



BLAZING PADDLES

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**NEWSLETTER OF THE BURLEY
GRIFFIN CANOE CLUB INC.**
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SPECIAL ANNOUNCEMENT

The club, thanks to a lot of work from Bob, has finally got our **Grant for the Shed Extension**.

We have: \$2,000 Administration Grant
\$15,500 Capital Assistance Grant
(this will be grossed up by 10% to cover GST)

This means that we now have to actually go ahead and submit plans for an extension. Bob has put forward a variety of ideas with the latest requiring the reconfiguration of the existing shed.

We are limited as we have to build with the same materials as the existing shed, so we can't go with the original plan of a 2nd colourbond shed out to the side - we can really only build onto what we have. However, we still have time to come up with some options.

Our next meeting is on Monday 9th Feb at 7.30pm at the shed. It would be great to see

more members attend, even if its just for a look and a talk about the plans. Will we be spending up to \$17,000 of club money on something that only a hand full of members want?? If you think an extension is in the best interests of the club, come along and show some support for the idea. What should we be taking into account? What, apart from the bar, do we need in our shed? How best to rack the boats? It looks like we will be putting in new doors along the side of the building and sliding the boats in across the shed - any other ideas?

While this is a big step, we still need to get approval from the NCA to actually build the shed. This could take some time so we need to get plans in sooner than later.

and also

The Ladies Paddle Group will have its first paddle on Monday 9th Feb, please be prepared to be on the water by 6 p.m. We have a variety of skill levels and boats and while it is a 'social' paddle we will do some technique and drills. Please let me know if you are planning on coming along.

Patricia

President's Report

Murray Marathon 2008 – President's Report

As you may know, the Murray Marathon still ranks as one of the longest and most grueling canoe races in the world and this year it again lived up to its reputation. Last year it was heat in excess of 42 degrees over the last 3 days – this year it was the wind.

Paddlers copped very strong headwinds for at least part of every day – on Day 4 there were strong headwinds all day with rain thrown in!

There were 1066 paddlers in 325 boats (almost 10% of the boats pulled out on the first day).

Despite the conditions, our Club entrants (and land crew) performed really well, with many having to overcome injuries to finish:

Renee Todd won the Women's Open TK1 division for the 2nd time in 3 years despite only having a limited (but intense!) preparation.

John Preston, in the same class as the eventual winner, did not get a moment's peace over the 5 days as he battled it out for 2nd place in his division. So close was his competition that on days 3 and 4 John only allowed him 3 seconds and 10 seconds gain respectively. Luckily, the buffer John had built up by 'busting his gut' every day ensured his 2nd place position.

Jason Baldwin, suffered the after effects of a virus and strained a back muscle on Day 1. He doubted he could front up the next day – he did, and went on to take 2nd place in his class.

Damian Woods – badly strained his wrist and forearm resulting in constant pain. He hung in and took out 3rd place in his class.

Helen Tongway & Frank Kingma – in a Mirage 730 double. Frank experienced so much bum pain that as a last resort he visited a camping store and bought an inflatable cushion – it worked! In the meantime his partner Helen found the big 'G' – GU! Regularly popping GU's each day, she did her usual 'Energiser Bunny' trick and did not let up for a moment. They took out 2nd place in their class.

Patricia Ashton and myself – in the Club's Mirage 730 double. I was pleased with the way my old body held up and Patricia performed so strongly that she must now be included among the toughest distance paddlers in our Club! As with Helen and Frank, despite heading the others in our class, we found ourselves in an amalgamation of classes and came in 4th – however we were still very happy!

Shane Lund – Paddled in a relay with a team from Wagga. They won their class by 1 hour and 50 minutes, a great effort.

Unfortunately, there were some hard luck stories – Renee's father Dennis came over from New Zealand to compete only to have to pull out on Day 4 because of a severely inflamed sciatic nerve.

'Swampy' Marsh found that an old shoulder injury suffered in a motorbike accident years ago decided to flare up on Day 1! As he was

unable to lift the paddle he had to pull out. (I hear he has now set up a new gym at home and is going to make sure 2009 is his year.)

His son Shane, who has won his class in 3 previous Murrays, also experienced a flare up of an old muscle injury in his arm forcing him out on Day 2. He too was having a great race and leading his class by over an hour.

If you see any of the above paddlers around the Club, give them a pat on the back – they did themselves and our Club proud in very tough conditions.

Bob Collins

President



As many of you are aware our club will be **hosting the 1st Divisional race of the Paddle NSW Marathon series on the 7th February and the 33rd Burley Griffin Bash on Sunday 8th February.**

Briefing time for the Divisional race is 10.30 a.m. with an 11 a.m. start, the Bash will be an 8.30 a.m. briefing with a 9 a.m. start.

For the Bash on Sunday -Bob has donated 2x \$125- 'lucky boat number' prizes – one each for the 30 km and the 14 km. Usually there are only a small number of boats in the 30 km race, so it might be worth your while to enter.

Please note that we need volunteers for a number of jobs. So far we have had members (and family members) saying "yes, we'll help out" which is great, but we need people to put their hands up for specific things:

Food Stall: need a 'convener' plus several people to come and lend a hand to cut up onions, cakes, cook, serve, take money, during both days. Helen will purchase food.

Boat Scrutineering: all boats must carry a PFD we need someone to check boats and put a sticker on them

Time Keeping and boat numbers: we need at least 2 people to assist with the official time-keeping - to keep a manual record and to call out boat numbers as they cross the line.

Shed Clean: need to have a good sweep and wash out as we'll be preparing food there. This will be Wednesday 4th February, before, during and after time trials

Also members and their families are invited to the Spit Roast Dinner by the river on the Saturday evening. A 2-course meal with roast meats, vegies, bread rolls, salads and desserts. All you can eat, in pleasant surroundings by the river - \$20 - per person. RSVP by Saturday morning (earlier if possible)

Patricia

STOP PRESS!!

A huge thank-you is extended to John and Steve Harmer who responded quickly to fix the broken door that was created when the club shed was broken in to. Both run businesses and sacrificed work time in order to respond to the emergency.

Canberra Car Cleaning

"We Keep Your Car Looking Good"

0417 480 950 or 6288 9441

Quantum Kayaks Marathon 10 Series

RACE 1 CANBERRA

Quantum Kayaks Marathon 10 Series

RACE 1



7/2/09

33rd BURLEY GRIFFIN BASH

8/2/09

Both hosted by: BURLEY GRIFFIN

CANOE CLUB

RECREATIONAL PADDLE

We had our 1st **Evening Paddle** of the year on Sat 17th Jan. The turnout was great - 10 paddlers - made up of 5 Mirages which made a colourful show on the bank!, my Prijon, 3 K1's and a TK1. There had been next to no wind all afternoon, but true to form it picked up just as we were leaving. We thought we'd go over to Kingston and check out the 'marina' before going over to the Carillon. The wind became stronger and the waves higher and a bit wilder in the middle of East Basin, so the K paddlers (wisely) turned back to the river. The rest of us ploughed on through the waves, telling ourselves and Danny who was struggling in his TK, 'that we're over the worst of it!' Anne Pacey met us at the Carillon, having decided it was too rough.

We spread out our dinner, which all looked and tasted great. Anne even provided some red wine, which we nearly all needed for medicinal purposes. It was cold! Previous nights had been 20 -25 degrees, but not tonight. Some took out thermals, others were wrapped in towels. All of us (except Anne) were shivering. Danny was waiting for the K paddlers to come and collect him - in the car. They surprised us all by returning in a K and a TK2. Roslyn and Russell arrived, dripping wet and hungry after the boat was swamped by waves under Kings Ave Bridge and they suddenly found themselves swimming! So another towel, and the rug...After dinner (did I mention it was a bit cold and windy?), we thought we'd continue on our way. Paul, Russell and Roslyn were going straight back to the shed, Danny was going to portage his boat to East Basin (or even to the river), the rest of us thought we'd still go towards Commonwealth Ave bridge and enjoy the lights. Away from the island, the water was very rough, not conducive to relaxing and looking around, so we changed tack and headed for home.

Did we enjoy it - of course! Any paddling is fun. Therese was happy that she'd experienced that type of water with others and not alone and now felt more confident. Bob got to try out his new winter thermal top - and well, paddling

into a strong head wind is his favourite activity. Danny was so relieved to make it home without swimming that he was smiling. Roslyn thrives on challenge and just laughed about the boat disappearing under them and having to swim half way across the lake and scamper up a wall while trying to empty the TK2, then being sodden in about 8 degrees and wind....Life is an adventure. Me, I don't think I should organise another evening paddle.....but I probably will!!

Patricia

NSW 2009 State Marathon Championships
WALLAMBA RIVER
FORSTER
Sat 21st & Sun 22nd March



Jurkiewicz Adventure Store
Fyshwick



National Marathon Championships 2009
Lake Kawana
Sunshine Coast Queensland
11/4/09 - 12/04/09 (EASTER)



Quantum Kayaks Marathon 10 Series



Marathon 10 series

Race 1: 7/2/09 Canberra

Race 2: 19/4/09 Berry

Race 3: 10/5/09 Narrabeen

Race 4: 31/5/09 Lane Cove

Race 5: 20/6/09 Windsor

Race 6: 12/7/09 Sutherland

Race 7: 2/8/09 Wyong

Race 8: 23/8/09 Port Hacking

Race 9: 20/9/09 Wagga Wagga

Race 10: 7/11/09 St George

More details [PaddleNSW website](#)



NELLIGEN CHALLENGE 2009
4/4/09



Other events later in 2009:

Kayak for Kids (Sydney Harbour) 29/3/09

Recreation paddle Canberra 25/4/09

City to Surf 9/8/09

Myall Classic 26/9/09

World Masters Games (Sydney)
Mid October

Hawkesbury Classic 24/10/09

24 hour relay Canberra 28/11/09

YMCA Murray Marathon 27/12/09

MOVEMENTS ON THE MOLONGLO

While rumour has it that **Shane Lund** will soon be adding a K1 to supplement his Epic ski stable, he strenuously denies that the new kayak will have all accessories including the kitchen sink.

Barry Marshall too has been seen doing secret testing of a K1 — a timely move considering the forthcoming Australian and World Masters events.

Russell Lutton's Horizon Flyer now resides on the NSW South Coast, and he is (attempting) to paddle a Sladecraft Sonic.

Stranger than fiction: occasional BGCC time-trail paddler **Simon Stenhouse** has actually bought a new kayak — specifically an Epic V10L ski, which he will paddle in the Murray Marathon in December. Good luck, Simon!

BGCC has acquired two new club kayaks — an Advantage Scorpion K2 and a Mirage double sea kayak that **Patricia Ashton** and **Bob Collins** will paddle in the Murray Marathon.

Carolyn Williams has said goodbye to her husband's cast-off kayaks and is now paddling her own K1.

Renee Todd has elbowed her way through the Sladecraft production schedule to take delivery of a brand new Mark II TK1 — just in time for the Murray Marathon.

Can anyone provide information on the pink Max Kayaks K1 with batwings seen on the river on 3 December?

Russell Lutton

NEW KAYAKS ON THE MOLONGLO

This occasional series features new (and perhaps new-to-you) kayaks acquired by BGCC paddlers. If you have a new kayak that you would like to feature in *Blazing Paddles*, email our editor, John Preston, with information and photos (more or less in the format below).

Kayak owner: Carolyn Williams.

Kayak type: A (new for me) Struer Challenger K1 (purple in colour and code named *Alvin*). The kayak is about 10 years old, and it is one that we can find no information about, even on Struer's "obsolete kayaks" site. Struer is the legendary Danish kayak manufacturer that produces beautiful wooden kayaks. Mine, unfortunately, is in fiberglass. It is a relatively stable K1 ("relative" being a definable term when it comes to K1s). If anyone can provide information on the kayak type, I would really like to know more about it.

Previous kayaks: I have been spoilt by my husband's hand me downs – Mirage 580, Raider X and Sladecraft TK1. Pity he doesn't look after them better.

Reason for purchase: It seemed like a good idea at the time! I was starting to feel too comfortable in the TK1 and I thought I needed to challenge myself more. I wanted something light that I could carry to and from the water myself. It also had to be fast and maintain my power-to-boat weight ratio, an important consideration for women paddlers. Many thanks to Gabrielle Hurley for her advice and encouragement.

Ownership experience: I paddle this kayak on the Clyde River on the south coast and also in Canberra. I am really enjoying the challenge of learning to paddle a true balance boat, although the conditions at the coast can make this quite challenging, as can the lack of spots on the lake to relaunch after the wipeout!

Best kayaking experience: Winning second place in division 8 in the 2008 Marathon series. Perseverance and turning up pays dividends. (Close second – not falling out of the K1 when I paddled over a stingray.)

Worst kayaking experience: Wyong. Need I say more! It was a profound experience.

Dream kayak: A wooden Struer.

What's it like to paddle: Scary! No, it's really a very comfortable boat. I feel like it's my friend in the battle against boat wash.

Kayak discipline: I have none – that's why I'm still in Division 8 in the NSW marathon series.

Favourite thing about kayaking: Doing it with my husband, paddling in different places and the fabulous people I have met through the sport.

Kayak hero: Kenny Wallace, of course (but Renee Todd is not far behind, and Helen Tongway is pretty amazing too).



Carolyn Williams with her new friend

Riverland Paddling Marathon

Have some time and looking for an adventure?

You should try the Riverland Paddling Marathon. It consists of three different races, the Murray 200 (208km over 3 days), the Murray 100 (93km over 3 days) and the 200 relay (208km spread between 2 or 3 boats) from Berri to Morgan. It takes place on the June long weekend each year.

You can check out the races website here:
<http://www.mcc.canoe.org.au/?Page=6845>

Russell Murphy, Roslyn Hickson and Paul Hartlipp are looking for other paddlers interested in joining us, either as competitors or land crew.

Russell has experience in both completing the race and training others to finish it.

If you want to paddle and have some fun you can join the “team”. If you don’t want to paddle the entire race, we can do it relay style, or get another relay team together. If you want to see the race so you can plan your attempt next year then you can join the “support crew”. In this way you can see what it takes to have fun in future years.

We are there to have fun and paddle our best. When we don’t win we still want to be talking to each other. So if you are determined to win you should form your own team.

Either competing or land crewing in the event is an amazing experience, for the paddling, scenery, and weather (cold, wet, hot, windy and everything in between). The cold weather adds an extra level of challenge. There is no better feeling than finishing a race like this.

If you even think you might perhaps be interested, contact Russell

Russell.murphy@aec.gov.au or Paul
Paul.Hartlipp@ga.gov.au .



June 6th - 8th 2009

Riverland Paddling Marathon
murray 200
100
relay

www.mcc.canoe.org.au



Berri · Loxton · Moorook · Devlin's Pound · Waikerie · Hogwash Bend · Morgan

Paddlers	Yarrowonga to Tocumwal 94 km	Tocumwal to Picnic Point 96 km	Picnic Point to Echuca 76km	Echuca to Torrumbarry 63km	Murrabit to Swan Hill 75km	Overall Time	Handicap Position
	27 Dec	28 Dec	29 Dec	30 Dec	31 Dec		
	92 km	96 km	78 km	62 km	76 km		
John Preston TK1/OV50	07:50:26	07:54:54	06:35:36	05:44:44	06:23:37	34:29:17	15th
Renee Todd TK1/W	08:19:38	08:20:50	06:46:10	06:02:09	06:33:00	36:01:47	18th
Frank Kingma/ Helen Tongway RKL2/XV50	07:51:33	08:12:37	06:55:24	5:52:50	06:35:07	35:27:31	24th
Patricia Ashton / Bob Collins RKL2/XV40	08:09:17	08:19:40	06:48:03	06:04:16	06:43:12	36:04:28	43rd
Jason Baldwin RKL1/O	08:09:54	08:11:33	06:35:14	05:39:51	06:12:22	34:48:54	45th
Damian Woods TK1/OV40	09:14:44	09:26:27	08:04:59	06:47:20	07:12:39	40:46:09	80th

In addition to these results, Shane Lund, paddling in the TK2/OpenRelay class with members of the Wagga Bidgee club, secured first place by over 1.5 hours.

Quasi club member Simon Stenhouse fought tooth and nail with Damien Daley to finish 2nd in the OS1/Open class in a time of 29:54:52 and 10th on handicap.

All participants would like to acknowledge the role played by the various support crews who were absolutely magnificent. It was fantastic support for our paddlers to arrive at a checkpoint and find a whole crew of people helping to get them back on the water. The encouragement and the boost it gave to them was great. In particular the Slade brothers, Jason and Greg, deserve

some sort of award for their support of our paddlers and our land crews.

Rhonda Collins took some fantastic photos over the 5 days of racing and was able to capture the spirit of camaraderie that developed over the race.

Thanks also to Cecilia Burke who was on hand at the start to take photos which were passed onto the Canberra Times.

At the finish on day 3 Russell Lutton and Carolyn Williams were on hand to greet our paddlers as they arrived. The familiar faces and encouragement provided was well received.



A relaxed part of the BGCC contingent of paddlers and land crew on the eve of the Murray Marathon.



Helen and Frank happy to finish day 1



The biggest smiles were saved for the finish.

"I owe a debt to our land crew who had much to put up with" Helen

"Jeez you're looking good John". Russell Lutton to John Preston at Echuca. (There was even room for irony at Echuca.)



Only 4 days to go – Bob and Patricia



Jason Slade providing assistance and encouragement for Renee Todd



Jason Baldwin with supportive land-crew Sandy and their children



Stan Ashton helps to get Patricia on the water before heading to the golf course.



Damian and Renae Woods ready for action day 5.

"Seems like a lot of trouble for a \$2 massage – great golf courses". Stan



Rhonda & Bob Collins contemplating day 5



"I thought I'd bought an inexpensive cushion but by the end of day 4 it was worth a million dollars - and the bum relief was priceless," Frank Kingma.



Rhonda's remarkable photo of the traditional 5th day blessing of the fleet

One of the media photographers was so impressed with this photo that he insisted on getting a copy.



Lourdes?



Damian finishes strongly.



Only 75 km to go