



BLAZING PADDLES

Newsletter of the

BURLEYGRIFFIN CANOE CLUB

Volume 34 Issue 4 May 2024

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Treasurer: Neil Fargher

Boat Captain: Colin Calderwood

Membership Secretary: Patricia Ashton

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"DUDE, THAT WAS AN AWESOME SUMMER."



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

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Recreational paddling	

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Coming Events:

- *RaceDavistownMarathon Series Race 41st June 2024*
- *RaceWoronoraMarathon Series Race 522nd June 2024*
- *Race.....Penrith.....Marathon Series Race 621st July 2024*
- *RaceSwallow RockMarathon Series Race724th August 2024*
- *RaceNarrabeen Marathon Series Race 8 8th September 2024*

President's Report

Hi BGCC,

Winter is coming. As I write to you, I know you are all aware that since the last issue we have said goodbye to daylight saving and the warmer weather of 2024 – the summer months here in Canberra. Although this is goodbye to summer, we have said warm welcome to a prosperous few months of the club collecting silverware and to club members seeing the results of all their hard training. In this issue, from convenor's reports, you will read all about the trials and tribulations of the past few months.

Going forward, for this issue, I would just like to raise a few things:

Firstly, seeing as it is starting to get colder and darker, can I remind all club members that it is club policy that all members wear life jackets in the colder months. This includes if you are paddling your own boat and in a group. I can speak from experience – the water is getting colder!

Secondly, the weekend time-trials are great fun! Please come along and support the club. They are on Saturday mornings (10 a.m. start) on non-Marathon Race weekends. These time-trials are great and the recent one I went to had a great turnout – we had 19 paddlers. These time-trials consist of one or two short-course laps, so there is something for everyone.

Finally, I would like to say a massive Thank You to all the paddlers and volunteers who have been supporting paddling events over the last couple of months, from club events to National events. These events take up your personal time and often mean that you're choosing a paddling-related event over other things. So, on behalf of the club, a massive Thank You goes out to you.

Regards

Tom.

Club News

Do it for Helen.

When PNSW announced two new trophies to be contested during the State Marathon Championships, BGCC was honoured to learn that one of these would be called *The Tongway*, in recognition of the decades of volunteering and contributions to paddle sport by Helen and David Tongway.

I first met the Tongway family when I arrived in Canberra in 1993/4. My first contact with the club was Linda Barthelson, who was time-keeper of the then very successful Sunday morning time-trials. Linda was yelling at all and sundry to *keep going, paddle harder, overtake, don't wash-ride* etc. Helen was a bit quieter! Well, a lot quieter! At some point, Helen convinced me to do the Murray and Hawkesbury Marathons, no mean task given that my first love was going fast down laned courses. I coached her daughter, and we became good friends.

Fast forward about a decade and Helen and I were regular volunteers at sprint regattas in Penrith, from local NSW to National Championships. In between sprinting and coaching, Helen convinced me to try the winter series marathon races, Burley Griffin Bash, Cowra

Downriver race. We travelled and roomed together and had many happy hours helping paddlers have a good race through coaching, support, volunteering as officials and in Helen's case, pretty much holding BGCC together through thick and thin. Helen is the life of our club and we have so much to be grateful for.

So, it came as no surprise that when we heard about *The Tongway* being awarded to the club with the most points across all races at the Marathon State Championships, and when we put the call out, DO IT FOR HELEN, BGCC responded en masse ... members of all ages, paddling backgrounds and expertise came out of the woodwork to enter the event and earn points FOR HELEN. A total of 37 BGCC'ers entered the Champs, across 42 events; 15 female in 13 events, 22 male in 19 events and 10 mixed K2 crews. A sterling effort. Our women paddlers won 7 gold, 5 silver and 3 bronze medals; our men paddlers won 8 gold, 7 silver and 6 bronze and our mixed crews won 2 gold, 3 silver and a bronze medal. But perhaps the most covered awards were won by Matilda Cleverly (in a beautiful princess/fairy outfit) and Craig Elliott in matching shirt, trousers and award-winning shoes (like who colour matches their sneakers!!!) as the best dressed at the award dinner held at Capital Brewery.

In *The Tongway Trophy* race, BGCC outperformed all other clubs with a winning score of 4455, followed by Lane Cove on 4147 (an amazing turnout for a race so far from home) and Sutherland Shire on 984 points. The trophies were awarded at the Lane Cove, race a few weeks ago as it took a while to do the calculations in between a bunch of other major events.

We also managed to win the other new trophy called the *Joan Morison*: awarded to the club with the most points accrued by female paddlers. BGCC took top spot with 1490 points, followed by Lane Cove on 1292 and Yarrowonga/Mulwala on 598. Comparing the total points for the *Joan Morison*, with that for *The Tongway*, Mitta Mitta had the greatest female impact with all of their points contributed by female paddlers, Yarrowonga/Mulwala (86 %), Penrith (67 %), Manly Warringah (40 %), Hunter Valley (38 %) and then BGCC with 33 % of our points contributed to by our female paddlers. Interesting statistics!

WELL DONE BGCC. We excelled in so many areas; the event was really well run. Maria and her crew served up amazing meals that our visitors still talk about and the goodie bags and t-shirts were a great hit; we came out to support Helen en masse and were successful AND our women put their name onto the first ever female point score trophy. All in all, a good weekend at the river.

Margi.



PNSW/ACT State Marathon Championships:

A friendly mood, more like a picnic atmosphere than a cut-throat Championship, was the feeling for the Paddle NSW Marathon State Championship on the weekend of the **8th, 9th & 10th March, 2024**

The Burley Griffin Canoe Club excelled, as usual, in the organisation of the amenities and venue and were rewarded by the Canberra Weather-Gods.

A shake out paddle with short course races on the Friday evening before the weekend's longer events was organised for the interstate travellers to get a feel for this excellent river venue.

There were a wide variety of races that made up this year's championships. Covering all types of craft and distances, from ICF singles and doubles, with or without portage, to OS1 and recreational kayaks.

I have endeavoured to extract the results pertaining to BGCC paddlers. Apologies if I have missed anyone. *Ed*

BGCC State Championship Results: Friday Short Course

K1 M Open	2 nd place	Matthew Gates	0:12:55
	3 rd "	Michael Hanemaayer	0:13:05
K1 M V45-54	1 st "	Craig Elliott	0:12:56
	2 nd "	Andrew Parkinson	0:15:48
K1 W Open	2 nd "	Laura Lee	0:14:26
	3 rd "	Matilda Stevenson	0:14:48
	5 th "	Larissa Cleverly	0:15:03
K1 W V35-44	2 nd "	Louise Yabsley	0:19:31
K M 55-64	3 rd "	Tom Layton	0:15:48
	4 th "	Colin Calderwood	0:16:43
	5 th "	Basil Lau	0:22:05
M 65+	7 th "	Nick Hocking	0:24:46
W V55-64	1 st "	Margi Bohm	0:15:53
	2 nd "	Patricia Ashton	0:16:52
W V65+	2 nd "	Leanne Mason	0:24:31
W Open	1 st "	Lily Warrick	0:16:08

BGCC State Championship Results: Singles with portage

K1 Men's open	26 km	2 nd place	Michael Hanemaayer	2:06:04
		3 rd "	Mathew Gates	2:06:12
K1 Men's U23	23 km	1 st "	Jace Nepean	2:04:24
K1 Men's V35-44	19.5 km	1 st "	Mark Halpin	1:34:08
K1 Men's V45-54	19.5 km	1 st "	Craig Elliot	1:29:21

K1 Women's open	23.2 km	2 nd place	Laura Lee	2:00:15
K1 Women V35-44	15.8 km	1 st "	Larissa Cleverly	1:23:52
		3 rd "	Louise Yabsley	1:42:30

BGCC State Championship Results: Singles no portage

K/S MV U12	2 km	1 st "	Liam Broughton	0:14:41
		2 nd "	Elijah Cleverly	0:16:07
K/S Men's open	18.5 km	1 st place	Tom Long	1:47:29
K/S MV 45-54	18.5 km	2 nd "	Andrew Webber	1:40:52
		3 rd "	Andrew Osborne	1:50:55
K/S MV 60-65	18.5 km	3 rd "	Richard Fox	1:44:36
K/S MV 75 +	11.1 km	2 nd "	Robert Collins	1:13:45
		3 rd "	Robert Bruce	1:18:30
TC1 W U18	2 km	1 st place	Yuvna Chhetri	0:16:43
K/S Women's V60-64	14.8 km	1 st "	Margi Bohm	1:23:32
Novice Race Open	11.1 km	2 nd "	Paul Cmiel	1:20:37
		3 rd "	Leanne Mason	1:37:04
SUP MEN	14.8 km	1 st "	Kiaran Lomas	1:24:06
TC1 Women open	7.4 km	1 st "	Helen Tongway	1:08:14

BGCC State Championship Results: Doubles

K2 Men's V35-45	15.8 km	1 st place	Craig Elliot/ Mark Halpin	1:09:31
K/S Men's V45-54	18.5 km	1 st "	Andrew Parkinson/David Pammenter	1:36:59
K/S Women V55-54	14.3km	1 st "	Margi Bohm/Patricia Ashton	1:19:23

BGCC State Championships Results: Mixed Doubles

C2 XV65	7.5 km	1 st place	Helen Tongway/Tony Bond	0:52:12
K2 XOpen	12.1 km	2 nd "	Matilda Stevenson/Mathew Gates	0:53:07
		3 rd "	Laura Lee/Craig Elliot	0:54:07
		4 th "	Lily Warrick/Michael Hanemaayer	0:54:17
K/S XV35-49	11.1 km	1 st "	Larissa Cleverly/Michael McKeogh	0:50:14
		2 nd "	Lucy Imeson/Andrew Webber	0:57:30
		5 th "	Karla Palecek/Andrew Osborne	1:02:43
K/S XV50-64	11.1 km	2 nd "	Margi Bohm/Colin Calderwood	0:58:50
		4 th "	Patricia Ashton/Robert Collins	1:03:05
		6 th "	Meg Keen/Russell Swinnerton	1:13:04

National Marathon Championships: Endeavour Bay, South Australia

The PNSW Marathon Team this year included six BGCCers: Matthew Gates, Larissa Cleverly, Laura Lee, Mark Halpin, Craig Elliott and Margi Böhm. Unlike previous years, the event was run over three instead of four days with mixed doubles and short course on the last day.



Ted and I headed down on Easter Monday, breaking our trip with nights in Hay and Taillem Bend. The trip started slowly with a couple of hours of dense fog but soon we were barrelling along the highway with the two K1s riding snugly on the roof of the little Mazda. We have stayed in Hay many times, and it was a bit like coming home.

Little has changed since our last visit, except the colour of the river! The middle day of our trip was across the Hay Plain and we were beset with gusty winds and boats flying around and a great deal of stress!



A highlight was TWO wedge tail eagles sitting right on the side of the road on a fence pole. Yep, we stopped for that photo too! Taillem

Bend was an interesting stop. The hotel was right on the highway and traffic did not seem to wane with advancing hours of night!



Not the best night's sleep but we did get a nice view of the river and we were serenaded by thousands of corellas who have made the town home (mainly due to a grain spill at the local silo complex).

The course for the race was located on a windy, semi-closed estuary with fancy houses and docks all along its edge. It made for interesting racing. We had an Airbnb at the top turn which allowed us to watch the racing from the comfort of our own dock – a nice touch given that the weather was a bit windy and rainy for the whole weekend. These photos show Craig



getting in at our dock, a view of the top turn and the beach where the officials sat and a view from the dock to the house.

The main race centre and portage was about 2 km walk from our house in a small park that was well utilised by the organisers to create a great racing atmosphere.



The racing was fast and furious. On Friday, the long course races were held - and BGCC brought home 6 wins out of 6! How do we beat that next year??? Matthew had an interesting race in the U23 ICF class. This is a National Team selection event and Matthew had strong competition from two WA paddlers. Fortunately for him, they played a bit too much argy-bargy and Matthew was able to outlast them in the back half of the race, winning in the end by a comfortable margin and earning himself a spot on the National Team for Worlds in Croatia in September.

Craig and Mark had a great ding-dong battle with Brett Greenwood from Sydney and Brett McDonald from WA with the group of four sprinting it out for bragging rights. All four paddlers were in different Masters age-groups and all four earned themselves a spot on the Masters National Team for Worlds.

Laura got out in front early and paddled strongly to win her age group and Larissa had a ding-dong battle with Daniella Torre from Sydney. Both earned spots on the National Masters Team for Worlds. I am rehabilitating a knee so decided not to race ICF and therefore not go to Worlds this year. I had a good race, getting out in front early on and then chasing down the guys in front of me who were in an earlier start. One of these chaps is an old friend from Qld. We had bet a glass of wine at States on me catching him or not ... I caught him so when we got to Nationals the glass became a bottle! I almost caught him, a couple of boat lengths ... and to my surprise, he gave me a bottle! Much more fun than winning a piece of metal hahaha.

Saturday saw the doubles long course and Craig and Mark Halpin raced a brilliant race, winning their age group. Matthew and James surprised everyone by winning the bronze medal in the Open Men's K2 and after the first two boats decided not to go for selection, Matthew and James were selected onto the National Team for Worlds in the K2. It has been decades since PNSW put a boat onto the National Team in Open Men (and indeed in U23). GO BGCC.

Sunday proved to be a very hard day. Mixed doubles saw Larissa, Laura, Craig and me racing quite early and then backing it up again just after lunch for the short course races. We also had to clean up and check out by 10 a.m. Larissa and her partner Michael McKeogh won their class as did Laura and Craig. I paddled with a chap from Vic., and we had a boat moment when the rudder stick broke shortly after the start and snapped completely off at the top turn. Fortunately our dock was right there, and Ted got the duct-tape, so I jury-rigged a rudder stick and we finished the race, but we were well out of medal contention.

The short course races hurt! Craig and Larissa won their races and I came second after hitting a buoy and it coming up on the wrong side of my boat! I did a 360 but in hindsight I should have kept going and copped the 15" penalty after the finish. Laura and Matthew paddled in the Open divisions coming credible 6th and 10th respectively.

All in all ... it was a very successful regatta for BGCC with 5 of our 6 participants making the National Team and National Masters Team. A very good effort

Margi.

Coaches Corner

The leaves are turning red, yellow, orange and brown – very pretty but it also means that summer is over, and we can now enjoy the magic autumn and early winter weather that makes Canberra an invigorating place to live.



Daylight saving means that the weekly club time-trials have moved to 10 a.m. on Saturdays and this year we have introduced a series of talks either before or after the TT on topics relevant to paddling.

The first talk was on what kind of winter clothing is useful for paddling through the colder months. Some of our more experienced members brought examples of their winter paddling gear and we had a spirited discussion of the pros and cons of the different options.

Some people like merino long sleeve thermals (but make sure that you are aware of the weight that you are buying as some of these will be too hot for Canberra conditions – e.g., Icebreaker thermals are designed for Antarctica!), others liked the lighter polyester versions

from outlets like Katmandu. Some like booties, others paddle in woollen socks. Some like gloves, others like pogies. I am working on a comprehensive report of what we learned in this session for our website.

The second talk was given by club member and medical doctor, Basil Lau. He focussed on bone health because paddling is not a weight-bearing sport and thus we all need to supplement our training with impact exercise like running, walking, skipping, trampolining etc. Since this talk, there has been quite a bit of discussion around the shed on how to ensure that our younger paddlers put on as much bone density by 35 years of age and how we older paddlers can stem the loss of bone density. Interestingly, while generally considered to be a female thing, bone density loss is also important for men although the guys tend to have lower rates of loss, especially after about 55 years of age.

The other interesting things is that most of us probably have very healthy and strong bones in our shoulders and arms due to the impact of putting a paddle into the water, but we need to work on our hip, spine and leg bone densities as these have a huge impact on our quality of life in our later years.

We have a list of interesting talks for future Saturdays, so monitor the weekly emails from Patricia and please come to as many of the talks as interest you – and since you are at the shed, please take part in the Saturday winter time-trials. The more boats that we have on the water, the more fun the racing.

Margi.

At Lane Cove:



Lane Cove Marathon Race 3

Ten BGCC paddlers made the journey from Canberra for the third race in the Paddle NSW 2024 Marathon series held on the upper reaches of the Lane Cove River on 28th April.

It was reasonably well attended with over 100 boats participating.

Lane Cove paddle club is a well-run inner city club with many good paddlers and a long list of volunteers to call upon to help with the running of the event. The difficulty of the venue mean many helpers are needed to organise the competitors into the starting procedure and help get the boats through the mangrove-lined path to the dock and onto the water.

The day was bright and clear with a light breeze blowing across the water. An occasional gust was sufficient to get a few grumblers complaining, however, a pleasant paddle race was able to be had by most.

The BGCC paddlers finishing places and times are listed below... *Ed*

Div 1	20 km	3 rd place	Laura Lee/ Craig Elliot	1:33:28
		4 th place	Michael Hanemaayer	1:37:00
Div 4	"	1 st place	Andrew Webber	1:50:27
Div 5	"	3 rd place	Patricia Ashton/Bob Collins	1:56:17
Div 6	"	4 th place	Andy Osborne	2:06:50
Div 7	"	4 th place	Helen Tongway	2:39:40
Div 8	15 km	6 th place	Margi Bohm	1:26:01
Div 13	5 km	3 rd place	Robert Bruce	0:32



2024 -2025 Membership Fees

BGCC club membership expires on the 30th June. 2024 – 25 fees can be paid from the 1st June. You will receive a reminder from Paddle Australia at the end of this month.

While BGCC is keeping our fees the same, Paddle Australia and PNSW have raised their fees slightly.

We have decided to cut fees for families, 3 or more people will still receive the 30% discount on PA & PNSW fees, BGCC is now offering a 75% discount for the 3rd and consecutive family members.

Paddle Australia Fees

Senior – increasing \$2.00 from \$45.00 to \$47.00

Junior – increasing \$1.00 from \$22.50 to \$23.50

Paddle NSW

Senior – increasing \$2.00 from \$45.00 to \$47.00

Junior – remaining at \$20

BGCC

Senior - \$100 (plus one-off \$30 new member fee)

Junior - \$40 (plus one-off \$10 new member fee for juniors joining without an adult)

Full Fee

1 Adult \$100 + \$94 = \$194

1 Junior \$40 + 43.50 = \$83.50

Families - 3 or more people

One adult and one junior at full BGCC fees then 75% discount on BGCC fees for other family members plus 30% discount on all PA/PNSW component. Please contact Membership Secretary to clarify.

Boat Storage remains at \$200pa or pro rata

Key Hire remains at \$80pa or pro rata

Patricia.



Social Paddle 1st April

We had 13 people come along for a social paddle to Springbank Island for lunch – via Lotus Bay for coffee, Yarralumla Bay and Sullivans Creek.

The paddle started in a fog which made for quite a surreal paddle

– first time for several of our paddlers but not so thick that we couldn't see.



the promise of Coffee!

The fog burnt away through Central Basin leaving a beautiful clear and calm day.

David and Helen unfortunately had to limp back to the shed from Kings Ave Bridge with a broken rudder cable, with the rest of us taking a leisurely route via the Carillion and Acton Peninsula to Lotus Bay with

Oh dear – I now remember from last year, the coffee shop doesn't open till 11am, we were there around 10am, so NO Coffee.....this did affect some of our paddlers who were wanting a caffeine hit however, the beautiful conditions on the water and the good company must have made up for it as all remained in good spirits.

After exploring Sullivans Creek several paddlers returned to the shed while the rest of us took our lunch on Springbank Island – though several of our 'newer' recreational paddlers only had muesli bars or protein bars & not a veritable feast to share we've had on other occasions!





The paddle which I'd advertised as about 15 km landed up being a 20 km paddle, but manageable by those who came along; some only having been paddling a few months.

We would like to make recreational paddling/touring a bit more regular within the club. We are looking at doing a paddle on Googong Dam in the next few weeks and then a day trip to Nelligen before looking at weekends away, either staying in hired accommodation or even taking camping gear.

Interested paddlers should make sure they get some paddle fitness as most paddles would be around 15 -20 km+. While it's not about speed, touring is about distance and enjoyment, so you should be able to paddle at least 7-8 kph for about 10 km, without resting. Regular time trials are a good way of building up your fitness. Keep an eye out on club emails advertising upcoming events. We can

always take our Mirage doubles if you're not confident.

Patricia.



Ken eases back into paddling

Balloon Festival – March 2024

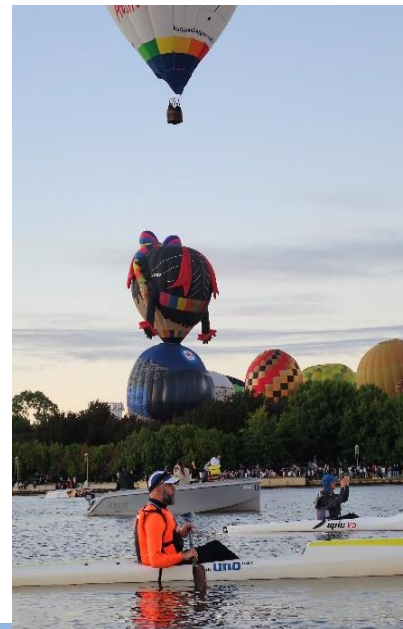
Seven club members arrived at the shed in the pre-dawn hours on the 16th March to watch the balloons go up. It was eerie paddling down the river with cyalume sticks glowing in the gloom. Once we got onto the Lake we did wonder where everyone else was, but as the sun came up and we paddled closer to Commonwealth Bridge, more and more watercraft emerged. There was a large variety from the GoBoats and ferry's to kayaks of every size and shape, paddle and pedal powered, SUP's, dragon boats, outriggers and rowers. Then the balloons began their ascent. Magical. They don't call it the Balloon Spectacular for nothing.

We floated around till the last of the balloons had departed, some skimming the water, dragging ropes for the brave to grab onto....

After getting back to the shed, Maria treated us to a bacon and egg BBQ which was well received and attended and well (by other morning paddlers).

Thanks to all who came along and made it a fun outing.

Patricia



Canoe Polo

Canoe Polo Report

Suspiciously-mild evenings have kept spirits high as we train in the dark like pioneers adventuring into the unknown. The final event of the Summer Series calendar was held in Adelaide after ANZAC day, where we learnt Adelaide houses are a lot nicer than Canberra ones, James Harmer has a lame helmet, and a picnic blanket was insufficient bedding for MattyG when camping.

In both divisions, ACT players mixed with other states to make up some fun and spicy teams. Splitting with Queensland into a Women's (Laura, Toni and Jen - Selkies) and U21 team (Jess and Caitie - Sirens) in the Women's division, we older gals almost had a scare by the young guns during an end-of-day game, where the younger girls clearly had a bit more energy (and sub players) than the ol' dawgs.

Luckily, we were able to square back up and ultimately came second against a very strong SA team. In Open's, the cutely named butterflies included Deaks, Adam and James, as well as players from SA and QLD. The less cutely named young pup team, the Brick Layers, featured Eth and MattyG mixed with other U21 players. In a repeat of the Women's result, the Butterflies ultimately came second in the GF against a SA/NSW team.

The weekend concluded with the naming of the four Australian teams destined for China, with four BGCC athletes making the cut. Louise Gates was also named as Team Manager, and James Harmer is the U21 Women's Coach.

Next month we migrate north for our annual competition, the Nambucca Header. As it is a World's year, we expect the event to be popular, with athletes from five states already entered.

Cheerio,

Lozzak

BGCC paddlers named on World Championships Teams

Canoe Polo World Championships - Deqing, China

Congratulations to the four athletes named on teams at the final Summer Series event in Adelaide:

- Jennifer Stevens - Open Women's
- Jess Harmer - U21 Women's
- Matt Gates - U21 Men's
- Ethan James - U21 Men's
- Louise Gates - Australian Team Manager

2024 Canoe Polo National Championships - Canberra

As hopefully most of you were aware, BGCC hosted the largest event on the Canoe Polo calendar across the Easter Long weekend. Attracting around 140 athletes across 28 teams and 7 divisions, the event was blessed by the sun gods, erasing all negative sentiment rooted in visitor's expectations of frost and a parliamentary address.

Being local, we were able to enter six full teams, including being the only state/ territory to enter two women's teams. With World's selection on the horizon, several interstate athletes had come out of the woodwork in the senior divisions, meaning our chance of a repeat of our 2022 and 2023 victories was unlikely, with both the Open Men's and Open Women's A teams coming a solid third.

The O45 Master's category was an excellent opportunity to provide space for some of our newer...but older...players and reckon the loudest cheering of the weekend occurred when our wild Finnish import, Sergei, finally scored a goal. At the other end of the spectrum, after no U18 category last year, it was exciting to have two teams entered this year, including a Tasmanian Junior team. With some creative draw creation and the lure of an Easter egg hunt, the kidlets got to make new friends from across Australia, hopefully leading to further growth next year.

Caitie and Bane, our young puplets, featured in the draft team that took out the category. A gold medal from six months of play isn't bad when you consider it took James Harmer and Deakin around 110 years to win their first National's gold...Finally, our U21 team had initially been hotted to top the event, but some interstate additions to the Tasmanian team saw us pipped in the final for a commendable silver. A big Well Done to those who played two divisions. That looked tiring!

I'd like to thank all the volunteers who helped bring the event together, as well as the club for their continuing support of polo and my partner Adam for sticking through my crazy polo ideas. It was great to be able to showcase what a fantastic community and venue we have here to the broader polo scene and has hopefully set a new standard for hosting polo events nationally.

Laura.

Results

U18 - 1st

U21 - 2nd

Veteran's - 2nd

Master's - 3rd

Open Women's - 3rd, 6th

Open Men's - 3rd

Best Performing State - 2nd

Photos:

Team ACT



ACT Men's Team



ACT Master's Team



ACT Women's Team



ACT Youth Team



Draft Junior team





The Championships would not have been possible without the generous support of our sponsors:

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Canberra Labor Club



Events ACT



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Canberra Southern Cross Club



Bronze Sponsors

Gerald Slaven



CPS Australia





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;**
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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. – 8pm	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)				

Marketplace

Jon Bell is looking for a second hand paddle. EPIC mid or equivalent. Here is a chance to cash in that paddle that you no longer use.

Contact Jon via email at <jonbell3270@gmail.com>

For Sale

Sladecraft Sonic for sale: 5.8m long. 46cm wide 15kg \$700

Good condition, some cracks on the back deck – doesn't affect performance – been there for at least 8 years. Good kayak for marathon racing or fitness. More stable than a K1 46cm.

Contact Patricia

Patricia.ashton@gmail.com



For Sale - Mirage 532 IRT 16kg. Suit Small to Medium paddler

Only used a few times, selling due to long term injury. Kayak and trolley will sell for \$3900 (no cockpit cover available). Paddle \$300. Contact Jenny 0468 645 670



MIRAGE					
Sea Kayaks					
				TAX INVOICE	
The Paddle Group Australia Pty Ltd					
Unit 10, 14-16 Stockyard Place					
Gosford West NSW 2250 Australia					
Phone: 02 4324 1922					
Fax: 02 4324 1886					
E-mail: info@miragesekayaks.com.au					
ABN: 25 119 049 697					
TO:		Jenny Lyngstad		INVOICE NO: PGA 1254	
		Canberra			
		0468 645 670			
				16/3/22 DATE:	
QUANTITY	DESCRIPTION		UNIT PRICE inc gst	TOTAL inc gst	
1	532 IRT Feather light coke red deck / white hull		\$4,850.00	\$4,850.00	
1	carry handles		\$25.00	\$25.00	
1	Mako ST Carbon paddle		\$575.00	\$575.00	
1	kayak trolley		\$150.00	\$150.00	
1	cockpit cover		\$75.00	\$75.00	
				TOTAL	
				\$5,675.00	
				GST INCLUDED	
				\$515.91	
				Deposit	
				BALANCE	
				\$5,675.00	

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.

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

Send an e-mail to eurobodallakayakers@gmail.com to request being added to their mailing list to get detailed information about each upcoming paddle.

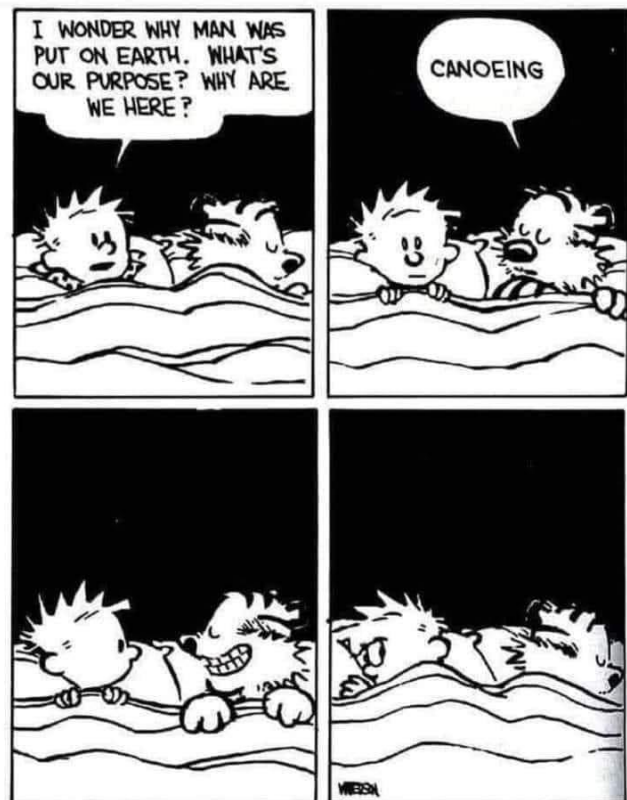
You need to be able to comfortably paddle 12 km (if I can do it, you can), have the usual safety equipment and be reasonably self-sufficient on the water. Hope to see you there.

BGCC contact Yvonne Best, thewritestuff007@gmail.com, 0423 118 990.

Yvonne Best

thewritestuff007@gmail.com

Phone 0423 118 990



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