



BLAZING PADDLES

Newsletter of the

BURLEY GRIFFIN CANOE CLUB

Volume 33: Issue 1; March, 2023

Your Committee:

President:	Tom Long
Vice President:	Mary Parker
Secretary:	Margi Bohm
Treasurer:	Tammy ven Dange
Boat Captain:	Lachlan Parker
Membership Secretary:	Patricia Ashton
Safety Officer:	Dan Irvine
Editor:	Robert Bruce

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- Marketplace



*The ACT Government assists this organisation through the
Sport & Recreation Grants Program*

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Social Convener	Maria Ouvrier
Recreational paddling	



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Coming Events

- *Race ... Canberra State Championships:* 11th/12th March 2023
- *Race ... Lane Cove marathon series Race 3:* 30^h April 2023
- *Race ... Davistown marathon series Race 4:* 20th May 2023
- *Race ... Woronora marathon series Race 5:* 24th June 2023

President's Notes

Sorry guys, I was just about to write something and someone yelled “surfs up”



Club News

A kayaker's worst nightmare.

The wind was angry that day my friend. Howling and spiting across the open land, searching for weaknesses in the human armour, roaring across the highway where a returning kayaker's car was being hammered by the wind as it made its way home from an enjoyable trip to a Sydney kayak regatta.

The weakness in the design of the car's roof rack was fully exposed and in a flash the elements felt an opportunity to exact a moment of joy in showing up the puny human's flawed apparatus. As if by a flick of a finger the racks, together with their accompanying boats were gone. Whirled into the air and tossed aside with contempt.

Fortunately, having detached the racks from the vehicle, the momentum and the wind carried the dispatched cargo into the roadside culvert and not into the path of oncoming speeding motorists.

The recipient of this windy onslaught was Andy Osborne. His boat suffered a fully cracked midriff and will be in hospital for a major operation. The other boat was a club boat that suffered minor abrasions and mild concussion but should be back on the field shortly.

The roof rack has been interrogated over this mishap and has been absolved of any fault. It was found to have behaved bravely under the circumstances of the gusty wind and the bad design of the rooftop railings of the car.

Robert



HIGH PRAISE for BGCC from Canberra Public. We recently received high praise from a regular member of the public who hangs out at the beach and uses the dock to launch a SUP. He commented on how marvellous BGCC members have been in all of the interactions he has had with them over the years. He further complimented us on the way we manage and care for the area. Those of us who use the shed are the public face for BGCC in particular and our sport in general. Thanks to everyone for doing a good job.

Frank Harrison Race

An Intro to flowing water & racing

Inspired by the opportunity to leave my comfort zone of LBG and paddle the uncharted waters of the Murray River I drove 4 hours with my swag in the boot and my yellow boat (Carbonology Boost ski) on the roof of my car to take part in the Frank Harrison Memorial canoe race.

That feeling of another adventure is addictive, except this time the journey was different. I am a novice paddler leaving flat water for my first ever marathon in 'the yellow boat' and in flowing water.

The thought of the unknown quickly faded away to the familiar voice of club president Tom Long.

Tom: "Hi Maria, its Tom here, how are you going"?

Me: "Ah pretty good Tom, mostly settled here now at the Lake Hume Discovery Holiday Park camping site. Lovely site but hum .. um, well, you know...lots of water here - I mean, the water is moving fast!"

Tom: "Ah. Excellent . Very good Maria. So if you want and feel comfortable come to the Waterworks and float the river with Sue and me. We will only be doing the 16 km course if that's Ok with you?"

Me: Hmmm. Only 16 km? "Well that's the entire course for my race tomorrow Tom"!

The excitement took over and I quickly finished setting up camp and headed over to meet up with Sue and Tom. They offloaded my boat and after Tom's briefing we headed in.

With salt water running through my veins, I sort of settled into the flow of things, so to speak. Suddenly wary, this was not a beach or ocean current that I'm familiar swimming in.

Uncharted waters I thought... the river current felt like it was driven from the bottom up!

Sue and Tom, like pros, floated the river and I enthusiastically tried to keep up with them. Tom's instructions and tuition along the way, about how to read the river, was priceless. Sue's reinforcement added to my confidence. I had such a great time and learnt heaps!

During our paddle we met up with a club member from the host club who kindly housed my boat for the night and then delivered it to the start course the following morning! I love the spirit of our sports clubs and the genuine interest to support one another no matter what level you are at.

On the day of the race, I woke up and headed over to Tom's camp cradling a Maccas blueberry muffin, wanting to make sure he had a sugar/carb fix just before his race. He reckons that muffin probably helped him win his race but I know his and Sue's knowledge, instructions and support helped me finish mine. Thank you!

Satisfied that Tom wouldn't be hungry before his race I strolled over to the Dam wall - about a 7minute walk from my camp site. I wish I hadn't, as that water was flowing fast out of the gates and it was a taste of what was to come downstream.

At the start line I felt really comfortable, positioned myself well and had an image of the course already mapped out - the dam wall gates were a distant memory. All I needed to do I thought, was improve yesterday's paddle time and remember NOT to take short cuts.

I didn't improve on my time and I did take a short cut which led to my first beaching episode. I decided to follow a canoe. BIG mistake. But you know what? I had a sensational time because I was really challenged and the excitement of being on the water again gave me the determination to finish with a lovely lady from the host club who had kindly stopped to help me off the beach and back into my boat.

I'll look forward to improving my paddle fitness with some of these marathons, meanwhile, humbled by the back-up and support of our club. Thank you for remaining dedicated to the finishers and winners!

I would definitely return to Lake Hume, believe it is a great training course and the grounds are absolutely stunning. It will become one of my favourite places to set up camp along the water for a long weekend of paddling. Hope we can do it all again occasionally as a second training ground.

Maria Ouvrier

View from the Shore

N-Squad-1 & the Bidgee Bash

The recent 'Intro to Paddling' 5-week course has been a great initiative, introducing new members to the club, improving their skills and confidence, and in some cases unlocking a dormant competitive streak with the exciting prospect of competing in the Paddle NSW Marathon Series.

Having a cool team name, plus the infectious enthusiasm of squad members, led to some of the group deciding to participate in the Bidgee Bash 7.5 km race on the Murrumbidgee River to Wagga. The club has been really supportive of the new members competing, with a wealth of experienced club members helping and supporting the newbies in their first event.

The club trailer was loaded with boats on Thursday night and most squad members drove down to Wagga on Friday, planning to meet for an afternoon float down the river on the 7.5 km downstream course. After a few wrong turns we eventually met at Eunonie Bridge, unloaded the boats and got ready for the float. Squad members (plus a couple more) were joined by coaches Margi, Patricia and Jacqui, who took the squad down the river and helped them navigate new concepts such as eddies, swirls and submerged debris. It was great to be able to check out the course and get an idea for what was in store the next day.

The pre-race dinner was at Wagga boutique brewery 'The Thirsty Crow', and the excitement was palpable. The debutantes were presented with their official BGCC caps before heading home to bed to rest up for the big day.

Race Day! The Burley Griffin team place plus one young lad from Sutherland gathered again at Eunonie Bridge for the start. Apparently the race got under way later than the expected 10 a.m. start, making spectators at the finish (me and Max), wonder whether they had all gone under. But just under 40 minutes from the start, the boats from the 7.5 km race headed to the finish line. Roberta and Peter steamed home first to claim the cheeseboard, followed by the young fella from Sutherland and then Lucy and Alex storming home in another double in third place. Not long after, the rest of the team had all finished, including some that challenged themselves in the longer races and were dragging their boats onto the shore.

It was a great achievement for squad members to have competed in their first event and the club did such a great job supporting them. We're now looking forward to more to come this season.

Brett Maron – spectator and supporter

Coaches Corner

The last two months have been pretty busy on the coaching and training front. Firstly, we have a few new coaches and guides. Congratulations to Dom and Jacqui who obtained their Introduction to Coaching awards last year and to Craig who is now a Slalom/WW Foundation Coach; Jacqui who is on the cusp of becoming a Flatwater Foundation Coach and Tom Long who is close to getting his Flatwater Canoe Guide qualification. Other club members who are proving invaluable coach assistants are Sue and the Toms (Layton and Long).

Graduates of the Nov. '22 Introduction to Club Paddling Program (NSquad1) have been training three times a week under the guidance of Jacqui, Patricia and Margi and making great progress. The first hit-out was the Frank Harrison Race in late January. A group of us went down on the Friday and floated the river ... Matilda and Margi floated from the dam to waterworks and the rest floated from waterworks to the finish. Racing was thick and fast with the group taking a few scalps. We did a similar trip to Wagga Wagga, with a bigger group of NSquad1 paddlers heading down with the trailer on Friday for a float. We floated the 7.5 km section of the river with ex-BGCC member Barry Owers. It was great to catch up with Barry. He is well and sends his regards to all in the club. Dinner was at the *Thirsty Cow* in Wagga Wagga and we stayed at the Garden City Motel. Racing day dawned reasonably clear with a bit of a head wind and BGCC did really well. We took 2 first places and won the club point score. Everyone had a good race, even a few who got wetter than planned. On Sunday several of us stayed behind and did the WBCC Criterion. Louise, who is dabbling with two blades for fun, took out two of the \$\$ prizes, donating one back to the organisers who awarded it to Matilda for being the most consistent paddler. Michael won the fastest lap award. It was a fun weekend and the format of going down on Friday, floating, then racing on Saturday and Sunday was a hit and must do for 2024.

Our next challenge is the Windsor Race. A group of NSquad1 are headed to Windsor on Saturday for a float of the course and to learn where all the new sand banks are, following the floods. Sunday will see many migrate from Div 13 to Div 12 – their first full 10 km race. We wish you well – go kick Lane Cove Butt!!!

Training is full on for the NSW State Marathon Championships to be held in Canberra on 11/12 March on our turf. Please enter into a race and earn points for BGCC. It would be great for our club to stand on top of the leader board again. There are categories for novice paddlers (only been paddling for less

than 12 months), as well as littlies from U10. If you don't want to race, there is always a need for volunteers and officials.

See you on the water.

Margi





Wagga Wagga Results

Race winners » Division 1 (20km 1:30-1:40) - Overall

Place	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	108	James Harrington Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:38:49.4	-
2	110	Michael Hanemaayer Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:38:58.8	+0:09.4
3	111	Paul Smith AOCA	ICF Class (K1, K2, C1, C2)	M	1:40:27.6	+1:38.2
4	101	James Pralja Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:40:43.6	+1:54.1
5	109	Craig Elliott Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:41:00.6	+2:11.1
6	100	Brett Greenwood Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:41:40.1	+2:50.7
7	104	Matthew Gates Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:41:41.4	+2:52.0
8	106	Mick Leverett Mitta Mitta	ICF Class (K1, K2, C1, C2)	M	1:44:21.2	+6:31.8
9	102	Mark Halpin Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:44:21.8	+6:32.4
10	105	Kate Leverett Mitta Mitta	ICF Class (K1, K2, C1, C2)	F	1:44:22.6	+6:33.1
11	107	Jason Ware Penrith	ICF Class (K1, K2, C1, C2)	M	1:44:44.4	+6:56.0
12	103	Matilda Stevenson Burley Griffin	ICF Class (K1, K2, C1, C2)	F	1:50:45.6	+11:56.1

Race winners » Division 4 (20km 1:50-1:55) - Overall

Place	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	402	David Lowe Penrith	General Class (all other craft)	M	1:54:49.3	-
2	407	Debra Buchan / Jeff Buchan Sutherland Shire	General Class (all other craft)	F/M	1:55:35.0	+0:45.7
3	406	Marg Cook / Rob Cook Central Coast	General Class (all other craft)	F/M	1:58:44.4	+3:55.1
4	400	Wade Rowston Lane Cove	General Class (all other craft)	M	2:01:57.6	+7:08.2
5	404	David Dibdin Sutherland Shire	General Class (all other craft)	M	2:06:44.1	+11:54.8
6	401	Richard Fox Burley Griffin	General Class (all other craft)	M	2:07:32.8	+12:43.5
7	403	Chris Dickman Lane Cove	General Class (all other craft)	M	2:15:36.6	+20:47.2

Race winners » Division 5 (20km 1:55-2:00) - Overall

Place	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	500	James Stuart Sutherland Shire	General Class (all other craft)	M	1:57:49.0	-
2	502	Andrew Webber Burley Griffin	General Class (all other craft)	M	1:57:57.2	+0:08.2
3	501	Andrew Giardini Sutherland Shire	General Class (all other craft)	M	2:02:52.4	+5:03.4
4	503	Neil Crabb Windsor	General Class (all other craft)	M	2:02:56.7	+5:06.7
4	510	Patricia Ashton / Robert Collins Burley Griffin	General Class (all other craft)	F/M	2:01:29.6	+3:47.4

Race winners » Division 7 (20km 2:10-2:20) - Overall

Place ^	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	700	David Hearn Burley Griffin	General Class (all other craft)	M	2:10:32.1	-
3 Ranking	709	Andrew Osborne Burley Griffin	General Class (all other craft)	M	2:09:51.1	+9:02.1

Race winners » Division 8 (15km) - Overall

Place ^	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	804	Margi Bohm Burley Griffin	ICF Class (K1, K2, C1, C2)	F	1:16:03.2	-
2	813	Sue Smith / Greg Hillier Hunder Valley	General Class (all other craft)	F/M	1:16:04.4	+0:01.2
3	803	Craig Dodd Brisbane Waters	General Class (all other craft)	M	1:18:51.6	+2:48.3
4	801	Leslie Howard Windsor	General Class (all other craft)	M	1:19:13.8	+3:10.6
6	806	Nikita Carroll Yarrawonga/Mulwala	ICF Class (K1, K2, C1, C2)	F	1:20:07.2	+4:04.0
6	802	Robert Moulston Brisbane Waters	General Class (all other craft)	M	1:20:50.4	+4:47.2
7	812	Bruce Graham / Peter Murphy Wagga Bidgee	General Class (all other craft)	M	1:20:55.8	+4:52.6
8	814	Ann Lloyd-Green / Gaye Hatfield Manly Warringah	ICF Class (K1, K2, C1, C2)	F	1:20:58.3	+4:55.1
9	810	Krista Hardman Yarrawonga/Mulwala	ICF Class (K1, K2, C1, C2)	F	1:22:36.6	+6:33.3
10	809	Jacqui Keogh Burley Griffin	ICF Class (K1, K2, C1, C2)	F	1:24:19.6	+8:16.3
11	808	Zoe Schweda Yarrawonga/Mulwala	ICF Class (K1, K2, C1, C2)	F	1:27:32.6	+11:29.4
12	800	Timothy Roadley Yarrawonga/Mulwala	General Class (all other craft)	M	1:30:35.2	+14:32.0
13	807	Ruby Grace Stevens Yarrawonga/Mulwala	ICF Class (K1, K2, C1, C2)	F	1:30:50.0	+14:46.8
14	805	Geoffery Horsnell Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:30:50.8	+14:47.6

Race winners » Division 10 (10km 0:55-1:00) - Overall

Place ^	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	1002	Jill Parker / Judy Greenidge Windsor	General Class (all other craft)	F	1:19:05.6	-
2	1005	Sue Powell Burley Griffin	ICF Class (K1, K2, C1, C2)	F	1:21:17.6	+2:12.1
3	1000	Mal Plano Wagga Bidgee	General Class (all other craft)	M	1:22:33.4	+3:27.9
4	1001	Andrew White Yarrawonga/Mulwala	General Class (all other craft)	M	1:22:44.1	+3:38.6

Race winners » Division 13 (5km) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	1305	Roberta Liddell / Peter Laidlaw Burley Griffin	General Class (all other craft)	F/M	37:35.2	-
2	1304	Bailey Campton Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	38:54.9	+1:19.7
3	1306	Alexandra Maron / Lucy Imeson Burley Griffin	General Class (all other craft)	F	39:40.6	+2:05.4
4	1003	Madeline Hanks Hunter Valley	General Class (all other craft)	F	39:46.8	+2:11.6
6	1303	Neil Fargher Burley Griffin	General Class (all other craft)	M	42:00.6	+4:25.4
6	1301	Karla Palecek Burley Griffin	General Class (all other craft)	F	43:10.8	+5:35.6
7	1300	Deanna Pearce Burley Griffin	General Class (all other craft)	F	43:34.2	+5:59.0
8	1302	Louise Yabsley Burley Griffin	General Class (all other craft)	F	47:14.7	+9:39.5



Intro to Club Paddling

Wanting to find a way to keep more of our new members and get them more involved in the club some of our coaches got together to look at a different format to introducing new members in dribs and drabs.

Our 2022 survey of club members identified that having a more social club and a more structured progression for beginners was important. It also identified that around 1/3 of members would like to assist newbies, though not just for a come and try/float. We tried to take all this into account.

We developed a 5 week course, 2 sessions a week, commitment was all important, the first 2 Saturday sessions were compulsory, we also recruited 5 experienced club members to assist our coaches.

The first week was all about technique. On Saturday we started with an on-land demonstration and discussion of injury free technique using prop blades and the kayak trolley. The group then rotated through three technique activities; (1) broomsticks on the pontoon practising good posture, stabbing the catch, correct elbow and wrist positions, exit dynamics, on a stable platform. We used our L2 coach to drive this segment to ensure that our participants had the best possible technique instruction as well as being able to answer the gnarly questions; (2) in kayaks learning brace strokes. This segment also gave the teaching team insights on balance issues and prepared us to better recommend appropriate boats later; (3) a segment requiring participants to fall out and learn how to swim the boat home, empty it and get back in again. The goal here was to make sure that everyone was comfortable with falling out and make the experience fun rather than our previous history of novice paddlers being scared of falling out.

The session ended after boat cleaning with a morning tea, recap and feedback with questions. Most participants stayed around and chatted.

On Wednesday, we reinforced on land what had been learned, before heading out onto the water to practise. This Saturday-Wednesday pattern of learning something new and then revisiting and practising it was repeated through all 5 weeks. We often found paddlers trying different boats on the Wednesday and the group quickly showed that it was enjoying the challenge and eager to push the edge. Teaching this group was fun and we saw no fatigue or burnout amongst the teaching team. If anything, we were inspired by the group and the original session plan was continuously updated as we learned to challenge the group more.



Week 2 saw the introduction of leg drive. The session started with demonstration on the erg, introducing the idea of being wedged in the boat, bringing in the idea of rotation from week 1 and introducing the idea of core and stability. This was practised on the ergs and then in the boats.

Week 3 reinforced the stab catch-leg drive-core continuum and we introduced starts to the on-water drills, to get the paddlers to feel the power of the catch when properly executed and the dynamic of the leg pushing the boat past the paddle with rotation of the entire torso. We ran a couple of 50 m sprints and our group, who initially only wanted to paddle recreationally, showed to be very competitive!

Week 4 was all about falling out and self and assisted rescue. This session was full of shrieks and laughter as we wallowed in the warm water trying to get back into our boats!

Week 5 saw the introduction of team boats and time trials. We finished off with a spectacular morning tea and graduation ceremony.

After the 5 week course, the group started a *Whats App* group and started pestering us for a training squad! So we started a 3 sessions/week squad training program for them. Session 1 is run by our L2 coach, session 2 by one of our new Foundation Coaches and session 3 by an experienced Beginner coach, all assisted by our experienced members. The three coaches co-ordinate a plan for each week, building towards a goal – which incidentally has become racing at the next PNSW Winter Series race! The group as a whole has taken to racing! The squad is following a program to build paddle fitness and distance – while working on technique as well as race skills, starts, turning, and wash riding.

Through this we have one new coach, 2 working on their Foundation coaching and one club member doing his guide/instructor accreditation.

Five of the group decided to do the Frank Harrison race in late January (16 km) and seven participated in the PNSW Winter Series race in Wagga Wagga. They organised a Friday evening float down the Wagga Wagga race course with a group dinner and then raced the following day. Several have already registered for the PNSW race at Windsor with great discussion on which division they should be aiming for. The group is currently organising an overnight kayak trip in Kangaroo Valley. Their enthusiasm has infected the rest of us at a time when we had lost sight of linking racing and having fun weekends away. For the coaches, it is so rewarding to see their continued involvement, enthusiasm, working as a group and loving every minute of paddling and training as well as their continual improvement in technique, speed and progression to faster boats. A far cry from their original goal of recreationally paddling with good technique!

Patricia & Margi

Polo News

Hooroo from the polo pals! We're deep into the season at the moment and have had a busy few months, so let's take a wade into the sparkling waters of our juicy polo bubble:

Auckland

Quarry

Competition

Thirteen of us recently ventured across the Tasman to take part in the Auckland Quarry Competition. The Men's team did us proud by coming third in A Grade, but the real stars were the women's teams. Emma, Toni, and Jess led the charge and took out first place in C Grade, while the Burley Babes tried our best, coming sixth. It was great to see the level of competition in New Zealand, but it wasn't all smooth sailing. Some of our girls got more than they bargained for when they stayed on for a road trip and were stranded by the storms for up to five extra days, even featuring on local news and radio perched on their boats at Auckland Airport.

Nagambie Weekend

We also recently spent a weekend in Nagambie, where we had a blast competing in the Opens and Division 2 categories. The ACT team came second in Opens, while the Burley Babes got the win, coming first in Division 2. It was a really social and fun weekend, and we're already looking forward to the next one.

Come and Try Session

We've also been busy injecting some youth into our gills with a recent Come and Try session. Members from ANU Mountaineering Club joined us for a fun day on the water, and we're hoping to see more of them in the future at our C Grade and rolling sessions.

Summer Series #4

This weekend is the final event of the 2022/23 Summer Series season, and we're expecting big things. Fifteen teams are entered, which is the largest turnout of the season. But perhaps the most exciting part is that we're hosting the first women's camp in three years! Twenty-eight participants from around Australia will be attending, making it the largest women's camp in over a decade. It's a great look for the club, and we can't wait to see what the women's teams can achieve. If you're around this weekend, make sure to come down and give us a cheer, games will run from 8:30 a.m. – 5 p.m. Saturday and 9 a.m. – 3 p.m.-ish Sunday.

Wowee, what a wild ride! Until next time,

Lozza





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healthcare@enhance.com.au

Book online: <https://enhance.janeapp.com.au/login>

About ENHANCE Healthcare:



Enhance Healthcare was established by **Peter Garbutt** and **Celina Miller** in 2001, initially providing Massage and Chiropractic Services to the Gungahlin and Canberra community.

Over the past 15 years, our service offering has increased to include;

- **Acupuncture;**
- **Soft Tissue Therapy;**
- **Chinese Herbal Medicine;**
- **Chiropractic and Massage Therapy;**
- **Physiotherapy**

Our business is built with the customer at the forefront of everything we do. We have established a highly skilled and professional team, across multiple disciplines with the specific view of delivering the best possible client outcomes.

At Enhance Healthcare we listen to our clients, diagnose the problem properly and utilise the combined skills of the ENHANCE team to resolve whatever the problem may be. We then follow up to ensure our clients are happy with outcomes.

Pete Garbutt is also a long-time member of the Burley Griffin Canoe Club

Denman Prospect Clinic Address

Shop 25, 3 Felstead Vista,
Denman Prospect ACT 2611

Mitchell Clinic Address:

Unit 10, Level 1 141 Flemington Rd
Mitchell, Canberra ACT, 2912

Opening Hours:

Monday:	5 a.m.–8 p.m.	Tuesday:	7 a.m.–7 p.m.	Wednesday:	7 a.m.–8 p.m.
Thursday:	7 a.m.–7 p.m.	Friday:	7 a.m.–6 p.m.	Saturday:	10 a.m.–4 p.m.
Sunday:	10 a.m.–4 p.m. (Mitchell only)				

Marathon series Windsor

A good roll-up of seventeen boats headed up the highway to the Windsor venue for the running of the second race of the Paddle NSW 2023 marathon season. Very little wind at the venue, together with a blazing sun created very hot and uncomfortable conditions for this race.

The race was well run by the Windsor paddle group with accurate warnings about the many snags and dead trees left behind after the recent floods.

Our newest paddle group enjoyed their participation and performed well.

A couple of our paddlers suffered from heart palpitations during the race, possibly due to over exertion in the heat, and one was forced to retire.

An often overheard suggestion from tired finished paddlers as they climbed back up the embankment was “it will be good when the council installs the escalators”.





Race Results

Race winners » Division 1 (20km 1:30-1:40) - Overall

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4	109	Paul Smith ADCA	ICF Class (K1, K2, C1, C2)	M	1:34:34.4	+1:41.1
5	108	Michael Hanemaayer Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:37:21.4	+4:28.1
6	103	Dmytro Medvedev Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:38:32.8	+5:39.5
7	106	Jason Ware Penrith	ICF Class (K1, K2, C1, C2)	M	1:38:33.6	+5:40.3
8	102	Darren Lee Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:41:57.8	+9:04.5
-	101	Craig Elliott Burley Griffin	ICF Class (K1, K2, C1, C2)	M	DNF	-

Race winners » Division 3 (20km 1:45-1:50) - Overall

Place	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	319	Richard Yates / Tony D'andreti Lane Cove	General Class (all other craft)	M	1:45:07.3	-
2	310	Montannah Murray Cronulla Sutherland	General Class (all other craft)	F	1:45:19.7	+0:12.4
3	300	Chris Johnson / Harry Janecsek Lane Cove	General Class (all other craft)	M	1:45:29.4	+0:22.1
4	307	Karen Tipping / Pete Conway Lane Cove	ICF Class (K1, K2, C1, C2)	F/M	1:46:57.7	+1:50.4
5	304	Don Johnstone Lane Cove	General Class (all other craft)	M	1:47:26.3	+2:19.0
6	301	Daniela Angela Torre Lane Cove	ICF Class (K1, K2, C1, C2)	F	1:47:27.3	+2:20.0
7	306	Gl Kallenbach Brisbane Waters	ICF Class (K1, K2, C1, C2)	M	1:48:32.7	+3:25.4
8	315	Tony Hystek Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:50:01.7	+4:54.4
9	313	Rodrigo Matamala Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:53:03.1	+7:55.8
10	303	Dominic Hidos Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:56:04.4	+10:57.1
-	305	Gareth Stokes Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	DNF	-
-	308	Laura Lee Windsor	ICF Class (K1, K2, C1, C2)	F	DNF	-

Ranking

1	317	Jace Nepean Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:44:59.8	-
2	318	John Burkelt Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:51:35.6	+6:35.8
3	316	Campbell Rowland Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:51:57.3	+6:57.5

Race winners » Division 7 (20km 2:10-2:20) - Overall

Place	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	702	David Hearne Burley Griffin	General Class (all other craft)	M	2:06:38.7	-
2	700	Andrew Osborne Burley Griffin	General Class (all other craft)	M	2:09:20.4	+2:41.7

Race winners » Division 8 (15km) - Overall

Place	Bib	Racer name Affiliation	Category	Age	Gender	Finish time	Difference
1	805	Mark Brear Brisbane Waters	ICF Class (K1, K2, C1, C2)		M	1:24:04.8	-
2	806	Massimo Mariani Illawarra	General Class (all other craft)		M	1:24:36.1	+0:31.3
3	804	Margi Bohm Burley Griffin	ICF Class (K1, K2, C1, C2)		F	1:24:42.4	+0:37.6
4	810	Sue Smith / Greg Hillier Hunter Valley	General Class (all other craft)		F/M	1:25:38.2	+1:33.4
5	809	Craig Dodd Brisbane Waters	General Class (all other craft)		M	1:25:51.1	+1:46.3
6	808	Rob Hardy / Torry Reilly Manly Warringah	General Class (all other craft)		M	1:26:40.4	+2:35.6
7	813	Les Howard Windsor	ICF Class (K1, K2, C1, C2)	51	M	1:27:45.4	+3:40.6
8	811	Tim McNamara Lane Cove	General Class (all other craft)		M	1:31:40.3	+7:35.5
9	809	Robert Moulston Brisbane Waters	General Class (all other craft)		M	1:35:04.6	+10:59.8
10	803	Jacqui Keogh Burley Griffin	ICF Class (K1, K2, C1, C2)		F	1:36:26.5	+12:21.7
11	801	Duncan Johnstone Lane Cove	ICF Class (K1, K2, C1, C2)		M	1:41:16.6	+17:11.8
12	807	Peter Murphy Wagga Bidgee	General Class (all other craft)		M	1:47:07.5	+23:02.7
13	802	Geoffery Horsnell Manly Warringah	ICF Class (K1, K2, C1, C2)		M	1:50:51.3	+26:46.5

Race winners » Division 9 (10km < 0:55) - Overall

Place	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	900	Ted Hall Burley Griffin	General Class (all other craft)	M	1:00:15.6	-

Race winners » Division 10 (10km 0:55-1:00) - Overall

Place	Bib	Racer name Affiliation	Category	Gender	Finish time	Difference
1	1000	Jim Bowman Penrith	General Class (all other craft)	M	59:31.8	-
2	1001	Sue Powell Burley Griffin	ICF Class (K1, K2, C1, C2)	F	1:01:47.5	+2:15.7

Place ^	Bib	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	1202	Andrew Lynn Windsor	General Class (all other craft)	M	1:04:29.5	-
2	1205	Sue Huehn Perth	General Class (all other craft)	F	1:05:11.8	+0:42.3
3	1204	Robyn Hawes Newy	General Class (all other craft)	F	1:08:20.4	+3:50.9
4	1201	Amy McGregor Burley Griffin	General Class (all other craft)	F	1:09:30.3	+5:00.8
5	1200	Allan Newhouse Central Coast	ICF Class (K1, K2, C1, C2)	M	1:11:58.2	+7:26.7
-	1213	Ian Wrenford Lane Cove	ICF Class (K1, K2, C1, C2)	M	DNF	-

Ranking

1	1212	Sylvie Fromont Burley Griffin	General Class (all other craft)	F	1:05:43.5	-
2	1206	Alex Maron Burley Griffin	General Class (all other craft)	F	1:10:46.6	+5:03.1
3	1211	Neil Fargher Burley Griffin	General Class (all other craft)	M	1:11:11.6	+5:28.1
4	1208	Karla Palecek Burley Griffin	General Class (all other craft)	F	1:13:40.8	+7:57.3

Race winners » Division 13 (5km) - Overall

Place ^	Bib	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	1301	Lachie Wrenford Lane Cove	ICF Class (K1, K2, C1, C2)	M	35:32.3	-
2	1302	Robert Bruce Burley Griffin	General Class (all other craft)	M	35:34.6	+0:02.3
3	1300	Kevin Nettle Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	40:59.1	+5:26.8
4	1303	Ross Ferguson Hunter Valley	General Class (all other craft)	M	41:58.8	+6:24.5

Blue Moon Successful

Kayaker Richard Barnes has reached New Zealand after spending 67 days at sea, becoming the first solo kayaker to paddle unassisted and without stops between Australia and New Zealand.

He departed Hobart in Tasmania on 14th December, 2022 and arrived in the Southland town of Riverton shortly before midday on Saturday 25th February, 2023, where he was greeted by a group of around 50 people.

“There’s been a lot of quiet moments, a lot of rough moments, it’s all just an amazing experience,” Barnes told Stuff shortly after arriving.

Fulfilling a lifelong dream to kayak across the ditch, Barnes paddled over 1600 kilometres on the more than two-month journey in his self-built sea kayak named ‘Blue Moon’.

His specifically designed 10-metre kayak had a covered sleeping area, and was stocked with over three months’ worth of food, which included 200 kg of

unrefrigerated food items such as Weet-Bix, tinned tuna, flatbread and dehydrated meals.

A spokesperson from Richard's support-team said the cushioned seat inside his kayak had worn down from 50mm to less than 5mm in thickness over the course of the journey and said he had sustained blisters and cuts, as well as chapped and cracked skin along the way.

Richard had previously attempted to kayak across the Tasman in November 2021, but the effort was cut short by wind and five metre swells caused by Cyclone Seth on day 50, forcing him to turn around and paddle back to Sydney.

Cyclone Gabrielle had little effect on the trip, but the spokesperson said Richard was driven approximately 100 km off-course to the south during the January weather event that caused severe flooding in Auckland and the upper North Island.

The Hobart to Riverton trip makes Richard the first person to kayak solo between Australia and New Zealand unassisted and without a stop.

The first person to ever kayak solo between the two countries was New Zealander Scott Donaldson, who briefly stopped off at Lord Howe Island when he paddled from Coffs Harbour in New South Wales to New Plymouth in 2018. Riverton Coastguard Safety Officer Ian Coard said they were first alerted to the trans-Tasman attempt by the Rescue Coordination Centre, as Richard neared Big South Cape, at the bottom of Stewart Island/Rakiura.

His land support person was subsequently hosted by Coard, so he was able to watch Blue Moon's daily progress online.



Once Richard's kayak reached Codfish Island/Whenua Hou, he was able to get into the currents running through Foveaux Strait, Coard said. He then caught the currents and paddled to Pig Island before arriving into Riverton. Coard said Richard would be staying in Riverton for a few days while he gets his weight bearing on his legs again and decides what to do with Blue Moon. He said the Maritime Museum in Tasmania already houses two vessels that attempted the trans-Tasman crossing including the successful double sea kayak.

Recreational Paddling

Recreational Paddling South coast waterways touring The Eurobodalla Kayakers organise fortnightly kayak touring trips along different waterways between Narooma and Bateman's Bay. It's a great way to enjoy nature and explore coastal waterways with experienced paddlers.

There is no fee to participate and trip maps for each trip are available from the website www.eurobodallerkayakers.com - or you can just turn up at the meeting spot and simply follow the leader.

The trips average 12 km in length, suit stable craft such as sea kayaks, and there's a 30 min stop for BYO morning tea.

The next few trips are:

- 9 a.m. Sunday 5 March Yarraggee to Wamban Creek
- 9 a.m. Sunday 19 March Bumbo Lake and Creek

Most trips are round-trip paddles and have been well-planned to favourably factor in tidal movement.

Send an e-mail to [eurobodallakayakers\[at\]gmail.com](mailto:eurobodallakayakers@gmail.com) to request being added to their mailing list to get detailed information about each upcoming paddle.

You need to be able to comfortably paddle 12km (if I can do it, you can), have the usual safety equipment and be reasonably self-sufficient on the water. Hope to see you there.

BGCC contact:

Yvonne Best

thewritestuff007@gmail.com

Phone 0423 118 990

Marketplace

EPIC V5

Excellent stability allows beginners to jump on and paddle with confidence and give more experienced paddlers a short, stable surfski to use in big or rough conditions. Sleek lines and Epic's comfortable surfski cockpit make the V5 perfect to learn downwind paddling and great for playing in the surf zone.

The V5 comes standard with under hull rudder, adjustable foot brace (including pedals that automatically adjust line length), rear storage compartment, bow and stern handles, center carry handles, water bottle holder and Epic's patented bailer.

An optional stern kick up rudder can be added to the Rotomolded version with no modifications needed to allow the V5 to be paddled in shallow or rocky areas (not included in this sale)

SPECIFICATIONS

Length: Roto 14' (4.26 m)

Width: 60cm

Depth: 32cm

Capacity: 127 kg

Storage Capacity: 46L

Polyethylene - 22 kg

- Rotomoulded Polyethylene
- Speckled grey with moulded in graphics
- Contact: Sally McClellan 0457 463 586



Epic V10 L Red tip

\$2,700 ono with brand new soft cover

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Contact Kerri

Pipdog44@yahoo.com.au



Thank you to all contributors to this edition of Blazing Paddles

If you have contributions for the next edition, please get in touch

robertba28@gmail.com

