



BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2013

Volume 24 Issue 8 July 2014

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In this edition of your newsletter ...

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President's Report: Kiaran Lomas

The Club Birthday and Presentation Dinner was a great success largely to the organisational efforts of Patricia Ashton, MC duties from John Preston and trivia masters Malcolm and Debora. In addition to that there were a panel of people responsible for coordinating the awards led by Patricia and Helen. I know I would have missed a few others involved with the organisation of this event but thank you to them as well for a great evening. I'd also like to congratulate all who won awards at the dinner. A full list of recipients is later in this issue of Blazing Paddles.

I need to congratulate Scott MacWilliam who won Club Member of the Year at the recent presentation/birthday dinner. In my eyes this is the premier award that the club offers as it really acknowledges those who contribute back to the club. Scott's contribution to the club has included being deputy boat captain, Boat Shed Extension Sub Committee, working bee co-ordinator, BBQ cook, any other job that really needed doing as well as holding down the position of editor of Blazing Paddles. For me personally he has also been a sounding board for ideas that I've had for the club and for that I thank him. So congratulations to Scott for a well-deserved award.

PNSW Marathon 10 Series: Burley Griffin Club continues to lead the Marathon 10 series of races after round 5. But Manly showed how a concerted effort could close the gap that the club holds the same way as we stole the championship in the last round two years ago. Noting this, I strongly encourage everyone who is up to paddling a round to come and join in. The next round is at Burrill Lake and has a later start which makes it a very attractive day out. There are also a number of SUP races being held over the weekend.

I have just been advised that we have won a grant for new equipment to support junior development. This required a top-up by the committee but will result in new polo bats, paddles and inflatable SUPs. The purpose of the bid is to support junior development so juniors will have priority on this equipment until we report back to the Giving4GrassRoots program in December.

Three quick final notes:

Firstly, we have two juniors who are having their 18th birthdays. Happy Birthday to Ben and Gerard.

Secondly, we have two members who are grand-fathers (again). Congratulations to Mike and John.

Finally, Breanna Reid has recently undergone some major surgery which will keep her off the water for some time. We hope she has a speedy recovery and is back on the water soon.

Enjoy your Paddling!

From the Editor's Desk: Scott MacWilliam

Once again, BGCC members have travelled far and wide to compete successfully at different events. The Marathon Ten Series continues to be a major focus of endeavours for the club's best flatwater paddlers; let's hope the races at Burrill Lake this coming weekend maintain the club's lead in the PaddleNSW Brian Norman Shield competition. The recently completed Murray 200 had 3 successful paddlers from the club, all of whom had reinforced the importance of hard-working and generous land crew.

Travel is often fraught with danger, as the picture and poem by Ian Castell-Brown on his encounter with cows that appears in this issue shows. After giving one animal a belting, Ian still travelled on to compete at Woronora. In addition to providing a great lesson in dogged determination, Ian also demonstrated the importance of tying the boat on properly, just in case a cow should attack your car. But danger may also lurk closer to home, as one of our best paddlers found out when he tried to do the right thing and not drive after a night out on the town. The photo of Shane Lund's burnt ute is a salutary reminder of when being good doesn't get any reward at all.

As the President has noted, one of the club's best junior paddlers had just been in hospital for a major operation to correct a severe curvature of her spine. The picture of the pre-operation condition is X-rated as unsuitable for BGCC members to see. However BP's Editor can only wonder at how Bre continued to paddle so successfully even before the operation. All members wish Bre a speedy recovery and look forward to seeing her on the water

once she has taken the necessary break. *Blazing Paddles* has carried many examples of Bre's commitment over the years: hopefully there are many more to come.

Last - but of course not least - the Editor would like to make a groveling apology to Gary Rake for the error in the last *Blazing Paddles* (Iss.7 May 2014) of his performance during the recent Murray Quad. In the maligned all-round athlete's own words: ' Geez Scott, you ripped me off :) I wasn't the 'veterans' winner. I was the overall, open, winner'. Just goes to show that, *Blazing Paddles* has at least one sharp-eyed reader and an apologetic, humbled Editor.

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

On Friday 4th July, '14, Scott MacWilliam, John Lockie and I met with 2 officers from TAMS to submit more drawings to finally sort out approvals for our extension plans and to get a new Licence incorporating our new larger 'footprint' at Molonglo Reach. At the end of our meeting, the TAMS Land Use Manager, proposed that he issue BGCC with a new Licence encompassing our new larger 'footprint' with caveats that a building certifier be engaged and all plans be drawn according to ACT Building Regulations prior to commencing any staged building.

Once we receive this Licence, the NCA will be able to give formal approval to our plans.

As a medium sized club, we are quite well off financially and over the last few years have been able to invest in new flat-water boats, canoe polo equipment (more recently the purchase of 4 pontoons) and will shortly be considering a package deal for inflatable Stand Up Paddleboards. However we do not have the finances to fully fund Stage 1 of our extension (a stage that will bring us revenue to help fund the next Stages).

We have now decided on the following:

1. Due to costs, we now propose to split the extension into 3 Stages:

Stage 1 – The extra boat storage area:

Stage 1 – The Store/Workshop/Meeting area; and

Stage 3 – The Men's and Ladies shower/locker/toilet area.

Note: Due to the slow (read 'No') progress with the East Basin facilities, the Outrigger group may need to stay in the former Men's toilet block for some time.

2. As the cost to use our builder for Stage 1 is still prohibitive and our chances of getting a full \$60,000 Grant this year are slim, we will meet with ACTPLA to see what is involved in BGCC becoming an 'owner builder'. If it is feasible for BGCC to go down this path, it will prove much less expensive than handing the whole project to a builder.

3. We will arrange a meeting with all Club members who have indicated that they have building expertise to see if it is feasible to use volunteers for some of the building (one of our members roofed our last extension) and sub contract out those bits where we do not have 'in house' expertise. Ideally, we will need someone with a bit of building project manager experience – we think we may have someone for this position.

4. We will still apply for a Capital Assistance Grant in October but will only seek a small amount, e.g. \$10,000+, in the hope that we will be successful. This amount could be used to cover part of the Stage 1 or Stage 2 project.

Your Committee is firmly in favour of doing something in the short term, even if it means not having enough funds left to match a large \$ for \$ Capital Assistance Grant – a Grant that may not be forthcoming anyway!

Accordingly, we will be fully exploring the 'owner builder' option and will shortly be arranging the meeting of suitably qualified people from within the Club.

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

Bob Collins

BGCC Shed Extension Sub-Committee

BGCC MEMBERSHIP RENEWAL NOW DUE: Helen Tongway

First a big Thank You to those 150 paddlers who have already renewed their memberships. There is no need for you to read any further in this article 😊

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

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

For those members who have hired a Club Shed key, we need your renewal of membership and payment of the key-hire fee or we may ask you to return it to us. Many people are after shed keys and when you signed up for your key, you agreed that you must be a current BGCC member. There are about 40 of you with keys who are still to pay!

For those who have the privilege of storing their own private boat in the Club Shed – you have until the end of this month (July) to pay your Platinum Membership Fees, or you may be asked to remove your boat from the shed so that the next club member on the waiting list can put their boat in the shed. There are about 20 of you still to pay!

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

FUND RAISING

Entertainment Books

BGCC are selling the Entertainment Book to raise funds for the club.

This year you have a choice—to purchase the popular Entertainment Book, or the brand new:

Entertainment Digital Membership to use on your iPhone or Android smartphone.

Whichever you choose, memberships are packed with hundreds of up to 50% off and 2-for-1 offers valued at over \$20,000, that you can enjoy until June 2015.

To purchase either option, simply make your payment via our secure online payment page at:

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

Club Rules: In case you have ever wondered what the club rules might be, you can check them out, on-line: under “About” and “Handbook”

The Handbook is in need of updating and the Club rules are still in Draft form, but you should get the gist of what we are all about!

Helen.

ANNUAL DINNER Patricia Ashton

The Club Birthday and Presentation dinner was held on Friday 20th June – this was our 24th Birthday. While numbers were down on previous years, the night was very pleasant – and how could it not be with fellow paddlers to share moments of glory, good food, wine, chocolates and prizes all round and John Preston dressed almost to the 9's – looking spiffy in a jacket, shirt and shorts.

John and Kieran presented most of the awards with Rohan Holt awarding the canoe polo tributes; Jon Bell delivering those for the SUPer's; and Life Member, John Hammer, awarding the Hole in the Paddle Award for someone who the rest of us would like to slow down.

Award winners are listed below:

Most improved Male: Gerard O'Dea

Most improved Female: Julia Bowett

Junior Paddler of the Year: Ben Rake – other juniors take heart – this is the last year Ben is eligible!

Female Paddler of the Year: Margi Bohm: Easter 2014, Australian National Championships, Ballarat:

1st 1:46:22 (7 minutes 45 sec ahead of second place) in women's vet50 K1.

1st 1:36:19 (14 minutes 20 sec ahead of second place) with Darren Lee in Mixed Vet35 K2

Not happy to be just the best in Australia, Margi returned to her birth country to show them she is still up with the best – or still better than them – with the following results:

7th June, 2014, South African Marathon Championships:

1st 1:49:53 (10 minutes ahead of 2nd place) in M ("Mature"??) Women K1

8th June, 2014, South African Marathon Championships:

4th 1:45:57 in "Mater Class Women", but 1st in M1 Women. K2

Margi took part in last year's World Marathon Championships (in Italy??), and will be at the World Champs again this year in USA.

Male Paddler of the Year: Gary Rake - competed at Marathon Nationals, Victorian championships and most M10 races, encouraging many other paddlers to take up K's and do portages.

Hole in the Paddle Award: Nick Ziviani: is one of our talented – and really fast - all-round paddlers. Nick excels in whatever paddling discipline he decides to compete in. This includes surf ski racing – he completed the gruelling five-day George Bass Marathon in 2013 and 2014. He has represented the club with distinction in the PaddleNSW flatwater marathon series, state and national marathon championships, and sprint racing, which he plans to turn his attention to for the remainder of this year.

Of particular note is the huge commitment Nick made to train for and compete in this year's 2014 Molokai Surf Ski Championships – the world championship of ocean racing - which he did a few weeks ago. Molokai is a 51km crossing of the Kaiwi Channel between Molokai and Oahu Islands in Hawaii. Nick finished 24th outright in the single ocean ski category and 32nd overall.

Coach of the Year: Kieran Lomas - has a variety of training groups running each day of the week and heavily involved in junior training. Many of his crew have improved immensely, taking on regular time trials and marathon races

Time Trial Awards: **Summer:** Wayde Margetts
Winter 2013: Scott MacWilliam

SUP Awards:

Fastest Lap in Time trials: **Male:** Pete Garbutt 24:25

Fastest Lap in Time Trails: **Female:** Angela Crawford 30:40

Best away racing representing the club: Kiaran for Murray & Murray 200, & Marathon series –

SUP Paddler of the Year: Kiaran Lomas outstanding effort in various long distance races.

Encouragement awards:

Angus Whitford: young paddler attending M10 races and time trials.

Litsa Polygerinos: improved times at races and getting into K1.

Breanna Reid: competing in a variety of events from sprints to marathon at National level.

Mike Iliff: improved times in M10.

Graeme Ison (BAK): consistent performances in M10. consistently been in the top finishers in his Div 5 races

Ian Castell-Brown: - stopped paddling his ocean ski in the races and moved over to his K1 so BGCC would at least get for his K boat points for his competing

Allan Newhouse: is also a diehard and is lending Angus a hand-built boat so he can compete & a Member of winning 24-hour team.

Triathlon Assistant of the Season: John Lockie – took part in all triathlons and mini tri's throughout the season. (again)

Rainer Swoboda Memorial Trophy for Club Member of the Year: Scott MacWilliam

Scott has been involved in many aspects of the club this season, whether it's been Wednesday evening BBQ's or time keeping, assistant boat captain, keeping the shed tidy, any working bee's, helping out with new members, transporting boats around, as well as Editor and involved with the shed extension, filling in as holder of the shed keys and secretary when required. And he's also a gentleman with a sense of humour.

Awards for Canoe Polo:

Most Improved Player (Female) : Kimberley Roper

Most Improved Player (Male): Ashleigh Jefferson

Encouragement Award: Helen Dulfer

Encouragement Award: Ian Fry

Outstanding Goal Scorer (Shooter):	Mark Raymond
Outstanding Goalie:	Carley Goodwin
Frightfully Fast Paddler:	James Deakin
Canoe Polo Development Award:	Louise Gates
Most Offensively Clothed:	Daniel Brammall

The tallies were very close, with only 1 vote separating candidates in some categories. Congratulations to all of you - keep up the great work!

Appreciation Awards:

Helen Tongway: for taking care of some many club things! Beginners' courses, new members, juniors, membership, club guidelines, grants, keeping the fridge stocked, etc., etc., etc.

John Preston: for all his work as flatwater convener, organising the marathon race, liaising with Paddle NSW, all the time trials, etc.

Bob Collins: for organising all the triathlons and the continuing saga with the shed extension, grants, liaising with ACT Government.

Rowan Holt and Angus Robb: for building canoe polo, organising the Canberra Invitational and the Nationals.

After the awards Kieran invited our oldest and youngest paddlers present to cut the cake. Scott MacWilliam and Andreas Giannakopoulos made the most of the opportunity to be in the limelight trying to get a knife through the heavy duty chocolate mud cake which had been generously covered with fondant. The lemon drizzle cake which was still warm from the oven when it arrived at the Hellenic club was much less challenging – both were a very nice finish to dinner.

Congratulations to all the award winners as well as all the other paddlers in the club who have contributed in many ways to making the last 12 months so successful.

Patricia.

Andreas Giannakopoulos and Scott MacWilliam cutting cakes





Nick Ziviani, BGCC hole in the paddle winner for 2014 and Molokai Competitor.

Nick Ziv-man of many talents with too much spare time on his hands decided to treat himself and his Nelo Sea Vanquish with a one-off paint job.



Master of Ceremonies: John Preston

Hawkesbury Canoe Classic: Patricia Ashton

25th October 2014

I know it is still a long way out. However, if you've considered entering one day..... why not this year? Now is the time to start training, getting your technique right, starting to build up time in the boat.....

However, that's not why I've mentioned it.

Over the last few years the BGCC has successfully provided land crew for participants. Last year we only had about 8 participants but in the 3 years previous to that we had up to 21 members paddling and about 15 landcrew take part.

Landcrew are of vital importance and this does require some planning and organising.

What we need is someone to take charge of the landcrew and paddlers and others to co-ordinate the various check points. Having a well organised landcrew is crucial to paddlers so we do need people who are good organisers. And not faint of heart! There are lists of requirements available and much experience to share.

So if you think you'd like to take charge, let the committee know. You have another month or two to talk yourself into it!! We usually start information sessions and other organisational forums in late July- early August. We'll have a meeting of paddlers and landcrew on Tuesday 5th August at Wetspot at 6 p.m. Details closer to the date; and will depend on numbers of first time paddlers.



Hi ,

Almost time to register for the 2014 Hawkesbury Canoe Classic. Entries will be open from 1st July 2014 but don't let that stop you from beginning your fund raising efforts.

What's New For 2014?

New Race Co-ordinator

This year Kent Heazlett takes over from Caroline Kessler after countless years. Kent is a veteran of the Committee and also completed his 20th Classic last year.

Big PFD Changes

In a step to make entering the event easier there will be no need for PFD's to be validated in this year's

event. We've done away with the need to attach a 5kg weight and dunk in a bucket of water. PFD's will be checked at scrutineering on race day to ensure compliance with Maritime NSW requirements.

Junior Age Limit Changed

You can now enter the Classic if you turn 15 on or before race day.

New Sponsors

Well not so new, these great supporters of the paddling family have all been associated with the event previously and we would like to express our sincere appreciation for their continued support.



CONVENERS' REPORTS

Canoe Polo Convener's Report: Rowan Holt

The recent BGCC Presentation Dinner gave us the opportunity to acknowledge the personal and group development efforts of a number of Canoe Polo players (see list of awardees above).

This year we have decided to suspend Canoe Polo events over the July School Holidays. We will return to the Lakeside Leisure Centre Pool on Wednesday, 23rd July (7:15 p.m.-9:15 p.m.) and Sunday, 27th July (3:00 p.m. – 4:30 p.m.), for the new season of weekly games and training. As we experience more daylight hours moving towards summer, Canoe Polo training activities will undoubtedly increase and gain greater intensity, especially with the upcoming first event of the ACT/NSW Round Robin competition taking place on 18th October at Penrith. The Australian Canoe Polo Summer Series opening event is also visible on the horizon, with the Canberra Invitational occurring on 1st & 2nd November at Molonglo Reach.

Interested in the exciting sport that is Canoe Polo? Know someone looking for a sport that consistent challenges them? Contact Rowan Holt: ROWANLHOLT@gmail.com

Flatwater Convener's Report: John Preston

The marathon series continued in June with races in Narrabeen and Penrith. Our hold on the Brian Norman Trophy remains firm despite a decline in involvement from our flat-water paddlers. While it would take a remarkable turn-around for us to lose our current strong position we need to continue to compete at as many of the marathon 10 races as possible if we want to maintain our lead and win the trophy for the 3rd year in a row.

BGCC	Burley Griffin Canoe Club	306
MWKC	Manly Warringah Kayak Club	218
LCRK	Lane Cove River Kayakers	206
CCCC	Central Coast Canoe Club	146
WCC	Windsor Canoe Club	138
CSKC	Cronulla Sutherland Kayak Club	124
PVC	Penrith Valley Canoeing	62
SSP	Southside Paddlers	54
SSCC	Sutherland Shire Canoe Club	46
HVCC	Hunter Valley Canoe Club	18
JP	Just Paddlers	16
WBCC	Wagga Bidgee Canoe Club	14
SYDU	Sydney Uni	10
ACCA	Dragon boats	10
ICC	Illawarra Canoe Club	8
PDDBOCC	Pacific Dragons	4
MMCC		4
GLCC	Great Lakes Canoe Club	2

Poor weather and a marathon series that has been squashed into a 6 month period have combined to take a toll on attendances at our Sunday Time Trials. In order to revitalise the TT it has been proposed that we run a formal TT on set Sundays approximately every fortnight depending on Marathon 10 series races. See table below for TT's proposed for the rest of July and August. It has also been proposed that since not many paddlers are using club boats for Sunday TT's we could vary the venue and have some TT's on unfamiliar waterways in the Territory – stay tuned. Informal time trails can be conducted on off weeks organised by those who turn up. Julia Bowett and Mike Iliff continue to lead the point score with a number of paddlers close on their heels. We would also appreciate volunteers to help with the timing of the organised events. The timing isn't difficult and with smaller numbers racing in winter it is a good opportunity to learn how to do it.

Sunday Time Trials Program – July and August 2014

Sunday 13 th July	9:30 start Molonglo Reach
Sunday 27 th July	9:30 start Molonglo Reach
Sunday 3 rd August	9:30 start Molonglo Reach
Sunday 17 th August	9:30 start Molonglo Reach



Race 4 - NARRABEEN

The M10 race at Narrabeen is renowned for being difficult. Shallow tidal flats combined with open sections that tend to be side on to the prevailing wind and tight sections with lots of chop from other kayakers can make the going tough for the unprepared. Luckily the weather remained kind with only a slight breeze cutting the surface of the lake. BGCC had a good lead in the club championships leading into this race but the local Manly club were well known for performing well on their home turf. Once again, however, we had club members who were not only willing to make the trip but also willing to paddle K1's and complete portages in order to gain extra club points. As a consequence we were able to maintain a big lead in this competition and stay on track for a hat trick of club titles. Individual results are reproduced below.

Division 2 - 20 km

Pos	Boat	Paddler	Club	Time
5	206	Clare & Russell Lutton	BGCC	01:41:10
7	229	Shane Lund	BGCC	01:43:29
8	209	Gary Rake	BGCC	01:45:27

Division 3 - 20 km

Pos	Boat	Paddler	Club	Time
14	321	Margi Bohm	BGCC	01:53:55

Division 4 - 20 km

Pos	Boat	Paddler	Club	Time
8	404	John Preston	BGCC	02:00:32
RNK	425	Jason Rantall	BGCC	01:44:19

Division 5 - 20 km

Pos	Boat	Paddler	Club	Time
1	507	Graeme Ison	BGCC	01:53:40

Division 6 - 20 km

Pos	Boat	Paddler	Club	Time
5	632	Stephanie Rake	BGCC	02:00:01
7	606	Allan Newhouse	BGCC	02:01:00
14	620	John Lockie Helen Tongway	BGCC	02:06:21
16	610	Kirsten Nicolle	BGCC	02:11:54
DNF	622	Gabrielle Hurley	BGCC	-

Division 7 - 20 km

Pos	Boat	Paddler	Club	Time
5	709	Robert Bruce	BGCC	02:08:16
6	711	Kiaran Lomas	BGCC	02:15:04

Division 10 - 10 km

Pos	Boat	Paddler	Club	Time
11	1018	Julia Bowett	BGCC	01:00:46

Division 11 - 10 km

Pos	Boat	Paddler	Club	Time
1	1122	Mike Iliff	BGCC	01:01:14
6	1113	Litsa Polygerinos	BGCC	01:07:48
8	1106	Ian Castell-Brown	BGCC	01:08:60
16	1116	Angus Whitford	BGCC	01:21:12

Race 5 – Penrith

Dire weather warnings preceded the trip up to Penrith for race 5 of the marathon series. Strong winds were forecast and most of us got a good buffeting as we made our way up the freeway through Collector. Upon arrival in Penrith, however, it was warm and sunny with barely a zephyr of breeze. Our paddlers strolled around enjoying the relative warmth and vitamin D infusion. It was somewhat amusing to listen to the beach-side based paddlers complaining about the cold. The race itself began in these ideal conditions but deteriorated when the wind picked up as predicted and made life on the water a bit of a slog. The Penrith course is about as straight forward as any we paddle on and didn't throw up any special problems though some paddlers did complain about boredom. Boring or not BGCC extended its lead at the top of the club points table.

Division 2 - 20 km

Pos	Boat	Paddler	Club	Time
4	206	Clare & Russell Lutton	BGCC	01:44:32
6	209	Gary Rake	BGCC	01:46:46

Division 4 - 20 km

7	404	John Preston	BGCC	01:57:10
9	425	Graeme Ison	BGCC	01:58:07

Division 6 - 20 km Start time

Pos	Boat	Paddler	Club	Time
2	622	Gabrielle Hurley	BGCC	02:03:28
7	606	Allan Newhouse	BGCC	02:07:13
8	632	Stephanie Rake	BGCC	02:08:21
15	612	Robert Bruce	BGCC	02:25:06
DNF	610	Kirsten Nicolle	BGCC	-

Division 7 - 20 km

Pos	Boat	Paddler	Club	Time
2	711	Kiaran Lomas	BGCC	02:16:26
4	707	Helen Tongway	BGCC	02:35:26

Division 10 - 10 km

Pos	Boat	Paddler	Club	Time
1	1000	Gerard O'Dea	BGCC	00:56:55
3	1018	Julia Bowett	BGCC	00:58:35

Division 11 - 10 k

Pos	Boat	Paddler	Club	Time
2	1122	Mike Iliff	BGCC	01:03:12
8	1113	Litsa Polygerinos	BGCC	01:08:53
11	1115	Russell Murphy Melissa Hartlipp	BGCC	01:10:52
17	1106	Ian Castell-Brown	BGCC	01:16:37

Marathon Series: Dates and Venues.

- 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.

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 ICF World Canoe Marathon Championships - Oklahoma, USA
- 2015 Australian Canoe Marathon Championships – Canberra
- 2015 Masters Games - Adelaide
- 2015 ICF World Canoe Marathon Championships - Gyor, Hungary
- 2017 World Masters Games The 2017 World Masters Games have been awarded to Auckland, New Zealand <http://go.ogilvy.co.nz/ff00hs0r0WF000W2KCtDwl00>

If you are interested in the psychological side of kayak racing you may like to check out the following link.
<http://www.sportscene.tv/flatwater/marathon/training/the-3-types-of-mental-training-for-paddlesports>

As most club members know we have successfully applied to run the National Canoe Marathon Championships to be held over Easter 2015. Work is already underway behind the scenes checking out the various course options and making plans for the event. Over the next few months we will be seeking help from club members to take on roles which will ensure we present a great National Championships.

Riverland Paddling Marathon (RPM): Helen Tongway

The June Queen's Birthday long weekend saw four BGCC members (three paddlers plus one land-crew) plus two spouses, (also as land-crews), in South Australia's Riverland, ready for the 208 km three-day paddle along the mighty Murray River.

Kiaran Lomas, who already has a record for the event – way back when he was a young gun, in his K1 - was out to establish the first SUP record – and has succeeded in doing so.



Kiaran: on his new SUP



Bob: finishing Day 1

Bob Collins was determined to do the race to tick it off his bucket-list of races to do this year and, with his regular paddling partner out of action, set off to establish a record for an old guy in a Long Recreational boat – and has succeeded in doing so.

I (HT) was also left without my regular paddling partner (due to his illness), but having already entered the race and tee'd up my trusty landcrew, determined to paddle the race anyway – even though the record for my class was, well, way out of my class!

On the Thursday before the race, I travelled in convoy with Bob and Rhonda, with our destination Balranald. On the Friday we travelled on to Mildura where I collected David to be my land-crew and we went on to Barmera, which was to be our base during the weekend.

Day 1 dawned – well we were on the riverbank well before dawn, with camera lenses being covered by mist, but began our paddle – Upstream – just as the first light appeared. The upstream bit, from Loxton, was because Lock 4 was out of action due to repairs. So, instead of Berri to Morgan, we had Loxton to 19 km upstream, back to Loxton and then on towards Morgan. At least there was to be no Lock to negotiate on Day 1. “We don't think the upstream will affect the times” the organisers said. “There is no river-flow” the organisers said. Oh yeah. Tell that to my GPS! At least 1.5 kph was the general consensus of the paddlers. But I don't remember seeing a forecast of rain for the Saturday either. I found the upstream plus rain very sapping, and was escorted along the river by the tail boat from Loxton to the end at Moorook. I was so tired by the time I got to the end, I had a lot of difficulty trying to get out of the boat, so I was unceremoniously hoiked out by Kiaran – who grabbed my lifejacket by the shoulders and swung me to the bank. I must say I was somewhat surprised by this exit, but also very thankful. My only other way out was going to be sideways. I'm also thankful my old lifejacket survived its' stresses. (It would have been 55 – 60 years since I'd been picked up like that!)

Day 2 dawned – on the water well before dawn again and off at first light again. At least this time we were going with the flow! Then there was the less-than-eager anticipation of negotiating Lock 3. For the fast paddlers doing the full course, this meant a long wait until I got there ☺ (so I didn't have to wait very long at all – there have to be some advantages of being a slow paddler!) The waiting in the lock to see what would happen was worse than the actual event. The water height decreased rapidly and we all got rather cold as we sat there in the shadow of the cold wet concrete sides, but we all paddled out without mishap or drama – very smooth. Having eaten enough GU's in Day 1 to do me for the rest of the trip, I was on water and the occasional very small vegemite sandwich, but determined not to be the last boat in again – and I wasn't!! However, the other BGCC people had left by the time I got in to Waikerie and David was not able to provide much help to me on that riverbank, so I did a wet-exit. Not that it made me wetter – just that it had a rather inelegant feel to it. Thankfully we had a very short drive to the motel at Waikerie and a lovely hot shower.



Helen: finishing Day 1 with tail-boat



David: trusty land-crew

Day 3 did not dawn until we were well underway. Paddlers were equipped with a torch to hang off the back of our lifejackets, so I had a nice trail of lights to follow for the first few km. After that, the fog made seeing where the river went a bit hit-and miss; followed by the sun-rise shining directly into the eyes and a search for the sun-glasses which quickly fogged up - causing sight-problems again (isn't the sun rising in the east? And the river heading west? Apparently not!) Then the mist rising off the river, high banks and the sunlight in the eyes, heading towards what looked like a dead-end – which way to go? It was not till I was very close to the turn that it became obvious. I spent a bit of time as the last boat again, but was once more keen not to be last in again – and wasn't. I managed to get in before some old guy doing his umpteenth paddle of the event. I needed some small point to score.

At the last checkpoint before the finish at Morgan, (near Cadell) there were a lot of the usual thoughtless speedboats, water-skiers and jet-skis, making nuisances of themselves. This was the only day I got to see any of the 100 km paddlers, as they started just after I had gone through their starting place – but I was told the speedboats had tipped out the women in the pink dragon boat and they weren't up to getting back in and continuing the race. Also, not too far from the finish, I had another encounter with the constabulary, who informed me that it was an offence to be in a boat on the left-hand side of the river, so I duly paddled off in the general direction of the right bank, on a very long, sweeping left-hand river bend.....

And my prize for being the only solo female to complete the full event for a couple of years (5 women entered in 2013 but none finished) was a wonderful orange, PPE-bright, RPM cap ☺ You'll see me coming if I am wearing it!

As a paddler, it is a hard paddle. The river is wide, with big sweeping bends and not a lot of flow. Thankfully, this year the winds were mostly from a generally easterly direction, so not too many head-wind situations. But the countryside, cliff-faces and general scenery is very pretty and well worth the paddle. Would I do it again? Probably not in a single boat, but maybe in a double. And it would be really nice to do it in a double with David – if we can find a land-crew to help us along the way.

I'm sure Kieran and Bob would like to thank their land-crews, Litsa Polygerinos and Rhonda Collins and I am very thankful to David who had vowed never to do another land-crew job! David and I have only done one Murray Marathon together – back in 1993 – and he has land-crewed for me many times both on the Murray and the Hawkesbury and I owe him big-time, but he doesn't want to do solo paddles. So, is there anyone out there who would like to look after us this November for the Murray Marathon? Or the June long weekend next year for the RPM? Please?

My thanks to Rhonda Collins for the photos used in this piece ☺

The Murray 200: Bob Collins

With my paddling partner off the water for a few weeks, I decided it was time I had a crack at the Murray 200 on the long weekend in June - a 208km race over 3 days from Berri to Morgan in SA. I took my Horizon Flyer. Kieran decided to take his new Stand Up Paddleboard to add this race to his successful Murray 400 and Helen, her lightweight Mirage 580.

A week or so before the race we all received emails telling us that, as the lock on Day 1 was out of commission, the race would start 40 km downstream. This meant that we had to paddle upstream for 20 km, turn around a marker and head back downstream to ensure we paddled the full 78 km of Day 1.

I had been warned by those who had done the race before that it would be a tough race as there is little flow in the Murray this far West. There must have been some flow as we all found it hard paddling upstream and you could tell the marker buoy was nearing by the whoops and cheers of those ahead who were turning to head back downstream. Our speed went up by almost 1.5 km per hour as soon as we turned to head downstream! Day 1 turned out to be a hard slog because of the upstream bit and Kieran really felt it on his SUP.

I was glad to get Day 1 out of the way; however Day 2, although about 10 km shorter, was the one I found the hardest and for about 10 km during the middle of the day I struggled to get a steady rhythm going. I ended up dosing myself with a couple of GUs, a big drink and a bit of food in the middle of the river and was fine after that. While I was doing this, Kieran came cruising by and I did not catch him in the run home – he had a great Day2.

On Days 1 & 2 we had to set up our boats in the dark and be on the water by daybreak ready for the start, however on Day 3 we had a 6:00am start and paddled in the dark for the first hour! Having done the Hawkesbury, I was used to this, however I turned out to be lead boat and had to paddle among a lot of pelicans madly taking flight to get out of my way. Quite off putting when the jumbo jet of the bird world takes off in front of you in the dark.

Day 3 was shorter, about 63kms, however we had to contend with idiot water skiers, houseboats and our own fool of a safety boat who insisted on cruising through the field and creating big washes. At the last checkpoint the safety boat caused the only Dragon boat in the race to capsize – they were not happy!! Rhonda helped them bring some of their gear to shore and told me there was a lot of stuff lost, including prescription glasses etc. It ended their race.

Day 3 turned out to be my best day as I managed to push hard all day, however, I was still glad to see the finish line.

Overall, the race was a bit disappointing as out of 100+ entrants, only 15 did the full distance. The rest either did the 200 relay, the 100kms or the 50kms. I ended up coming in 7th outright and was quite happy with my time – there were no placings based on handicap so I missed out on my 'pensioner discount'. However there was no record in place for the Vet 65 in my class so I now hold the record – well, at least until next year.

Would I do it again? Probably not as it is a long way to go for a race and taking everything into account, I estimate it cost me over \$1,400. However, it is a good race to tick off you 'bucket list'.

How does it compare to the 404km Murray over the 5 days and the 111km overnight Hawkesbury?

There was much discussion among some of the entrants comparing the races, with some (including Victoria's Bill Robinson) declaring the Murray 200 as the toughest. I personally rate it a bit tougher than the Murray 400, but not as tough as the Hawkesbury.

A special vote of thanks must go to our land crews, Rhonda Collins, Litsa Polygerinos and David Tongway, as in addition to traveling all that way, each day we were often up as early as 4:30 a.m. to make sure we got to the start on time.



Helen, Kiaran and Bob in Lock 3, Day 2.



Litsa, Bob, Kiaran and David at the finish at Morgan

Welcome Visitor

BGCC had a welcome and VERY FAST competitor in its 22 June Sunday time trial. 19-year-old Casey Haynes from Bendigo who, along with Ben Rake, is a member of the Australian marathon team to compete in Oklahoma this year, was visiting his brother, who is studying at ANU. As you do, Casey brought his K1 and trained and raced on the Molonglo over the weekend. Casey is a member of the Bendigo Canoe Club and will represent Australia in the U23 age group.



Ocean Convener's Report: Stephen Bunney

<http://northcoastkayaks.com/2014/07/03/the-tactical-wave-surfski-wash-riding-with-sean-rice/>

Advice for all Paddlers: Julie Cammell

Don't Worry About Sharks Beaver Attacks Kayaker

A beaver attacked a New York man who was paddling the Irondequoit Creek (about 7 miles outside of Rochester) last week and knocked him out of the boat and into the water.

The victim, Michael Cavanaugh of Lima, NY is recovering after being treated in the hospital for bite wounds on his back and deep puncture wounds on his arm. He is also being treated for rabies as a precaution.

Bay Creek Paddling Centre trainer Nate Reynolds saw part of the attack. "I heard my name called out from the shop and I ran out the door to see a guy getting pulled into the water," Reynolds said, describing the attack. "It was like watching a horror film."

Reynolds said Cavanaugh was able to get to his feet and approach the dock, but the beaver would not let go of him, so Reynolds hit the beaver with a nearby paddle several times.

SUP Convener's Report: Jon Bell

SUP gear

The SUP Athletes Association (SUPAA) are proposing some standardisation of races distances of 5K Short Distance, 10K Mid-Distance, 16K Pro Distance and 52K Ultra Distance. See more details here: <http://supathletes.com/standardization-sup-race-distances/>. SUPAA have also put out some good information to assist with running safe races, see <http://supathletes.com/10-tips-safe-sup-race/>.

Naish have released an interesting new race board shape that is quite different from existing race boards and looks fast, see <http://vimeo.com/96853453>. There are a couple of exciting new boards: Kieran's 17' DC: Lincoln's Fanatic 12' 6" inflatable.

SUP results

There have been some great away results with Kieran leading the charge, with a fantastic result at the Murray. See his write up elsewhere in this edition. Kieran also paddled his new SUP into second place in division 7 of the Paddle NSW marathon series race at Penrith, against a determined challenge from another 17' foot SUP from Sydney. The club was also well represented at the Husky SUP Club's flatwater race day – see Lincoln's report also in this edition.

SUP Awards at the Club birthday dinner –see above

Best SUP racing representing the club: Kieran Lomas

'Just keep paddling, just keep paddling, just keeping paddling'. In four events, he has paddled further on a SUP than most SUP paddlers do in a year:

- 400 km in the Murray last December;
- 200 km in the Murray in June;
- Over 100 km in the Hawkesbury; and
- 84 km in the 24-hour; and

Add to that, his efforts in the Paddle NSW marathon series. Kieran's achievements this year have been awesome. The scary thing is, he is only going to get faster with the big new board. Congratulations Kieran - best SUP racing representing the club.

Fastest lap in the time trials

This year has seen some good growth in SUP paddling in the weekly time trials. During the summer time trials, minutes were carved off the best lap times. With a time of 30:40 Angela Crawford claimed the fastest lap for women during time trials. Congratulations Angela.

In the men's races, there was some intense competition with up to four different people holding the fastest lap at different times. After Christmas Aidan Lewis and Pete Garbutt took things to a new level and left the rest about a minute behind. Pete eventually came out on top, claiming the fastest lap with a time of 24:25. Congratulations Pete.

SUP events coming up

- 19 & 20 July – Burrill Lake, including a SUP Battle of the Paddle race after the Paddle NSW Marathon series race 6 on the Saturday and a combined paddle and run race on the Sunday, See <http://www.makaipaddlers.com/#!/events/cyg> for more details.
- 15-18 August, The Entrance NSW, SUP instructor courses by the Academy of Surfing Instructors (ASI), see <http://www.academyofsurfing.com/stand-up-paddle> for more details.
- 9-10 August, the Surftech SUP winter Classic, Mornington Peninsula, <https://www.facebook.com/events/800873899932224/>
- 25 October, Shoalhaven river festival <https://www.facebook.com/events/636059126471766/>
- 27-30 November Merimbula Classic <http://www.merimbulasailboardclub.com.au/>



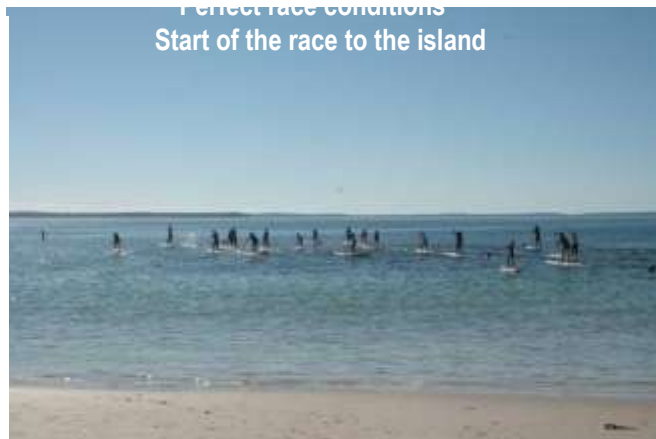
At the end of May, 6 Capital Sup paddlers traded LBG's cold and green water for the blue skies and crystal clear warm water of Huskisson, Jervis Bay. Husky SUP club hosted a social flat-water race event, and kindly included the CSup crew that made the trip down.



Over 25 SUP paddlers competed in a fun series of events:

- Short course beach to buoy and back racing
- Medium distance beach to island and back racing
- Battle of the Paddle (BOP) style Hobie 'one class' event

Midway through the race to the island a small group of dolphins dropped past to check on the paddlers. Although this is probably a normal occurrence for the Husky locals it was a definite novelty for the Canberra contingent. Equipped with 14ft race boards the CSup paddlers did well, but the local crew came back in the 'one class' event taking out 1st and 2nd.



Paddlers also picked up some valuable technique tips from Mel from Jervis Bay SUP. Canberra SUPer's would remember Mel from the dominating performance during the N1sco event in March.



It was a great day on the water for all involved, and it was fantastic to meet the Husky club members. Hopefully there will be a few more inter-club events to come and surf events will probably even the score. Also, expect to see some Husky SUP paddlers at this year's 24hour Challenge.

South Coast Convener's Report: Carolyn Williams

A bit of chest beating to start with – South Coast paddlers featured prominently at the recent club dinner and presentation awards with four of our paddlers taking honours – Russl and I came away with two bottles of wine, a box of chocolates and the coveted Hole in the Paddle award to deliver down to Nelligen. Congratulations to Nick Ziv on being bestowed with the HitP – his name on the paddle joins an illustrious list of former and current club paddlers, including semi-coasters Gary and Ben Rake. There is definitely something good about the water down this way.

The contributions to the club at M10 races of our trio of diehards – Allan Newhouse, Graeme Ison and Ian Castell-Brown – were acknowledged by the club committee where they were given encouragement awards – the bottles of wine were gratefully received by ICB and Graeme – I hope Allan (who was not at Nelligen on the day the prizes were delivered and therefore must take what is left) is as pleased with his chocolates!

Many thanks must go to ICB this month for coordinating all events that have taken place on the river. He filled the role of coordinator for the first championship race at the start of the month and backed that up by organising a very successful doubles day. By all accounts there was fierce racing between TK2s and one sea kayak using the incredibly popular TWiTL – (Turn with the Leader) format with Steve Ison and Graeme Ison triumphing in the Ison "Fox". The doubles day is definitely worth including on the agenda again. After competing in the M10 race in his K1 at Penrith, ICB then organised the sprint day at Nelligen on 5 July. Which once again used the TWiTL format. Nick Ziv paddled two K1s – no, not even the Great Ziviani can paddle both at once – in the four sprints and took out two of the races. ICB and his new doubles partner who will debut at Burrill took out the other two. Needless to say it was Nick who turned first in each race.

The next event at Nelligen is another round of the championship on 12 July – it will be the usual four and a bit laps to equal 10 km, but paddlers can also elect to paddle only 1, 2 or three laps. Canberra paddlers are welcome to join us. As we are having only three championship races for the winter season there is still an opportunity for a Canberra paddler to take out the prize.

The weather on the South Coast is simply blissful at the moment with no frost and plenty of sunshine so there's lots of good paddling. We're feeling a little sorry for our Canberra club mates shivering away at the Molonglo. Let's hope we have a great club turnout at M10 race at Lake Burrill on 19th July.

Carolyn Williams

Tale of Two Cars

AN UNFUNNY THING HAPPENED TO ME

(Tunes: "In the Shade of the Old Apple Tree", "Tie me Kangaroo Down")

An unfunny thing happened to me
on the way up to Marathon 3,
I got up with the lark,
left home in the dark
and was blissfully driving al-ong-ong-ong-ong.

When right there on a bend in the road
stood a group of six cattle or so.
They were blocking my lane,
I had nothing to gain, but to swerve
and brake hard at the ti-i-i-ime.

But there on the opposite side
was a view-hick-I, some owner's pride,
it was hit car or beast,
not a good choice at least
so I side-swiped the softer op-t-ee-ee-on.

With a shUDDER the cow wandered off
leaving me to consider my loss
which I did and drove on
paddled the Marathon,
then went home to arrange for re-pair-air-air-air.

There's a moral to all this you know
which is something all kayakers do(e)
and I close this to say...
while still in array,
and my kayak remains in one piece.

OHHHH
O
OHHHH,

Tie your kayak down well, sport,
tie your kayak down well.
If you don't tie your kayak down well, sport, then you won't have a kayak
ATALL!

ANON.
With apologies to Larry Gelbart, Burt Shevelove, Harry Williams, Egbert Van
Alstyne (and RH).



What Happens When You do the Right Thing

One recent Saturday night, club stalwart Shane Lund left his work ute outside the club rooms before going to have an evening with friends and alcohol. Early on Sunday morning, in bed and still under the influence, Shane received a call from the ACT constabulary to advise that his vehicle was ablaze where he had left it. Wisely he declined the invitation to attend the fire. When he did so next morning this is what greeted the responsible citizen. All club members commiserate with Shane-fortunately his vehicle was insured.



Coaches' Corner: Gary Rake

Dear Coach,

I am having trouble improving my leg drive, to the point where I end up with very sore legs and lower back ache even after a relatively short paddle. Neither of these areas gave me trouble when I was paddling with little use of the legs. Could you give me some advice please, including on the following matters.

- a) what is the correct position for the feet in the boat, kayak and ski?;
- b) upon which part of the foot should maximum pressure be exerted?;
- c) when should maximum force be applied in relation to the forward stroke of the paddle?;
- d) how do I practice getting the timing of leg drive correct?; and
- e) is bike riding useful for improving leg drive in a kayak or ski? Any other advice welcomed.

Thanks,
Legless,
North Canberra

Dear Legless,

The first thing I would say is that it is very important that you keep working on trying to improve your leg drive. It will help you recruit much bigger muscle groups - in your legs, abdominals and back - and this will help you paddle faster and for longer.

There are several ways to think about getting the right feeling in your leg drive. Some people imagine pushing like they are using the clutch on a manual car. Others think about trying to push their bum into, or off, the back of the seat. Others try to straighten their legs enough to have the back of their knee touch the bottom of the kayak

(this one doesn't work so well in a ski with a hump under your knee). Try all of these techniques and see what works best for you.

To answer your specific questions...in order:

(a) Your feet should be placed so that your heels are firmly placed against the footplate (in a ski or kayak with a full footplate) or in line with the angle of the footplate in a kayak if you only have a half plate.

It is worth having a look at the marks your heels are leaving in the bottom of the footwell to ensure they are centred. If you are placing your feet more to one side, try to deliberately adjust them back to centre. If you need to, you can put a piece of tape down the centre, or down each outer edge of the footwell, to give you a guide that you can feel (similar to putting position tape on your paddle to keep your hands out wide).

(b) With a full foot plate, it is better to drive from your heels rather than your toes. This is essential in any boat with pedal steering (such as a ski)...otherwise you'll be zig-zagging the boat with every leg drive! The main benefit of driving from the heels is that you more easily recruit those big leg muscles rather than the smaller calves...and you don't interfere with the boat steering.

(c) You should be engaging the legs (tensing the muscles) immediately before the paddle blade enters the water. This means that you can apply the strongest, most powerful, force as soon as the blade is fully buried. Many people don't start the leg contraction until after the blade is buried and they have already started pulling. This wastes effort.

(d) There are a few drills you can try:

- Getting the drive: try to touch the back of your knee on the bottom of the boat (in a kayak) with each stroke or try to imagine cracking a nut between the back of your knee and the leg hump in a ski. Or imagine really pushing the clutch in a manual car. Do 10 strokes each side (twenty in total) where you really concentrate on this. Then have 20 - 40 relaxed strokes. Repeat this 5 times.

- Sitting on the stroke: It is also important to shift your weight to the same side of the boat as your stroke and leg drive. Most of us lean the opposite direction! So try 20 strokes where you deliberately try to sit on the same side as the stroke. Put your weight through that side of your seat. Try to get the boat to lean slightly towards the same side as your stroke. When you have the boat staying level through each stroke (rather than tipping away from the stroke), you are doing well.

- Timing: Slow it all down and make it very deliberate. Separate the different components of the stroke. Reach forward. Set up for the catch. Tense the legs and core muscles. Bury the blade with a powerful catch. Drive the legs and imagine your stroke-side shoulder is being pulled backwards to give some rotation.

(e) Yes, riding is good. But some simple exercise would be even better. Try 1/4 squats - Starting in a standing position, squat 1/4 to 1/2 way down (don't get to 90 degrees) then push from your heels to stand back up. Keep your feet and knees close together like they would be in the boat. Start with 10. Build up to multiple sets. No need to add weight...body weight will be ample. If this gets too easy, then do them one leg at a time, or progress to split squats.

Have a look at the following YouTube videos...it really shows the leg drive and weight shift that I have mentioned above.

Knut Holmann <http://www.youtube.com/watch?v=70XD4roNlmY> Pay attention to how the boat 'sinks' on the stroke side in the slow motion front on shots. He is really shifting his weight to sit on the stroke.

Anders Gustafsson <http://www.youtube.com/watch?v=SJDqE1QzU0> Watch how much his driving leg straightens. You can imagine the back of his knee touching down.

If you are struggling to find a natural leg drive, it is probably worth contacting one of the club coaches and arranging a short coaching session. It wouldn't take more than 10-15 minutes for a coach to assess your position and help you find the feeling of leg drive. This will make it much easier for you to go away and practice it yourself.

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