

BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2012, 2013, 2014

Volume 25 Issue 4 February 2015

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Happy New Year = Enjoyment and Achievement

 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT



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President's Report: Kiaran Lomas

Well I hope you all survived the holidays and that Christmas provided many new kayaks, canoes and boards for our members. This month is one of the busiest I have seen, and at the end of it we will need to congratulate ourselves on our efforts. Hopefully, every member will find an event in which they can participate. Now all we need is the weather to be nice to us as well...

Firstly, we have the start of BGCC's 3rd defence of the PaddleNSW M10 Series trophy. It is encouraging to see new faces on the water who are keen to participate in the Series, along with the "Usual Suspects" who are training hard to secure good performances. With some changes to the point scoring a 4th victory will be more difficult, but if we provide a team of paddlers at each event we should have a good show to retain the title. So let's get out there and enjoy ourselves and let's get this trophy back. {Ed. For the main changes, see below in Flatwater Convener's Report.}

Through the years of paddling this club has provided a lot to the paddling community of Canberra. I know I have received a lot from this sport. But now I'm going to ask for you to give time back to the club. The Marathon Nationals need a lot of people to support the event to ensure its efficient running. This includes race officials. I'm appealing to as many people as possible to attend the Officials Course on February 14 Feb to ensure we have enough officials. Please contact Helen Tongway to get your name on the list for the course.

Recently I took the opportunity to watch some Canoe Polo at Molonglo Reach where teams from Canberra and Shoalhaven were testing themselves against each other. I really encourage you to watch the calendar for when the polo players are playing and come and have a look the sport which exhibits a range of paddling skills, many of them helpful for flat water paddlers as well.

On February 22 the SUP chapter of the club is hosting a round of the N1SCO iSUP event. This year it is being conducted at the Kinston foreshore which is an ideal location to showcase this unique format of racing. Having paddled the event last year, I can recommend it to novices and accomplished paddlers alike.

Finally, I thank you for your patience with the parking situation at Molonglo Reach while we are in constant communications with the ACT Government trying to resolve this issue and improve availability of spaces. However there doesn't look like being a resolution in the short term. Your ongoing patience with this is appreciated.

So get out there and enjoy your paddling.

The President



From the Editor's Desk: Scott MacWilliam

As the range of contributions to this issue demonstrates, February will be a very busy month for the Club. Marathon Series Race 1, Burley Griffin Bash, and the Naish N1SCO Canberra ISUP race ACT on the weekend of February 21-22. Canoe Polo members are training hard for a number of forthcoming competitions and the top of the weekly time trials leaders' board has only a few points separating half a dozen people. While it is undoubtedly hard to get to the top of the tree in individual and team sports, staying there is even more of a struggle. February will mark the start of another year when paddlers and teams from other clubs aim to knock BGCC off its perch. Good luck to everyone in whatever competition their races and games take place.

Club membership is over 300 once again and, as the picture shows below, all these activities are putting a great strain on facilities, including car parking. Club officials are asking if people who carry their boats on their car roof and attend the time trials and canoe polo training on Wednesday evenings could park in the area opposite the entrance to Duntroon and then paddle to the race starting position or training east of the 'put in' spot. It may make it harder to join in the bbq afterwards, but recently there were cars out on the roadside and all down the driveway making for confusion and safety concerns (see below).

It always brings great pleasure to welcome new members to the club, and from what I have seen on the water, BGCC continues to be favoured with a pool of new talent and enthusiasm. At the same time, the Club is losing one of its flatwater racing stalwarts, Paul O'Neill, who is 'retiring' to Queensland where his family is based. Paul has contributed greatly, assisting with triathlons, building new rudders for many boats and general repairs. He has also attained several personal paddling milestones, including last year's Hawkesbury Classic which he completed in less than 10 hours; and has been a regular member of the BGCC marathon race teams which have won three consecutive PaddleNSW Brian Norman trophies. All the best for the future Paul and thanks for your efforts in so many areas.

Lastly I would like to reinforce Helen Tongway's appeal for volunteers, specifically for the upcoming Marathon Series race and the National Championships. Amateur clubs can have champions, in our case on the water in a wide range of activities, but another test of their success and longevity is the members who provide assistance all the time as well as at times of overload, several of which are coming up over the next few months..



VOLUNTEERS WANTED

Coming soon:

1. The weekend of **21st and 22nd February, 2015**, when BGCC will be hosting **Race 1 of the PNSW Marathon 10 Series Race** on the Saturday and the **Burley Griffin Bash and Mini-Bash** on the Sunday.

Club members have already been busy measuring out the course and moving the pontoons in preparation for these events. *And hopefully a whole bunch of you are about to enter the races!*

But more people will be needed on the two days, to erect the shelter tents, making sure the portage track is free of onlookers, helping the PNSW people with the start and timing **and** helping on the Food Stall.

I have already had a few people put their hand up to help with the **Food Stall**, (Kevin on the barbecue and Emily G on the serving area,) but we will need more people than that! If you can help before or after your paddle with food preparation, selling cans/bottles of drinks, handling the money or assembling the sandwiches – then please let me know:

which day;

what time you can start;

how long you can stay;

any particular skills? (Dishwashing anyone?)

And:

2. The Easter weekend, **3rd, 4th and 5th April, 2015**, when BGCC and PNSW will be hosting the **Oceania Canoe Marathon Championships (Incorporating Nationals)**. Friday 3rd will be Registration and general preparations. Saturday 4th and Sunday 5th will be race days, with both early and late morning races on both days. On Sunday evening there will be a Presentation Dinner at the Hellenic Club, starting at 6:30 p.m.

This is a fairly Big Deal and many helpers will be needed please!

There are many jobs: Numbers – Issuing and returns; Raft Marshalls; Aligners; Turn Marshalls; 3x at Portage; Safety boats; Line Judges; Time-keepers; Recorders; Post Boat Control; Merchandise; Announcers; Medal Presentations; Car Parking and many more little jobs.... e.g., making sure all the officials and volunteers are kept fed and hydrated. Most positions need 2 or more people to make sure things run smoothly.

Please let me know if you can help on one or more day(s), which morning session, for one hour or six. All donations of your time will be greatly appreciated. Help make this an event to be remembered for all the right reasons!

Helen.

CONVENERS' REPORTS

Flatwater Convener: John Preston

It's been a very quiet time for our marathon paddlers with no racing over the last few months. Nevertheless, behind the scenes there has been plenty going on with the build-up to our M10 race in February, the State Marathon Championships at Davistown, Central Coast, in March and then our hosting of the Oceania /Australian Marathon Nationals over Easter, gains impetus. It's been great to see our training squads out on the river and lake preparing for these races. Walkers, runners and cyclists have been looking on bemusedly as paddlers training for the portages component of marathon racing, leap out of their kayaks and then complete a lap of the trees carrying their kayak with varying degrees of comfort before paddling away again.

The time trials are back in full swing on Wednesday evenings with the first paddlers away at 5:45 p.m. (Rules and procedures for competing repeated below.) Thanks to all those who have made contributions whether it be the timing or bbq. Point scores are available on the new website. Parking has become an issue since we now have no access to the overflow parking area. This situation is under review and negotiations with TAMS are appearing to be productive. In the meantime it would help if some car- pooling could be done on the days when there is likely to be pressure on the parking.

A number of club members have already contributed to our efforts to provide a high standard M10 marathon race and for the Oceania / Nationals marathon. **Tom Hick** has taken on the role of Safety Officer. **Helen Tongway** has accepted the position of volunteers' co-ordinator and **Bob Collins** has kindly accepted the position of Administration Officer. **Scott MacWilliam** is looking after the utilities. Requests for specific help will be made over the next few weeks/months as the event draws closer. For those club members who intend to offer their services for the Nationals in particular, please let **Helen Tongway** know what it is that you are willing to do. In particular we are looking for someone to co-ordinate the parking of vehicles on the 3 days of the event. (Please form an orderly queue). {Ed.: And show you can wear the appropriate riot gear after weeks of toughening your hide with daily applications of rubbing alcohol.}

Congratulations to our own Gary Rake who has been announced as the Team Manager for the NSW team for the upcoming Oceania Australian Marathon Nationals.

MARATHON OFFICIALS' COURSE

As part of our commitment to help the running of the Oceania and Australian Canoe Marathon Championships we are providing an opportunity for people to gain accreditation as an official. This qualification will allow participants to officiate at a higher level in races conducted at State and National level. Including the race here, at Easter. Please see the information below.

2015 Marathon Official course (free entry) BGCC 14th February 2015 8:00 a.m. for up to 8 hours



To attend enter your name email and phone here

1. The officials' course is set for 14 February 2015. Participants need to demonstrate an understanding of the rules and their application.
2. The course will consist of up to 4 hours theory and up to 4 hours practical (including a de-brief and presentation of certificates).
3. To ensure officials receive their accreditation in a timely manner after the course they must complete and supply a certificate of completion for Introductory Level Officiating General Principles through the Australian Sports Commission web (accessible through the AC web <http://canoe.org.au/education-safety/officials/>).
4. Participants will need to be familiar with the 2015 ICF and AC Canoe Marathon Competition Rules.(see attached)

Attachment:

 [icf-canoe-marathon-rules-2015.pdf](#)

 [2013-ac-marathon-competition-rules2.pdf](#)

2015 Marathon Series.

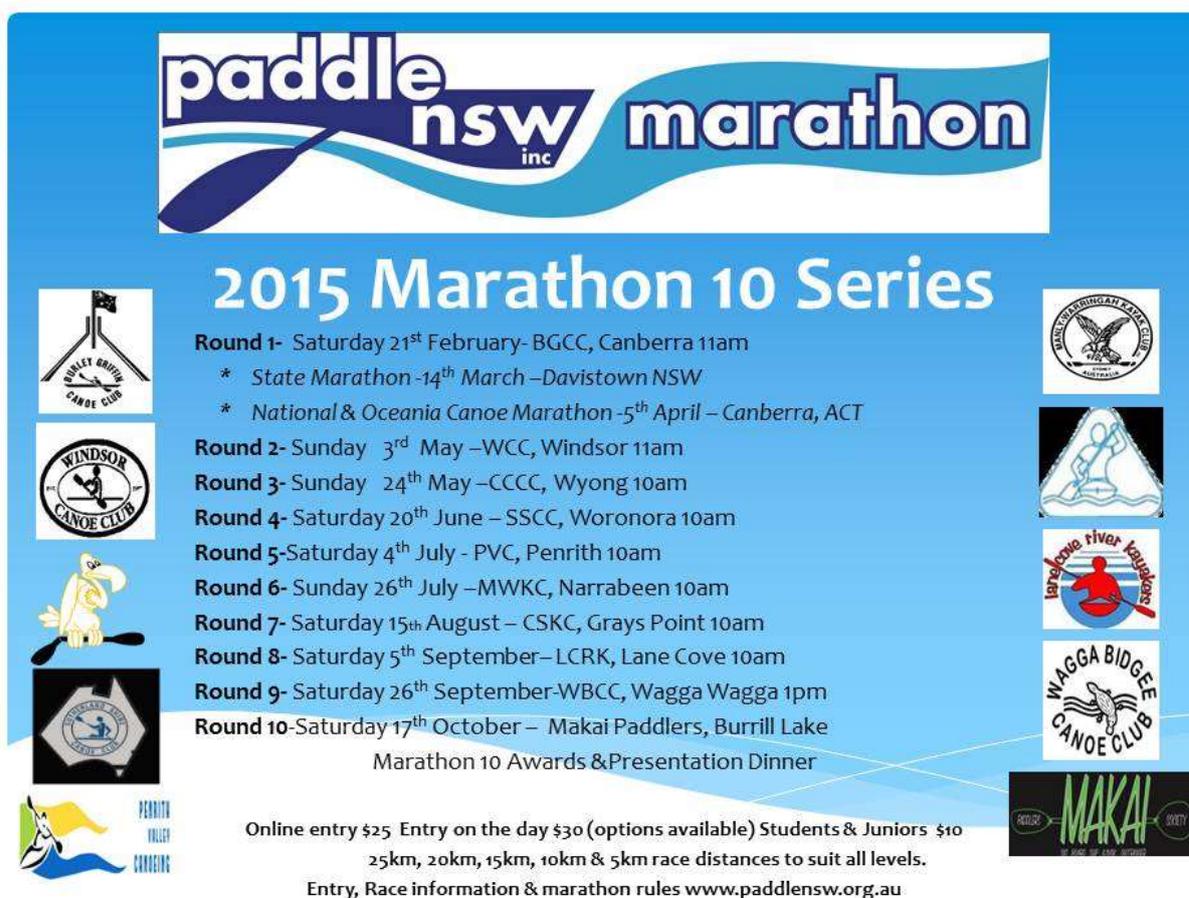
As mentioned above we are hosting the first race of the 2015 PNSW Marathon race series on Saturday 21st February and the Burley Griffin Bash will be held on Sunday, 22nd February. Please take the time to look over the details of this weekend and the M10 rules provided at the web addresses below.

The most important changes to the point scoring rules, flagged in the President's Report above are these:

1. Introduction of Division 12 - a 5km distance meant for Juniors (and recovering Masters)
2. Introduction of the PaddleNSW ICF Class Club Trophy - for paddlers/clubs competing in ICF Class boats (replaces ICF Bonus Club points from 2014)
3. Change in allocation of Points for Portage - Points will now be allocated to paddlers, instead of Clubs
4. Return to the previous (2013) point scoring system for the Brian Norman Club Trophy

http://www.paddlensw.org.au/sites/default/files/events/bgcc_racebook_pnsw_marathon_series_2015.pdf

http://www.paddlensw.org.au/sites/default/files/events/2015_marathon_rules_2015-150108a_0.pdf



paddle nsw inc marathon

2015 Marathon 10 Series

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

Round 2- Sunday 3rd May –WCC, Windsor 11am

Round 3- Sunday 24th May –CCCC, Wyong 10am

Round 4- Saturday 20th June – SSCC, Woronora 10am

Round 5- Saturday 4th July - PVC, Penrith 10am

Round 6- Sunday 26th July –MWKC, Narrabeen 10am

Round 7- Saturday 15th August – CSKC, Grays Point 10am

Round 8- Saturday 5th September–LCRK, Lane Cove 10am

Round 9- Saturday 26th September-WBCC, Wagga Wagga 1pm

Round 10- Saturday 17th October – Makai Paddlers, Burrill Lake
Marathon 10 Awards & Presentation Dinner

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

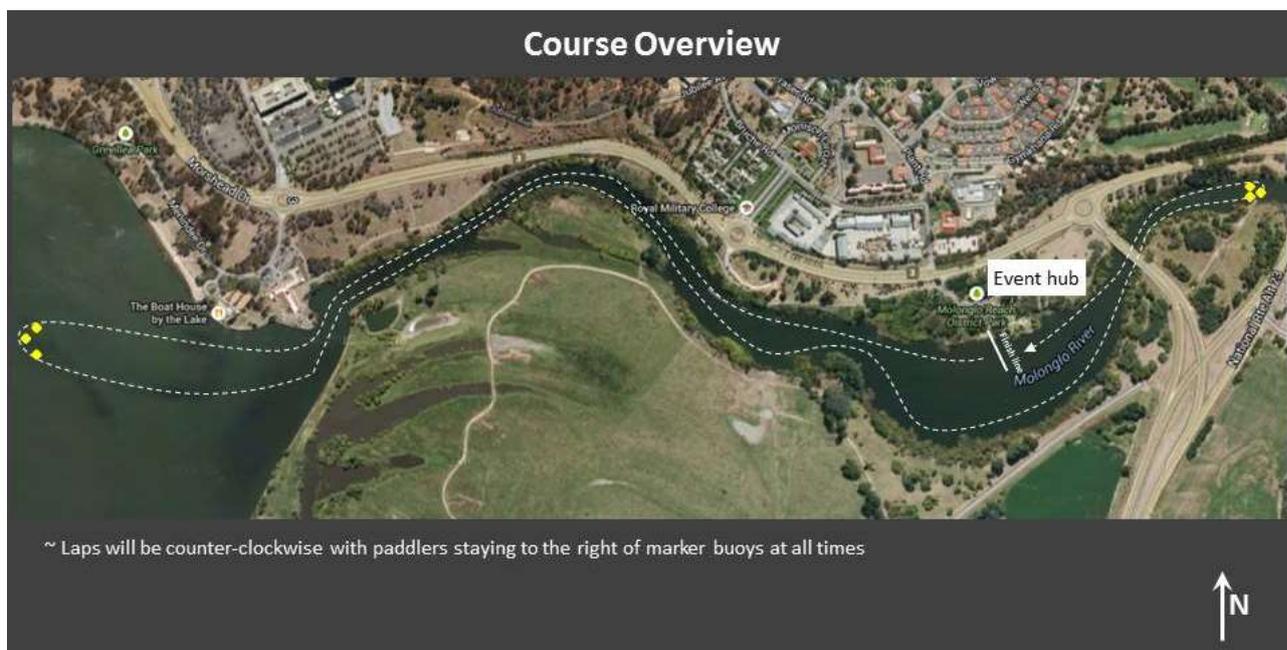




2015 PNSW Marathon 10 Series

Race 1 Canberra

- DATE:** Saturday 21st February 2015
- RACE:** Divisional Races over 25 km, 20 km, 15 km and 10 km
- HOST:** Burley Griffin Canoe Club www.bgcc.org.au
- LOCATION:** Molonglo Reach, Morshead Drive, opposite Duntroon
- ENTRIES:** Pre race: PaddleNSW website
Race day: 9:00 to 10:30 a.m.
- BRIEFING:** 10:30 a.m.
- START:** 11:00 a.m. (Div. 7: 10:45 a.m.)
- COURSES:** 25 km – Molonglo Reach - 5 laps
20 km – Molonglo Reach - 4 laps
15 km – Molonglo Reach - 3 laps
10 km – Molonglo Reach - 2 laps
5 km – Molonglo Reach – 1 lap



Note: Course may be changed if weather conditions are adverse.

CONTACTS: John Preston paddlerjohn@hotmail.com 0428 365 064
 Helen Tongway htongway@iinet.net.au 0418 861 613

SATURDAY DINNER: BGCC will be hosting a Spit Roast by the River, near the Club Shed, so those who are staying overnight won't have to cook for their evening meal or hunt for a place to eat. Choice of meats, salads, roast vegetables and desserts. \$25 per person.
Book your place on-line, or on Saturday morning.



39th Burley Griffin Bash

DATE: Sunday 22nd February 2015
RACE: Traditional distances - 30 km & 13 km - class categories
HOST: Burley Griffin Canoe Club www.bgcc.org.au
LOCATION: Molonglo Reach, Morshead Drive, opposite Duntroon
ENTRIES: 7:30 to 8:30 a.m. (On-line pre-entries welcome.)
BRIEFING: 8:30 a.m.
START: 9:00 a.m.
COURSES: 30 km – To Be Determined.
13 km – Molonglo Reach, the islands in West Lake & return.
5 km – Loop to Kings Avenue Bridge & back for Under 14 yrs.
3 km – Loop on Molonglo River for Under 12 yrs.



PRIZES for each Race Distance!

NOTE: *Courses may change if weather conditions are adverse.*
CONTACT: John Preston: 0428 365 064 paddlerjohn@hotmail.com
Helen Tongway 0418 861 613 htongway@iinet.net.au

BGCC FOOD STALL in operation for morning and afternoon tea and lunches on both days of racing at Canberra. A goodly selection of cool drinks, tea, coffee, cakes, barbecued meats and vegetarian dishes and salads will be available.

Don't forget: Perpetual Trophies to be Earned
30 km: Scrivener Trophy and Molonglo Trophy
13 km: Springbank Trophy



WARNING!

Sorry folks: **There will be no camping at Molonglo Reach this year. The ACT Government Departments have decided that that tents and caravans will not be permitted.**



<http://www.paddlensw.org.au/blog/pnsw-marathon-state-championships-14th-march-2015>

CRITICAL DATES AND TIMES

Early Bird entries close at 11:59 p.m. (AEDT) Friday 7th March 2015.

ALL entries close at 11:59 p.m. (AEDT) Tuesday 10th March 2015.

NO ENTRIES WILL BE ACCEPTED AFTER TUESDAY 10th March 2015.

Note: In order to get into the team to represent NSW at the Oceania Australia Canoe Marathon Championships paddlers have to win their age group race or come within 5% of the winner's time. Of course one can compete at the Nationals without being in the representative team.

Please direct any questions about these events to John Preston at:

paddlerjohn@hotmail.com or on 0428 365 064.

John Preston.



THE WETSPOT SUMMER TIME TRIALS



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

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

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

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

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

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

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

THE COURSE: The course has 2X 180 degree turns. The first is a 3 yellow buoy turn at the Hospice end near the entrance to East Basin. The second is a 3 yellow buoy turn beyond the first bridge heading upstream towards Fyshwick. Stay to the right-hand side of the course. White buoys indicate some known danger and some caution is required in that area. Paddlers must paddle to the right of the pink/red buoys.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Canoe Polo: Rowan Holt and Carley Goodwin

Nagambie Canoe Polo Competition

On the 6th and 7th of December, BGCC canoe polo players competed in Round 2 of the 2014/2015 Summer Series. Rain, lightning and thunder was forecasted for the weekend, which was a concern as only two things stop a polo game: 1) enough hail that the referee refuses to ref the game and (2) lightning. Thankfully the weather remained mostly dry during the day and no thunderstorms disturbed game play.

The competition was held at Nagambie Lakes Regatta Centre. The regatta centre is where the 2015 Australian Canoe Polo Championships and 2015 Oceania Championships will be held over Easter (April 3-7 and April 9-11 respectively). BGCC canoe polo entered two teams PSV (Open/Div1) and Burley Babes (Women's Div) into the Summer Series Competition.



Burley Babes won the women's division grand final against the Sea Lions (SA), with the final score being 5-3. Throughout the whole competition they only lost one game. Having won their division in the first two rounds of the Summer Series (Canberra Comp and Nagambie), they are eagerly awaiting the chance to continue their winning streak at Round 3 in Adelaide over the Australia Day long weekend. All five team members attended the first AUS women's squad training session run by James Harmer and Siobhan Goble (SA). The Burley Babes would like to say thank you to their coach, James Harmer, for his amazing coaching

throughout the weekend and for transporting most of the team (and their kayaks) to and from the competition. Kimberley Roper and Stacey Goodwin also came fourth in division 2, in their team the Hopefuls (mostly SA).

((Picture))Left to right: Stacey Goodwin, Antonia Harmer, Carley Goodwin, Kimberley Roper, Dorothea Schaeffle).

PSV played hard in all their games and finished in sixth place. The open final was between NSW blue and the IT Crowd (SA) with the IT crowd winning in overtime. During the round robin PSV only lost to IT Crowd by one goal.



Rowan Holt, James Deakin and Michael Young performed strongly in the AUS Men's team selection events.

(Left to right: Rowan Holt, Roland Mangos, James Deakin, James Harmer, Carley Goodwin, Michael Young)

Australian Canoe Polo National Development Camp

2015 Adelaide Australia Day Competition

Congratulations to the Burley Babes for winning 3 Summer Series competitions in a row! The ladies played a tremendous round robin competition before smashing the SA Sunbirds in the Grand Final. The ladies consistently demonstrated their desire to out-do their competitors by trying new attack and defence manoeuvres to counteract the experience of their opposition. With coach James Harmer instructing from the sidelines, the ladies established their position as the team to beat in the Women's division. As four of the Burley Babes nominated for the Australian Women's teams, the Babes' motivation for success was driven by their individual aspirations to play at a higher level and compete for Australia at Nagambie over Easter 2015.



BGCC was also represented in Adelaide by team PSV (Open/Div 1). Every member of PSV was seeking selection into the Australian teams competing at the Oceania Championships and, as such, the team sought to put on their best show for the crowd. Although finishing in 6th place (not last!!!) the team played very well throughout the competition and managed to impress the selectors enough to yield a good overall result for BGCC. (Picture: James Deakin dispatching the opposition during the charge start (Playing for Lakers Blue at this comp.))

Well done to Carley Goodwin for being selected for the Australian Women's Team. Carley is the goalie for Burley Babes' and PSV and the main reason why PSVs losses are respectable and not counted in the tens-of points. As has been the case at most Summer Series events this year, Carley plays consecutive games during the competitions to meet her commitments to both BGCC teams. Keep up your excellent work, Carley and congratulations from your grateful team mates!! (Picture: Carley just prior to blocking another goal)



But wait, there's more!!! It is exciting to announce that Stacey Goodwin and Antonia Harmer have also been selected to represent Australia on the Australian Women's team alongside Carley. With equal excitement, please congratulate Dorothea Schaeffe on being selected to compete for Australia in the Under 21 Women's Team. Well Done!
(Pictures: Stacey #2; Antonia #4; Dorothea #3)



What's that? Still not satisfied? Well, there's even more!! Congratulations must also go to: James Deakin, James Harmer and Brenton Smith for being selected to play for Australia on the Australian Veterans team; Roland Mangos, selected to play on the Australian Masters Team; and Rowan Holt and Michael Lawrence-Taylor, both selected to play on the Australian Men's Open 2 Team.
We are all looking forward to representing Australia at Nagambie over Easter!



List of BGCC Members representing Australia at the 2015 Oceania Canoe Polo Championships

Junior's

Rebecca Gates (U18 Juniors)
Emily Gates (Micro Juniors)
Matthew Gates (Micro-Juniors (U13))

Men's

Rowan Holt (Open 2)
Michael Lawrence-Taylor (Open 2)

Women's

Carley Goodwin (Open 1)
Stacey Goodwin (Open 1)
Antonia Harmer (Open 1)
Dorothea Schafle (U21)
Australian Women's Coach: James Harmer

Veteran's

James Deakin
James Harmer
Brenton Smith

Master's

Roland Mangos

Junior Canoe Polo Development Camp – Lake Moogerah, Queensland

From the Gates Family

On 15th January, Tim, Louise, Rebecca, Emily, Matthew and Ruby began the long journey north. Matthew squeezed himself into the back between life jackets, helmets and pillows and we stopped at every driver reviver on the way. After ascertaining that the 1 hour time difference between Queensland and the more sensible daylight savings abiding states was in our favour, the 7:30 a.m. start to the training camp did not seem as ominous as first thought.

We all enjoyed the warmer climate until about 10 a.m., at which point we discovered that black paddling gear is not so great in 40 plus degrees. Hunter Glenn joined us by flying up and managed to break (not really – I think it already was) a black paddle and therefore get to borrow a much flasher, not so hot one. We, along with about 25 Queenslanders, mostly juniors and three coaches, two members of the Australian Canoe Polo team from NSW and Vic and a local coach from Qld converged on a beautiful part of Queensland at Reynolds Creek, below the dam on Lake Moogerah, about 1.5 hours west of Brisbane. With the mountains of the likes of Cunninghams Gap around us and fortunately cold water as it came from the bottom of the dam, we spent 2 days in canoe polo training.

We did basic paddle drills, ball throwing, attack and defence drills, goal shooting and of course a number of games. Throughout we were catered for by the very friendly members of Broken Paddle canoe club from Boonah- so well that no one could possibly have gone hungry. We applied sunscreen and drank water and powerade (except me – horrible stuff) at least every hour, but that tricky sun still managed to find bits of us that we had missed. We stayed overnight in a school camp where the cold showers just weren't cold enough and I was glad I hadn't listened to the advice to bring warm pj's as we lay on top of our sheets all night.

We did our best to ease the squeeze in the car on the way home by losing my helmet at the bottom of the creek and buying a new boat which doubled of course as storage space. We also came home with renewed endeavours to do more paddling and heaven help us – maybe even join the gym and with only a little sunburn . Many thanks to Donald from Qld for all his organising and to all the other members of the Queensland polo community for their hospitality.

Ocean Convener-Nick Ziviani

It is summer time & there are an abundance of great ocean events coming up.

Feb 14th Makai Cup Bendalong to Ulladulla NSW

March 7th Pittwater Challenge Sydney North NSW

March 22nd Bridge to Beach Sydney Harbour NSW

Find the details for any and more events on this website surfskiaustralia.com under Calendar of Events.

Great news on the subject of an all-round boat for anyone who wishes to purchase a versatile ocean ski with speed and stability. One of our BGCC members Stephen Bunney has purchased a new model Epic V10. Stevo has a long history with ocean paddling coming from a life of work and play on the ocean.

Stephen has for some time now owned a Fenn Elite and while having great success with it has been looking for a boat with good flatwater glide. While the Fenn Elite is still winning many ocean events around the world it is not known for its flatwater glide as the boat has a lot of rocker (banana). Stevo and I have both paddled the new Epic model V10 and found it to hold its nose out of the water with a very wide seat bucket making it harder to get down the runs in the ocean. However this Christmas holidays some friends came down from the Wollongong Paddlers club with a modified V10.

The modification is an Epic V12 seat mould that fits into the new model V10 bucket. This gives a slight raise in seat height and puts the paddler 50mm forward which allows the boat to fall into holes that we chase in the ocean. The V10 stability is excellent and now with this modification it also makes the boat run better in the ocean and on the flatwater.

I own a V12 which has good flatwater speed/glide but when I paddled the new model V10 found that it sat on its tail when it got up to race speed on the flatwater but with the seat modification it now runs more on its nose and glides nicely without any excessive wake and also has good flatwater speed.

I am sure there are other boat brands out there that suit some and not others but if you are looking for an all-round boat the V10 is worth a trial. It should also be mentioned that the seat modification can be installed with a tube of silastic and can also be removed without modifying/damaging the ski. For more information on the seat modification contact Adam Harding from Wollongong who can be found on the Epic surfski Australia website.

I am sure if you were to contact Scott Hunter from Wetspot Watersports he can provide a boat and seat modification for a test paddle.

For anyone who is looking for a great ocean paddling adventure the Molokai world championship race in Hawaii is on in May 2015. The race is the pinnacle of ocean racing, where you can rub shoulders with the current world champions in ocean racing and also share stories with champions of old. This event is fantastic as you can look around the room and join in on conversation from a number of Olympic kayak medallists as they are all willing to share their knowledge of times past. Whether you are out to challenge them on race day or just cross off another bucket list item all the competitors are treated like family. Just to attempt this race you join a family of... (nutters??) Well, a very close knit community of passionate people with a common interest.

A great way to address the challenge of this race is to contact Clint Robinson for a 12 to 16 week training program that will prepare you for what this event can throw at you on any given day. Clint will share first-hand knowledge with you as he has won and still competes in this event at the elite level.

For any information on the above please don't hesitate to contact me. Also I would like to hear from anybody who intends to compete in any of the events mentioned or others that I have not. I will be looking for any BGCC paddlers at the upcoming events for a personnel account.

FINALLY, REMEMBER new laws will be in force for ocean races. This means certified PFDs and a leg leash are required for anyone to compete in these events. PFDs will be float tested on the day prior to registration. If your safety equipment doesn't pass any test you will not be allowed to take part in the event.

Happy Paddling

nickziv13@hotmail.com

SUP Convener's Report: Lincoln Gibson

Upcoming Events:

14-15 Feb. The Forsters Island Paddle Challenge, Forster NSW

22 Feb. Naish N1SCO Canberra ISUP race ACT

13-15 Mar. 2015 Flatwater SUPFest, Penrith NSW

21-22 Mar. Harry's Paddle, Stockton NSW

17 – 19 Apr. Southern Cross SUP Festival

Club N1SCO Boards – Rules of Use Reminder

The N1SCO boards are subject to the same rules as club boats. Please insure that the following is adhered to at all times:

- Boards (and additional equipment) must be signed in and out when removed from the shed
- Boards (and additional equipment) can only be used by current BGCC members
- When using club equipment a lifejacket must be used at all times

In addition:

- Boards should be inflated to between 12 and 14 PSI
- Leashes are available and should be used

Dukes Day 2015



On 10 January a group of Capital SUP paddlers travelled up to Freshwater for the Dukes Day Celebration and two paddle and SUP races. Paddlers competed in a Battle of the Paddle (BOP) event out and back through the surf zone, and a distance SUP/Ski paddle down to south Manly and back. A shallow shore break led to most competitors using inflatables for the BOP, and then the race boards came out for the distance events. See below for some action shots!



If you missed the ISUP day earlier this summer make sure you get to the Kingston Foreshore on Sunday 22nd February for stop #3 of the Naish NISCO Australia tour. This event puts everyone on the same board with a focus on fun! Further details will be posted on the Capital SUP, Wetspot Watersports and Naish Australia Facebook pages.





South Coast Convener's Report: Carolyn Williams

The busy tourist season is now behind us and the South Coast paddlers are looking forward to the commencement of this year's M10 series starting in Canberra on 21 February. It is hoped we will have the usual strong representation with those paddlers who participated last year indicating they will be back to do it all again where possible.

A small training group is going out from Nelligen at 7.30 on Saturdays and there is also a session on Tuesdays and Thursdays at 4.30 if enough paddlers are available. Participation in these sessions is arranged by email through individual members.

The Canberra weekend is always a good opportunity for the South Coast contingent to enjoy the hospitality of our fellow members from the city, so hopefully the weather will be kind and the racing fierce.

Happy paddling

Coaching Corner: Gary Rake, Coaching Co-ordinator 16 weeks to 'race ready'

So, it has finally dawned on you that the start of the marathon season is just around the corner? And you are wondering if you are ready to race?

The bad news is...unless you have already been training consistently it is now too late to get ready for the first few races...you'll just have to survive as best you can.

*The **good news** is that you CAN still get yourself ready to be racing well by mid-season and hit the last four races in good shape.*

To help, I've prepared a generic 16 week training program that should get most paddlers into good shape.

Of course, this is a generic program and the usual caveats apply. You might be able to train a little harder, or might need to take it a little easier...based on how your body reacts. Please check with your doctor before commencing vigorous exercise...especially if you have any pre-existing conditions.

And please feel free to email me at rakedover@gmail.com if you have any questions or would like advice on how to modify this generic program to suit your specific needs.

Applying Lydiard's approach

Kiwi Arthur Lydiard was one of the world's most successful long distance running coaches. He pioneered many new approaches to training and his training methods have helped many world class runners reach their potential. Lydiard's most generally applicable method works with four main training phases leading in to race day.

1. **A strength phase**

The first phase starts with an assumption that you have already been training somewhat regularly. Minimum of twice per week for a month. If you haven't been doing that, I would put in 2-4 weeks of twice-weekly paddles before you start phase one.

In a running strength phase, Lydiard would have his runners doing lots of hilly runs, hill repeats, cross country running and soft sand running. It is all designed to make the basic running action more difficult...hence building strength.

How do we apply this to paddling?...**by making the basic paddling action of harder.**

The gentlest way is to put some extra weight in your boat. About 2 kg is a good weight. Just use a water bladder or bag of sand and place it just in front of, or just behind, the seat in a kayak...or just in front of the pedals on a ski.

A tougher way to build strength is to tie a bungee around the hull of the boat. I wrote about this method in a previous column. If you decide to use a bungee, please be careful to avoid injury...and remove the bungee at first sign of any pain.

2. An aerobic capacity or endurance phase

This phase will include longer interval sessions. The aim is to improve your aerobic capacity. In short, this means trying to maximise the boat speed you can obtain without going over your body's threshold for generating energy using it's more sustainable 'aerobic' system.

3. An anaerobic or speed phase

This phase will include shorter, faster intervals. You will be working above your aerobic threshold, using the anaerobic energy systems. This is what sprinters do most of the time. You will find that you accumulate lactic acid in your muscles during these speed sessions and your body will feel heavy and uncoordinated. It can be quite uncomfortable the first time you experience it. Some people say is it quite uncomfortable EVERY time you experience it! The aim of this phase is to learn how move the boat faster. You should improve your stroke efficiency, add a little more to your strength and learn how to control your boat better when you are fatigued.

4. A combination or race-readiness phase

The final phase brings together the past 12 weeks of training. It has some longer reps mixed with short reps in the same week. You might add some technical aspects, like fast starts, turning tight around buoys or wash riding (if you can train with others). The last part of this phase includes freshening up for a race.

A 'general' program layout

The program below includes three options for each of the hard sessions – one for people planning to race 10 km, one for 15 km paddlers and one for people racing over the full 20 km distance. Just pick the session that matches the distance you plan to race over. The intervals are expressed as [*number of intervals*] x [*length of each interval in minutes*]. Have a 1 minute recovery between each interval. Try to maintain a steady level of effort through the entire session. Don't start so hard that you can't finish it just as strong. And always allow a 5-10 minute warm up before the first interval.

The long paddle each week is expressed as a percentage of your intended race distance. All long paddles should be done right at the upper edge of your pure aerobic threshold. For those who use a heart rate monitor, this is 180- your age. For those who don't use a HR monitor, the best guide is to paddle at the hardest effort that still allows you to maintain a conversation with full sentences. But don't bludge your way through it...it should still feel like you're getting some work done.

It is always best to have at least one day rest in between sessions. So with this program, there are two interval sessions and one long paddle per week. You could do them Mon, Wed & Sat or Tue, Thu, Sun or similar arrangement...Once you have completed the 16 week training plan, the best way to maintain your fitness is probably to follow the 4-week program for phase 2 (aerobic) over and over.

Week	Session #1		Session #2		Long Paddle
1	10km: 4x4min 15km: 6x4min 20km: 8x4min	<i>Focus on strong catch & pull phases of stroke in all intervals</i>	10km: 6x4min 15km: 6x5min 20km: 6x6min	<i>Carry weight or use a bungee for all intervals</i>	75% of race distance. <i>Carry weight for full paddle or use a bungee for up to half the paddle</i>
2	10km: 5x4min 15km: 7x4min 20km: 9x4min	<i>Weight etc - As above</i>	10km: 5x6min 15km: 5x7min 20km: 5x8min	<i>Weight etc - As above</i>	75% of race distance. <i>Weight etc - as above</i>
3	10km: 6x4min 15km: 8x4min 20km: 10x4min	<i>Weight etc - As above</i>	10km: 6x5min 15km: 6x6min 20km: 6x7min		100% race distance. <i>Weight etc - as above</i>
4	10km: 5x4min 15km: 7x4min 20km: 9x4min	<i>Weight etc - As above</i>	10km: 5x6min 15km: 5x7min 20km: 5x8min	<i>Weight etc - As above</i>	100% race distance. <i>Weight etc - as above</i>
5	10km: 4x3min then 4x1min 15km: 5x3min then 5x1min 20km: 6x3min then 6x1min		10km: 5x6min 15km: 5x7min 20km: 5x8min		100% race distance. <i>No weights or bungees</i>
6	10km: 5x3min then 5x1min 15km: 6x3min then 6x1min 20km: 7x3min then 7x1min		10km: 4x8min 15km: 4x9min 20km: 4x10min		100% race distance. <i>No weights or bungees</i>
7	10km: 6x3min then 6x1min 15km: 7x3min then 7x1min 20km: 8x3min then 8x1min		10km: 4x9min 15km: 4x10min 20km: 4x11min		110% race distance. <i>No weights or bungees</i>
8	10km: 5x3min then 5x1min 15km: 6x3min then 6x1min 20km: 7x3min then 7x1min		10km: 4x8min 15km: 4x9min 20km: 4x10min		110% race distance. <i>No weights or bungees</i>
9	10km: 4x2min 15km: 5x2min 20km: 6x2min	<i>These should be paddled as fast as you can possibly go. 3min recovery between them</i>	10km: 8x90sec 15km: 9x90sec 20km: 10x90sec	<i>These should be very fast but still only take 1min recovery</i>	110% race distance. <i>No weights or bungees</i>
10	10km: 5x2min 15km: 6x2min 20km: 7x2min	<i>As above</i>	10km: 9x90sec 15km: 10x90sec 20km: 11x90sec	<i>As above</i>	110% race distance. <i>No weights or bungees</i>
11	10km: 6x2min 15km: 7x2min 20km: 8x2min	<i>As above</i>	10km: 10x90sec 15km: 11x90sec 20km: 12x90sec	<i>As above</i>	110% race distance. <i>No weights or bungees</i>
12	10km: 5x2min 15km: 6x2min 20km: 7x2min	<i>As above</i>	10km: 9x90sec 15km: 10x90sec 20km: 11x90sec	<i>As above</i>	110% race distance. <i>No weights or bungees</i>
13	10km: 4x4min 15km: 6x4min 20km: 8x4min	<i>Do intervals on a short anticlockwise loop (eg round buoys in front of club) focus on tight, controlled turns</i>	10km: 4x4min (2min-race pace + 1min-sprint + 1min-race pace) 15km: 4x5min (2min-race pace + 1min-sprint + 2min-race pace) 20km: 4x6min (2min-race pace + 1min-sprint + 3min-race pace)		110% race distance. <i>No weights or bungees</i>
14	10km: 5x4min 15km: 7x4min 20km: 9x4min	<i>As above</i>	10km: 5x4min (2min-race pace + 1min-sprint + 1min-race pace) 15km: 6x5min (2min-race pace + 1min-sprint + 2min-race pace) 20km: 7x6min (2min-race pace + 1min-sprint + 3min-race pace)		110% race distance. <i>No weights or bungees</i>
15	10km: 6x4min 15km: 8x4min 20km: 10x4min	<i>As above</i>	10km: 5x4min (2min-race pace + 1min-sprint + 1min-race pace) 15km: 6x5min (2min-race pace + 1min-sprint + 2min-race pace) 20km: 7x6min (2min-race pace + 1min-sprint + 3min-race pace)		100% race distance. <i>No weights or bungees</i>
16	10km: 4x4min 15km: 6x4min 20km: 8x4min	<i>As above</i>	Easy paddle...not more than half race distance		RACE DAY GOOD LUCK!

Robert Bruce: Reflection

After two hours of driving and scoffing carbs, the turn off to the Elliott way appears through the windscreen. Carefully adjusting the safety harness and retightening the skis, the magical descent into the valley begins. Slalom on four wheels, windows open, sucking in the atmosphere, heart on the dashboard attached to the monitor checking it doesn't explode with the pure joy of arriving. Equal to the breathtaking Tallowa Gorge as one of the best paddle locations in NSW.

Twenty eight kilometres of rarely disturbed natural beauty, which is only accessible from either end with pristine wilderness in between.

Knowing there is only ones' self and the lake heightens the awareness; the clouds loom large overhead; ripples on the lake surface dance in the sunlight; and the ancient mountains look down on this mere mortal and discuss the rights and wrongs of his intrusion in their domain.

The murmuring in the trees and the whispering in the glades gives me confidence that I will be allowed to pass. They know me here, for I have been a frequent visitor to their realm.

Four hours of paddling and exploring have passed and the sun is casting its last long shadows. Pleasingly my osprey friend bids 'good evening' as it glides past, catching its last meal of the day.

A couple of water dragons hang off the dead tree stumps, wary of my close approach.

Accommodation has been completed. The usual one room studio with a magnificent balcony view down the valley. The birds are conducting their evening roll-call as I pour a glass of chilled Mateus . Perfect accompaniment to smoked salmon and Castello blue. Small matter that the only piece of cutlery that is found in my pack is a teaspoon.

Deck-chair comfort and a three hundred and sixty degree dome of wonder. The last of the evening light allows the main event of the night to begin its performance. Cosmic radiance pierces the dome as the night shift takes over in the forest.

Weariness creeps upon the tired body and reluctantly a rain check is accepted for a future show. For - I shall return.



New Boats and Other Gear

New Boat: Roger Murray



Poised for action. down at mv local – Lake Ginninderra. Belconnen.

For those who didn't already know, I've been in the market for a new boat for the last few years... not necessarily an enviable position to be in – I can tell you! ...What type of boat? Which brand? How fast? How heavy? Which construction? Is the newly announced model worth waiting for? etc. etc.

Well it's all done and dusted now. The jury came in with the verdict - case closed!

The decision came down to two boats – an Epic V10L Black Tip ski or a Stellar SES ski in an Advantage build - and the winner was... a Vajda K1 'Spirit' in glass of course!

The Spirit ticked all the final boxes, once I came to the realisation I really wanted a boat which is low in volume (small), lightweight, faster than my Epic V8, more stable than my K1 Nitro (a Chris Hurley boat) and a boat I could paddle throughout the Canberra Winter – with all due care.

Vajda has given the Spirit a stability rating of 3, which is mid-way in their 1-5 stability rating. It is certainly more stable than my K1 Nitro and is largely, very forgiving. (I've had a few swims, but I take full responsibility for my own actions and absolve the Spirit of any wrong-doings).

The Spirit has some very nice features, such as their externally connected rudder system (no rear rudder hatch) and a quick-adjusting seat and footplate. The footplate uses simple removable pins and can be adjusted in half-hole increments, depending on which of two holes you use in the footplate unit.



Vajda provides a small, black plastic rudder with their Club/Basic (glass) construction, which is clearly fit for purpose. However, I took the distributor's advice and upgraded to a carbon rudder in a larger size, which is beautifully made and stunning to look at. The larger rudder definitely aids in stability and has an added benefit of helping to wash-ride (or so I am told).



The Spirit comes in S, M, L and XL sizes. According to Vajda's webpage specifications, the small size is designed to suit the athlete's weight (that's me – the athlete!) in the 50-60 Kg range, so it is the right size for me, at 57 Kg's. I am very pleased with my purchase and am enjoying the fact that I can now paddle a K1 and focus more on technique and worry less about falling out – hopefully in time, this will be reflected in my paddling speed...

New Gear: Nick Hocking. He has his sports car and kayaks too (three of them?) and bike!! The kayak holders are suction-capped to the front and rear glass.



For Sale: Barry Marshall

Sladecraft Flash.

Red and white in colour.

Underslung rudder

Stable kayak suitable for beginners to intermediate

Always garaged under cover.

Some minor scratches.

\$900.00 or offer.

Contact Barry: 0419 603 119 or barrymarshall@netspeed.com.au



Kayak for Kids 2015

18.1 Km new course on Sydney Harbour,
Blues Point to Clifton Gardens

Categories: Solo, double, 3 person or relay team up to 12 people

Entry from \$65 for a solo craft

Event sign up and briefing from 6:30 a.m.

Free post-race food, drinks and entertainment

Get sponsored to raise funds for children living with disability
and developmental delay

Register online at www.kayakforkids.com.au

Tel: 02 9364 0111 **E:** events@lifestart.org.au

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school age years inclusion support programs for children
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Fundraise, Paddle
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