



Newsletter of the Burley Griffin Canoe Club
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STOP PRESS!!! Congratulations to the BGCC paddlers—Gary, Phil, Bernie, David, Julie, Scottie and Pete—who participated in the 2011 VicSuper Murray Marathon. February's newsletter will have a full report on the event.

 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT



President's report

I hope everyone had a good Christmas and New Year and that Santa brought you a new boat – if not, it just shows that you have some work to do for next year.

The recently lowered lake level in Burley Griffin is starting to cause us some grief on the river. A couple of broken rudders have resulted from newly found snags and our beach area quickly turned to mud. Luckily TAMS came good with a couple of truckloads of sand and we have been able to improve the launching area. As soon as we can, we will place markers on the snags that we cannot move from the river.

TAMS has advised that the Water Ski area is again closed as heavy rains prior to Christmas moved a sandbar and it ended up near their launching ramp – they also have concerns about large snags under the water. Please note that although the area may be closed to skiers, it is still a 'no go' area for paddlers. Our section of the river is not going to be closed but it will be up to us to make it safe for our own use as TAMS are reluctant to take too many trees, snags etc. out of the river (it apparently it has a bad effect on the marine life in the river).

Just before Christmas, in addition to our normal assistance with the swim legs of triathlons for TriathlonACT, we again assisted X-tri Australia with their Half Iron Man event. As well as being on the water as safety boats we again ran the Carillon Drink Station and provided a Run Marshall (well done John Lockie). There were 1129 competitors – a very big turnout. We had 23 paddlers on the water and then needed 20 people at all times at the Drink Station from 8:30am to 1:30pm – that meant from around 6:00am to 1:30pm we had Club volunteers helping out. I would like to thank everyone who took part, particularly those who were on the water and then backed up for double shifts at the Drink Station. It was also great to see so many of our newer members helping out.



We were soaked and blown around by the storm on the water and then got soaked and sunburnt at the Drink Station – but we ended up making \$2,430 for our efforts. This pays for one of our new boats!

Thanks again

Bob Collins

From the editors' desk ...

Cross-training is often lauded as the best way to achieve overall fitness, injury prevention and sporting longevity. BGCC paddlers Danielle Winslow, Craig Kentwell, Aaron Coles and Seb Dunne are out to prove the point in some outstanding adventure racing and swimming activities. This month's newsletter has reports of their epic events.

This edition also reports on intrepid BGCC paddlers who dared to paddle *beyond the rock* in the Molonglo River water ski area, which for many of us is akin to venturing past the end of the known paddling world. Not so for these intrepid paddlers and rock hoppers, who recount finding the riches of Valhalla (or at least Queanbeyan coffee) at the other end.

And finally, Patricia reports on a recent recreational paddling expedition to the Tuross Lake area, which is among the most beautiful waterways in southern New South Wales.

Russell Lutton and Carolyn Williams

Boat Captain's report

A few reminders from the Boat Captain:

Sign-in book

Please remember to fill in the sign in book whenever you are at the shed

Boat racks

The shed is again full. Of boats, not possums. But if you would like a rack in the shed I have a (short) waiting list, and spots do come up. Or you might like to get in early for another (possible) shed extension. You can find a form on the website.

Russell Murphy

New boats on the river

This month's new "boat" on the river is Brooke Rowlands' stunning Nelo M ocean racing ski. Kayak paddlers often have difficulty making the transition to ocean ski seating geometry. However, Nelo promote this ski as having the closest seating geometry to a kayak.. Brooke gives her first impressions of her new acquisition ...



What is your new boat and what made you decide to acquire it?

My new boat is a Nelo M ocean ski. The exorbitant purchase was made as, being a midget, I could not find a ski with a small enough 'bump' under my knees so as to enable leg drive. The M solved this issue ☺

Can you tell us a little about it, its layup and its characteristics.

It's long, and red and white ☺ More specifically it's 6.4m and weighs in at a massive 10kg or so, with a stability level of 2. Ideal for paddlers up to 75kg, it's a great fit for me.

How have you assimilated to it and are you enjoying paddling it?

It is a great boat to paddle! Feels fairly stable and have not felt at risk of going for a swim yet, apart from below paragraph. Obviously not as quick as the K1, but certainly faster than the 'bath tub' Hayden ski I possess.

Any interesting highlights/lowlights in the time you have been paddling it?

Have not had the time to have too many high and low lights....I did make a highly undignified exit from it in the first week of its purchase...I was stationary and waving to a friend on the shore...enough said. It was also nice to head down to Batemans Bay and paddle in the river...that is the most adventurous I have been so far....the 'ocean' in 'ocean ski' can wait for now.

Is it fulfilling your expectations?

Very much so. It is a beautiful boat to paddle, incredibly light, no bump, and not too tippy.

What are your future paddling plans for it?
It would be nice to think I will eventually paddle it in the Ocean...

Who would you recommend this boat to and why?
I would recommend this boat to anyone who is on the shorter side of short, and would like a light, fast boat to play on the lake or the surf ☺

Brooke Rowlands



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## Photo of the month



Not a good time to be on the water!!!! (Photo by Greg Sorenson – supplied by John Preston)

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Boat Blog - the monthly goss on who's doing wot in wot

Another month and yet another broken rudder for **Scottie Hunter**—this time, on the Epic K2 again. Let's hope December 2011 sees the end of his run of bad luck and he is back on course again in 2012.

Some BGCC paddlers just can't stay off the water. Seen paddling the length of the lake on Christmas day morning was **Barry Marshall** on his Epic ski. Hope Santa was good to you on Christmas afternoon, Barry!



Paddlers are an innovative lot. Have a look at this clever ski transporter made from PVC plumbing piping and laundry trolley wheels that was seen at the river car park recently. Just what you need to get a 21kg plastic Spirit PRS ski to and from the river.

If there was a defining trend in BGCC kayaking in 2011, it was the number of paddlers making the transition to K1s, the most recent being **Rachelle Irving** who has joined the K1 paddler ranks.

Many thanks to **Justin Channells**, **Scott Hunter**, **Craig Kentwell** and the rest of the team for their sterling efforts to clear our beach area of logs and debris following the lowering of the water level. It is remarkable the difference that a 30 to 40 cm lower water level makes to your pre-conceived assumptions about unimpeded paddling. However, Justin's new four-wheel drive made light work of pulling junk from the river and our shallow



beach area is now a much safer place to launch from and to traverse.



Wednesday, 7 December was the occasion of the BGCC Christmas get-together and novelty races organized by **Russell Murphy** and **Paul Hartlipp**. Paul doubled up as the barbeque king and the quality of the catering by those who attended was outstanding!

As the only point of gossip is to spread it, let us know what you know at editor@bgcc.org.au



XPD expedition adventure race

BGCC members Danielle Winslow, Aaron Coles and Seb Dunne, and Matt Koerber from Brisbane, competed in the gruelling XPD expedition adventure race out of Burnie, Tasmania late last year. Danielle provided the following report on the team's achievements in their remarkable 730km odyssey.

XPD is Australia's only expedition length adventure race, held every 18 months. This year it also hosted the Adventure Racing World Championships which saw 80 of the world's best teams descend on Burnie, Tasmania.

This year I was racing with team iAdventure.com.au, consisting of Aaron Coles, Seb Dunne (both BGCC members) and Matt Koerber (who wishes he was a BGCC member but he lives in Brisbane). The 730km course was revealed the day before the race, consisting of 5 bike legs, 4 run legs, 3 paddling legs and an amazing abseil next to a waterfall. There are no masseuses, physios, beds or comforts in this race – even sleep is all part of the strategy and we get very little.

80 teams congregated on the beach at Burnie for the first leg- a 20km paddle east to Penguin. We had the swell



First checkpoint – 10km into the race (chaos!)

with us but not the wind, which made steering these 'kayaks' a challenge. Each team was issued with one inflatable yellow, and one red rigid plastic 'kayak'. It was all a bit crazy with kayaks left, right and centre and crashing into each other as we worked out the steering. A couple of the New Zealand teams immediately streaked to the front, making these kayaks look like K1s on a millpond. We paddled as fast as we could, stopping

after about 10km to grab a checkpoint on the beach. Chaos ensued again and teams coming in tried to dodge teams going out. After this the wind picked up, giving us more spray, more water in the kayaks and making it even harder to steer. We made it to Penguin to hear the leaders had come in 30 minutes earlier!

Then we were running, firstly to a shooting range out where Matt got to do clay target shooting, getting 5 chances– being formerly army he hit all 5. We followed some walking tracks for awhile, winding their way through a beautiful tall-tree forest. Teams were everywhere, ducking in and out of the forest to collect checkpoints over the next few hours. Then we were on to our bikes for a short while before we went down a massive, steep hill, and into a caving section. The first bit was just the pretty tourist bit looking at stalagmite and 'tites then we squeezed through a hole into the non-tourist bit. Here it got interesting with some mud, water and belly crawls through some tight squeezes. Then we were back on the bikes and back UP that massive hill, managing to snap a chain near the top which was soon fixed. There were some fun little trails to follow, and some mud which wasn't so fun, and we finished a few hours after dark.

The next 65km trekking stage would take us over Black Bluff, the highest (and coldest) point of the race. The bluff ascent took several hours, it was dawn by the time we got to the top, cold, blowing hard enough to knock us over, but beautiful. We trekked through the button grass plains for a couple of hours, to a check point on the other side. After a long descent we reached the last bit of the trek which took hours – a torturous, twisting, muddy, steep, slippery trail that took us the final few km's into the abseil. Disappointment when we were told it was cancelled - too much water had made it too dangerous. There was still the canyoning to go, and some rock pool swimming. It was getting dark and the canyoning was quite dangerous, deep-fast moving water in a lot of places, and slippery, so we stopped for the night, squeezed four of us into a two man tent and slept until dawn. 3.5h of trekking later and we made it to the end of the canyon.



Paddling Lake Mackintosh (Seb, Matt, Aaron and Danielle)

Finally, more paddling! This was an interesting section with four of us squeezed into one inflatable boat for the first 12km, then separating into two red rigid boats for the last 20km. Lake Mackintosh is a man-made lake, hence there's a myriad of twisted, dead trees coming out of the water but it was a

beautiful location with unusual rocks and pretty hills. The paddling wasn't so pretty, with Aaron in the front as our eyes, Seb in the back wrestling to get the kayak in the right direction and Matt and I keeping in time in the middle. Changing into the red rigid kayaks felt like we were paddling skis after the overloaded inflatable! We had about 10km to paddle to the other end of Lake Macintosh, then a 2km portage over a hill and into another river. Those things are heavy! The next river was beautiful too, with some fishermen who were friendly but gave us quizzical looks. We finished at Tullah where some friendly volunteers greeted us.

We just had one more leg before mid-camp, a 105km bike. We hoped to take 8h but took around 12h. A bit of mud, a bit of uphill, a few confusing tracks, it got dark, stop to put on some more clothes, keep on going. We popped out at Rosebery, then up a big hill to the Montezuma Falls track. This was a fun trail, gradually taking us downhill, and we had to cross a suspension bridge with our bikes when we came to the falls. We made it to Zeehan at about 2am, then I started to fall asleep on my bike. We stopped for a 10min powernap that felt like a 10h sleep! The last checkpoint took awhile as we ran into new logging we had to carry our bikes through, then a short ride into mid-camp where we had to stay for 6 hours.

Then we were on to the hardest trek, another 65km monster. The first 35km was just a stroll down the beach, ducking into the Henty Dunes to pick up two check points, and swim across two rivers. From there it got a lot harder and steeper, and almost all off-track. Matt's knee started to play up here, so we stopped for a sleep for 2h to see if that would help but it became clear he couldn't go on. The search and rescue team came out to collect him and sadly we became a team of 3. There was only a few hours before dawn, which came right before the ascent to a control in an old mine. After several more hours and several more ridges, Aaron's leg then started to play up, becoming really painful to move. We arrived at Granville Harbour to 80km/h winds as a team of 3 and would leave without Aaron as his leg had swollen so badly he had no motion in his ankle.



Start of the 150km MTB – Danielle and Seb

Seb and I couldn't continue as a team of 2 due to safety reasons but luckily one of the Argentinian guys, Matias, who had lost 3 team mates, arrived at the transition area and we were able to continue as a 3. We had a 150km bike ride up next, which started with a bike push over sand dunes just after dawn. We passed a team that had been lost out there all night. Once on the roads it all seemed uphill. We got to the Pieman River and had to cross by piling our bikes onto two inflatable kayaks and paddling them across. From here there was a lot more uphill to Waratah where we stopped at a servo for burgers and chips. Then we got more and more remote, eventually turning off onto a very old track that saw us pushing our bikes through 7km of mud for the next few hours. We finally made it to the other side to be met with 6km of steep uphill where Matias started falling asleep while riding. We finished just after midnight.

Our longest paddle – 75km down the Arthur River with 12km of trekking was upon us but we were only allowed on the river during daylight. After hiking 6km back down to the river we jumped on to the river in a yellow inflatable with Seb steering again, Matias in the middle and me as navigating in the front. The river wound through a pristine old-growth wilderness with the occasional sign of humans – several broken bridges reclaimed by the forest. We had to stop at three points and hike up to get check points, the first one being just a few km



down the river. We hit grade one and two rapids and regular intervals, only once tipping the boat. Then we hit a particularly sharp rock and the whole bottom of the kayak went down instantly. We had to go another 7km to get to a kayak drop (where spare kayaks were). When we got there, we managed to find a good floor and got going again. Just before dark we pulled off the river, started a fire, ate and slept until dawn. We only had a few hours left and one check point, so the rest of the paddle went far too quickly.

End of the 75km Arthur River paddle – Seb, Matias, Danielle

That was the three biggest legs done! Now for a 'short' ride-run-ride which would take us just over 12h. The second last bike leg was pretty straight-forward, mostly on good roads, so Matias and I tucked in behind Seb the powerhorse and hung on as best we could! That was until about 10km to the transition where the roads on the map no longer existed. We eventually found an unmarked road that got us through.

By the last trek (25km) we could taste the finish so set a reasonable pace jogging down the beach. We had to climb over rocky headlands and find inland routes when it cliffed out. Then a thunderstorm hit and we got our jackets and kept on running. We were often passing slower moving teams with sore feet. The hardest part of the trek came just after dusk fell, with the cliffs getting steeper and the route much less obvious, so we were very happy to round the last corner into transition.

One last bike ride remained – only 35km- we just had to be safe in the dark. Once at the top of the first hill Matias and I again tucked in behind Seb and rode as fast as we could. We passed one more team going up a hill and after that it was a lot flatter. The lights of Burnie could be seen a fair way off and ever so slowly crept towards us. We finally rode onto the road bike track and had to do one and a half laps before we could pass the finish line. Finally! Finished! We got to sit on the finishers lounge, drink champagne and eat pizza, followed by a shower and a lot of sleep. If anyone would like to try a (much) shorter version, iAdventure are running a sprint event suitable for beginners on Feb 18th in Canberra – details at www.iadventure.com.au



Last trek – Seb and Matias with a team from NZ

Danielle Winslow

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## Touring Weekend Tuross 5<sup>th</sup> & 6<sup>th</sup> November 2011

A group of 13 people, Jennie, Adrian, Rae, Karen, Lou, Geoff & Liz, Roger M, Lynne, Lyn, Roger H, Anthony and Patricia went to Tuross for recreational paddling weekend.



We were lucky enough to get a couple of great cabins right on the water front which gave us lovely views of the lake, and as we could park right next to the cabins we only had to carry the boats about 10m to the beach. This would be a great place for families to stay and kayak outside the main summer period otherwise there would seem to be a lot of motor boats.

We had fantastic weather, sunny with very little wind (for a change and no rain!!).

On Saturday we put in at the Tuross Bridge, meeting up with some of our party who had come from straight from Canberra and Roger Hobbs who was staying near the Bay. Roger being a 'local', regularly paddling with the Tuross paddlers, took the lead and lead us up the creek to Lake Bumbo and then up the creek as far as we could go, this made the round trip 14.5 kilometres. Our morning tea stop was rather a challenge with a very muddy shoreline and no clear space, but that's half the fun of touring. We



made up for it at lunch time – choosing a long beach area back on the Tuross River. In the afternoon, back at the Tourist Park, some of us decided to go for another paddle and headed to the river mouth. Beautiful. Lots of pelicans and the clearest green water – we decided we'd take the rest of the party here on Sunday. Anthony was keen to give the waves a go – but we thought they were a bit too dumpy for us, sorry Anthony!

While Anthony, Adrian, Geoff and I were off exploring, Lou, Rae, Karen and Roger decided to use the calm warm(ish) waters just outside the cabins to do some re-entry practice. While the session provided some laughs for those watching on, it did give the others more confidence knowing they could get back into their boats without assistance.



The late afternoon was taken up by sitting around chatting and eating, sharing stories of travel, kayaking and other adventures. For dinner we went off to the Red Rock Pizza restaurant in Tuross – lovely pizza with a fantastic view of the sunset over the lake. Just don't be shy about using your fingers to eat pizza even the dessert pizza with melting chocolate and custard!, with no cutlery or plates it did get a little messy. And remember to bring your own wine – its not licenced.

On Sunday our boats were all ready in front of the cabins so we could load up and just go.

We paddled around the headland and towards the breakwater, passing by the Cafes which we were going to visit on the return journey. The water and scenery again were just beautiful. This time the tide was coming in and the waves were not really breaking so Roger Murray and myself spent some time playing in the waves which was really good fun. Neither of us came out which was a bonus. We then paddled back to the cafe where we met the others and enjoyed morning tea.

By the time we reached the cabins again we'd done 11km, so that was quite pleasant. The managers of the park had given us a late checkout which was good, meant we could shower and change before the trip back home. Most of us met up in Braidwood for a late lunch and all thought we'd had a lovely time. Tuross definitely has some lovely paddling and exploring, not to mention some very nice eateries.



*Patricia Ashton*

## A tale of two Queanbeyans

Part 1: Molonglo to Queanbeyan

The plan started as all great plans do, after a few drinks and dinner.

Victoria<sup>1</sup> said, "Karen said you could get a fair way past the rock at Fyshwick the other day, and Roslyn and I did it, and we could have got further in a plastic boat."

Jim<sup>2</sup> replied, "With some work, I reckon we could get to Queanbeyan"

With that we grabbed the Yellow Pages, flicked to the street directory, and started following the blue line. Under the bridges, past the ski area, past Fyshwick and the rock, a little bit squiggly, past the sewerage works, turn

<sup>1</sup> Victoria Bitter

<sup>2</sup> Jim Beam

right into the Queanbeyan river, few more squiggles, and Bob's your uncle, Queanbeyan. And the river looks pretty wide on the map, piece of cake.

**Top Tip Number #1:** Don't plan your trips from the yellow pages

We toted up the distance. About 12km. So if we started at 3pm, even allowing for it being harder than expected, we could be in the Central Café, mixed grill in hand, by 6:30. Worst case scenario, we could turn around and be back at Molonglo reach before dark.

So 3pm the next day, (hangovers abated) we departed Molonglo reach, in the most indestructible boats we could find.

The trip from the boatshed to the rock was unremarkable. We tested the top speed and wave producing characteristics of our boats. I think that Dagger may have rivalled some of the waterski boats for wave height.

Once past the rock our speed slowed, and the river narrowed. Over the next 500 metres we would come across several places which were too shallow to be paddled through, so out we would hop, and walk over the rocks, while the boat floated. At another stop there was a small cascade, but an obvious (and short portage around).

Then we came across a large tree, which had fallen completely over the river, blocking our forward path. Again, there was an obvious track around it, to go further upstream. Paul and I took the opportunity to put some ticks on our man card, by moving some of the smaller trees and branches which had become lodged in larger tree.



Onwards we went.

The small rapids and portages were becoming more frequent. Then we reached what looked like a beaver dam (do wombat's build dams?).

Before too long we came to a portage which was a bit longer than before. The river was very narrow and rocky. We walked it first, and it was about a ten minute walk to a place where the river widened and a footbridge went over it. So we walked back, and lugged the boats (a 20 minute trip), and we were back on the water.

**Top Tip No #2:** Wear good footwear.

The footbridge encouraged us that we were near Civilisation, and would soon be in Queanbeyan. We paddled the wide section of river, for about 500m, then all of a sudden it ended, and we discovered the reason for the wide river. We had reached the Queanbeyan Sewerage works outlet pipe. It was surprisingly small. Again we got out, and again we hiked (it was no longer a portage). We hiked for about 20 minutes, including through some blackberries, before reaching another short section of river.

**Top Tip No #3:** Long pants are also helpful.



So we hiked back to our boats, and had a pow wow about what to do. The time was approaching 5pm, and the mixed grill was looking smaller and colder. Cleverly, Roslyn's phone had a GPS, but stupidly, it did not include a map. So we rang (We never lost phone reception) Roslyn's more sensible husband Danny, and relayed our coordinates to him for interpretation.

The side of the conversation we could hear was not encouraging:

"So you can see where we are"

"Could you get to the footbridge"

here anywhere further on you could get to?"

**Top tip No #4:** Take a map. And something to eat.

So going back was not looking positive, and forward did not look much better. Around this time I was imagining the headlines if we couldn't find a place to get out. BOAT CAPTAIN IN LATE NIGHT RESCUE. SEWERAGE WORKERS SAVE THE DAY. More macabre were going through Paul's head, of people who say things like: "You've got a real purty mouth", and "I'm going to make you squeal like a pig, boy!". He would be humming dueling banjo's intermittently for the rest of the trip.

**Top Tip No #5:** Hillbillies do not in fact inhabit the waterways of Queanbeyan.

We made the decision to press on.

40 minutes later we had completed that portage. There was no going back now.

The next "paddle" was hardly worth it, at less than 150m. Before another long walk another walk back, and another 30 minutes of hiking. With boats. In neoprene boots. Darkness was approaching rapidly.

We got back in the boats, this time for a slightly longer paddle. And it was then that we saw it. A bridge. A car bridge. We must have been ... somewhere. On the road from somewhere to somewhere else. This was our ticket back to civilisation. It was now past sunset.

Our delirium addled minds however, decided to keep going. But it was not far before we could no longer see, and the only thing that could be seen was trees. Horizontal trees. With no way through them. So it was back to the bridge, with a handy beach next to it. Over the fence next to the road and with Danny's assistance we found where we were, and could start thinking of the best way to present the story of where we had been.

**Top Tip No #6:** If you get asked to go on an adventure with me, check the status of your health insurance first.

## *Russell Murphy*

Part 2: There were 7 (I think) of us brave souls who decided that we would paddle up and down the Queanbeyan River on a lovely sunny Saturday Afternoon.

As the river was a little low in parts we needed to take some robust boats to drag across a few rocky interesting bits.



Paddle started off interesting with Russell having to rescue and then balance a TV into his boat and plonk it on the bank for proper disposal. (good deed for the day) We then paddled up stream till we hit the adventurous parts. Here there was quite a bit of walking and dragging of boats or creative paddling to get through the low water areas.

Finally after scaling rock walls (small) the river widened and deepened and we enjoyed the casual paddle and sightseeing which included birds, water dragons and the local fishermen.



Around 3 ish our tummies were crying out for coffee and cake and we headed back downstream to the Riverside Cafe. This was a little less tricky, as our boats seemed to skim over some of the rocks we had clambered over on the way up and we had fun navigating through the long reeds.

The water was great temperature and there was even a little swimming going on as well ( or at least that was the excuse for falling out of the boat).

So after around 3 hrs paddling we had completed about 8km and felt like we totally deserved coffee and cake and the extra icecream.

Thanks to Patricia for welcoming us back to the bank of Queanbeyan River and joining us for afternoon tea.

If anyone would like to do it again you should see the water levels now!  
It would be a very fast return to the cafe at the moment.



*Vanessa Palmer*

## Sri Chimnoy National Capital Swim

*Craig 'the swimming metronome' Kentwell smashed his PB for a category win in the Sri Chinmoy National Capital Swim – swimming the length of the lake in 2 hr 56 min. His kayak escort Gordon Burns checked in with Craig after the big race.*

GB: Craig, that swim was a huge effort. Expect for when I ran you straight into the Commonwealth Place seawall, you didn't miss a stroke or stop. How did it feel to finish, and better your PB for the course by 9 minutes?

CK: Always good to get vertical again, and especially pleasing to better my target time

GB: So, it's "only" 3 hours, but how does it compare to a Hawkesbury: easier or tougher?

CK: It's quite a different event – you are very much on your own, you just have to settle into a rhythm and keep on turning the arms over. In the Hawkesbury I think everyone has their ups and downs and you have to be tough to push through those dark periods. With long swims I never really get into those down periods – it's just a constant effort, so in that respect it's probably a tad easier than the Hawkesbury. I reckon the recovery takes a bit longer than the Hawkesbury. It took me four days to get back in the pool after the event and my arms felt pretty heavy!



GB: Readers who haven't done much open water swimming mightn't realise that one of the most tricky things is to be able to swim straight during the race (you don't have the black line at the pool to guide you). From my vantage point in the kayak I saw other competitors swimming in all sorts of directions. But Craig, you swam a straight line the whole way. What's the secret?

CK: The secret is having a paddler who can keep a straight line and just keeping them at a consistent distance from you (and hope they give you enough clearance especially near the Commonwealth Ave wall!)

GB: We later heard that some of your fellow competitors did a "warm up" by swimming up the lake to the start. And that they're training for an English Channel swim. They said it's only 35km (4 lengths of the lake swim) – when are you making your bid?



CK: It's definitely on the retirement bucket list – how would you fancy coming along for the paddle?

GB: Well done Craig. Maybe they should put on a channel-crossing surfski race too? Make it a double-header ...

*Gordon Burns*

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Happenings in the region and beyond

Summer time trials every Wednesday evening, start at 5.45 p.m., various distances
Manly King of the Harbour Ocean Series event (postponed from November) Date to be confirmed. See <http://online.oceanseries.com.au/pages/oceanseries-events/manly-king-of-the-harbour.php> for details.
Vajda Marathon 9 race 1 2012 hosted by BGCC, Molonglo Reach, 25 February
Burley Griffin Bash, hosted by BGCC, Molonglo Reach, 26 February
NSW sprint championships, Sydney International Regatta Centre, 14-15 January 2012, various distances—200m to 5000m
Kayak for Kids, Sydney Harbour, see http://www.arocsport.com.au/K4K/k4k_course_map.pdf for full details, Sunday, 27 March 2012.
National marathon championships, Sydney International Regatta Centre, April 2012.

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## For sale and wanted to buy

*If you have any boats or items of kayaking equipment for sale or that you want to acquire, provide details to the Blazing Paddlers editors.*

### For sale

Double sit-on top kayaks, Mission Surge, \$750 (new value approximately \$1,350). Includes two paddles and two PFDs. Contact Anthony, 0410 614 608

Single sit-on top kayak, Mission Flow, \$650 (new value approximately \$900) Includes paddle and PFD. Contact Anthony, 0410 614 608

Two TK2s for sale and am asking only \$1,000 for each for a quick sale both are kevlar and in excellent condition. Swampy. 6255 8044

DD3 Envy, PRICE REDUCTION Full Carbon, Less than 3 Months use! Immaculate condition. Be on the water for your next race. Contact Damo 0411 383 337. \$3200. Will deliver from Northern Beaches to Ulladulla, but have contacts in Canberra and the Bay.

Kevlar blade wing paddle, adjustable length. Price: Any offer considered. Selling as part of a spring clean of unused gear. Might suit someone looking for a low-cost spare wing paddle; spare for the sea kayak? Purchased new three years ago for ~US\$250. Medium blade size, similar width as epic mid wing but shorter blade, less area. Kevlar is durable, flexes a bit while paddling. Main issue is that the length lock (collar design) can slip under heavy paddling. Would need some repair, replacement or gluing in place if using for time trials etc. Contact Gordon on 0402 145 672.

Omnious kayak from the renowned Elliott Kayak range. Carbon/kevlar construction, 11.5 kg making it light, responsive, fast yet stable. Kayak is in good condition. Price \$1800 ono.  
Contact Roy Willis, Batemans Bay, Phone 0408 428 843

**Wanted to buy**

Coaming covers to suit K1/TK1 cockpit size (the type suitable when transporting and/or storing kayaks) call Russl 0401 005 274.



*“Believe me, my young friend, there is nothing - absolutely nothing - half so much worth doing as simply messing about in boats.”*

*Kenneth Grahame, The Wind in the Willows*