



BLAZING PADDLES

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

**PO BOX 341 JAMISON
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President's Report

Unfortunately, not much to report at the moment! It is good news that the lake is finally open for paddling but with such a long closure this year, it does make you worry about next summer.

More good news. Finally Australian Canoeing and PaddleNSW seem to have resolved their differences and we can now get back to normal. As you may have noticed, memberships are now treated slightly differently because of a change to on line registration, but we think it will prove more convenient in the long term.

We realise that winter is often a time for hibernation for many paddlers, however, we are still trying to maintain some time trials on Sunday mornings through winter and are getting reasonable attendances. If you



check our the website, you will see that there are also some Recreational paddles coming up – the main one being our acceptance of the Bay Adventure Kayakers Club's invitation to go down to Nelligen. A date has now been set - Sunday 16 August 2009. Also if you are interested, our Canoe Polo players are hosting a Sunday morning training session for beginners – see the website for details.

Note: The Hawkesbury is now only some 12 weeks away!! So far it looks as though John and Steve Harmer will front up again (John for his 33rd year straight!), Patricia and Helen are tackling it in a double Mirage, undoubtedly Danny Galbraith will be doing it in something and I thought I might try it again, this time in my 580.

If anyone else is planning to try enter, let us know so we can give you some publicity and perhaps some company during your training paddles.

I am reluctant to mention the extension plans for our Shed as every time we seem to be moving along OK, one section or another in the ACT Government puts some hurdles in our way.

At the moment, we have approval from the National Capital Authority, we do not need to go through ACT Planning and we look like negotiating a satisfactory annual rental figure and licence agreement with Parks, Conservation and Lands. Our builder is working on a revised quote (it has been almost a year since he gave us the first quote!) and we think we can shave some further costs by doing some of the internal racking work ourselves.

I am pressuring Parks, Conservation and Lands to get us a draft licence agreement but apparently it has to go through the ACT Govt. Solicitor's office!!

See you on the water

Cheers

Bob Collins

UPCOMING EVENTS

1st August – Time trial at Nelligen
9.30am start

**2nd August – Canoe Polo
beginners session 11am – 12.30**

–see below & Race 7 Wyong

9th August – time trial, BBQ &

Psychology of Elite Sports

Performance: Psychological

Discriminators in Canoeing

Questionnaire & Chance to win a

\$50 voucher – see below

14th August – Presentation

Dinner – bring along photos &

memorabilia & RSVP!

16th August – Social Paddle from

Nelligen 9.30am

23rd August – Race 8 Port Hacking

5th – 6th Sept – Social Paddle at

Tuross – no details as yet

19th Sept – Race 9 Wagga 2pm start

26th Sept – Recreational Paddle

on Lake Burley Griffin

PLUS REGULAR WEEKLY TIME

TRIALS EACH SUNDAY AT 9.30AM –

FIRST BOATS AWAY 9.45AM, FINISH

TIME 11AM

Canoe polo beginner session -

Sunday 2 August 11am to

12.30pm at Tuggeranong Pool

The club is holding a beginner session for BGCC members on Sunday 2 August from 11am to 12.30am for those interested in trying canoe polo and/or enhancing their polo skills. The aim of the session is to introduce participants to the safe and fun game of canoe polo in a warm environment. Games will be at beginner pace. The ability to roll a canoe will not be necessary.

The format of the session will be determined on the day-dependent on the skills and interests of attendees. Participants will need to pay pool entry plus \$10/adult and \$5/junior (18 years and under) to contribute to the cost of pool hire. Gear will be supplied. Participants should wear

swimmers, shorts and a rash shirt/tight fitting old t-shirt.

Juniors paddlers (of all ages) are very welcome but must be accompanied by a parent/guardian and be able to swim.

If you have any questions and/or would like to participate e-mail Sue at suerobb7@hotmail.com by Friday 31 July 2009. Due to limited amounts of club gear it will be necessary to advise of your attendance.

Social Paddle Nelligen Sunday 16th Aug 9.30am for a 10am start

BAK Paddlers have invited us to a Social paddle: Subject to weather and tide (we have options), we would propose a scenic paddle from Nelligen to the Bay/bridge and back to Nelligen (about 23km in total). This takes us through the Clyde River National Park and past Little and Big Islands; beautiful pristine forest areas.

We could perhaps lunch in the park at Batemans Bay. It has toilet facilities and grassed areas right on the river. If we do this course and some people feel it is too long, there is the option of leaving a car at the bridge and cutting the distance in half.

Plan B if the weather were against us would be to go the other way towards Shallow Crossing; more sheltered if necessary.

Participants are required to carry PFDs. Recreational boats preferred.

Time Trial, BBQ and assist with:

Psychology of Elite Sports Performance: Psychological Discriminators in Canoeing

Sarah White, an Honours Student at Uni of Canberra is conducting a research project, part of which requires kayakers of varying ages and abilities to answer a questionnaire – details below. To assist Sarah collect her information we will be asking members to come along to a time trial on Sunday 9th August after which we'll run a BBQ and those

interested can fill out the questionnaire. It would be great to see a big turn out to support both the club and Sarah.

The questionnaire should take around 40 minutes to fill out, and there will be a raffle draw to win a \$50 gift voucher for Rebel Sport that those who participate can enter. We'll be looking for as many participants as possible.

Athlete Participant Information

Sheet

Psychology of Elite

Sports Performance: Psychological

Discriminators in

Canoeing

As is the case with most sports, canoeing and kayaking at any level requires more than just physical skills; there is an important mental aspect that is crucial to successful performance. For this reason, the field of sport psychology is becoming increasingly involved in developing training programs and talent identification in many sports. There has been much research conducted investigating what the most important psychological skills are for successful sporting performance, however there is a lack of research exploring the specific psychological skills required for successful canoeing. This study aims to explore the psychological differences between Australian canoeists at various skill levels. Australian representative canoeists from the Australian Institute of Sport, canoeists from the Australian Sports Commission National Talent Identification and Development Program, and canoeists from a local ACT canoeing club will be involved. Specifically, the areas of mental toughness, coping skills, confidence, commitment, motivation, perfectionism, and the use of psychological strategies will be examined.

This research is being conducted by University of Canberra honours student Sarah White, Dr John Gross (University of Canberra) and Dr Juanita Weissensteiner (Australian Institute of Sport). Your participation and the information obtained will greatly aid in the theoretical understanding of the psychological skills involved in canoeing. These results will aid coaches and sport psychologists alike in both training and talent identification in canoeing and kayaking.

Participation involves completing a questionnaire; it is estimated that this will take no longer than 40 minutes. Participation is entirely voluntary, and you may withdraw at any time during the study without penalty.

If you decide to participate you will need to complete an informed consent form. If you are under 18 years of age, your parent or guardian is required to complete the consent form on your behalf. All aspects of the study, including the results will be strictly confidential and only the researchers will have access to the completed surveys. You will not be asked for your name at any time on the questionnaire, and so your participation is completely anonymous.

If you have any further questions or comments regarding this research please feel free to contact any of the following:

Dr John Gross (Faculty of Health – University of Canberra) Phone: (02) 62012637, E-Mail:

John.Gross@canberra.edu.au Dr

Juanita Weissensteiner (National Talent Identification and Development, Australian Sports Commission) Phone: 62141370;

E-Mail:

Juanita.Weissensteiner@ausport.gov.au

Sarah White (University of Canberra) E-Mail:

sarah.white20@gmail.com

If you have any concerns with respect to the conduct of this study, you may contact the Secretary of the AIS Ethics Committee (Dr John Williams) on (02) 62141816.

Murray Marathon

YMCA Murray Marathon
27/12/09 – 31/12/09

The Murray Marathon is on again this year. For more information on the main race and a variety of shorter / less arduous options go to

murraymarathon.ymca.org.au/

Marathon Report

In recent races a number of our members have had some spectacular results. Some have won divisional races, others have improved their times and others have defeated long term opposition. Racing has been conducted on the Hawkesbury River, Woronora River and the Wyong River. The time trials have been popular on Sunday mornings with some very good times being recorded and others have been using the time trials as a starting point for other races.

Other members have been seriously training for the major events later in the year, The World Masters Games (Sydney); 24 Hour (Canberra); Hawkesbury Classic; and the YMCA Murray Marathon. Most paddle training has returned to Lake Burley Griffin but some seem to be using other venues that they got used to using through the blue-green algae problem. JP



Rachelle Irving paddling in the Kayak for Kids event on Sydney Harbour. Recently Rachelle has made big improvements in racing times including a win over the 10km course at Woronora and a win in the sprints at Penrith.



Race 8: Sun 23rd August Port Hacking (Cronulla Sutherland Kayak Club)

Race 9: Sat 19th September Murrumbidgee River (Wagga Waggabidgee Canoe Club)

Race 10: Sun 7th November Cooks River (St George Kayak Club)



Time Trials 5th July

Our first time trial back at Molonglo Reach was quite a successful morning – we had 13 entries and a few other members on the water and even some spectators. There were several new faces and new boats too. Tom showed off his new Epic V12 – an upgrade from the V10, Rachelle did her 1st time trial in her new V10L, shaving 5 mins off her

previous time – thanks to the new boat and some secret training. Lachlan remained upright in his new K1, looking more relaxed than at previous paddles on Yerribi and Ginninderra, Justin has been an enthusiastic member for a while, and finally got to take part in a time trial, putting in a great time of 52.52 in a club TK – wait till his new Ron Elliott Rush arrives! It was also a first for new member Darryl – who may well be the proud owner of a new Epic V10 next time we see him. Hopefully Graham will join us again, he tried out a number of boats which were reportedly faster/lighter than his. Robin was happy with her time as she tried to stay in front of Graham, coming in well under her usual 70mins. Roslyn was pleased with her time and the opportunity to wash ride. So all in all it was a good morning, thanks to all those who lent a helping hand, setting up, preparing and cooking the BBQ and cleaning up – we all enjoyed a well deserved BBQ and mud cake in the sun.

For results see our web page.



It's not all about hard work.



Fun in the winter sun.

Technique training at Merimbula

Roslyn Hickson

After observing some efforts on the water, Margi kindly agreed to assist a few poor souls with their technique. After much e-mail traffic ably directed by Patricia, Scott and Tom a weekend away at Merimbula was organised. Merimbula is on the Sth Coast, where the water is warmer and for most of us there would be less distractions: except for Tom who put up new shelving and did other domestic chores.

The weekend nearly came to an end before it started with an email from Margi informing us that she couldn't be there due to a family emergency. There were subsequently a few withdrawals, but six keen paddlers made their way down to the coast regardless. Considering it was the middle of winter we had exceptionally good weather: beautiful sunny days and crystal clear water. Although the water was on the chilly side, it was much warmer than lake BG. It was great to paddle in clear

water with huge schools of fish, rays, crabs and other non-toxic life. It was also great to explore a new area.

We all worked *really* hard on our technique, paddling twice a day around the lake. Tom even managed to discover some new muscles with his improved catch. Paul was so worn out by paddling Friday afternoon that he had a snooze on the lounge under a blanket. This along with a new hairdo earned him a new nickname, "Princess Paul".

There were a few interesting occurrences on Saturday. Princess Paul mysteriously disappeared for several hours: only to come back with no recollection of where he had been. He had a huge smile on his face and there were cheerleaders training on a nearby football field, so we can only speculate...

On Saturday afternoon, while paddling on the lake, a dragon boat was spotted. Tom, Roslyn and the Princess decided it would be perfect for some wash riding practice, so we made our way over to them. However, as soon as we got close they immediately stopped. After some discussion, they agreed to provide a wake, in fact they wanted to race. Tom and Roslyn were riding their wake and the Princess was going back and forth between the side wake and the wash, until he decided to give them a race. As he was moving up the side of the boat we heard "Paddle harder, you're being beaten by a canoe!" But his triumph was short lived as we pointed out it was a team of little old ladies.

Tom, Scott and the Princess took time out to go out to the beach and explore the surf. While it was obvious that they needed more practice, the noise and

smiles suggested that they had fun doing something you can't do on Lake BG. While at least 2 boats evicted their paddlers during the activity, no K1s, TK1s or any other sort of K was injured in the process.

The evenings were filled with Bond, Cliffhanger and Steven Seagal movies. Food was a gastronomic extravaganza with Robin's delicious original recipe enchiladas, pizza and awesome hot chocolate – Tom has it down to an art form! Games were played by some between the paddling sessions while Princess Paul took his beauty sleeps. Many thanks to Tom for providing the opportunity to practice our paddling in a great location.



MURRAY 100

Day 0

Canberra to Kingston-on-Murray

Our first day did not start auspiciously. Paul forgot his key to the shed, and had to go back and get it, before we could load up the boat and start our almost 1000km journey to our base for the assault on the Murray 100. We didn't leave until 11:30am, so we would be arriving well after dark. It didn't get any

better when I asked the innocuous question: "So you got your registration done?" "No, I'd thought I do it on the day." Registration for the Murray 100 is not something that you just do on the day. We would have to hope that the race director would consider Paul an "exceptional circumstance."

Paul then pestered me about how he could go faster. I told him: "strength by doing sprints". I was told in no uncertain terms that Paul thought he was an endurance specialist, a "ticking clock", which was promptly followed by five minutes of "tick tock, tick tock".

The drive from Canberra through western New South Wales is not a particularly inspiring one. Some of the "highlights" included:

Wagga Wagga: Traffic lights.

Narranderra: We stopped there for lunch at a truck stop. There was very little there, except a caravan park that none of us wanted to go near.

Hay: Our guidebook said that Hay offers "spectacular sunsets and sunrises over saltbush flats". What that means is that there is nothing there. Absolutely nothing. Two petrol stations. Nothing. The sunset made nothing mildly more interesting. Even the kangaroos appeared to be avoiding Hay so we kept driving.

Balranald: We stopped for dinner. We can thoroughly recommend the pizza at the takeaway shop (pizza Thursday, Friday and Saturday nights only) and the toilets at the RSL (lots of pokies for those interested).

Mildura: Several traffic lights and a nice waterfront. Apparently there's an arts centre.

Fruit Fly Exclusion Inspection point: You can't bring in any fruits and vegetables into the Riverland. So at 9:30 at night we were stopped at what we discovered was the fruit fly inspection point by possibly the surliest person we had met on the trip (probably a Hay local), who demanded to know whether we had any fruit and to see inside our esky. Having eaten as much as we could before dumping the remaining fruit and veges (avacados don't count do they, or apples, or rockmelon?) we were on our way.

Renmark: Has more interesting scenery (difficult to see at night) and some shops.

We arrived at our destination, the Kingston-on-Murray caravan park at 10:30 (SA time), and fell into bed. The caravan park is excellent, with an brilliant communal cooking and entertaining area (the cabins also have a kitchen). One side of the park backs onto the Murray River, where canoes are available for hire (don't bother, bring your own). Unfortunately there was also a country music festival on that weekend. They were apparently playing country music till 1 in the morning, but I never noticed thankfully.

Day 1 – 37km

Leg One

Loxton to New Residence - 26km

We arrived at the start in Loxton (a quite beautiful town) with some trepidation, hoping that Paul would be able to paddle. We found the race director, who turned

out to be Martin Finn who remembered me from when I used to paddle in Adelaide. Time had mellowed his memories of me, so he allowed Paul to paddle. Later we asked Martin for an earlier start time (starts are based on predicted times on the first day and actual times on the other days), so after being chastised for being cheeky we were put into the last of four starts at 11:10 (where we didn't really belong). Martin's memories had returned.

The reserve at Loxton was full of close to 100 boats, more than 100 paddlers, and double that again in support crew, some of who remembered me from the "good old days". There was a very odd assortment of boats, including:

- a dragonboat
- three six person outriggers, and three two person outriggers
- a very odd boat made from two six person outriggers held to each other with planks of wood and rope
- A surf rowing boat
- A Nelo kneeling C2, a very odd looking boat, and one not for the faint of heart
- Numerous surf ski's and TK1's and 2's
- A few K1's and K2's

We watched the first start, with the dragonboat and the TK1's. The starter used a gun to send everyone off. Not just any normal starter's gun, but an 1890's shotgun. It has a slight Old West feel when you start a kayak race with an old woman pointing a shotgun in your direction. We then prepared ourselves and our boat to go. Spare clothes in a dry sack? Check. Water bottles and food? Check. PFD and spray deck? Check.

Should we pack the cloth tape? I said that if we needed it then our race would be over anyway. It was closer to the boat than the car, so Paul chucked it in anyway.

So 40 minutes later we lined up at the start, with the other K2's, a few TK2's and the six person outriggers. The gun rang out around the lake and we were off for our first 37km. We had gone 1km, passed one TK2 and watched another one containing race legend Fred Lamprecht go wrong side up, when I felt something wrong. I thought it was my new gloves not giving me a good feel for the paddle, so we went another 200 metres, all the while me feeling not quite right. I asked Paul to stop. It was then that I looked at my paddle on the left and saw that it was flat on the water, then looked to my right and saw that it was exactly 180 degrees around. The blade of my paddle was about to fall off. Paul and I pulled into the nearest shore, a nice grassed area, thinking that our race was over 1km after it began. We then remembered the cloth tape. Paul passed me the tape and got his jumper out of the dry bag and I set to work. 15 minutes and several metres of cloth tape later, every boat in the field was long gone, and I hoped that my repair job would hold, and that the paddle was set at the right angle for me. 10 minutes of paddling later, and I knew the angle was and I was still hoping it would hold (I didn't bring a spare paddle). We then set out to chase down the rest of the field.

Now might be a good point to mention the river itself. The Murray in South Australia is wide, and brown. The water is brown, the trees beside it are brown, the low banks are brown (and occasionally grassy). There is red algae

in the water. Red algae is brown. The water is very shallow on the inside of the turns, often less than paddle depth. On day one the shortest way around a corner is actually 50m or more from the inside of the corner.

We passed the TK2 we initially passed, who enquired about the state of my paddle, having seen either end in my hand on the bank. We paddled for the next 13km passing two or three boats before we had our first rest stop on a nice grassy embankment where three TK1 paddlers had stopped. We asked them if it was their first time doing the Murray and they told us they had learned to paddle two weeks ago and this was their first race. They said that they thought the first checkpoint was about 1km away. We had to tell them that it was 13km away, and they had only come 14km so far. Needless to say they did not finish the first day. We kept going, catching a couple of other boats, before we made the turn for Seven Mile reach. Seven Mile reach is a straight stretch of river, which is in line with the prevailing westerly winds. Halfway up was the first checkpoint at New Residence. A light wind blowing over a 10km stretch of water produces some reasonable waves. It seemed like each time we had our paddles out of the water we went back half a stroke. After 5km of this we were grateful to see the 1.5m wide break in the reeds which signified that we had reached the checkpoint at New Residence. Robin and my father were on hand to offer us words of encouragement, chocolate (much appreciated), drinks and other food. Five minutes later, we were wondering why we stopped. New Residence features three things and it has a lot of them, mud, bull ants and a smell of something that means you

should have cleaned your fridge out six months ago.

Leg 2

New Residence to Morook – 11km

We were tired, but happy to leave New Residence. Over the first five km we slowly caught up to two young ladies on surf ski's. Their strokes were efficient, but after each 50 strokes they would rest for 10 or 15 seconds. It also helped that we were capable of reading the boating signs on the river (green triangle on your left, red square on your right) so we were able to take a shorter route around an island. At the 32km mark Paul and I both hit the metaphorical wall. My wrist started to hurt (just like Margi said it would during the technique session) and Paul's ticking clock had stopped. We took the final 5km very slowly and made it over the line in 4 hours, 35 minutes.

Day 2

Devlin's Pound to Wakerie – 26km

Day 2 is considered a rest day at 26km. We arrived at Devlin's Pound to find out that our misadventures the previous day had put us into the first start, with the people who learned to paddle two weeks ago, the girls on the surf ski's and various other odds and sods. Word of our exploits had gotten out, about the two strange men from Canberra, who gaffa taped their paddle together then kept going and who wear dresses at the finish (our boofs). The weather was comparatively warm (14 degrees), so we stripped down to shorts and t-shirts for the start. Another Old West moment later and we were off, leaving the other paddlers behind. Over a distance we were much more comfortable with, we starting to pile on the kilometers. We

were now passing through low (10-15m high) sandstone cliffs and the first of a new ropey green algae (no blue green algae in sight) and the water got deeper.

We felt like the rabbit in a greyhound race, with dogs snapping at our heels. At the 10km mark I told Paul that the faster boats should be coming past us at any time. We arrived at our rest stop at the 14km mark and it was all business. We stayed in the boat, gulped down food and drink, and left as the officials were saying that they could see four boats on the horizon. Other paddlers' land crews were very impressed with the speed and efficiency of our team (Robin Robertson and my father Tony). The dogs were really on our heels at this point. We picked the pace up. After 25km we saw the ferry shortly beyond which was the finish. We slowed to navigate the wake of a speedboat which had just gone past. It was then that we spotted another crew in a TK2. After leading the day for the first 25km we were pipped at the post. The crew that overtook us came and congratulated us at the finish. They had been trying to catch us for more than 30 minutes.

Day 3

Hogwash Bend to Morgan – 30km

Leg One

Hogwash Bend to Cadell – 18km

Day three started at the comparatively well appointed Hogwash Bend, with a lovely sandy beach surrounded by gum trees. I lined up at the St John's ambulance station to have the blisters I had developed over the last two days covered over. The St John ambulance staff buy tape in bulk for the race weekend. I was in a long queue.

Immediately in front of me was a paddler who had spent the last two days in the back of a double surf ski. His back and the area below it had been rubbed raw by the ski. Showing a serious amount of plumber's crack, the dedicated ambulance volunteers set to work disinfecting and bandaging an area the size and colour of a t-bone steak. It made my four blisters (only 1 bleeding) seem a bit petty.

Our lack of misadventure on the previous day had put us into the second to last start, lining up against K2's, TK2's, surf skis and 6 man outriggers. We were told that the wind would be a bit higher than previous days. A "bishop" was at the start and after offering blessings and the last rights for anyone interested, we were sent off.

We stayed at the back of the pack for the first few kilometers. Paul's attempts to wash ride other boats failed miserably. Lessons will be in order when we get back in a boat. So we stopped for a short break and to gain some clear water. Day three consisted almost exclusively of high sandstone cliffs (20-70 meters high) on one side, and low scrub on the other. 75% of the time the cliffs acted like a wind tunnel and produced strong headwinds. The other 25% of the time the cliffs acted as a windbreak. It was a relatively uneventful journey from Hogwash Bend to Cadell. Some of the sections where the cliff acted as a windbreak were quite spectacular, paddling 1-2 meters from a sheer cliff face. The headwinds made for slow going, but we started to catch some of the group who were in our start, as well as those in the earlier starts. The ropery green algae returned in volume and got everywhere, round paddles, rudders,

wrists and boats. The water had turned a lovely blue.

Leg 2 Cadell to Morgan – 12km

We arrived in Cadell in relatively good shape. My blister count was up to 9 (all on the left hand), with three bleeding, while Paul's ticking clock paddling had long ago broken entirely and been thrown overboard. We emptied the boat, drank our remaining water, ate our remaining food and set off for the final push. The wind picked up over the last leg and we used any available cover to avoid the oncoming waves. We passed quite a number of TK1's from the earlier starts. Eventually I spotted a cliff which I knew signaled the start of the final straight and 4km's to the finish.

We rounded the cornet and the first thing we saw was a wave. The second thing I saw was a wave. The third thing we saw was a TK1 upside down and a paddler clinging for dear life to a rescue boat. The next 800 things we saw were waves. The wind had blown up to a gale, and the tall cliffs acted like a wind tunnel. The waves were big, they had whitecaps, there was a surf report out. We thought we saw several penguins which had been blown from Antarctica. It reminded me of a certain night where someone who will remain unnamed sank a TK2 under the Kings Avenue Bridge.

Rock steady Paul ploughed on. Ploughed on very, very slowly, working hard for every inch forward.

About 2km from the finish we managed to catch up to the back of two surf ski paddlers who were bobbing along like corks. We passed a number of boats, or

equally possibly, other boats were pushed back behind us, including the 12 person double outrigger. With 200 meters to go, we pulled out from behind the surf skis and were able to overtake one.

We had done it, and were completed exhausted. We limped to the bank at Morgan where we were greeted by our dedicated land crew and a medal for completing the race, thanks to the power of cloth tape.

Finishing the race is one of the highlights of my kayaking career. But like all long races, it is as much about the places you go and the people you meet. There are lots more stories, like the ladies from Encounter Lakes who had their husbands land crew for them, or Bill Robinson, who paddled in a beautiful sea kayak, that he had built himself. There's lots more stories, and they only grow in the telling, so come and have a chat and maybe there can be a bigger team next year.

Many Thanks must go to our land crew, Robin Robertson and Tony Murphy, for all of their support, before during and after.

Russell Murphy.



Various photos of the boys in action.



Photos by Robin Robertson