



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 26 Issue 8 May 2016

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- Coming Events, Boats for Sale, Happenings

 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT

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Coming Events:

- Saturday 30th April, 2016; Race 3, PNSW Marathon 9 Series; WCC; Windsor
- Sunday 1st May: The Gregory Down River Canoe Race, Mt Isa, Qld.
- Saturday 7th May: Flatwater Guide or Instructor Course, Parramatta Lake, Sydney, NSW
- **Sunday 8th May: Molonglo Reach, Mother’s& Others; Social Paddle, 9:30 a.m.-10:30; cake, morning tea/coffee**
- 14th – 15th May; L1 Flatwater Coaches Course; Narrabeen, MWKC clubhouse; \$195
- Sunday 29th May, 2016; Race 4, PNSW Marathon 9 Series; LCRK; Lane Cove
- **17th JUNE: BGCC 26th Birthday Party & Presentation Dinner, Hellenic Club**
- Saturday 25th June: Race 5, PNSW Marathon 9 Series; SSCC; Woronora River, Sutherland, NSW

For those who may have missed BGCC’s moment on the media:

https://www.facebook.com/WINNewsCanberra/videos/1005014096230288/?autoplay_reason=all_page_organic_allowed&video_container_type=0&app_id=2392950137



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

President's Report: Patricia Ashton

Well, we've been lucky so far with the warm weather – but Winter is in the air. Canoe Polo has starting up at Tuggeranong Pool, the Winter Time Trials are starting, the water temperature is starting to drop, it won't be long before the thermals and pogies come out of storage.

Well done to those local paddlers who journeyed up to Wyong for the 2nd race of the marathon series. There were some great results; both personal and with club points.

Congratulations to Sue Robb who attended the Australian Freestyle Kayak Nationals recently, and gained 2 gold medals: a National Title in the Women's K1 and Overall Champion. Sue is a dedicated paddler who trains and competes both in Australia and overseas as well as playing in the successful women's canoe polo team.

Congratulations also to the canoe polo teams, especially the women's team which did so well winning gold at the Canoe Polo Nationals last week.

Bob and Scott have attended meetings with both TAMs and the NCA recently, with some positive vibes emerging about the shed extension. Thanks to both of them for all the time, effort and dedication they've put in to get this far. Now there will be a lot of work going on behind the scenes to get paperwork, plans, quotes, approvals etc. in place to put in a grant application in August.

The 2 new V7's are in use now, with the 2 sprinters having been sold. Also, thanks to James French for the generous donation of his yellow K1, this gives the club a good quality high end K1.

We had hoped to call a Special General Meeting for May to present changes to the Financial aspects of the Constitution, however, there was some concern about wording, so we'll work on it a bit more and hopefully present it before the AGM.

As I've mentioned previously, if you as a club member have concerns about how the club/committee operates, decisions which have been made, or ones you feel should be made, or if you have ideas on some aspect of the club you'd like discussed, please email me, or let a committee member know. The committee is here to work for the members and the club as a whole. I feel we have a good cross section of people and interests on the committee but we can't act on things if we don't know about them. Likewise when we do make decisions, they are not made lightly and we try to take everyone's ideas on board.

Paddle hard and stay safe – wear a lifejacket. (mandatory now for winter time trials and from June for all club training and social paddles).

See you on the water,
Patricia.



Molonglo Reach & Shed Extension – Update

Park area

A major plus for the Club has been the construction of the overflow car park. In addition to the overflow car park, TAMS also permits us to extend the parking even further onto the grassed area during major events.

Other improvements that are in the pipeline for the park area are:

- As reported in the last Blazing Paddles, 5 large trees around our shed will soon be removed.
- Roads ACT has agreed inspect the hard stand car park with a view to re-marking the parking bay lines;
- As part of the tree removal and shed extension plans, TAMS will liaise with us to plan some screen planting around our shed. This will assist our application with the NCA for an alternate cladding for the shed extension.
- European wasps – prior to the Nationals, TAMS removed many wasp nests and have given an undertaking to again attend the area if we experience problems;
- Prior to this summer, discussions were held with the Lakes Officer to cut back much of the long grass at the Western end of our beach to restore the area to its previously landscaped condition. Hopefully we will be able to make progress on this one during the winter months;

Shed Extension

- On 23 March 2016 Scott MacWilliam and I met with Sport and Recreation to discuss the possibility of BGCC getting a Capital Assistance Grant for our shed extension. The meeting was positive, with Sport & Rec. giving a fairly strong indication that our application would have a chance. We have been requested to apply for a Grant for all stages with the costs split.
- On 18 April 2016, we met with the NCA to advise details of our intentions and to discuss alternatives to the outdated treated pine log cladding on our shed. Our idea to use colourbond was not rejected out of hand, so now it is up to us to come up with a suitable combination of colourbond, wood panels and windows.
- We have also engaged the services of a new builder thanks to Mark Raymond. He has already given us some good preliminary construction ideas and indicative costs for Stages 1 & 2. We are confident that he will be able to come up with a suitable cladding combination.
- Our application for a Concessional Lease is almost finalised and we will be meeting with the valuers at the shed on Friday 29 April 2016. The land and 'shed' valuation will determine our annual lease cost.
- The former toilets remain a problem as they were never 'decommissioned'. We are now having discussions with TAMS to have this done before we commit ourselves to taking them over.

There are a number of decisions still to be made regarding the cladding, type of doors, general weatherproofing for winter and the eventual internal layout, so any suggestions will be welcomed.

Bob Collins

Shed Sub-Committee

Mother and Others

On Mother's Day we have traditionally held our Mother's Day Mayhem, where we encourage paddlers to take their mother and mothers to take their offspring out for a 3 km paddle on the Molonglo, followed by prizes and coffee and cake. However, the roll-up over the past few years has been a bit dismal, so this year we are trying a change of emphasis.

Mothers and Others is for all our Female paddlers – to encourage you out onto the water either by yourself in a single boat, or in a double boat with: your Mother, your Offspring, a Friend, a Family member or any Other you would like along, on Sunday 8th May

This will be a social paddle, starting just after the time trials second start at 9:35 a.m., with the aim of being back at Molonglo Reach for a morning tea with any Others who have stayed. Mother's Day will be celebrated afterwards with Coffee and Cake, Tea and Talk – or bring your own other beverage and eats and share warm time with other paddlers in our autumn sunshine ☺ BUT – we need to know numbers: htongway@iinet.net.au

The September Father's Day Frolic has been none-existent over the past few years, so perhaps we can think about having a Fathers and Friends instead? What about that Gentlemen? Paddle followed by Beer and Bickies?

Patricia, Litsa & Helen.

BGCC Fees for 2016-2017

It is several years since we have changed the BGCC membership fees, but this year there will be an increase to all categories (except non-paddling volunteers who are still welcome at \$0 ☺)

New fees are:

Adult/Individual	\$70
Junior (under 18 years)	\$35
Family (up to 2 adults + Juniors living at the same address)	\$175
Adult/Individual: 5 years	\$350

I am not certain about the PNSW fees, but I think they will be staying the same as this year:

Adult:	\$69
Junior (8 – 17):	\$58
Junior (under 8):	\$0
Family:	\$170
5 year Adult:	\$300

To re-join BGCC, go to either the PNSW Membership or the Australian Canoeing Membership and log-in with your membership number and password and pay the combined PNSW/BGCC fee. This is Standard Level BGCC membership. But please don't re-join until June – or you will be paying for 14 or 15 months.

For those who have a higher level of BGCC membership, there will be a link to Register Now, to pay the fees for *Key Hire*, *Any Club Boat* use or *Platinum Level* (own boat in shed). These fees have been held at the same level as the past year.

A reminder to those who currently have Platinum Level BGCC Membership: you are required to use your stored, private boat at least 25 times per year. This will be checked in the log-sheets which you are to sign when you enter the club shed. The Club Shed is not for the storage of unused private boats! To remind you of the usage requirement, all current Platinum Level members will be asked to complete and sign the latest Application Form to continue your BGCC Platinum Level membership. Please read the Club Rules at <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>
Particularly Section 8: Private Equipment Storage.

Helen.

Flatwater Marathon Convener's Report: Russell Lutton

The main focus of this month's report is the great results achieved by our marathon paddlers and therefore our club, at Wyong in round 2 of the 2016 PNSW Marathon Series, which was hosted by Central Coast Canoe Club.

It is also great to be able to present a few "retrospectives" from our paddlers who competed at Nationals; and Gabrielle Hurley has some exciting news about a new national competition that we will run in conjunction with the winter time trials series.

But first the headline numbers from the Wyong race: we went there with a 16 point lead over next placed Manly Warringah Kayak Club. We left with an increased lead of 20 points. Given the 750 km round trip from Canberra—and longer from the south coast—I was not expecting to see many BGCC caps on the water; but there were and our good spread of paddlers across the divisions ensured a healthy club points accumulation.

The 20 km races were conducted on a 10 km, two-lap course on the Wyong River (no portage). Conditions were excellent but a strong head wind that developed during the race made the long into-wind leg more difficult. I have listed our paddlers individual results below, but worthy of note are those of two of our younger paddlers. Ben Rake, as a 19-year-old, continues to punch above his age in a very strong Division 1 field and Dana Atkins' (K1) strong paddle in Division 12 won her fourth place and two club points.

Congratulations too to Dominic Hides (1st division 5), Clifford Hall (aka Malcolm), 1st division 9, and Kirsten Nicolle (aka Kit), 1st in division 11. Full results of BGCC paddlers are below:

Division 1		
7 th	Ben Rake	1.36.42
Division 2		
2 nd	Russell Lutton/Richard Fox	1.40.52
5 th	Craig Elliott	1.42.17
Division 5		
1 st	Dominic Hides	1.48.22 (div 4 next race)
6 th	John Preston	1.57.56
Division 6		
7 th	Andy Bodsworth	2.00.59
Division 7		
2 nd	Helen and David Tongway	2.16.27
Division 8		
3 rd	Graeme Ison	1:25:11
8 th	Paul Atkins	1.30.00
16 th	Gabrielle Hurley	1.50.04 (and sadly made time for a swim)
Division 9		
1 st	Clifford Hall	51.32
4 th	Jack Jessen	56.42
Division 10		
7 th	Robert Bruce	1.02.02
14 th	Ian Castell-Brown	1.07.12
Division 11		
1 st	Kirsten Nicolle	1.03.49 (div 10 next race)
6 th	Carolyn Williams	1.09.51
8 th	Allan Newhouse	1.12.43
Division 12		
4 th	Dana Atkins	35.14

The two divisions we are consistently under-represented in are divisions 3 and 4. Does anyone think their likely 20km time would make them competitive in either of these divisions?

The next PNSW marathon race is at Windsor on Saturday, 30 April. Hope you can make it! Briefing at about 10:15 a.m., with racing kicking off from 10.45 a.m. See you there!



Action at the Wyong race: Left, Craig Elliott in Ki, Division 2; Right, Richard Fox and Russell Lutton in LR2, Division 2



National Competition—Club Time trials

Queensland clubs are putting together a national club time trial competition and all paddling clubs are welcome to participate. It's at the early stages and QLD are currently approaching clubs to participate.

BGCC is keen to participate through the Winter months. What it means for BGCC is that once per month, we will declare a club time trial to be a National competition time trial. The results will be sent to QLD with the names and age of participating paddlers, the boat class and the distance paddled. QLD will collate the results and work out the speed/pace of the paddler.

We will be competing against our fellow paddlers based on age, gender, boat class and speed/pace. Because clubs have different distances for their time trials, QLD will only use the distance to find the paddlers speed/pace. The results will be published on a website and Facebook page dedicated to the national club time trial competition.

At this stage there are 9 QLD clubs participating, as well as other interstate clubs. We understand that there may be prizes involved as sponsorship of the series is being obtained. We should have more details soon.

2016 Australian Canoe Marathon National Championships—a couple of interesting retrospectives

Thanks to Gabrielle Hurley and Allan Newhouse who put together some interesting (and humorous) retrospective comments on their competition at nationals.

**NATIONAL MARATHON
CHAMPIONSHIPS –
LAKE COOMERA QLD**



**TEN LESSONS
LEARNED**

BY GABRIELLE HURLEY

**(MASTERS BGCC
PADDLER)**

Lesson 1 – Marathon racing is an unpredictable journey

No race plan runs smoothly – and it's important to have back up plans at the ready as you will probably need them all, i.e., plan B, plan C, plan D. By the end of two days of racing, I had exhausted the alphabet of racing plans.

Lesson 2 – Don't swim in Lake Coomera QLD

In a lake full of sharks too big to leave the lake and return to the Coomera River, some of us tested the Queenslanders's scary shark stories – no one was taken but I definitely saw a fin in the lake on the evening before the first day of racing.

Lesson 3 – Weather matters to us all

All paddlers suffered on day one of racing in 33 degrees heat and 97% humidity. And the Queenslanders were whinging, just as much as the rest of us

Lesson 4 – A marathon race starting line isn't for the faint hearted

The marathon race starting line is jam packed with a group of anxious paddlers vying for the better position on the line, balancing nervously in slippery boats and waiting in unfamiliar surrounds with other paddlers who don't act or react like club squad buddies...

And then throw into the mix the officials trying to line paddlers up in that pesky bouncy water, calling paddlers up or back on the line – with paddlers using hasty back paddling strokes or draw strokes leveraged on the boat beside before quickly trying to get into a balanced start position in anticipation of Jerry Dunn's whiplash approach to starting a marathon race (READY GO – hint – there's very little forewarning before a paddler hears those words)

And on top of this paddling mayhem on the starting line, the officials are under time pressure to get the start away as they need to have the next lot of paddlers lined up and away inside 1 or 2 minutes. There were at least 15 masters starts in the morning and as the first start would be around the course and back at the start within 18 minutes – there couldn't be any delays – so best not to fall out of your boat pre start – which no one did – happy to report.

My advice - The best way to prepare for racing and race starts is for paddlers to take every opportunity to race at club time trials, the winter series, states and nationals championships.

Lesson 5 – Question: Am I the only paddler hurting? Answer. No

In the words of the open K2 male front seat paddler leading the pack through one of the final portages ... "They're hurting worse than us, they're chasing... pick up the boat!", ... these encouraging words were said at the time that the front paddler was carrying the entire K2 in one hand as a result of his partner (back paddler) dropping the K2 while running through the portage. *Right: Gabrielle & Front Paddler. Lovick Photo*



Lesson 6 – Portaging is a necessary skill in marathon racing

When I explain to non-paddlers that part of my marathon racing requires me to portage several times in a race which means that I exit my boat at a beach or pontoon, carry the boat and my paddle a certain distance on land and then enter the water again – they inevitably ask me - WHY? Well, I don't know why – there are mythical stories about the need to portage around natural water courses, the need to stretch ones legs in a marathon, the historical value of portaging, the Europeans all do it, the South Africans portage for km in some of their races, the need to entertain the crowd with scenes of portage combat between paddlers etc.



So while I don't definitely know why we portage – I will have a little whinge that a 200 metre portage for masters at nationals was just too far for “non-runners”. I don't mind portaging – it's a good skill to have – however in the future, I'll be employing a 200 metre track runner to run my boat through that portage (and I'll be there approximately 75 seconds later).

Left: Gabrielle and Front Paddler portaging; Photo: the Lovicks

Lesson 7 – Technique, Technique, Technique

A good paddling technique makes you an efficient paddler and gives you more energy to race – and let's face it – a paddler with a good technique just looks better as they sashay around the course, the wind in their hair, rotating their socks off, swivelling their backs to the beach, spearing that elusive fish in the catch, gliding for a nano-second at the exit – all of which occurs as the boat glides at speed through the water...

But more realistically for us mere mortals - National Champs is where we get to observe our best paddlers and some excellent paddling techniques.

Lesson 8 – Post Champs - The racing pain is easily forgotten

Immediately after the last race is over, it seems like all paddlers are making their training plans for next year's championships. We've forgotten the really hard training preparation, the anxiety pre-race, the longest portage ever in a marathon champs; the interminable laps and turns and the exhaustion getting to the finishing line. What do paddlers and goldfish have in common? Memory issues?

Lesson 9–Post racing - Be strategic about your dining choices at a Nationals Buffet dinner.

For the main meal, buffet organisers combatted chaos and swarming diners by orderly selecting one table of diners at a time to sashay their way to the buffet at the back of the dining hall. My advice - Always sit at the front tables as they will be selected first to go to the buffet. And yes – I followed the golden rule and obtained a decent main meal before the junior, under 23 and open male paddlers had an opportunity to circle and feast – all the cool kids sit at the back tables.

For dessert, buffet organisers had become complacent and little bit bored by the pomp and ceremony of paddling nationals, speeches and awards. So they changed their approach and took an open buffet approach for dessert.

The rush to the dessert bar could be equated with Jerry Dunn's approach to starts at a nationals marathon race – “READY GO” (and don't be back paddling when he calls the start). As the junior, under 23 and open male paddlers have far better reaction times to “READY GO!” – they got to the dessert bar first – and let's just say that there were slim pickings remaining afterwards.

Lesson 10 - Officials, Volunteers and Paddlers have a symbiotic relationship

Marathon racing can't exist without volunteers, officials or paddlers. BGCC learned that last year when we hosted the nationals and the Queenslanders were reminded of it this year. As a paddler, I am grateful to the officials and volunteers who put on this year's national marathon champs and also to the paddlers who attended.

The Queenslanders (the Nerang Canoe Club and others) hosted an excellent national marathon championship and designed an impressive paddling lap course (designed by my brother Chris Hurley) on Lake Coomera. Thanks Nerang Canoe Club and Queensland Canoeing.

A Vet70 TC1 Impression of the Nationals (Or the view from the back of the field.)

By Allan Newhouse

It should have been obvious that the National Marathon Committee wasn't expecting many TC1s. When I first tried to enter, there were no events listed for Touring Canoes. An email to Bob Turner very quickly remedied that.

There had been a lot of discussion on Facebook chat groups before the event about the venue, the length of the laps and the number of turns. The greatest concern, however, seemed to be about the distance of the portage with some paddlers suggesting that a portage of that length was turning it into a multi-sport event rather than a canoe race.

There was the potential for the course to be wind affected and locals assured me that all the previous week the winds had been particularly strong. However there was very little wind on race days and that was particularly so early in the day when the Vets were on the water. Day 1 was warm and humid but pleasant enough and Day 2 was cooler as conditions were overcast.

Ian Castell-Brown and I did a lap of the course on the Friday mainly to discover how easy it would be to spot the numerous navigation buoys. That turned out to be a good move as the map and the description of the course made more sense after that. I noticed that on that day all the other paddlers checking out the course made the same mistake as we did and missed a diversion into the middle of the lake that hadn't been included in the original course maps.



My own race on Day 1 in the TC1 would probably be best described as fairly uneventful. I was able to start quite wide and completely avoid the confused wake of the K2s paddled by very enthusiastic junior paddlers. The K1 paddlers from the younger Vet classes fortunately overtook me on the straights rather than the turns and we were able to give each other plenty of room. The exception was the leading group of Under 18 K1 paddlers. Rather than all passing on the same side of me, they split and went

on both sides close enough that there was not enough room to get my paddle in the water. The TC1 needed a bit of encouragement to get around two of the tighter turns, but other than that, it was all quite straightforward.

Something that could probably be interpreted as a healthy sign for marathon racing is that the biggest class over the two days was the Under 16 Women's K1. Seventeen started and all seventeen finished. Since the Under 16s raced singles on Day 2, Ian and I had the pleasure of watching several of them cruise past us in Ian's TK2.

From my perspective, it seemed that the event was well organised and ran as well as could be expected with roughly 300 participants. None of the things that paddlers had expressed concerns about turned out to be a worry for me. The weather was good and the length of the laps and the navigation required didn't trouble me. I suppose it is a lot easier to be relaxed about those things if you are not fighting for a place on the team going to Brandenburg in September. However, I was pleased that I was in a class that meant I didn't have to run 160 metres around the lake carrying my canoe.



Above: Allan Newhouse in TC1; Right: Ian Castell-Brown & Allan Newhouse in TK2. Photos: Caroline and Sam Lovick

2016 BGCC winter time trial series

On Sunday mornings when time trials are not held, it is proposed to conduct coaching or other events. Information on these will be provided closer to the relevant dates. Details of the winter series are as follows:

START DATE	Sunday, 24 April 2016
END DATE	Sunday, 11 September 2016
DISTANCES	one/two laps (longer course to Monaro Highway bridge)
START TIMES	9:30 a.m. SHARP for two laps; 9:35 a.m. SHARP for two laps
PFDs/LIFEJACKETS	compulsory for all participants
FORMAT/POINT SCORING	same as for summer series (i.e., cumulative point score)
RESULTS PUBLICATION	BGCC website
FREQUENCY/DATES	see below

DATE	ACTIVITY
Sunday, 1 May 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 8 May 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 15 May 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 22 May 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 29 May 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 5 June 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 12 June 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 19 June 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 26 June 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 3 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 10 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 17 July 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 24 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 31 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 7 August 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 14 August 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 21 August 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 28 August 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 4 September 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 11 September 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Wednesday, 12 October 2016	Wetspot summer time trials 2016-17 commence

We need two things to make the winter series happen: at least one volunteer time keeper each Sunday AND a sufficient number of competitors to make conducting them worth the effort. So the club reserves the right to change the format of, or to cancel, the series if either or both of the above do not materialise.

Please notify me via the website or at the river of the date/s you are able to time keep.

2016 PNSW marathon series

Don't forget that if you are paddling an ICF class boat (K1, K2, C1, C2), you must advise the PNSW timekeepers BEFORE each race of this fact for cumulative points to be awarded to BGCC for us to try again win ICF trophy.

Calendar of events

- [2016 PNSW Marathon Series Round 3 WCC Windsor](#) Sat, 30/04/2016 - 09:00
- [2016 PNSW Marathon Series Round 4 LCRK Lane Cove](#) Sun, 29/05/2016 - 09:00
- [2016 PNSW Marathon Series Round 5 SSCC Woronora](#) Sat, 25/06/2016 - 09:00
- [2016 PNSW Marathon Series Round 6 BWP Davistown](#) Sun, 17/07/2016 - 09:00
- [2016 PNSW Marathon Series Round 7 HVPC Cockle Creek](#) Sat, 06/08/2016 - 09:00
- [2016 PNSW Marathon Series Round 8 Makai, Burrill Lake](#) Sat, 03/09/2016 - 09:00
- [2016 Myall Classic Ultramarathon](#) Sat, 17/09/2016 - 06:00
- [2016 PNSW Marathon Series Round 9 & Series Presentations WBCC Wagga Wagga](#) Sat, 01/10/2016 - 09:00

Happy paddling!

Russell

Canoe Polo Report: Kai Swoboda

Winter season 2016 Tuggeranong Pool

We will start our winter season this Wednesday, 27 April 2016, at Tuggeranong Pool. We will have a slightly later time this season, from 8:30 p.m. to 10:30 p.m. Paddlers are welcome to sign up for the first part of the season (10 weeks) at a slightly discounted rate or come along on an ad hoc basis.

Sunday afternoon junior training and development

We will also start our Sunday afternoon junior training and development sessions at Tuggeranong Pool on Sunday 1 May 2016. We are still finalising the time with the pool, but we are looking at a 90 minute slot mid-afternoon, on a fortnightly basis, although this could be weekly depending on numbers. The club is providing a pool-fee subsidy to encourage junior participation. This is a great opportunity to develop paddling skills over the winter in a safe (and warm) environment. A limited number of club boats and kit (paddle, helmet, buoyancy vests) are available for use. Please contact polo convenor Kai Swoboda (kaiandjo@bigpond.com) for further information.

Kai

Canoe Polo Nationals Report: Louise Gates

Burley Griffin had another successful Canoe Polo nationals, with teams in micro juniors, juniors, women's and two teams in open. After investing many dollars in new bumpers, the teams were ready for competitions which included players from all states and territories except Tasmania and even players and a whole women's team from NZ.

The micro juniors had a great competition with the play-off for the grand final, the second most exciting game of the weekend. I had to sit down and recover afterwards. Sadly ACT lost, but put up an awesome fight.

The juniors played some great games having improved 100-fold since 2015. There were many firsts: several first live rolls in a game; first goals at a nationals; first paddle flicks; first pushing someone else in; and the discovery of several before unknown goalie skills. I had a number of people comment to me that ACT will be a force to be reckoned with in the future and they don't even know we have 4 or 5 other players who couldn't make it this year...

The two open teams had some great competition with ACT A having a memorable match beating NSW who went on to be silver medalists. They too were unlucky to miss out on a spot in the top 3, coming in 4th with ACT B only narrowly behind in 5th.

The most exciting game of the championships (in my somewhat biased opinion) was the women's grand final between ACT's own Burley Babes (reigning champions for 2 years in a row) and the visiting, undefeated women's team from Otaki, NZ. Having been beaten 5 or 6 to nil each time by the NZ team, the Burley Babes did not have high hopes for regaining the trophy or winning the paddles on offer. However, when, after a couple of minutes into the game ACT was 1 nil up, the game took on a different direction. After great play by all, especially some awesome goal-keeping by Carley, the Burley Babes finally won 2 nil and are now the proud owners of new paddles and the Champions for the 3rd year in a row.

Congratulations to all involved, it was a great weekend and keep being inspired. I thought the juniors might want a rest, but they have all been out again on the water several times, determined to beat Queensland next year...

Louise



Back Row: Louise Gates, Antonia Harmer, Laura Kleinrahm, Stacey Goodwin
Front Row: Sue Robb, Andi Fear-Ross (NZ), Carley Goodwin

Ocean Racing Convener's Report: Nick Ziviani

Hello all! Some exciting new skis are being released from Epic Kayaks and Vajda soon in Australia.

Epic has released the V8 Pro which is an advanced V8 for the paddler wanting more stability than the V10 Sport with more speed and manoeuvrability than the original V8.

I have heard whispers of the next Elite ski will be tested by Epic-sponsored athletes in Hawaii this year in the lead-up to the Molokai challenge in May. The next edition of the Epic fleet has had Greg Barton and Clint Robinson using their years of experience in ocean racing, designing a ski best suited to downwind paddling.

This will be an interesting event with the likes of Clint Robinson, Hank McGregor, Cory Hill and Oscar Chalupsky, who has taken on a management position with Nelo, racing his new ski the Nelo 560. This ski is quite different from the traditional elite ocean skis as the Nelo is only 5.6 metres long, whereas the rest are 6.4 metres in length - supposedly to give the boat more running speed in the ocean swells.

There is still plenty of racing happening with the Harbour series well under way mostly based in Sydney Harbour and surrounding areas.

I have shared a link from the Legends of the Elite paddling world, Mr Clint Robinson and Mr Greg Barton, who explain technique in plain English for us all to understand - including boat design and much more.

www.epickayaks.com/article/article/epic-technique-series

Happy Paddling!

Nick

South Coast Paddlers: Carolyn Williams

Nothing in particular to report from the South Coast this month.

However, our medal-winning septuagenarian Ian Castell-Brown has added to his collection with three gold medals at the Australian Masters Games at Murray Bridge in the Indoor Rowing Events.

A successful month for Ian. Well done.

Carolyn

0409 400 328



Results: 2016 Freestyle Kayak Nationals

The Nationals were held at the Penrith WW Stadium - Saturday 2nd April. **Note Sue Robb's Results!** Excellent! [Ed. I hope for a fuller report from Sue in time for next month's BP.]

2016 Australian Freestyle Kayak Nationals Results Table			
	STATE		OPEN SQUIRT
LADIES			
Sue Robb	NSW	130	Gold (Overall champion)
Amanda Harrington	INTER.	15	Silver
MENS			
Richard Merjan	INTER.	60	Gold
Josh Singleton	NSW	60	Gold (National title)
Lewis Wylie	NSW	50	Silver (National title)
OC1			
Lewis Wylie	NSW	5	Gold
Josh Singleton	NSW	0	Silver
C1			
Richard Merjan	INTER	80	Gold
Lewis Wylie	NSW	5	Gold (National Title)
Josh Singleton	NSW	0	Silver (National title)
Womens K1			
Sue Robb	NSW	10	Equal Gold (National Title)
Alex Broome	NSW	10	Equal Gold (National Title)
Amanda Harrington	INTER.	10	Equal Gold
Mens K1			
Joseph Dunne	NSW	310	Gold
Morgan Jaymz	NSW	260	Silver
Tim Mann	NSW	240	Bronze
Jake Perrem	NSW	170	Fourth
Junior Women K1			
Georgia Clarke	NSW	70	Gold
Junior Men K1			
Liam Dowd	NSW	210	Gold
Jack Newland	VIC	85	Equal Silver
Luke Carter	NSW	85	Equal Silver
Christian Hlilouikis	NSW	15	Bronze

Sue came equal first out of three women and in the squirt boating section, first overall (men and women)! But the competition was not fully completed and further events are needed to finalise scores.

Bay and Beyond – Durras: Patricia Ashton

Anne Cronin had been doing some sea kayaking lessons with Phil from *Bay and Beyond* to increase her skills for a possible trip to Ningaloo Reach, so I thought I'd join her. Sea kayaking is one of those activities that makes me really nervous, so getting some tips from an expert seemed like a good idea.

Phil is a really good instructor, very patient and knowledgeable. Everything was demonstrated, explained, broken down into steps and practiced. Coming from a kayak racing background where the forward stroke is the main focus with a bit of emphasis on a brace stroke then speed, there seemed to be much more involved.

Sea kayaking is so different, Phil works on the theory of Boat, Body & Blade. The importance is equally on all strokes, forward, backward, sweeps, braces – high and low, reverse rudders then the more subtle strokes like the hanging draw, reverse forward rudder.....The requirement for manoeuvring a kayak through surf zones and rock gardens without the use of a rudder (What! No rudder?? – well it might break, or you just become a purist and don't believe in rudders) means boat control is all important. What you see on the water with the blade is only a small part of what's happening, body position is vital, edging the boat using the J lean, placing pressure against the thigh bracing, hip flicks etc. Given the dynamic nature of the sea and the forces of moving water, body and arm position are even more important.



We spent a couple of hours practicing the various strokes and the high and low brace and hip flicks. The following day we were supposed to put our new found skills onto open water, however, the forecast of 2.5 – 4m swell and 25+ knot winds meant that even though this weather wasn't apparent on the beach, we couldn't go out. So the 2nd session was again on the lake. Time

was spent reviewing strokes, learning new ones, very subtle, doing wet exits (with decks) and practicing re-entries.

Despite not going out (which had been the main reason for me attending), the course was well worth doing. Both Anne and I agreed that we'd learnt a lot and hopefully we'll have some opportunity to go out and practice.

If you are wanting to go out and do some sea kayaking please take time to do some skills sessions. Both *Bay and Beyond* and *Jervis Bay Kayaking* (advertised elsewhere in *Blazing Paddles*) have a great reputation and can cater for your needs and experience.



Patricia

Boats for Sale

Contact Cherie-Anne on 0413 605 518 for the Nelo below:



Nelo Quattro Vintage K2.

Very Stable. Great for beginners.
 A1 Construction Large 10-18 kg
 Regretful sale: True Blue's deck has bodyguard (protective layer) installed professionally so you will not scratch or chip it with paddle blades. Signage done in reflective material – it glows in the dark.
 Boat is in near new condition.
 Paid \$6,800. **Sell for \$4,800 ono (reduced)**
 Located at Gundar near Goulburn.



Hayden Surf-ski: Free to good home (or any home) or it might take a trip to the tip!

White Hayden Ski, old but still has a few km in it! Would be a great boat to learn in before progressing to a tippier boat. Has always been garaged/under cover. Suited to a short paddler (I'm 159cm) as I had hard foam blocks glued to the foot pads. Appropriate number of scratches/wear gives away its age, thus low sale price. Pick up only. **Price: \$Free!**

Contact: Brooke Rowlands on: 0428 516 850



Ex demo and stock OS1's since exiting Carbonology:

Model: Zest - great beginner's boat. Similar stability to original V10 sport.

1x Glass Epoxy ~14kgs -\$1000

Model: Flash- racing ski great in ocean and flat water

1x Glass Epoxy ~14kgs -\$1200

1x Carbon/glass epoxy ~12.5kgs \$2000

Model: Vault - intermediate boat

1x Glass Epoxy ~14kgs -\$1000

Model: Pulse - lower volume racing boat, very fast racing boat best for <85kgs

1x Carbon/glass epoxy ~12.5kgs \$2200

Happy to bring to winter time trials for try out.

Malcolm

0459 824 315

Mally.hall@bigpond.com

Mirage 730 for sale

Helen and David are putting up their "spare" Mirage 730 for sale. It has a slightly lighter build than the standard expedition model and carries a few minor scars from a Murray and three Hawkesbury CCs.

\$2,500 negotiable

041 886 1613 or dtongway@iinet.net.au

Other Items for Sale

- 2 of the new BGCC club bags - \$30 each (unused)
- Latest design BGCC long-sleeved paddling top, Medium size - \$45 (unused)

Phone Cherie on 0413 605 513

Club Uniforms for Sale: Get yours for the racing season!



Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$50 each

Shorts \$59 each

However you can buy both the shorts and a top for \$70!

Synergy Paddlesports: Seakayaking Jervis Bay

One of our Wetspot suppliers - Synergy Paddlesports: Seakayaking Jervis Bay - would like to extend a 10% discount to any Club Paddlers who might be interested in our 1/2 Day Guided Sea Kayak Trip or Skills Courses offered in Jervis Bay over the next few months. People are welcome to use our equipment or their own Sea or Touring Kayaks. Check out details on the website:



<http://www.seakayakjervisbay.com>

Before booking, contact Scott at Wetspot for a discount code

This will be valid from today until the 20th June, 2016.

41st Gregory Down River Marathon Canoe Race

Sunday 3rd May, 2016: Briefing at 7:30 a.m.; Start at 8:00 a.m.

While this race is open to all boat types (a K4 has successfully negotiated the course) the major TC2 event will be the **Canadian Challenge**, which has replaced the **Corporate Cup**. Companies, Sporting, Social or otherwise associated groups of people are encouraged to enter this team event. Craft used must comply with Canadian Canoe Specifications and the rules for teams will apply i.e., a maximum of 8 paddlers and team changes at any point along the river.

Read all about it at: <http://www.northwestcanoecub.org.au/thegregory.htm>

The overall race record stands at 2 hours 43 minutes and 23 seconds set by Matt Flower and Chad Meek in 2001. **\$2000** is offered to anyone who can beat this time.

Other prize money includes:

First boat across the line, regardless of category \$500

K1 - male/female - \$400; \$200; \$100

TK1 - male/female - \$400; \$200; \$100

TK2 - \$400; \$200; \$100

Plastic long - \$400; \$200; \$100

TC2 Challenge - \$800; \$400; \$200

Short race \$200.00

Entries: <https://www.registernow.com.au/secure/Register.aspx?E=16008>

ICF Canoe Marathon World Cup II Bulletin is now available for all National Federations.

Check it now in documents area at canoemarathonportugal.com

Latest Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

<http://canoe.org.au/wp-content/uploads/2015/06/Safety-Guidelines-2015.pdf>

The Gippsland Lakes Paddle Challenge will be held on the 14th and 15th of May 2016.

Hi From: WETSPORT WATER SPORTS ACT

This Event is held on the Gippsland Lakes, on Australia's largest inland water way. View the spectacular man made entrance on the 90 Mile Beach that allows the lakes to run into Bass Strait.

Saturday's main event is

- Paynesville, 27km course for the elite paddler
 - Metung, 13km course for the recreational paddler.
 - Both to finish at the Iconic Lakes Entrance Footbridge.
- All paddlers go into a lucky draw for a massive prize pool. Our Major prize is a CHARGER SURF SKI.

Sunday's Event is:

- L.E.A.D.A, Sunrise Paddle Challenge starting at 8am. This event starts at the footbridge and completes a return 5 kilometre paddle up an around Bullock Island on the front lake.

There are 2 x \$250 airline tickets to be won from a lucky draw.

You can come in last in either event and still win the major prize!

The 2016 Challenge has been expanded to include surf boats and Hobby Kayaks into the 13 km Metung leg.

Other craft eligible for entry include;

- surf skis, ocean racing skis, sea kayaks, sit on-top kayaks, out-rigger canoes, stand up paddle boards (SUP's), prone paddle boards and SLSA racing boards

The Challenge is planned for Saturday, however it may be rescheduled to the following day if there are adverse weather conditions.

The event would then start at 8am with all paddlers starting at Lakes Entrance and completing a 15km return course. The L.E.A.D.A event will still go ahead as planned.

For more information containing dates, course map and prizes go to our website. www.gippslandlakespaddlechallenge.com.au

“How to Paddle” technique sessions by Epic's Clint Robinson and Greg Barton

<http://www.epickayaks.com/article/article/epic-technique-series>



Great view from the back seat!

Newsletter Contributions Wanted!

Please send in your contributions – as soon as your paddling happenings happen. That way I have lots of lovely news to publish and don't have to chase you at the last minute!

Helen.

0418 861 613

- HOW TO TELL IF YOU NEED - A NEW KAYAK

