCC in two events at Harry's paddle in Newcastle, achieving some great results in a strong field:

- Pete Garbutt 14th in the Bridge n' Back 8.5 km in 57mins, and 16th in the Battle of the Paddle
- Matt Scott did the Bridge n' Back 8.5km in 63mins, and 22nd in the Battle of the Paddle

SUP Events coming up

- The N1SCO Australian SUP tour continued in Adelaide on April 6, then in Newcastle on April 27 and Western Australia on May 18. Some of our paddlers now feature in the advertising, see the pictures here https://www.facebook.com/#!/n1scoaustralia/photos_stream
- Sydney International Paddleboard Classic, 12th April, 2014, <http://sydneyinternationalpaddleboard.com/>
- Husky Flat water race, 25th May
http://huskysupclub.com/ai1ec_event/flat-water-racing/?instance_id=89
- Paddle NSW Marathon series race 6 July 19 – Burrill Lake
- Merimbula Classic November 27-30 2014 <http://www.merimbulasailboardclub.com.au/>

Another SUP Game: Matt Scott

If you heard a stand-up paddler say "hey, you want to come and play with the SAC" you would be entitled to think the worst!! Well get used to it. At round one of the Naish N1sco race series, apart from everyone having a great time, there was a new stand-up paddle themed product on show. The XSUP SAC, created by Justin Van Dyck of X Stand Up Paddle Co, Laguna Beach California, made its' Australian debut. The XSUP SAC was developed so that paddlers could simultaneously learn paddle and board control, new skills and manoeuvres, while building confidence on their board. Nothing helps the development of skills like having lots of fun and this is what the XSAC does with ease. The guys and girls from Capital SUP Canberra have included some game play to their SUP training since the arrival of the XSAC with lots of fun being had and at the same time enhancing their skills development.

It has even spawned a new SUP related sport. Justin and the X Stand Up crew launched an XSUP SAC league on the 16th March in San Diego. Played by 2 teams of 4 on a 70 yard x 30 yard (64m x 27.5m but could be played 2 on 2 on any size) "field" using inflatables or soft top boards, with objective being to scores goals by catching the SAC over a try line. The SAC can be passed in any direction with the possession being handed over when intercepted.

With a social competition hoping to launch this spring (Canberra winter is not conducive to falling into the water) an "Australian-isation" of the rules will no doubt occur.

The initial stock of XSUP SAC's have arrived in Australia and can be purchased from Matt Scott by emailing supingcaveman@y7mail.com or calling 0410 432 177, and are available for an introductory price of \$35 including postage to anywhere around Australia.

Cross Over Session –Patricia Ashton

Have you ever wanted to try Dragon Boats, Outrigger Canoes, Canoe Polo, SUP's, C1's, K1's or other kayaks??

On Saturday March 29 our beach area hosted a 'cross over' day between the Ice Dragons – dragon boat teams and outrigger canoe paddlers – and the Burley Griffin Canoe Club. The original idea came from Tammy, President of the Ice Dragons so that we could all appreciate each other's craft – theirs and our own, discover our limitations as well as have a try and expand our paddling horizons (maybe poach a few paddlers from each other!).

While things started tentatively, once Justin (Ice Dragons) had fallen off the V10 a couple of times, things started to warm up. The SUP's (courtesy of Wetspot), were quite popular, while Jon and Aiden swapped the stand up for the sit down OC's – having a few races and comparing times between OC's and SUP's.

We had the Canoe Polo players teach a few new moves to dragon boaters and some of our other BGCC club members, while Helen, Patricia and Jon were driven hard in the OC6 – the stroke rate is so much higher than what we're used to – a real team effort though.

Kieran and Michael (Ice Dragons) got together in an OC2 and powered around the river, then joined Justin and Jon in another OC2 and Aiden in a single for a fairly one-sided race. Some of our juniors joined in, and several members tried out the dragon boats. Our V8's were very popular as was the V10 – although there were many swims from it, as well as from Robin's K1 and the kneeling C1. Aiden and Paul Hartlipp proved their skills by keeping the C1 upright for a suspense-filled lap.

The OC1's were more stable than many of us had though, and sitting up high was actually quite pleasant. Hmm.....no, I'm sure it's much easier to transport a kayak! So, while there might not be a mass defection from one discipline to another, everyone who attended enjoyed the experience with many asking if we can do it again some time. (Maybe as a Pre-Christmas gathering??). The BBQ after was very pleasant too.

Social Convener's Report: Patricia Ashton

Merimbula 8th & 9th March. How many surfers can I bowl over?

The club advertised its annual Merimbula trip for the Canberra Day long weekend and while it wasn't as well attended as some of the previous weekends, we did have a range of skills and interests. Most of us who arrived early enough found ourselves at the local pizza shop for dinner on the Friday evening. After checking out the weather forecasts we decided to change from the original plan and go for a recreational paddle on the Bega River on Saturday morning. We travelled in convoy to Mogareeta Inlet (Tathra) with a packed lunch and wet weather gear. The river was fairly quiet with little in the way of motor boats making for a fairly relaxed paddle. Exploring one of the side creeks was fine for those of us with retractable rudders but would have been better done on a high tide. Roger was forced to walk his V8 several times.

Stopping for lunch on a sand island after about 8 km, it was decision time. We had planned to go further, however, with the wind increasing, the thunder echoing all round and the black clouds gathering, we decided it was probably best to return to our cars. As usual on a recreational paddle it was into a brisk head-wind all the way home!

For the afternoon entertainment, several of us went out to catch some waves. Roger and I were on V8's while Tom was practicing his sea kayaking skills, Jeff went to try out his SUP. Unbeknownst to me, Aiden was SUP'ing!



I was a bit nervous, as getting out through the waves was OK but riding them back in?....It had been 2 years since I last tried it and while the waves weren't super big, there seemed to be a lot of them and the surf was a bit messy. Of course, once I turned around I saw I was a long way from shore and there was a pretty big wave coming at me, so partly in panic and partly just to get started and with Tom's "What can go wrong?" echoing in my head, I tried to catch the first wave.....Now Aiden's account of this and mine differ somewhat! In his version, this was the biggest wave of the day. The V8 flew straight up into the air, with the tail and me getting pummeled by the breaking wave. That part was right! I thought I started a bit too late, did a really wishy-washy brace, which

of course didn't hold me or the boat up and I slid off the side - then got pummeled in the surf. Too late I remembered I was supposed to hook my foot over the foot strap. Once I returned to the surface - still with paddle in hand and thankfully glasses on, the V8 had travelled about 50m towards the shore. It was a very long and tiring swim. You really can't move very well dragging a paddle along! The boat of course kept moving away from me too. Luckily I was wearing a lifejacket, because I'm really not a strong swimmer. Finally, I got hold of the boat and Tom was at hand to help me get back on. It was quite an effort; I was exhausted. Lesson learnt. Don't go out too far next time, practice a bit on smaller waves, be more assertive with bracing. Subsequently I had several decent runs, and didn't lose the boat again. Tired and happy, we made our way back to Penguin Mews to get ready for a BBQ together with other club members and friends. A pleasant evening filled with stories, and a few laughs were had by all.

Sunday morning started out wet and windy. By 10 a.m. though, the rain seemed to have passed and the wind had dropped a bit. We had planned a paddle on Merimbula Lake down to the coffee shop, but as we were



waiting for Robin and Paul, we headed back to the river mouth with Malcolm and Deborah. Roger and I caught a couple of small waves before heading back to the rest of the group. Being more or less a local we followed Tom's advice about heading down the left hand side of the Lake to the bridge. Hmm, ok for those with retractable rudders, but Roger and I dragged the V8's several 100's of meters, through oozy sand. Luckily there weren't any oyster shells. Look upon it as cross training...!

The rest of the paddle was quite pleasant, with an ice cream stop at the end. Heading home was into a strong head wind which made for a quiet, every man for him/herself paddle home.

In the afternoon Ceara and James joined us as we headed out once more to play in the surf. Paul borrowed a white-water boat in which he had fun. Tom was again in a sea kayak as was James, with Roger and me on the V8's. The waves were much friendlier today and we all had some great runs. My brace strokes were getting much better and I was able to turn back over the waves without falling off (mostly).

After catching a brilliant wave and enjoying the ride towards the beach, I saw Tom at right angles, shouting 'sorry...sh....!!' I felt his boat bump into mine; this sent me off course almost running into young Kate, while trying to avoid her, I fell off, again not hooking the foot strap!, The kayak speared through the waves and I heard Scott shout out 'duck under' (to a surfer heading back out - a French tourist), Scott then jumped off his board to grab the V8, bumping into me, just as I was about to make a grab for it.... The boat was tantalizingly close but shot out of reach again with the next wave. Scott finally got hold of it, checking it out for damage - apparently Tom's boat had actually crossed over the back of mine, missing me by centimetres. "What can go wrong?" V8 unharmed, me unharmed, French tourist unharmed. All good. Let's go again - this is SUCH fun!!

Later we watched as James performed an impressive assisted rescue when Tom's roll didn't quite work - emptying the boat of water, getting Tom back in, skirt back on and under way again, all in the waves. Fish and Chips for dinner and an early-ish night - this recreational paddling is tiring! but fun. Unfortunately (or fortunately really) there are no photos available of us in the surf - we were all too busy.

Mothers' Day Mayhem

This is an annual event which will take place on Mothers' Day, Sunday 11th May, and runs in conjunction with our time trials. To enter you need one Mother or mother figure and one child or a substitute offspring with approx 20 year age difference. While we often do get a real Mother and child combination, more often than not it is 2 club members with the required age difference. You can 'race' in a double or in 2 singles, with the finishing time taken when the 2nd boat goes over the finish line. This is a fun opportunity to get some family members onto the water, paddle with one of our juniors (or seniors), get into a double kayak or canoe or organise 2 SUP's for a change. Race will start at 10 a.m. from the pontoon - 3 km distance to the Hospice and return directly to the start. Coffee, tea and cake afterwards with prizes awarded. If you wish to use a particular boat please book it through the boat captain. Please let Helen know if you intend on taking part by e-mail to info@bgcc.org.au Those members not taking part in the Mothers' Day Mayhem but doing the time trials will need to make sure, if they are using a club boat, that it hasn't been booked. Mothers' Day Mayhem users will have priority.

BGCC Annual Diner

The Burley Griffin Canoe Club Presentation/Birthday dinner will be held on Friday 20th June at the Hellenic Club, Woden. This is an entertaining evening which is usually well attended. The Hellenic Club do a really lovely meal and special dietary needs can be accommodated.

Details of the evening will be available closer to the date, as well as on line payment. However, what we need YOU to do is take note of any 'awards', special commendations, feats of great athletic prowess - even slightly exaggerated, as well as a vote of thanks for something well done etc. Awards for Male, Female and Junior Paddler of the Year, Most Improved, Hole in the Paddle, Club Member of the Year, Encouragement awards etc. will also be presented.

If you have any suggestions please e-mail them to the club, or make your suggestion to a committee member, and mark the 20th June in your calendar now!

South Coast Convener's Report-Carolyn Williams

March was a month of contrasts down on the Clyde River with the first time trial of the month bursting at the seams with the help of visitors from Canberra and the last one having only three paddlers on the water. Of course, we also had the Canberra Big Weekend in the middle, at which an enthusiastic band of South Coast paddlers fared exceptionally well.

For the last training race before the Big Weekend, gold stars went to Claire Ison who completed two full laps for the first time, Angus Whitford for completing two laps in Allan Newhouse's beautiful junior K1 and to Gerard O'Dea for doing the full course in a K1 - no mean feat on the Clyde.

The first Marathon 10 race for the season saw 11 South Coasters make the trip over the mountain, a number of whom stayed over to compete in the Burley Griffin Bash the next day. Stand-out results were Shane Ison and Harrison Bunney who came 1st and 2nd respectively in Division 9, Graeme Ison who won Division 5 and Stephen Ison who won Division 8. Another notable result was the new father and daughter combo of Russell and Clare Lutton, who crossed the line fourth in their ranking race in Division 2. Stephen Bunney, Peter Fane & Roy Willis, Allan Newhouse, Ian Castell-Brown and Carolyn Williams all finished in the top 10 of their respective divisions. Those results contributed to the outstanding results achieved by BGCC on the day.

Graeme Ison backed up his effort in the Bash the next day on the 30 km course while Allan Newhouse and Ian C-B battled their way around the 15 km course. Special mention goes Elisabeth Ison and Claire Ison, both of whom competed in their first non-Clyde River time trial. Claire fronted up in the junior race in one of the club's Minisonic boats and came first in her class while Elisabeth also paddled a club boat to place second in her race, successfully negotiating the hideous conditions out on the lake.

The final race for the summer season was held on 5th April with a good turn up and a well-run handicap by Ian C-B. Discussion over coffee was the format for the coming winter season, where a number of ideas were put forward. A proposal will be emailed to South Coast paddlers soon, with the schedule to be finalised after comment. There will be no organised time trials until then - at least after Easter - and the schedule will be available on the website.



Ocean Convener's Report-Stephen Bunney

Now is a great time to try out some new surf skis. The ocean water is still hot and for most of us our race season is tapering off, so there's no real harm trying out new boats. Likewise for ocean coaching. Take advantage of this shrinking weather window to hunt down some competent ocean coaches and bed down some of those key downwind principles. An hour of coaching here can radically increase your speed and efficiency downwind. If runners make you anxious and not excited then definitely get some coaching. At its best, Surf skiing is primarily a surfing sport, not a paddling sport. Granted I seem to do a hell of a lot of paddling, but hey, nothing is perfect.

April / May races

- 13 April Rose Bay Challenge – Open Water and Harbour Series
- 26 April Defis Kayak - Guadeloupe – World Series (included because on my bucket list)
- 3 May Gippsland Lake paddle Challenge – Lakes Entrance Vic
- 10 May Middle Harbour Challenge – Open water and Harbour Series
- 18 may Molokai, second only to the Makai challenge – Hawaii
- 24 may South West Arm Challenge – Grays Point - Open Water and Harbour Series

Kayak4Kids Sydney Harbour March 30: Lincoln Gibson

The last weekend in March saw BGCC members Emily, Emily, Michael and Lincoln take part in the Sydney Harbour Kayak4Kids event. This Lifestart charity event saw a range of kayakers paddle 17.5 km from Sydney Harbour to Clontarf.



Day break at the scenic start

Blue skies and light winds greeted paddlers at the start line under the bridge. Categories included relay teams on three person boats, doubles, singles, skis, a prone paddler and a SUP.



Start line In front of the Harbour Bridge

There was a bit of ferry-dodging at the start, but a fleet of support boats lined the course, plucking the odd unlucky paddler out of the water. Relay teams swapped paddlers at three stops along the course.



Rounding Middle Head

Going around Middle Head was a little interesting and the arms were starting to hurt for the final push to Clontarf. The beach sprint to the finish also resulted in unceremonious face plants for Emily and myself when we discovered what happens to your legs after kayaking 17.5 km (legs don't work).

Finished !!!

The event was a great way of paddling the harbour and without the pressure of a competitive race there is plenty of time to check out the scenery. It would also be good to see a few more SUPs tackle the distance next year.

Coaches' Corner

Coaching Convener-Gary Rake

If you have a question for the club coaches, please email it in (rakedover@gmail.com) . I'll ask one or more of the coaches to answer for you. This month, we have a question about training techniques...and I'll take first go at answering it.

Dear Coach,

I have recently seen one of our venerable, bearded club members paddling with some sort of rope tied around the boat. What's the old bugger up to?

Curious, Kaleen

Dear Curious,

I think you'll find the rope was a bungee cord or octopus strap. This is a commonly used training technique to add resistance. Used carefully and sensibly, it can help build the paddler's physical strength and develop better power in the catch phase of the stroke.

In a normal stroke (without a bungee) the boat moves at its highest speed in the microsecond immediately after the paddle blade exits the water. This glide is called 'boat run'. Tying a bungee around the hull, normally just in front of, or just behind, the seat, breaks the run of the boat. It means that the boat is really only moving forward with force while the paddle blade is in the water. It encourages the paddler to get the most out of every stroke.

If you would like to give bungee cords a go, the best advice is to start with a thin strap and only use it for a short period of time. Talk to someone who already uses a bungee to get advice on options for setting it up so you can remove it while out on the water.

Caution: the first thing to focus on is injury prevention. Using a bungee that is too big, or using it for too long, can place you at risk of injury. If you feel ANY pain when you are using a bungee - stop paddling as soon as possible and take the bungee off.

When first paddling with a bungee, your aim should be to take slightly slower, more deliberate strokes. Look, listen and feel for a smooth catch. Make sure you are using your best technique...hands high, best rotation, really reaching forward for a good catch. The boat will feel heavy and slow. This is normal.

This first time you use a bungee, it should not be for more than 10 minutes in total. Perhaps a 10 minute warm-up without bungee, then 5 min on, 5 min off, 5 min on, 5 min off and then a cool-down without the bungee.

Over time, you could build up to steady paddles of up to an hour with the strap. Being a strength technique, bungees would normally be used early in the season for marathon paddlers - during the phase of building base strength and endurance. Sprinters might also use them during power phases of training.

I hope this helps...Gary

Race gossip...did anyone see our hairiest club member fall out during the recent marathon series race and have to swim it to shore?

No, I'm not talking about John Preston or Randall...



Senior Coach: Margi Bohm



I have been paddling for most of the last 40 years and through all of this, I have tried to be the best that I can be. Sometimes this meant going fast and even winning a few medals, sometimes it simply meant finishing the race. My proudest moments span a couple of my K1 and K2 medals but in this regard I have always thought of myself as *lucky* since I found a sport at which I could excel at a very young age and it is one that I love doing. So to be honest, my truly proudest moments are the achievements of those who I have coached and guided over the years ... Ashley Marsh-Croft to his U16 national titles, Paul Smith as a very young kid finishing the Wagga Wagga Narrandera race with me in a K2, Nina Leuning talking me through the Hawkesbury one misty and drizzly night, Jill Roberts giving the TK2 all that she had to upset the status quo at a Masters Games in Melbourne, Margaret Barbour for all she achieved, Mark Halpin for almost upsetting the status quo in sprint, the kids at Nanaimo Canoe and Kayak Club (Canada) for putting up

with their Aussie coach and for working so hard to win a little koala, Adam Scott, Barry Owers and Al Long for rewriting the TK record books and Barry for being an excellent coach in later years, Helen Tongway for keeping my spirits up when the going gets tough, Randall and Mark McDonald for cranking up the Hawkesbury ante and probably most of all, the whole BGCC marathon racing gang who rose to the battle call in 2012 and who have paddled us into two State Marathon Club Championships.

40 years is a long time ... here are some of the highlights ...

I was born in Johannesburg, South Africa and when I was 6, we moved to the farm which is located on the Vaal River and which has its own private water frontage. All three kids took to the muddy water like ducks and before long, we were sailing and paddling, with my middle brother and I gravitating more towards paddling. We were not a wealthy family and my parents scraped to buy a white Canadian canoe but could not afford paddles for it, so Darryl and I, together with my father's help, fashioned a ping-pong paddle from a 2-by-2 and a couple of scrap pieces of plywood that were lying around in the shed. We happily played in this boat for several years enduring the splinters. I don't recall us ever getting a real paddle for it.



In 1973, Darryl started to play in K1s with a couple of his mates from school.

By July I had joined in, first as rehabilitation from a high-jump injury to my lower back but later because it was fun. We paddled with the local club (well, local in terms of the nearest town some 15 miles away) and our daily routine involved rushing to training every night at 5 p.m. and racing on Saturdays – all year round. School level racing was huge with regular sprint and marathon races.

I attended my first national championships in 1975 and by 1977 was one of the top two women paddlers in the country in both sprint and marathon. Even although South Africans were banned from international sport at the time (the ban lasted from the 1960s to 1994), my K2 partner and I were able to paddle the European Sprint Circuit where we either won or placed 2nd in the finals of all of our K2 starts.

This led to an interest in paddling for a host nation at the 1980 Moscow Olympics, but uncertainty by western



nations about participation at the games, issues with residency rules (neither of us had appropriate paternal relatives), and the fact that I was only just 17 made this too difficult. I retired from kayaking in the late 1970s to pursue an academic career. My elite medal tally ended up being 5 national titles in sprint and 2 in marathon; 5 gold; 1 silver and 2 bronze medals from the European Sprint circuit, including the equivalent of a World Cup (from a total of 9 finals). My worst finish in the K2 was 2nd and in the K1, 4th. I made the final of every race that I entered. I also was the first women to do the Vaal River Marathon in a K2 and then a K1. We tried to enter the Duzi but were forbidden as it was a male only event at the time.



In the mid-1980s, after earning my MSc, I set off to sail around the world with my first husband Jeffrey and Kitti the cat on our 10 m yacht Sara B ... finally ending up in Australia in 1994 to do my PhD. I returned to competitive kayaking shortly after arriving in Australia after seeing a South African Cleaver X in a second hand shop and being told about BGCC.

My first BGCC conversation was with Linda Barthelson and I will never forget her telling me to get off my duff and get paddling, whilst ably managing the time-trial, yelling comments (or were they insults?)

at everyone who paddled past, controlling the kids ... Yeah – Linda was the life-blood of the club at the time! So I got off my duff and started paddling again.

BGCC was nothing like any club I had been involved with. It had no coaching, no elite paddlers like the ones I was used to, people did not go onto the lake, paddling in winter was a no-no and no-one admitted to being a sprint paddler! There were also very few juniors. BGCC was all about the Hawkesbury, the Cowra Race and the Murray. There were weekly 10 km time-trials with a BBQ afterwards. Very quickly I realised that if I was going to be competitive nationally, I would have to coach myself so I became a Level I and then Level II coach and slowly started to introduce the club to a higher level of good technique, training and racing. These were not easy years. I struggled to get the club to buy the white K1s and a good K2. The idea of a learn-to-canoe program took almost 10 years to come to fruition. I qualified as a sprint official and was a regular in the tower at SIRC, rising through the ranks to being on the judicial committee and an Olympic Team selector. In 1999, I spent 4 months in Canada as Regional Coach for British Columbia. This was a wonderful experience ... being a full time coach and being paid for my efforts. Ably assisted by Ted, my second husband, we achieved a lot with the small group of kids that we inherited at Nanaimo Canoe and Kayak Club and several of our young charges went on to represent Canada in later years (in sprint). In the last 3 years, I have turned all my attention to marathon, where I am a national team selector and am actively involved in trying to develop Australia's marathon capability to its former glory.

I coached extensively at BGCC for about 10 years before moving to more of a training group role. During this time, I have tried to improve the overall paddling technique of our paddlers, run elite training programs for those who wished to compete more seriously, share my knowledge through Level I coaching courses as well as being a scientific advisor through my own research on paddle physics, and I have assisted visitors to BGCC, including Olympians and world champions Kimmo Latvamäki (Finland) and Hein Helde (Estonia). Most of the paddlers who have been through my coaching have improved their performances and have achieved personal bests in both sprint and marathon, as well as won medals at state and national championships and the BGCC traditional events like the Hawkesbury and the Murray.

During this time, I tried to set an example and despite being a master, I paddled in the open women classes at sprint and marathon for many years. A major highlight was in 1999, when Margaret Barbour and I came 3rd in the OLK2 at the Australian marathon championships, a performance that would have put us on the national team had we been eligible (neither of us were Australians at the time). Over the years I have had some awesome doubles partners, Marlies Verkerk (South Africa), Margaret Barbour, Jane Kopecek, Simon Stenhouse and of course Barry Owers, paddler extra-ordinaire. I am currently paddling marathon mixed K2 with Darren Lee of Illawarra CC and with Hilde Lapere (South Africa) at World Masters Cup (the little ole people equivalent of the World Marathon Championships).



Having to write this report made me curious as to what medals I had won over the years and I dug out the medal drawer and counted ...

	Gold	Silver	Bronze
NSW State Championships	8	3	3
VIC State Championships	9	11	4
AUS National Championships	18	4	2
AUS Masters Games	12	10	2

I have also been to a couple of World Masters Games and seem to have won 13 gold, 2 silver and 1 bronze medals. I won ACT Master Athlete of the Month and ended as runner-up for Master Athlete of the Year. I also have medals from the Cowra Race, the Bash, the Hawkesbury, the Murray Marathon and Murray 40 miler, the Wagga Wagga - Narrandera race as well as the NSW state open water ski championships and a few of which I have no memory!

In the last 3 years, I have concentrated on national and world marathon as a paddler and as a national team selector. In 2012, I went to the World Marathon Championships for the first time and competed in the Masters World Cup (Rome). That was a bit of a wake-up call – the level of masters' marathon in Australia and at Masters Games is kindergarten compared to the racing at this event. I came 4th in the K1 and 3rd in the K2 and am hooked – it is really cool to race against women my age who once were elite and even world champions – a luxury I never had the opportunity to pursue when I was young and fast! I attended again in 2013 (Copenhagen) learning all the time – this is a tad different to sprint. This time I came 6th in the K1 and 2nd in the K2 (photo). I am planning to go to the worlds again later this year – Oklahoma this time and will be taking an Australian Emerging National Team to the South African Marathon Championships in June this year.



Together with the other national team selectors, we are working on a program of renewal for marathon and this is taking up most of my time these days. As a result, I have handed the reins of daily coaching to others and have to thank these coaches for the excellent work that they are doing. It is really pleasing to see the increasing number of serious K-boaters on the water and to see people practising portaging. And it is especially pleasing to see the number of juniors participating in our junior programs. BGCC's future is in good hands. As for my coaching role ... it is a bit on hold due to other life pressures but I remain available to help where I can, especially with our junior coaches.

And for the future ... I am keen to see our club move to the next level of K1 marathon paddling and would love for us to challenge the Victorian hold on marathon performance at nationals. It would be great to have some of our club members on the national marathon team and it would be particularly pleasing for us to win the State Marathon Club title again in 2014. But most of all, I hope that we are a club where everyone enjoys paddling and works together to be the best we can be.

BGCC's Future

Angus Whitford



Angus Whitford is one of our junior paddlers. He is 11 years old and took up paddling with Burley Griffin Canoe Club in the summer of 2013/2014. He has been attending junior training regularly with Kieran Lomas. Angus' paddling technique has rapidly improved with expert coaching from Kieran. Angus competed in his first competition races on the week-end of 15 – 16 March. He paddled 10 kilometres in the Marathon Series race in Div 11 and 3 kilometres in the Burley Griffin Bash in the under 12 category. On the previous weekend he travelled with the club to Nelligen and enjoyed the paddling there. In all of those events he paddled a beautiful boat made by Allan Newhouse .

Angus is in year 5 at Canberra Grammar School. He plays cricket and rugby for school and is a member of the school's Adventure Group. He enjoyed a weekend of sea kayaking in Jervis Bay with the Adventure Group late last year. He also enjoys swimming, mountain biking, rock climbing, sailing and sleepovers with friends. He lives with his family on a rural property near Bungendore where he and his dog Tilly have a lot of fun.

Coach's Comment: Kiaran Lomas

Angus started paddling with the juniors last year. He found himself to be very comfortable in one of our fleet of Guppies. As a result I pushed him into a Mini K1 in about December and he has excelled from that time on. I am still amazed by his efforts in March. On 8th March he paddled the 5 km at Nelligen, which was farther than he had previously paddled non-stop. One week later at the Marathon Series Race he paddled 10 km, double his effort from the previous week. He doubled up on the Sunday, competing in the Bash race for his age group. It is this sort of tenacity which will see Angus excel in sport.

As a squad member Angus has a cheery disposition and is a pleasure to coach. Mind you I think he also has a love of swimming which he does on a regular basis. I think that will change as the water cools.

Excluded (Courtesy Russell Luton)

Central Basin was declared an exclusion zone on Friday, 14th March and Saturday, 15th March. BGCC club members were notified, but not all kayakers heard about it.



The first photo is of the kayaker enjoying the air display as he paddles blissfully unaware (perhaps) through Central Basin.



The second photo shows the inevitable consequence. There was quite a heated exchange between paddler and police.

For Sale



I have an Epic V10 black nose for sale. It is in great nick and is the old model NOT with the cutaway deck and Venturi

Always garaged. Prior to me owning it, it was in a boat shed.

I am in Burrill Lake near Ulladulla.

Phone: 0411 833 624 and willing to bring to Canberra once sold.

More photos can be sent to potential purchaser.

Price \$1,950.00. Chris Welsh.



Burley Griffin Canoe Club Fund-raiser

We are excited to be offering members and supporters of the club the opportunity to purchase 2014|2015 Canberra Entertainment™ Memberships to help us raise funds for **our club room expansion**. This year you have a choice – to purchase the popular Entertainment™ Book, or the brand new Entertainment™ Digital Membership, which puts the value of the Entertainment™ Book into your iPhone or Android smartphone! Whichever you choose, Memberships are packed with hundreds of **up to 50% off and 2-for-1 offers** valued at over \$20,000, that you can enjoy until June 2015!



The best part is that for only \$60 you will be helping our fundraising: with \$12 from every Membership sold contributing to **our club room expansion**. And you only need to use your Membership twice and it will have paid for itself!

How do I purchase my Entertainment™ Membership?

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If you wish to purchase multiple Books or Memberships you can order these online or complete the below form.

If you have any questions, please do not hesitate to contact me on juliecammell@yahoo.com.au or 0487 334 319. Thank you for supporting **Burley Griffin Canoe Club**.

Julie Cammell

To purchase securely online or to order your Entertainment™ Digital Membership visit:

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