



BLAZING PADDLES

Volume 20 Issue 3 December
2009

(The better late than never issue)

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

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PRESIDENT'S REPORT

The last 12 months has brought mixed fortunes to the Club and its members. The year started off well when most of our entrants in the Murray returned to Canberra on a high after performing really well. To those forced out by injury, there was next year to aim for.

In January, we also found we were successful in our bid for a building grant from Sport & Recreation. Unfortunately, the submission of our plans to extend the shed brought us to the attention of Territory & Municipal services who very quickly informed us that occupying our premises on a rent free basis just wasn't on and we could not extend the shed until a lease was signed! So, the bureaucratic wheels started to turn and we consulted - 7 months later we were presented with a satisfactory Licence Agreement. While we now have a 10 year occupancy guarantee, we are also now paying \$1,580+ per year rent.



So, in September, having overcome Govt. red tape we were good to go. Well, not quite. The gods hadn't finished with us yet – the building materials the NCA insisted we use had to come from Queensland. Take into account the late ordering, a mandatory delivery delay, the Christmas period and here we are, still waiting for materials to arrive. (The possums are also upset as they are looking forward to a larger home!)

In February, blue green algae struck our lakes and resulted in constant closures until June. Luckily only 2 or 3 Triathlons were cancelled, however it still cost us almost \$1,000 in lost revenue.

On a brighter note, during the year we saw Australian Canoeing and PaddleNSW kiss and make up – this was good news for us as their feud was costing us around \$700 per year.

Our regular paddlers in the NSW Winter Marathon series continued to perform well and those that went to the Masters Games also got among the medals.

Sue Robb took over as Canoe Polo convener and, with the help of the players and some support from the Committee (Patricia Ashton in particular), is gradually raising the profile of Canoe Polo within our Club and the ACT.

The Hawkesbury rolled around at the end of October and again we had mixed fortunes – some of us succumbed to illness or injury and didn't even make the start line, while a couple were forced out by illness or injury during the marathon. However, for those that finished the results were excellent.

At the end of November, our 24 Hour Relay saw some 19 mad paddlers hit the river to paddle for 24 hours in a variety of teams and boats, it was highly successful and I understand the Wetspot team were very

complimentary about the Hawkesbury handicapping system.

Our Beginner's courses are underway, as are Wed. evening time trials and we are now well into the Triathlon season, so it will be pretty busy between now and mid Feb 2010. A special thanks to those who have already helped out with Triathlons – our next is on Sun. 14 Feb. '10.

As we wound down to Christmas, on behalf of the Committee, I would like to thank you for your support during the year.

Bob Collins
President.

LADIES' PADDLE GROUP

We have been holding a Ladies' Paddle Group over the last few weeks, on Tuesday mornings. The turnout has been quite good, with 4 ladies from our Beginners group coming along the first week, as well as a few other participants. At the moment we're working on a bit of technique and just getting time in the boat, building up some fitness. We have a variety of boats, a few TK1's, sprinters, a Mirage, and an Epic ski. Hopefully the women will get to know each other and be able to go out and paddle together at other times as well. I also hope to encourage them to take part in the time trials or other club events, e.g., touring, canoe polo etc. For the moment we're enjoying the mornings and being on the water, trying to go a bit further and faster each week.

Thanks, Patricia

EDITOR'S NOTE:

Sorry about the delay in publishing this edition of Blazing Paddles. Some articles may seem somewhat dated.

Marathon Convenor Report

John Preston.

Quantum Kayaks Series RACE 10
St George – Cooks River.

A small number of BGCC members participated in the final race of this year's series. Races on the Cooks River regularly involve testing conditions for competitors and this year's race was no exception with strong tides and wind to make things nice and tasty.

Division 4 had Russell Lutton and Richard Fox in battle once again. Russell held Richard off in the early rounds of the Quantum Kayaks series but in the lead-up to the Hawkesbury Classic Richard had drawn level in their head to head competition with 2 wins each. In this, the last race of the series, Russell got the upper hand fairly decisively. Russell's time of 1:50:41 earned him 9th place. Richard, 'fresh' from a great Hawkesbury Classic result, earned 11th place in a time of 1:52:21.

Division 6 saw Hawkesbury paddle partners Paul Hartlipp and Roslyn Hickson go solo. Paul had a great race earning second place behind a double which should have been in Division 1! Paul's time for the 20 km was 1:58:34. Roslyn came home 16th in a time of 2:14:40.

In the Division 8 race Carolyn Williams came home in 11th place in a time of 1:41:56.

CONGRATULATIONS!

Robyn Hickson

Robyn won the Silver Medal in Division 6 of the 2009 Quantum Kayaks Series. Robyn has trained and raced hard all year and certainly deserves the award.



Murray Marathon

Congratulations to our competitors in the recent Murray Marathon.

Tom Hick, Scott Hunter and David Abela all performed very well.

Detailed results are available on the YMCA Murray Marathon web page.



10% off for BGCC members.



A number of our members performed very well in the Hawkesbury Classic.

For a personal account see Mike Rowland's article further on in this issue.

Club members' results can be viewed on our webpage.

Marathon 10 2010

Proposed dates:

- Race 1: Canberra 27/3
- Race 2: Manly 24/4
- Race 3: Berry 23/5
- Race 4: Windsor 12/6
- Race 5: Venue TBA 10/07 or 11/7
- Race 6: Wyong 1/8
- Race 7: Venue TBA 21/8 or 22/8
- Race 8: Lane Cove 19/9
- Race 9: Wagga Wagga 16/10
- Race 10: Venue TBA 13/11 or 14/11

NSW 2009 State Marathon
Championships
Narabeen Lake
Sat 14th & Sun 15th March



National Marathon Championships 2010
ADELAIDE (EASTER)
3/4/10 and 4/4/10



Rolling Clinics – Tuggeranong Pool,
November 2009

The BGCC ran a series of rolling clinics for those interested in learning to Eskimo roll, for canoe polo, white water or sea kayaking. We planned to limit the sessions to 6 participants, but were

surprised at how popular the sessions were. Rohan Reynolds from 'Row 'n Ride' ran the sessions, with assistance from Sue and Michael from canoe polo. Most of the participants were new to the club with the exception of Danielle and myself, we were all 'flat water' paddlers and hoping to learn the art of rolling to further our paddling experience. Learning in a pool environment with warm, clear water was great, so was having some patient teachers! After the first lesson, most of us despaired of ever learning. Except for Danielle! She had mastered it and was able to show off her new skills to the (jealous) applause of the rest of us!

The next week we had a ring in, a young whippersnapper from Wetspot, who hasn't done much paddling except for an outing with a College. Within 10 minutes Mitch was able to roll without the use of a paddle! Oh, to be young and flexible!! Danielle was spending more time upside down, making her roll look quite effortless. Maybe the rest of us were trying too hard? I had to admit I was just not getting it, tired and disheartened I decided to just sit back and watch as the others struggled on. Just before the end of the session, Sue persuaded me to have one more try. With a sigh of resignation I tipped my boat over and thenI was up! I think I was more stunned than anyone. Are you sure I did it myself? Apparently I had. Go me!

My excitement was pretty short lived though, the following week, try as I might, it wouldn't come together. I'm sure its good exercise though! It was also fun, and we all got to know each other a bit better.

Sue, Julia and I had a lovely picnic in my car on the last evening. We thought we'd plan a picnic dinner in the park,

overlooking the lake, before our last session, We all bought along some food to share, and what happened? It poured. But we made the most of the situation and enjoyed our salmon tarts, chicken wings and cheeses along with Japanese green tea and truffles.

We all have another session with Rohan – probably in the lake. That might prod us on a bit, the thought of weeds, algae, fish and all the other ‘stuff’ we don’t want to know about, just might force us to hip flick a little more, keep our heads down a little longer, knowing that if we do, we won’t spend more time flapping around, ingesting the waters of Burley Griffin.

Thanks to Sue for organising the Rolling Clinics, and to Michael for being such a good sport and putting up with us (I’m sure he had a giggle, but was very encouraging to all of us), and to Rohan for his coaching efforts.

SYDNEY 2009 WORLD MASTERS GAMES Marathon and Sprint report

By any standards, participation in the canoe kayak disciplines (Canoe polo, marathon, slalom and sprint) at the World Masters Games was huge. With over 800 competitors overall and 400 in the marathon and sprint events, western Sydney was “alive” with kayakers from all over Australia and the world.

This report relates to the marathon canoe kayak events, which were held on the Nepean River, and the sprints, which were held at the Sydney International Regatta Centre. Specifically, it chronicles the outstanding achievements of BGCC paddlers who trained for and participated in the 2009 Games: Gabrielle Hurley, Barry Owers, Carolyn

Williams, Margi Bohm and your correspondent Russell Lutton.

Most unusually, bad health prevented our *Blazing Paddles* editor, John Preston, who rarely misses a major event like this, from competing. However, John and Wendy made the trip to Penrith for the first day of the marathon races to support club members.

Marathon report

The marathon races, which were held on Tuesday, 13 and Wednesday, 14 October, were unfortunately marred by really horrific weather. It blew and it blew and just when you thought it couldn’t blow any harder, it did. Tuesday was difficult enough, but the Bureau of Meteorology website registered winds gusts up to 83 kph for the Wednesday marathon events.

The huge rowing regatta was cancelled; the sailing was cancelled; but we kayakers, it appears, are made of sterner stuff and the races went ahead. It made for very challenging paddling on the wide Nepean River. The wind and waves seemed to come from every direction and there were spills and sinkings aplenty to keep the safety boats busy. Many competitors decided not to start or to withdraw during races—which, sadly, was a sensible thing to do given the maelstrom on the water.

I apologise in advance if I have missed any results from the races, but my scanning of the results shows how well BGCC paddlers went overall.



**Marathon
SINGLES**

<i>Margi Bohm</i>	WK1	45-49	1st
<i>Gabrielle Hurley</i>	WK1	45-49	2nd
<i>Barry Owers</i>	MTK1	55-59	7th
<i>Russell Lutton</i>	MTK1	60-64	7th

**Marathon
DOUBLES**

<i>Gabrielle Hurley / Nicky Duke</i>	WK2	35-39	1st
<i>Barry Owers / Margi Bohm</i>	Mix TK2	45-49	2nd
<i>Tony Pobje /Simon Abbott</i>	MTK2	40-44	2nd
<i>Russell Lutton / Ian Castell-Brown</i>	MTK2	60-64	3rd
<i>Carolyn Williams / Ray Willis</i>	Mix TK2	45-49	DNF

Sprints report

After a rest day, the bad weather followed competitors to the International Regatta Centre for the sprint races on 17, 18, 19 October, which were conducted over 1,000, 500 and 200 metres. Even in good weather conditions, it would have been a challenge to conduct the number of races programmed. For example, 117 races were scheduled for the 1,000 metre event on the Friday with only five minutes allocated between starts. Events ran very late, particularly on the first day. Fortunately, the howling wind was coming pretty much straight down the course, but there was hardly a start in which a kayak didn't capsize. One of my start handlers said that in the previous race four of the nine competitors capsized before they could be started. To get into start position, you had to paddle from behind the starting pontoon, come side on to the waves and back up to your starting handler. Exciting stuff even before you got to the adrenalin of the race!

SPRINTS

1000m

<i>Gabrielle Hurley</i>	K1	W45	1st
<i>Russell Lutton</i>	TK1	M60	1st
<i>Russell Lutton / Ian Castell-Brown</i>	TK2	M60	2nd

500m

<i>Margi Bohm</i>	K1	W45	2nd
<i>Gabrielle Hurley</i>	K1	W45	3rd
<i>Margi Bohm / Mal Bird</i>	Mix K2	45	1st
<i>Russell Lutton / Ian Castell-Brown</i>	TK2	M60	2nd
<i>Gabrielle Hurley / Nicky Duke</i>	K2	W40	1st
<i>Russell Lutton</i>	TK1	M60	3rd

200m

<i>Gabrielle Hurley / Nicky Duke</i>	K2	W40	1st
<i>Margi Bohm</i>	K1	W45	1st
<i>Gabrielle Hurley</i>	K1	W45	3rd
<i>Russell Lutton / Ian Castell-Brown</i>	TK2	M60	3rd

Russell Lutton

The 2009 Hawkesbury Classic

In a previous edition of Blazing Paddles members participating in the Hawkesbury Classic provided information regarding their hopes and expectations. Unfortunately Mike Rowlands was inadvertently overlooked. Mike was invited to write a report on his experience in this great race. His response appears below.

Mike, (aka Kiwi) Rowland

Age: 52

Kayak experience: 12 months

Hawkesbury Classic experience: none

Have owned a recreational kayak for a couple of years and messed around on the lake with it but only got more serious after

deciding to give competitive Dragon Boat racing a rest in April 09. The Hawkesbury became a glint in my eye after buying my Mirage 22s off Rob Vallis from the LCRK club. Rob has done a few Classics and fired me up about giving it a go and as the Classic got closer, gave me some encouraging advice about how to survive the first attempt – which from the start was my only goal.

The preparation

Training was a little sporadic but I did get in a few long paddles and a regular amount of 10-15 km paddles on the lake. Closer to the event I did a 45 km paddle from Neligen and made a couple of trips to the Hawkesbury to do the leg from Wisemans to Spencer just to appreciate the tidal influence on the river. As the event got closer the natural worry is that there has never been enough training but Rob reassured me that if you can manage 35 km without dying (about the longest distance between major checkpoints) you will be physically capable of finishing the Classic and there are then only three things that will determine if you actually will finish:

1. What you eat & drink,
2. What you wear (from the point of whether it is a cold, wet night)
3. Your mental toughness

Having decided I would make three stops – at Sackville, Wisemans and the Low Tide Pit stop (and avoid the stop at Spencer) this broke the race into legs of 31, 34, 22 and 24 km so I was quietly confident (hoping like hell) that from a physical perspective I could manage that, so my biggest consideration was the three 'show-stoppers'.

I thought I knew from various adventure races including a 24 hr one of a few years ago what I can eat and drink over a long period of activity and that as the time got closer the weather forecast looked ok – no

moon unfortunately but a balmy overnight low of 15 and no rain was on the cards, so I though the biggest issue would be the mental capacity.

Fortunately I am blessed with some advantages – being too stupid to stop doing something when it starts hurting has always stood me in good stead in various endeavours in the past so I knew I had a head start; but my ace in the hole was my support crew. Lyndon, Rachelle and I have been a team doing adventure races over a few years and they both know how hard they can push me. Lyndon is an absolute MTB machine and knows better than anyone how hard the body can go and Rachelle, she will just punch me if I stop and that really, really hurts. Rachelle was committed to a function on Saturday night in Canberra but promised she would get away early enough and get to the Wisemans Ferry checkpoint before I did, so with my team on board I was actually thinking "this could be fun"..

Race Day

Arrived as advised in the race information around lunchtime to get checked in and the boat scrutinized, which despite the mass of people and kayaks went very smoothly. What a great atmosphere with 600 plus competitors all with their own version of how to prepare- from Simon Stenhouse adopting the 'roll out the mattress and just go to sleep' method to a few nutters out paddling around; why you would want to warm up for a 111km event or paddling 1 meter more than you had to defies any logic I could think of!

Mostly I tried to quell the butterflies and find some shade; with a start time of 6pm and temps in the high 20's it was a long time to build up the nerves, but finally the start arrived.

Windsor to Sackville 31 km

I resisted the temptation to sprint the start to the bridge 200 m downstream – yep,

there were more than a few who did; Simon of course, but I think he sprinted it the whole way. Darryl and Tom gave me a ride for a few km but somewhere around the time the sun was setting I left them to it as I stopped to change out of sweaty gear into some warm and dry clothes. My strategy with clothing was to not get cold as I knew that at the rate I would be going I would not dry out wet stuff and once cold, it is an uphill battle to get warm again.

Felt a bit average the last 5 km into the first stop at Sackville, stomach not feeling too great but finding my support crew cheered me up. Lyndon devised a strategy before we started : "I will be wearing a blue t-shirt and have my headlamp on so you can see me" which in the pre-race nerves sounded pretty simple and foolproof. Trouble is we forgot we are fools; so coming into Sackville in the pitch dark it became immediately obvious and impossible to pick a person in a blue t-shirt wearing a headlamp, amongst a few hundred other support crew all shining their headlamps at you to see who is coming in. Luckily we had watched a few Youtube episodes of 'Beached as' a few nights before (check it out sometime – funny puss-take of the Kiwis) so after a few shouted calls of "Lyndon, where are you?" I heard in the dark "I'm beached ". Could only be one person but to be sure I replied "are you beached?" to hear 'I'm beached as bro". Support crew found and the spirits lifted. A quick trip to the St Johns tent to get some tapping on some fingers that were starting to feel like blisters were on the way and ready for the next leg.

A precautionary word was given by Lyndon just as I settled into the kayak – "Rachelle is driving straight up from Canberra to Wisemans to be there by midnight and she has rung me with a message – "tell Kiwi that if I get to Wisemans and he doesn't at least get that far I AM NOT GOING TO BE HAPPY". Mental toughness kicked in straight away!

Sackville to Wisemans 34 km

This was a tough leg, very dark and against the incoming tide for what felt like the whole way; to add to the misery I threw up what felt like all I had eaten or drunk about 15 km out of Wisemans. The river gets very winding in parts and very difficult to work out which way it turns until you are right on a bend, and if you are on the outside of the bend it feels like a whole lot of extra paddling to do. I dragged myself off the kayak at Wisemans with a bad case of the shakes and somewhere along the way had managed to get cold and wet. My crew were a godsend as I was not thinking too well and just wanted to lie down and sleep; "just for a bit, I promise". Typically they ignored me, got me into dry clothes and discussed where to from here. Lyndon checked my kayak and found I had almost a full drink bladder of electrolyte that I had left Sackville with – I had gotten through some water, some energy gels and the 600ml of high- carb mix that we had planned as my main energy source but simply forgotten to drink!! Stupid, stupid Kiwi I think he was muttering. We changed strategy then as Lyndon has a theory (I think he made it up right there) that liquid food is fine but your stomach needs some solids in there so that it knows it needs to keep working. I was just not digesting what I was taking on board, hence the berley episode. I sat down to a feed of Pringles (lots of fat, sodium and carbs), jam sandwiches, vegemite spread and a few bananas and coffee (so good to get something warm inside!).

Still had the shakes though and very apprehensive about setting off again – my main concern was just falling out of the boat as my balance was not feeling too good but the crew would not let me off – I was bluntly told 'Well we are driving to the finish line now, so if you want to get back to Canberra we suggest you meet us there". Enough said. I got in the boat.

Wisemans to Low Tide Pit Stop 22km

The plan for the rest of the race was a quick stop at the Low Tide pit stop which was about our estimate of where the tide would start running out and the sun would be on the rise, the two giving a big psychological boost. I abandoned the high-carb mix and only took on board an electrolyte mix and some energy gels – the ones I find tried and tested for me is the BSC Energy Gel; carbs, sugars, potassium, sodium and a big hit of Beta Alanine. These are gold; one every 45 min – 1hr and you can actually feel the energy boost with no noticeable 'down' effect or gluggy taste that you can get with some gels.

Felt a bit ordinary the first hour out from Wisemans, still dark and now tired and the effort of trying to see in the dark starts to wear you down. I paddled straight into a mooring pylon whilst trying to make out what was around me – missed the 1 meter round by 3 meter high thing straight in front of me!. Mind you, talked to one guy further on who paddled straight into the side of a moored boat so didn't feel too stupid after that. Started to cheer myself up after the shakes had gone and hit a few patches of fluorescence which were cool. The water was like glass and it looked like streaks of neon lighting streaming off from the bow and out of the corner of your eye you could see the water picked up with each paddle stroke sparkling. By now I was coming across a lot of paddlers who had started in the 'slower' categories and to just see people slogging away in all manner of craft that I wouldn't dream of paddling that far in, still going and still cheerful, was humbling. I cruised along for a bit with a guy going the whole way on a Stand-Up Paddle Board and soon after, two guys in a 10ft plastic canoe who took on the race as the result of a dare over a few beers (one of them professed he only found out a few days before that it was 111 km and not the 11 km he thought his mate had said). I figured I had nothing much to complain about after that. Sure I was really starting to hurt, but I knew I had my crew waiting at the finish who had given up their time and

gone all through the night just for me and also, I knew my wonderful and dear friend Janine, battling with cancer and having not long got out of hospital after major surgery, was getting out of bed at 6 a.m. just to see me finish.

The Low Tide pit stop was a welcome sight in the dark – a big roaring fire and some guys who set up camp by the river every year and dish out home- made scones, hot tea and strong coffee. It is a huge boost but be warned; it will suck up time off the water like you wouldn't believe! There is a big patch of knee deep mud that serves as the beach that has to be navigated but great though just to enjoy the river and the company of other paddlers as the sun is just about to rise and a huge comfort to hear it is (only!) 24 km to go. If you are tired, just want to make sure you can finish without needing a stretcher it is a good stopping point, if time is your consideration, go on by; or nose in and one of the boys will drag you across the mud, hand you a hot tea and drag you back out into the water all without having to get out of the kayak.

Needless to say I stopped way to long, but by then I was more than content to just finish and to finish feeling good. For my first ever Classic I wanted to take as many positive feelings away with me as I could as even at that point I was thinking; "I could do this again and next time I will know a hell of a lot about what my body can deal with, what to eat and drink and where I can save time through the race."


Low Tide pit stop to Finish 24 km

Left the warmth of the fire at 5.15 am, the last leg was fun, sort of. Paddling with the sun up, the tide running out and a lot of exhausted but happy paddlers chatting away, encouraging each other along, and knowing that you are actually going to finish what so many months ago was a big daunting thing about which the little voice in the back of your mind kept whispering, "I don't know whether you can actually do this"

To summarise, to me the Hawkesbury Classic, it is the feeling coming up to the finish line; knowing that you can actually stop paddling in a minute without feeling guilty, that you have actually done a big thing and that you there is such a wonderful support not only from your friends but there are all these strangers here who don't know you, but are cheering you on and acknowledging that you have achieved something special. All the training through a Canberra winter, the pain, tiredness and just the non-stop slog for the whole race is worth enduring just for that moment.

A special thanks to Lyndon and Rachelle, there is no doubt; I would not have finished without them. Mike Rowland

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WANTED

We need members to keep 2 and 3 litre plastic milk containers to be used as snag markers for Race 1 of the Quantum Kayaks Marathon 10 Race Series held on the Molonglo River in late March. Please leave them in the shed or give them to **John Preston**

Here are the final results for our 24 hr and 12 hr Challenges:

24 Hour Teams:

1 Pat's Geeks	23:54:57	210 km	227.3 km
2 Wetspot Worriers	23:36:35	240 km	226.0 km
3 Helen's Heroes	23:23:47	180 km	203.0 km

24 Hour Soloists:

1 Mike Rowland	23:35:17	130 km	125.6 km
2 Tom Simmat	12:42:01	105 km	103.7 km

12 Hour Soloists:

1 John Lockie	11:59:52	75 km	79.4 km
2 Dave Abela	12:01:35	75 km	75.4 km
3 Scott Edgecombe	6:42:01	40 km	40.9 km

Thank you to all those who made this event possible - the paddlers who took part, those who took their turn at timekeeping and entering the results as the hours crept on, the beaut tent for us to shelter in, the cooks, cheer-squad and boat-haulers on the bank. I hope you all had as much "fun" as I did and want to come back next year to do even better. Remember, it is the last weekend in November each year. Helen



A rather unusual sight taken at the recent World Masters Games.

Pictures provided by Russell Lutton



A good indication of the conditions at the World Masters. Lucky Caroline and Ray were not side on to the waves.