



# BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2013

Volume 24 Issue 7 May 2014

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*In this edition of your newsletter ...*

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## President's Report –Kieran Lomas

Each month I seem to note how busy things are. I'm starting to think it is just me. But the last month has seen two national championships and two more rounds of the PaddleNSW Marathon 10 series. Looking at the Calendar, I fear that the tempo of activities is not going to ease for some time yet. But I'm proud to let you know that the club has nominated Margi Bohm for the ACT Masters Sports Star of the month of April following her efforts at the recent National Marathon championships. Margi won her age for Women's K1 and then backed this up winning the Mixed K2 with Lee as part of the NSW team.

In addition to this the Women's Water Polo Team and the Men's Veterans Team were also nominated for the Teams section of the ACT Sport Star awards. So congratulations to the following:

Louise Gates, James Deakin,  
Carley Goodwin, Jason Downey,  
Stacey Goodwin, James Harmer,  
Antonia Harmer, Steve Harmer,  
Kristy Offner (from Shoal Haven),  
Mark Raymond, Kimberley Roper,  
Brenton Smith, Sue Robb



**BGCC members are asked to read and consider the Vice President, Bob Collins', Report on deliberations regarding the planned shed extension. If there is sufficient interest and concern, a Special General Meeting will be held of all members to discuss what action the Club can take to accelerate fund raising, planning and construction.**

Preparations have also begun for the Club's 24<sup>th</sup> birthday and annual presentation dinner. If last year was any guide it will be a great event. I encourage you to clear the date, Friday 20<sup>th</sup> June, in your calendar and book now for what should be an enjoyable and memorable evening.

## From the Editor's Desk: Scott MacWilliam

Over the last month, BGCC members have been everywhere competing and often succeeding. This edition of *Blazing Paddles* acknowledges some remarkable achievements by club members in international, national and local events. Nick Ziviani finished 24<sup>th</sup> in one of the most prestigious ocean races, the Molokai in Hawaii. As the race organisers describe it: '*Molokai* is the Big Kahuna of surf-ski races; the 32 mile/51 km crossing of the Kaiwi Channel between Molokai and Oahu Islands in Hawaii'. Canoe polo players covered themselves with glory at the National Championships held at Molonglo Reach. So too did the organisers of the event, receiving many plaudits from people who attended. The venue and the example of organizational ability shown by BGCC members is encouraging the club to submit an application to hold the 2015 National Marathon championships.

BGCC marathon paddlers, members of the PaddleNSW team, produced some exceptional results at the National Championships held at Ballarat over the same Easter weekend. Margi Bohm and Ben Rake gained national selection with their outstanding performances. BGCC holds the lead in the current PaddleNSW Marathon series, and one of the club's stalwarts, Gary Rake won the Veterans section of the inaugural Murray Quad event held on May 10 at Lake Mulwala. All these achievements and more are reported at length below. The Club would also like to extend our condolences to Clare Lutton, who although a member of another club has paddled each of the Marathon series races with her father, club stalwart Russell Lutton. Clare sustained a shoulder injury at Woronora while carrying the club's colours. To Clare, all the best for a very speedy recovery.

As always *Blazing Paddles* also has some humour not so hidden among the serious stories. The best tale is saved for the end and features none other than Helen Tongway and Margii Bohm with a young man on a lonely stretch of highway. Some may also find the New Boats information funny. Enjoy!

## **Vice-President's Report on Shed Extension: Bob Collins**

Unfortunately missing out on a \$60,000, 2013 Capital Assistance Grant from Sport & Recreation (awarded on a \$ for \$ basis) has us in an awkward position.

Stage 1 of our planned extension involves building a wing with capacity for over 50 boats and a separate area for storage and meetings. (Initial estimate: around \$120,000)

Stage 2 is planned to convert the old toilets into Men's & Ladies shower/toilet and locker facilities. (Approx. \$45,000+)

As a medium sized club, we are quite well-off financially and over the last few years have been able to invest in new flat water boats, canoe polo equipment (more recently the purchase of 4 pontoons) and will shortly be considering a package deal for inflatable Stand Up Paddleboards. However we do not have the finances to fully fund Stage 1 of our extension (a stage that will bring us revenue to help fund Stage 2).

We could fully fund Stage 2, however that would create a few more problems:

- we may no longer have time to raise the funds to match a \$ for \$ Govt. grant for Stage 1 (grant applications open in October 2014);
- Stage 2 will not generate revenue to assist with Stage 1;
- The Ice Dragons outrigger club will still need the Men's toilet area for some time to come. (The ACT Govt. has promised them accommodation in planned facilities at East Basin. However I understand that this could be up to 2 years away!)
- Our main problem – a lack of boat and equipment storage space would not be solved by funding and building Stage 2 now.

Currently we are planning to apply for a \$60,000 grant again this year (October 2014). However I understand that while Sport & Recreation consider our project to be worthwhile, Grant money will again be tight.

Options that the Committee will be considering in the coming weeks will include:

1. 'Grin and bear it!' – Wait until Grants open in Oct. 2014 and try again (successful bidders are notified in Jan. 2015);
2. Consider an estimate, when received from our builder, just to construct the area designed to store an additional 50 boats. If the cost is reasonable this could be done without relying on a Grant. This would then leave the storage/meeting area to be done at a later date;
3. Arrange for just the frame and concrete base of the planned boat storage area to be constructed and seek tradesmen/volunteers from within the Club to complete the structure;
4. The Australian Sports Foundation (ASF) is a Federally-supported organisation that is set up to assist Clubs to fund-raise. Register the Shed Extension as a fund-raising project with ASF – any donations for our project would be on a Tax Deductible basis to the donor. When sufficient funds are received, ASF passes them on to the Club in the form of a Grant;
5. Conduct aggressive fund-raising in the Club to try and secure enough funds to support other options suggested in this section. This could include collecting membership and funds for boat storage out 3 years on a discounted basis – this was successfully done in the past;
6. Given the problems with the East Basin timeframe, approach TAMS and the NCA to investigate the possibility of placing a suitably screened off temporary structure (e.g. a shipping container) on site as additional boat storage.

Personally, I am in favour of doing something in the short term, even if it means not having enough funds left to match a \$ for \$ Capital Assistance Grant – a Grant that may not be forthcoming anyway!

A temporary structure would give both the Outrigger Club and BGCC some breathing space and allow us to consolidate our finances to try for a further Grant or just go it alone. Should you have any questions or suggestions, I can be contacted on [bobcollins@grapevine.com.au](mailto:bobcollins@grapevine.com.au)

## CONVENERS' REPORTS

### **Canoe Polo Convener's Report: Rowan Holt**

The 2014 Australian Canoe Polo National Championships were a great success. Although the competition days began with chilly and foggy mornings, the sun emerged and shone upon the competition throughout the weekend. The relatively warm weather motivated some tremendous displays of athleticism during the championships.



*Juniors look on as the ACT Veteran's become National Champions.*

The prelude to the competition began in November 2013 at the first 2013/14 Australian Canoe Polo Summer Series event, the Canberra Invitational. Teams from around Australia continued to meet and compete at other Summer Series events in Sydney (December), Adelaide (Australia Day Long Weekend, January) and Nagambie (Victoria, Labour Day Long Weekend, March). Teams from Adelaide and Victoria dominated the 2013/14 ACP Summer Series competition, which led some within the polo community to expect a similar result at the National Championships. However, the importance of Nationals to teams from around Australia cannot be understated; teams will lift their performances at the National Championships to achieve the best annual ranking for their state or territory. As the Championships were also the final selection event for the 2014 Australian Men's Team, there was an extra spark of competition demonstrated by all Open Division teams.

This year, the prominence of South Australia and Victoria within the top Open Division spot was successfully challenged by NSW. With VIC 1 defeating ACT 1 in the Bronze medal match, the battle for Gold was fought between SA 1 and NSW 1. The spectacular Open Division Grand Final was an incredibly tight game that was only resolved in extra time with Bob Simms scoring the 'Golden Goal' for NSW. The Veteran's Grand Final between NSW and ACT also required extra time, but this time it was the ACT's Jason Downey who took the 'Golden Goal' honours for the competition hosts. SA overcame staunch opposition from VIC to win the Masters

Division Grand Final, with the 'Mixed Masters' composite team, comprised of players from different states/territories, taking out 3<sup>rd</sup> place.



*2014 Australian Canoe Polo Open Division Champions – NSW Open 1*



*ACT Veteran's 1 Team after their Gold Medal Win!*

*(Left to right: Jason Downey, Steve Harmer, James Deakin, Brenton Smith, James Harmer, Mark Raymond)*

Following the announcement that Australia would unfortunately not be sending a Women's team to the 2014 World Championships in France, the Women's competition at this year's National Championships demonstrated that the National Women's Division is active and strengthening. The Women's Grand Final saw the ACT go up against VIC in an immense battle for the Championship title. The intensity of this game was matched by the excitement displayed by the cheering crowd, which witnessed the ACT beat the Victorians.



*The ACT Women regain possession of the ball after thwarting another Victorian attack.*



*ACT Women after their Gold Medal Win!*

*(Left to right: Carley Goodwin, Stacey Goodwin, Louise Gates, Kim Roper, Antonia Harmer, Kristy Offner (Shoalhaven), Sue Robb).*

Of real significance at this year's National Championships was the large contingent of Junior and Micro-Junior players. Of the four micro-junior teams that competed, the ACT provided two, QLD one and SA joined with the ACT to form another team. The youngsters demonstrated some promising displays of polo and we all look forward to their continued development within the sport. Queensland's participation at Nationals, although only within the two Junior categories, was welcomed by all other State and territory participants. Victoria took home the gold (VIC 1) and silver (VIC 2) in the Junior division, while QLD 1 secured a bronze medal. With a large number of Queensland Juniors and micro-juniors, the Sunshine State is bound to be sending Youth and Open

teams to the National Championships in the coming years. The Youth division Grand Final saw Victoria triumph over South Australia in another fantastic match of Canoe Polo.



*The Queensland Juniors after winning Bronze in their division.*



*All ACT Veterans players (Left to right: Kai Swoboda, James Harmer, James Deakin, Steve Harmer, Jason Downey, Brenton Smith, Mark Raymond, Rowan Hartcher, Ashleigh Jefferson, Roland Mangos, Daniel Brammall)*

All teams provided excellent entertainment for the crowd that had gathered to watch the Grand Final matches. Furthermore, the conduct of all teams and individuals on and off of the water was exceptional and the organizers would like to thank all of the competitors and team-support crews for helping to make this year's National Championships such a success. The organizers would like to thank PaddleNSW for sanctioning and supporting the event. The support from Australian Canoeing was also greatly appreciated. A special thanks to the Burley Griffin Canoe Club for their significant support of Canoe Polo in Canberra over the years, for running the BBQ and especially for purchasing twenty-four meters worth of pontoons for use at the Championships. Thank you also to Kayaks Plus for providing the competition spot prizes and to the Cancer Council ACT for providing extra shade and promoting the Sun Smart message to all competitors over the weekend. The assistance of the ACT Government's Territory and Municipal Services (TAMS) and the Federal Government's National Capital Authority is also greatly appreciated. Molonglo Reach provided a pleasant backdrop to the National Championships and the venue will continue to play host to Canberra based Canoe Polo competitions in the future.

SEE YOU AT THE 2014 CANBERRA INVITATIONAL (Nov 1 & 2)!

### Forthcoming Canoe Polo Events

Date	Event	Location	Selection Event
November 1-2	<b>Australian Canoe Polo Summer Series 1</b>	Molonglo Reach, Canberra	Senior Men and Women Recommended for U21
November	<b>Australian Canoe Polo Development Camp</b>	TBA	Recommended that U15/U18 players attend one of the Development Camps
December 6-7	<b>Australian Canoe Polo Summer Series 2</b>	Nagambie, VIC	Senior Men and Women Recommended for U21
January 20-22	<b>Australian Canoe Polo Development Camp</b>	Mawson Lakes/ Patawolonga River, Adelaide, SA	Recommended that U15/U18 players attend one of the Development Camps
January 24-25	<b>Australian Canoe Polo Summer Series 3</b>	Mawson Lakes/ Patawolonga River, Adelaide, SA	<b>Final Oceania Selection- ALL categories</b>
March 7-8	<b>Australian Canoe Polo Summer Series 4</b>	Penrith, NSW	
April 3-7 Sat, Sun, Mon, Tues	<b>2015 Australian Canoe Polo Championships</b>	Nagambie, VIC	
April 9-11 Thurs, Fri, Saturday	<b>2015 Oceania Canoe Polo Championships</b>	Nagambie, VIC	

**STOP PRESS:** News has just been received that Sue Robb won the Women's Senior Freestyle title at the Nationals held on May 3 at the Penrith White Water Stadium. Well done. Clearly the Molonglo River training gave Sue an important edge as the event report suggests the water at Penrith was cold! <http://www.paddlensw.org.au/blog/freestyle-nationals-results>

### Flatwater Convener's Report: John Preston

Marathon racing has stepped up in a big way with huge demands being placed on our paddlers in terms of travel and racing. Having not had a marathon race for months over summer we had our series race and then after a short break have found ourselves swamped with racing opportunities. In 6 weeks some of our paddlers have been to Victoria twice, the Central Coast and then Sydney twice. Reports for all of these events are to be found in the next few pages.

Winter time Trials are well under way on Sunday mornings at 9:15 for a 9:30 a.m. start. Numbers have been down over recent weeks due to the PNSW Marathon series races being held in close succession. Nevertheless there has been a consistent group of attendees with some participants paddling both the marathon series race and our time trial on the same weekend. Thanks again to Nick Grey for keeping the point score and times up-to-date. We would appreciate some help with the timekeeping. With smaller numbers on the water than in summer now is a good time to learn how to use the timing equipment.

Race 3 of the PNSW series was held on the sunny Woronora River last weekend. While we had a lot of paddlers attend the race, our overall lead in the competition is likely to have been eroded. Our next mission is to go to Narrabeen with as many paddlers as possible and shore up our position in the club competition.

<b>Code</b>	<b>Club Name</b>	<b>Points</b>
BGCC	Burley Griffin Canoe Club	206
MWKCM	Manly Warringah Kayak Club	126
LCRK	Lane Cove River Kayakers	118
CCCC	Central Coast Canoe Club	90
WCC	Windsor Canoe Club	90
CSKC	Cronulla Sutherland Kayak Club	78
SSCC	Sutherland Shire Canoe Club	32
PVC	Penrith Valley Canoeing	30
SSP	Southside Paddlers	30
WBCC	Wagga Bidgee Canoe Club	14
HVCC	Hunter Valley Canoe Club	14
JP	Just Paddlers	12
ACCA	Dragon boats	6
SYDU	Sydney Uni	6
MMCC	Mitta Mitta Canoe Club (Vic.)	4
ICC	Illawarra Canoe Club	4
GLCC	Great Lakes Canoe Club	2

## Race 3 Woronora

### Division 2

Pos	Boat	Paddler	Club	Time
3	229	Shane Lund	BGCC	01:39:29
12	206	Clare & Russell Lutton	BGCC	01:43:42
16	209	Gary Rake	BGCC	01:46:43

### Division 3

Pos	Boat	Paddler	Club	Time
8	309	Roy Willis Peter Fane	BGCC	01:48:38
9	304	Paul O'Neill	BGCC	01:48:42
10	314	Richard Fox	BGCC	01:49:32
14	321	Margi Bohm	BGCC	01:52:50

### Division 4

Pos	Boat	Paddler	Club	Time
6	429	Adam Scott	BGCC	01:48:12

### Division 5

Pos	Boat	Paddler	Club	Time
4	507	Graeme Ison	BGCC	01:55:40

### Division 6

Pos	Boat	Paddler	Club	Time
9	632	Stephanie Rake	BGCC	02:02:56
10	606	Allan Newhouse	BGCC	02:02:59
15	620	John Lockie Helen Tongway	BGCC	02:04:33

### Division 7

Pos	Boat	Paddler	Club	Time
4	733	Gabrielle Hurley	BGCC	02:06:01
6	709	Robert Bruce	BGCC	02:10:07
9	711	Kiaran Lomas	BGCC	02:14:10

### Division 8

Pos	Boat	Paddler	Club	Time
7	836	Stephen Ison	BGCC	01:26:10

### Division 10

Pos	Boat	Paddler	Club	Time
1	1000	Gerard O'Dea	BGCC	00:55:20
3	1018	Julia Bowett	BGCC	00:58:19

### Division 11

Pos	Boat	Paddler	Club	Time
4	1122	Mike Iliff	BGCC	01:02:10
9	1127	Anne Cronin	BGCC	01:05:49
10	1113	Litsa Polygerinos	BGCC	01:05:57
14	1106	Ian Castell-Brown	BGCC	01:10:01
15	1123	Carolyn Williams	BGCC	01:10:02
22	1105	Scott MacWilliam	BGCC	01:25:01

Race 2 of the PNSW Marathon series was held on the Tacoma River on the Central Coast and proved to be yet another great day for BGCC as we fight to hold on to the Brian Norman Trophy for the 3<sup>rd</sup> year in a row. At this race we opened up a massive lead over our main rivals. This doesn't mean we can afford to relax and assume the competition has already been won. Manly and Lane Cove clubs have the personnel to eat away at our lead. In order to maintain our position we need to attend as many races in the series as possible. The Wyong race was particularly pleasing in that some of our new and/or unheralded paddlers stepped up and gained points for the club. We are also matching if not beating most clubs in the use of K1's and where offered, portaging. Those clubs who want to challenge us should realise we have paddlers who routinely put the gaining of club points before personal glory.

The Wyong race was held in bright sunny conditions but a nasty breeze made the race difficult. Owen Walter gave the race briefing and declared there was no tidal influence on the river system. This non-existent tidal flow also made the going a little hard. I tend not to use this column to single out individual participants because all those who attend put in a 100% effort each time and our fantastic results illustrate this each race. Nevertheless this race produced 2 fantastic results from the Lomas production line of paddlers. Gerard (Larry) O'Dea won Div 10 and Julia Bowett won Div 11. Both are fairly new to the sport and have been dedicated to training and honing their skills. As a result they have now started to demonstrate their potential in racing situations. Well done guys.

BGCC's Future: photo courtesy of a proud Mum

Gerard O'Dea and Angus Whitford



Race 2 Wyong

Division 2

Pos	Boat	Paddler	Club	Time
2	229	Shane Lund	BGCC	01:45:37
3	206	Clare & Russell Lutton	BGCC	01:45:47
5	209	Gary Rake	BGCC	01:46:58

Division 3

8	321	Margi Bohm	BGCC	01:56:05
14	304	Paul O'Neill	BGCC	01:59:55

Division 4

Pos	Boat	Paddler	Club	Time
1	429	Adam Scott	BGCC	01:54:11

Division 5

Pos	Boat	Paddler	Club	Time
2	540	John Preston	BGCC	01:57:14
3	507	Graeme Ison	BGCC	02:00:36

<b>13</b>	<b>506</b>	Paul Hartlipp	<b>BGCC</b>	02:11:20
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#### Division 6

Pos	Boat	Paddler	Club	Time
<b>10</b>	<b>632</b>	Stephanie Rake	<b>BGCC</b>	02:08:53
<b>11</b>	<b>606</b>	Allan Newhouse	<b>BGCC</b>	02:10:27
<b>16</b>	<b>620</b>	Geoff Pickup Helen Tongway	<b>BGCC</b>	02:16:01

#### Division 7

Pos	Boat	Paddler	Club	Time
<b>7</b>	<b>711</b>	Kiaran Lomas	<b>BGCC</b>	02:29:12

#### Division 8

Pos	Boat	Paddler	Club	Time
<b>7</b>	<b>807</b>	Madeline Chard	<b>BGCC</b>	01:44:05

#### Division 10

Pos	Boat	Paddler	Club	Time
<b>1</b>	<b>1000</b>	Gerard O'Dea	<b>BGCC</b>	00:58:03

#### Division 11

Pos	Boat	Paddler	Club	Time
<b>1</b>	<b>1134</b>	Julia Bowett	<b>BGCC</b>	01:00:54
<b>10</b>	<b>1122</b>	Mike Iliff	<b>BGCC</b>	01:10:50
<b>11</b>	<b>1113</b>	Litsa Polygerinos	<b>BGCC</b>	01:13:13
<b>14</b>	<b>1123</b>	Carolyn Williams	<b>BGCC</b>	01:18:08
<b>17</b>	<b>1106</b>	Ian Castell-Brown	<b>BGCC</b>	01:28:29
<b>18</b>	<b>1108</b>	Robin Robertson	<b>BGCC</b>	01:30:03
<b>DNF</b>	<b>1125</b>	Angus Whitford	<b>BGCC</b>	-
<b>DNF</b>	<b>1105</b>	Scott MacWilliam	<b>BGCC</b>	-

Marathon 10 Series rules:

[http://www.paddlensw.org.au/sites/default/files/articles/2014\\_marathon\\_rules\\_feb\\_2014.pdf](http://www.paddlensw.org.au/sites/default/files/articles/2014_marathon_rules_feb_2014.pdf)

# NATIONALS



***Ben Rake and Margi Bohm earned Australian representative selection after their great performances at the Marathon Nationals. Margi also earned the Female Masters Paddler of the Year Award.***

The 2014 Marathon Nationals were held in Ballarat, Victoria over the Easter break. Once again BGCC sent a strong contingent of paddlers to the event. Other clubs in NSW, particularly Manly, also sent a strong group of paddlers which resulted in over 50 making up the NSW squad. NSW dominated many of the masters' races but were lacking in the juniors.

As manager of the NSW team I wrote a report on the event which is represented below. I've added the times produced by our paddlers.

The Saturday morning of the 2014 Marathon nationals was dull with only a slight breeze ruffling the water of Lake Wendouree, Ballarat. This was a marked improvement on the windy drizzly conditions experienced on Good Friday. Nevertheless the temperature was low and many competitors needed some urging from the officials before they moved onto the entry pontoon.

Once on the water the paddlers had to mill around in an area of about the size of half a football field. The close proximity of a large number of kayaks made it difficult to warm up properly. Some of the more nervous opted to sit and wait. A hold up of 10 minutes while the officials sorted out a problem on one of the turns added somewhat to the performance anxiety being experienced. The wind seemed to pick up a bit as the starter sent the various waves off. This wind created a bit of a nasty chop at turn 1 and a cross chop on the run down to turn 3 around an island. Some sections of the lake were shallow but the weed we'd heard about didn't seem to be a major issue. Luckily a slight change in wind direction eased the difficulty as it blew more up the length of the course as the racing progressed.

PNSW paddlers, most of whom were beautifully attired in their new racing shirts or in club colours, performed very well. The most successful were those who managed the conditions the best, just as it should be. A few competitors ended up taking a dip in the murky water mainly around the portage area but the policy of PNSW to encourage portaging in the marathon series races seems to have paid off for our competitors.

The Men's Vet 35K1 raced over 23 km with 4 portages: The majority of the 7 competitors were from NSW. **Jamie McCrudden** was 1st, **James French** 3rd, **Gary Rake** 4th, **Ashley McDonald** 5th and **Nick Grey** 6th.

**David Little**, our sole competitor in the Men's Vet 45K1 event came 3rd against some very good opposition over 23 km and 4 portages.

10 competitors lined up for the Men's Vet 50 K1 over 23 km and 4 portages and it was dominated by NSW paddlers. **Brett Greenwood** came 1st, **Darren Lee** 3rd, **Laurie Fitzpatrick** 5th, **Stephen Ison** 7th, **Clayton Norman** 8th.

**Pieter Boer** won a tight race in the Men's Vet 55 K1 race over 18.8 km with 3 portages. **Peter Clyne** was 5th and **Neil Crabb** 7th.

In the first of the Women's races the Vet 40 K1 event, 18.8 km and 3 portages saw **Stephanie Rake** come home 3rd and **Madeline Chard** 4th.

NSW women dominated the Vet 50 K1 race over 18.8 km and 3 portages with **Margi Bohm** 1st, **Elizabeth Pratt** 2nd and **Pauline Findlay** 3rd.

**Jenny Listberger** was our only paddler in a very tight Vet Women's 55 K1 race over 18.8 km and 3 portages sprinting home ahead of 5 Victorian paddlers.

In the Men's Vet 60 K1 race over 18.8 km and 3 portages, **Joerg Listberger** was 3rd, **John Preston** 5th and **Jack Ward** 6th.

**Dianne Chellew** came 2nd in the Women's Vet 60 K1 race over 18.8 km and 3 portages.

Our men dominated the Men's Vet 65 K1 race over 18.8 km and 3 portages. **Geoff Baggett** was 1st, **Geoffery Horsnell** 2nd and **Tom Simmat** 3rd.

**Ann Lloyd-Green** won the Women's 65 K1 race over 18 km and 3 portages.

Unfortunately some events didn't have enough competitors in them to constitute a race and there were no viable amalgamations. Consequently **Marni Smart** in the Women's Vet 35 TK1 (18.8 km); **Mark Porter** Men's Vet 45 TK1 (23 km) had no competition but both finished in fine form.

**Elizabeth Van Reece** came first in the Women's Vet 50 TK1 over 18.8 km.

**Paul Wetherbee** came 2nd in a very tight finish over 18.8 km in the Men's Vet 60 TK1 event.

**Lyle Mead** was 2nd in the Men's Vet 70 K1 race.

**Anjie Lees** was the sole competitor in the Women's Vet 40 SS1 and paddled strongly.

In the Men's Vet 50 SS1 **Tim Hookins** was 3rd.

The Men's Vet 50 SK1 event was dominated by NSW. **Craig Dodd** was 1st, **Mick Carroll** 2nd and **Albert Cobb** 3rd.

**Breanna Reid** joined up with Footscray paddler Brooke Annan – Coe in the Women's U16 K2 but DNF'd after a cold water plunge on turn 1.

Sisters **Melinda Thomas** and **Christina Thomas** came 4th in the Women's U14 K2 event. This was a fantastic effort from the girls.

That concluded the first morning's action. NSW had fewer competitors in the afternoon session but those who were competing provided some thrills and spills and the odd bit of controversy as the racing progressed. Luckily

the weather had warmed up slightly and the wind seemed to have dropped a bit which made life a little better for the spectators and competitors alike.

Our sole competitor in the Men's Open K1, (31.4 km and 7 portages) **Matt Blundell** was fresh from a great race in NZ where he came 3rd in their National Championships. Matt overcame a dip in the lake on one of the portages to work his way back through the field to record 3rd place.

**Kirsten Nicolle** made her Nationals debut in the Women's Open K1 event and put in a huge effort to come 4th in a real race of attrition.

**Ben Rake** competed against 9 Victorians in the U18 K1 event over 23 km with 5 portages. Like Matt in the open Men's race Ben had a swim as a result of a mishap during a portage. Unfortunately for Ben he then had an allergic reaction to something in the water and paddled the last lap and a half in a lot of discomfort. Despite this Ben was able to secure 3rd place in what was described by one pundit as the "gutsiest performance of the day".

Quite a large number of the PNSW team assembled at the Lake View Hotel for an evening meal and catch up. Thanks to Craig Dodd for organising this great night for us.

Sunday morning dawned with plenty of cloud and no wind. The cloud remained for most of the day and unfortunately the wind picked up as race hour beckoned, dropping the temperature. There were no obvious delays and the racing for the day seemed to get underway on time.

In the Men's Vet 50 K2 **Neil Crabb** and **Clayton Norman** came 2nd over 23 km with 4 portages.

The mixed Vet 35 K2 event over 18.8 km was dominated by NSW. **Darren Lee** and **Margi Bohm** were 1st, **Bruce Graham** and **Glenys Noble** were 2nd, **Nick Grey** and **Marni Smart** were 3rd. **David Little** and **Pauline Findlay** DNF'd after a spectacular capsized which was featured in the Ballarat Courier's picture presentation of the event.

In the Vet Women's 50 K2 **Dianne Chellew** teamed up with W.A's Judith Darbyshire to come 1st over 18.8 km and 3 portages.

**Jenny and Joerg Listberger** paddled 18.8 km and completed 3 portages to come 2nd in the Mixed Vet 55 K2 event over 18.8 km and 3 portages.

In the Vet Men's 65 K2 race **Geoff Baggett** and **Geoffrey Horsnell** combined for 1st place with **Tim Hookins** and **Tom Simmat** coming 3rd over 23 km and 4 portages.

**Craig Dodd** and **Mick Carroll** were 1st in the Men's Vet 45 TK2 event over 23 km.

John Preston and Elizabeth Van Reece were 2nd in the Mixed Vet TK2 over 18.8 km.

**Ross and Robyn Bingle** won the Vet 55 Ocean Kayaks event over 18.8 km. They received their medals on the day but have not (yet) been included in the official results for some reason.

**Peter Murphy** and **Paul Wetherbee** came 2nd in the Men's Vet 60 TK2 race over 18.8 km.

In the Vet Mixed 60 Sea Kayak double **Helen Tongway** and **John Lockie** were 1st over 14.6 km.

**Liam Farrell** was 3rd in the Men's U16 K1 over 14.6 km and **Shane Ison** was 6th.

**Breanna Reid** was 10th in the Women's U16 K1 event over 14.6 km.

**Melinda Thomas** was 6th in the Women's U14 K1 race over 10.4 km.

**Christina Thomas** was 1st in the Women's U10 K1 race over 4 km.

**Matt Blundell** and **Brett Greenwood** were 9th in the Men's Open K2 event over 31.4km and 6 portages.

The Ballarat Trotting Club was the venue for the presentation Dinner. Quite a number of NSW paddlers attended and enjoyed the relaxed atmosphere. The Australian Team for Oklahoma was announced with Ben Rake and Margi Bohm earning representation. The masters section is dominated by paddlers from NSW.

### **NSW Team Members at National Championships**

#### **Ballarat April 2014**



### **Marathon Series: Dates and Venues**

- Round 4- Sunday 1st June: Manly Warringah Kayak Club, Narrabeen
- Round 5- Saturday 28th June: Penrith Valley Canoeing Club, Penrith
- Round 6- Saturday 19th July: Makai Paddlers, Burrill Lake  
(Sunday 20th July –Lake Lunacy, Makai Paddlers)
- Round 7- Saturday 9th August: Windsor Canoe Club, Windsor
- Round 8- Saturday 30th August: Cronulla Sutherland Kayak Club, Grays Pt
- Round 9- Saturday 6th September: Lane Cove River Kayakers, Lane Cove
- Round 10- Saturday 27th September: Final round and Series Presentation;  
Wagga Bidgee Canoe Club, Wagga Wagga.

### **2014/15 Sprint Season Program**

- Sprint Series Round 1: Sun 24 Aug 2014
- Sprint Series Round 2: Sun 5 Oct 2014
- Sprint Series Round 3: Sun 2 Nov 2014
- Sprint Series Round 4: Sun 30 Nov 2014
- 2015 NSW Sprint Championships: Sat 17-Sun 18 Jan 2015

### **Up-coming events:**

#### **2017 World Masters Games**

The 2017 World Masters Games have been awarded to Auckland, New Zealand.

## Other Future Events

2014 ICF World Canoe Marathon Championships - Oklahoma, USA

2015 Australian Canoe Marathon Championships – TBA

2015 Masters Games - Adelaide

2015 ICF World Canoe Marathon Championships - Gyor, Hungary

2016 Oceania and Australian Canoe Marathon Championships - New South Wales

2017 Australian Canoe Marathon Championships – Queensland



What had started out as an off the cuff remark about having a go at this event became a reality when Gary Rake and John Preston gazed down on the frigid waters of Lake Mulwala on Saturday morning of the 10<sup>th</sup> of May. The water temperature came in at 14.6 C degrees which was rather cool for a swim. Organisers had already texted competitors the day before reducing the swim from an advertised 3k to 2k because of the cold. Had it dropped below 14 degrees the swim would have been cancelled. The drizzly rain and breeze didn't help to lessen the funereal atmosphere. Nevertheless both girded their somewhat blue loins and took the plunge.

Not surprisingly Gary ripped in and had a go at putting himself in a good position for the 20k run which was next. After a bit of argy bargy with a competitor who seemed to have some sort of magnetic attraction to Gary he completed the swim in 34:57 and quickly transitioned and took off on the run. John was a bit more circumspect and eased himself into the swim. Once he felt 'comfortable' he began to swim past some of the earlier speedsters and finished in 36:55. John's transition to the run was somewhat slow as he attempted to pull on his compression socks. With numb feet and hands this proved an impossible thing to do and so he ended up running sockless.

Gary had been an elite runner in his youth and although hampered by persistent running injuries he was still able to pull off a cracker of a run and was soon eating up the k's as he ran gazelle-like through the golf course. The faster swimmers were soon being left behind as Gary ran himself into a strong overall position which would set him up for a crack at the individual title. Gary had the 3<sup>rd</sup> fastest time for the day with a 1:27:35 split for the 20k. John's run was better than he expected but running like a rheumatic baboon, he was eventually passed by the whole field and had to endure the sympathetic applause of the officials who stood dripping wet in and around the transition area when he finally loped in. His time of 2:10:03 was the slowest of the day but was still some 20 minutes faster than he had expected.

Gary had stated before the race that he was worried about the 80k bike ride as he hadn't been able to do enough training to ride hard over that sort of distance. As luck would have it the police called off the bike ride as the wet conditions were deemed too hazardous for the bikes to be out on the roads with the normal traffic. The news of this change didn't reach Gary until he had finished his run which was unfortunate as had he known he might have been able to run a bit harder and place himself in a stronger position. John found out about the change at the ½ way point of the run. Wendy and Steph were able to locate him on the course simply by looking skywards

at the vultures circling. Knowing he didn't have to do the bike ride didn't make any difference to his run however, as his legs were already shot and an increase in speed was not going to happen.

While it was some relief to have the bike ride cancelled, it meant the competitors had to jump in their cars and drive the 40k to the paddle transition. In this time the guys were able to consume some food in a more leisurely way but stiffness became a problem for John. The race organisers had advised earlier in the week that low water levels on the Murray meant it was too shallow to complete the designated course which was to be from Cobram to Tocumwal – downstream. The new course involved paddling 2 loops, upstream for 5 and a bit kilometres and then back to the start. This made the paddle much harder than had been advertised and therefore suited those who had some paddling skills and strength left. The restart was a Le Mans type with the person with the quickest time at this stage leading off followed by everyone else at 30 second intervals. Gary had a twinkle in his eye as he paced around the starting area waiting for his turn to leave. His great run had elevated him to 3<sup>rd</sup> place in the individual standings. After a couple of the team paddlers had left the corral the individuals ahead of Gary were counted onto the course. When Gary was counted in he took no time at all to hunt down his rivals. He recorded the fastest individual paddle time for the day of 2:05:20 for the 22k course. On the water Gary looked comfortable and well in control. John was last to leave and had to endure the polite, sympathetic applause of the crowd as they watched him hobble down to pick up his TK1 and set off to redeem himself. The choice of the TK was probably the smartest move he made all day as it proved to be stable in the swirls and eddies and little strength and energy was wasted staying upright. John was able to pick off quite a number of those who had run past him earlier in the day a feature the commentator remarked upon as he went out for his second lap. John paddled well and finished in a time of 2:31:26.

While it seemed to be certain Gary had won the individual title the times had to be added up and he waited anxiously wondering if his fast time in the kayak had been enough to propel him into first place. He needn't have worried, he won by over 3 minutes. Gary's winning time was 4:07:51. John moved up from dead last after the swim/run to place 14<sup>th</sup> out of the 19 individuals males that competed. His time was 5:18:25. Both beat home some of the teams.

At the presentation that evening Gary was presented with a diamond ring engraved with symbols of the 4 sports that were to have made up the event. He graciously acknowledged that had the bike ride gone ahead that things might have turned out differently. He didn't really indicate if he would be back in 2015 to defend the title over the 4 disciplines but did say that he was honoured to have won the inaugural event. Gary was definitely a worthy winner on the day.

Full results and photos are available at: <http://savethechildreनाustralia.cmail1.com/t/t-l-ykthydd-jldihjdu-t/>

The Murray Quad looks like becoming an annual event and through the contributions of the competitors and their supporters / sponsors there was a substantial amount of money raised for the Save the Children charity.

### **Gary's Version**

I grabbed one for the old fellas on the weekend...an open 'national' title...even though I grabbed it 'Bradbury style'. I entered Australia's first internationally sanctioned Quadrathlon – the Murray Quad – at Yarrawonga. The event was scheduled to be a 3 km swim in the lake, 20 km run round the new golf course, 80 km ride through Katamatite and Tungamah to Cobram and 26 km paddle to Tocumwal. I thought I could possibly get close to the top five if I had a good swim and didn't lose too much time on the bike. As race day approached, the weather started interfering with the event. First, due to low water levels in the Murray River, the paddle had to be changed to an upstream & downstream loop from Cobram - including lots of shallow



sections and narrow, fast channels. The night before the race, organisers had to reduce the length of the swim leg from 3 km to 2 km because the water temperature had fallen to 14.6 degrees. That would have been one of my weak legs.



On race day, it was raining and blowing a gale. The swim was rough but I managed to finish mid-field. On the run, I made my way up to 4th. Then nature helped again. As I ran into transition, I got told that the police advised that it would be unsafe to continue with the ride leg (that was my weakest leg...where I could lose 30+ min). It was cancelled and we were ferried straight to the paddle leg for re-start. I knew I was in 4th, but did not know how much time I had to make up. I paddled my proverbial off and managed to win the race overall. The 'trophy' is a specially-made ring etched with images of the four disciplines and set with small small diamonds. For winning, I was crowned Australia's first 'Diamond Man'.

## Ocean Convener's Report-Stephen Bunney

Just for fun imagine the static cross section of a wave. Now imagine a clock face at the peak that reads 12 o'clock, another one half way down that waves face that reads 3 o'clock, another in the trough that reads 6 o'clock, another half way up the back of the next wave that reads 9 o'clock and finally at the crest our final clock that reads 12 o'clock again. Consider that 12 o'clock represents, more or less, the maximum potential energy available from the wave and that 6 o'clock the least available. Any position corresponding to a clock from 6 to 12 on the back of the wave in front will require the paddler to perform work to move to.

OK so now imagine the surf-ski at all those clocks and consider the work the paddlers has to contribute to the division of labour to the system to maintain those positions. Can you see for example, that at the position corresponding to 3 o'clock we are surfing, gravity has defeated friction! The physics of nature herself is providing all the energy, the division of labour is all hers, we are just passengers. You see wave creation is the water's way of finding a lower energy state, which is what nature prefers. Nature just hates a surf-ski atop a wave bristling with all that potential energy, so she sends you down to the trough to expend it. Obviously we should do our best to let her do exactly that.

So what are some strategies?

- ✓ Aim for the trough
- ✓ Catch one wave at a time.
- ✓ Stay on the face.
- ✓ If possible surf along it. (Try paddling along the tops)
- ✓ Link swells.
- ✓ Only ramp swells when the benefit outweighs the cost.
- ✓ Be happy with the run that you are on, sometimes the small least exciting runs take you the furthest.
- ✓ Look for peaking swells in front of you. If nothing else it will keep you positive and hunting.
- ✓ Manage your energy output;
  - Be patient, it is better to wait for a swell you can catch, than squandering your strength on waves that are iffy.
  - Early fatigue casts a long and frustrating shadow.
  - Use the energy of the waves efficiently.

## ***The Big News***

Nick Ziviani finished in the top 30 at Molokai. A muscle-melting 52 kilometre crossing between the Hawaiian Islands of Molokai and Oahu. I know Nick trained his heart out for this and the work really paid off. Congratulations Nick and bloody two thumbs up☺

**[Editor's Note:** BGCC ocean paddler Nick Ziviani completed the 2014 51km Molokai surf ski world championships in 4:42:52, placing 24th in the ski category. Congratulations Nick! Limited communication to date is that Nick finished the race in good shape and is pleased with his result. There will be a full report on the event and Nick's race in next month's Ocean Convenor's report.]

## ***Up-coming events***

South West Arm Challenge Grays Point 24<sup>th</sup> of May

Stoke the Lion open water harbour series 21<sup>st</sup> of June

And don't forget that Makai Paddlers are running their lake lunacy two-day bonanza in July!!

## **SUP Convener's Report:Jon Bell**

### **SUP gear**

Ever thought of building your own SUP board for a winter project while we cannot get so much paddling in? Check out the fantastic boards in the picture below that some folks made using the Chesapeake Light Craft Kaholo Sup board kits. The boards are 12' 6" or 14' and you can buy the complete kit or just the plans and source your own materials. While they are not as light as carbon or fibreglass boards, they are not too heavy either, weighing in at 13 kg (12'6") and 14.5kg (14'). Check out the website for more details and pictures [http://www.clcboats.com/shop/boats/surf\\_boards/sup/kaholo-stand-up-paddleboard.html](http://www.clcboats.com/shop/boats/surf_boards/sup/kaholo-stand-up-paddleboard.html).



There are other websites with surf shaped SUP boards too, see for example:

- <http://www.timelessurfcompany.com/sup?qclid=CMPEu6ubnL4CFVZ8vQodaCUAnQ>
- [http://www.foamez.com/surfboard-diy-building-kits-sups-c-23\\_94.html](http://www.foamez.com/surfboard-diy-building-kits-sups-c-23_94.html)
- <http://stokemagazine.blogspot.com.au/2011/11/make-your-own-sup.html>
- <http://www.surfinggreen.com.au/?product=sup-hollow-wood-cnc-kit-110-malco-2>

## SUP results

Not many SUP events to report on this month. A few paddlers have tried out the new 2 km course in the weekly time trial. Kiaran Lomas continues to set amazing times in the 12 km, clocking in at 77:40 in mid-April, which is under 26 minutes per lap!

## SUP events coming up

- Husky Flat water race - 25 May - <http://huskysupclub.com>
- Paddle NSW Marathon series race 6 – 19 July – Burrill Lake
- Merimbula Classic 27-30 November 2014 <http://www.merimbulasailboardclub.com.au/>



# HuskySUP Club Flat-water Racing

25 May from 0900AM, Huskisson NSW

Capital SUP members welcome. Come down for a great day on the water.  
SUP race events for all paddlers and boards.

## South Coast Convener's Report: Carolyn Williams



Big news!!! We can announce the winners of the BGCC Nelligen Summer Series:

Men's	Stephen Ison – again!
Women's	Carolyn Williams
Junior Men's	Shane Ison – again!
Junior Women's	Clare Ison – again!

Stay tuned for pictures of grinning winners displaying their trophies, which will be presented shortly.

All has been quiet on the paddling front at Nelligen since the last issue of *Blazing Paddles*, but that is all about to change! The winter season schedule has now been circulated and includes a number of different activities including a spring criterion, a coaching clinic, a paddle at Tuross, a social paddle and a few races for the winter championship. It kicks off on 24 May – the week after Woronora with a handicap race where all paddlers will turn around when the leading paddler turns. Thanks to Malcolm Hall who made this suggestion when he paddled with us during the summer. We hope we do it justice.

The schedule is on the club website. However, please keep in mind that it is subject to change, so it is always worth having another look at the website closer to a particular date to make sure there have been no alterations. You can also contact me on [cjw4762@bigpond.net.au](mailto:cjw4762@bigpond.net.au) if you have questions.

Over the Easter period Steve and Shane Ison joined other BGCC paddlers on the trek to Ballarat for the nationals, competing in their respective age divisions for MK1. Well done guys - for the full details of the event see John Preston's report.

The south coast contingent had another good turnout for BCGG at Wyong with Ian Castell-Brown, Graeme Ison, Russl Lutton, Allan Newhouse and Carolyn Williams making the trip north. Graeme was third in Div 5, while Russl in *Double Trouble* with daughter, Clare, providing the power in the back seat came in third in Div 2 – a great result. Allan, Ian and Carolyn also contributed to the club's point score by paddling K1s.

As mentioned elsewhere in this edition, Nick Ziv along with the Lovely Tash and Zane are off to Hawaii for Nick to compete in the Molokai. We all wish Nick the very best in the world's biggest ocean race.

## Coaches' Corner: Gary Rake

This month, I want to pass on some thoughts about interval training.

Interval training is one of the best ways to improve both boat speed and overall fitness. It is also a very flexible and adaptable form of training. Training sessions can be almost as long or as short as the paddler wishes. Intervals are not only for serious racing paddlers...any paddler who wants to improve their fitness and/or paddling speed will benefit from doing intervals once or twice a week.

Intervals involve a time period of hard effort, followed by a time period of rest or recovery. Intervals can be used to build fitness, increase strength, increase top-end speed or to focus on key technical skills such as a strong catch.

If you only have 30 minutes available on water, you can try an adaptation of Steve Monaggetti's favourite short running interval session - it is known in the running community as a 'Mona Fartlek' (fartlek is a Swedish word meaning 'speed play'). In this session, the efforts should be a little bit harder than the pace you'd do for a 1-lap time trial and the recovery should be about a gentle paddle of about half that effort.

Here it is:

Warm up for 5 min, then do:

2 x (90 second effort followed by 90 sec recovery)

4 x (60 second effort followed by 60 sec recovery)

4 x (30 second effort followed by 30 sec recovery)

4 x (15 second effort followed by 15 sec recovery)

Then do a 5 min cool down

At the other end, if you have an hour and a half, you could try the following session. In this one, the efforts should be just a little faster than your 2-lap time trial pace and the rests are just stopping and floating on the water to thatch you breath.

Warm up for 10 min, then do:

10 x (5 min effort followed by 1 min rest)

Cool down for 10 min.

If you would like to try adding some interval sessions to your training and you are unsure how to start, please send me an email at [rakedover@gmail.com](mailto:rakedover@gmail.com). I am more than happy to help you design a few sessions to suit your training needs.

## Mothers' Day Mayhem: Patricia Ashton

Our Annual Mother's Day Mayhem took place on Sunday 11th May, in beautiful autumn conditions. Numbers were down on previous years with only a few families and non-family groups taking part.

Sue and Angus Robb (who has been doing some cross training from canoe polo and taking part in time trials lately), were first Mother and Son group home in the club TK2. Bre, whose Mum Cherie, stayed firmly planted on shore, had to paddle alone as her adoptive Mum, Margi had cancelled due to illness, came 2nd in her K1. Robin adopted her part-time son Russell for the 3rd or 4th year, came 3rd in the Super Sonic, and Helen, with Margery rostered on for her annual paddle came a close 4th in the SLR2.

The Mother's Day participants and time trailers were rewarded with a lovely morning tea, supplied by Helen and Sue surrounded by beautiful autumn colours and sunshine.



## What's new ~~on~~ in the water: Bob Collins

I was recently finishing a training paddle with our erstwhile editor, Scott MacWilliam, when he announced that he had his new 'Wizard' Masters K1 on his car and was going to try it out.

As you can see below, Scott is so proud of his new boat that he made sure I had a good look at it:

First: A look at the beautiful blue deck



Next: A look at the beautiful white hull

I am sure he is looking to see who pushed him!



## A Hard Day's Cop: Margi Bohm

It has been a hard day of racing and a long drive home. We had left Wyong a little later than usual and were careening down the highway past Goulburn when we eventually noticed a police car in the right hand lane, wash-riding us, flashing blue and red. There was a car beside us so we did not pay a whole lot of attention until the said colourful character pulled in behind us and we decided after several flashes of bright lights that maybe we should pull over. Our first thought, given that we were on that long straight stretch of notorious Goulburn cop activity just before the Goulburn Maccas (going south), was that we were going to get measured for having a very long boat on the roof of a rather small car. RATS. What a nuisance.

The young police officer eventually came to the driver's window and in the gloom peered in at Helen and me. We gave him our best little ole ladies' (lol) smiles. He flashed his torch through the car, resting for a moment on the back seat, which if anyone has seen the car on one of our lol trips tends to look interesting with all manner of strange objects lying around; from buckets and bent boxes of tissues, to laptops and paddles to little stools on which to stand. He asked for Helen's driver's licence and when she leaned over to the back seat to get her handbag, he leapt back, informing us that the conversation was being relayed to the car. He was not alone and we should not try any funny business. To his credit, there are many who claim that one of the most lethal weapons is a lol handbag so I guess he was being appropriately cautious.

The cop stared at the driver's license and then in a confronting and gruff voice, asked Helen if she had seen him on the side of the road. Not quite sure what to say (after all it was dark and she had for many an hour been wrestling a heavy electric dual car with two boats in the wind and a chatterbox in the passenger seat), Helen hesitated only to be interrupted by a challenging, "how fast were you going back there?" Surprised, Helen said, "85 km/hr" upon which the chap leaned back and gave her that "I know you are lying" stare reserved for serious offenders of the speed limit and nonchalantly said, "more like 150". We both looked at him in amazement. To be honest I almost cracked up! If I had been driving - maybe - but this was Helen who is the most law abiding person I know besides Ted, my husband. And it was really windy! What was the bloke thinking: two lols in an electric car with two boats on the car, one of which was the long rec whatsit that Helen and Geoff paddled? There was no way we were doing that kind of speed. There was a reason why we were doing 80-85 km/hr and it was related to one little car being blown all over the road!

The chap strutted back to the police car to "check" Helen's details, armed I think with her driver's license and the minutes ticked by. We spoke in hushed tones: 150 km/hr? Who us? How do we prove our innocence if he comes back with a ticket? What if Helen gets dragged off in chains? There was that red hatchback that had flown past us not so long ago ... but surely a traffic cop can tell the difference between a red hatchback and a white sedan with 2 boats on the roof?

Eventually the said cop crept back to the car and handed Helen's licence back. Without apologising he explained that it probably wasn't us who tripped the speed camera whilst he slept in the bushes beside the highway but another car with "a very similar licence plate". Too bad it looked so different, I mean red, hatchback, no boats, vs white, sedan, boats ... hmmm definitely asleep with the radar camera on auto beep!

## ANNUAL DINNER



The club will be hosting our Annual Presentation Birthday Dinner on Friday 20th June - see invitation - we would love to see as you all there. If you'd like to book a table of 8 please let Helen or myself know.

If you aren't part of a table don't worry - everyone is friendly!



Bookings can be made on line via the website.

**Payment is required by the 13th June at the latest.**

This year we are offering 'early bird' discount of \$35pp or \$280- for a table of 8 if booked **before 6th June**, after that it will be \$37.50pp or \$300- per table of 8.

We will require someone with a laptop and some appropriate skills to put photos up - there will be a screen supplied. *Memorabilia especially welcomed.*

If you do have photos from this last year of paddling, could they be delivered to the shed at least a few days before the dinner either on a USB or a DVD - this will allow us time to make sure they are compatible.

We are always on the lookout for stories which may be slightly embellished, or if you have someone you would like to put forward for an award please let Kieran, John Preston, or myself know.

Hoping to see you all there,  
*Patricia.*



*You are invited to*

*The Burley Griffin Canoe Club*

*24th Birthday and Annual Presentation Dinner*

*Date: Friday 20th June 2014*

*Where: Hellenic Club*

*Matilda Street Woden*

*Time: 6:30 p.m. for a 7:00 p.m. start*

*Cost: \$35- per person*

*RSVP: via payment on-line by 13th June*

<https://www.registernow.com.au/secure/Register.aspx?E=12787>

*Menu:*

*Entrée:*

*Roasted pumpkin and ricotta lasagne with herb tomato sauce*

*Chicken and mushroom filo roll with wild mushroom salad*

*Mains:*

*Pork cutlet with balsamic caramelised apples,*

*served with seasonal vegetables.*

*Slow cooked beef pot pie, with glazed baby vegetables*

*and creamy mash potato*

*Dessert:*

*Birthday Cake (including gluten free)*

*Tea and Coffee*

*If you have any special dietary needs please notify us ASAP*

*Any memorabilia, trophies, or stories will be welcomed.*

*Also club photos on a USB drive or DVD*

*If you would like to book a table of 8 please let us know via*

*[info@bgcc.org.au](mailto:info@bgcc.org.au) OR [patricia.ashton@gmail.com](mailto:patricia.ashton@gmail.com)*



**Wanted to Buy:**

I am looking for a high volume TK1 (e.g. Competition Viper) in good condition.  
My phone number is: 02 69261603. Email is: [pipowell19@gmail.com](mailto:pipowell19@gmail.com). Phil Powell.

**Boats for Sale:**

Epic Legend XL, Elite construction. \$2990 OBO, inspect at Wetspot.



Australis Gecko, roto-moulded plastic touring kayak. \$970, inspect at Wetspot.



Advertisement:

An advertisement for Wetspot Water Sports. The background shows a grassy area with several kayaks, including a prominent yellow and white Epic kayak. A large blue logo with a swirl design is on the left, and the text 'Wetspot Water Sports' is in large blue letters. Two promotional boxes are overlaid: one on the bottom left for 'NEW WARM GEAR IN STOCK NOW' and one on the bottom right for 'BGCC MEMBERS 10% OFF ACCESSORIES'.

**Wetspot Water Sports**

**NEW WARM GEAR IN STOCK NOW**  
**ADRENALIN 2P THERMALS**  
**FROM \$45.95**

**BGCC MEMBERS**  
**10% OFF**  
**ACCESSORIES**  
**GLOVES,**  
**POGIES,**  
**BOOTIES**  
**ALL THE GEAR TO**  
**KEEP WARM**