



Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2012, 2013, 2014

Volume 25 Issue 9 August 2015

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**ANNUAL GENERAL MEETING
MONDAY 7th SEPTEMBER, AT 7 P.M.
ETERNITY CHURCH HALL
491 Sulwood Drive, KAMBAH**

ELECTION OF OFFICE-BEARERS 2015-2016

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President's Report: Kiaran Lomas

Two years have passed very quickly, too quickly and as the elected BGCC club (the Club) president for those two years I am proud of what the Club has accomplished in those years. In some ways I will be a bit sorry that I can't continue in this role.

Some of the Club's achievements over the past two years have included hosting two National Championships: Canoe Polo in 2014 and this year for Marathon. There have also been very successful events run for the Marathon 10 Series, Canoe Polo Invitationals, N1SCO Design Race and (my favourite) the 24 Hour Paddle Challenge. The efforts put in by the Club to make this happen make me very proud and honoured to represent it as president. I would like to say a special thank you for the last time in BP to John Preston, Gary Rake, Helen Tongway, Lincoln and Emily Gibson, Aiden Lewis, Scott Hunter, Scott MacWilliam, Patricia Ashton, Rowan Holt, Roland Mangos, James Harmer, John Harmer and all the others who have been involved.

During these two years the Club has also seen a significant change in demographics. When I first came into the role the number of junior paddlers was very small. Last year the club had 70 junior paddlers on the membership register. These juniors have been present in most paddling disciplines within the Club. The Club has also faced challenges around governance issues concerning safety, vulnerable people and ladders. I'd like to thank the efforts by Tom Hick to ensure the committee have put in place the necessary guidelines to provide a safe and friendly environment for all paddlers. Through his work the Club has ensured all coaches and instructors are appropriately qualified, there are a suitable number of members holding first aid qualifications, the purchase of defibrillator for the club and insuring any members working with children and vulnerable members held appropriate clearances.

The Club has also seen some new equipment, with small fleets of polo bats and inflatable SUPs made possible through the Grass Routes Program. In addition, there has been a K1 purchased, replacing one of three club K1s, along with a couple of decent paddles for juniors. There has also been the introduction of the new club uniform, which is suitable for both competitive and social paddlers.

There has also been a number of Club events run such as the time trials and bbq's, the canoe polo competitions, various training squads, recreational paddles, and the SUP coffee runs. All these things provide Club members with more opportunities to be out on the water enjoying this sport. Thanks should go to Scott MacWilliam and Helen Tongway who ensure Blazing Paddles is available to readers to keep them up to date on all the issues and events that are happening within the Club. Finally, I would like to thank the committee and their efforts throughout the year who have kept the administration of the Club going in the background to make sure members can enjoy their paddling. After all, one thing I have maintained, it doesn't matter what you paddle, how you paddle, where you paddle, as long as you enjoy your paddling.



From the Editor's Desk: Scott MacWilliam

If 2016 is the year of the US Presidential and the Australian national elections, 2015 features the even more significant BGCC elections. This issue of *Blazing Paddles* provides all the information prospective candidates and their supporters require to nominate their favourites. None of the on-line betting companies have yet announced odds but an early favourite among punters for president is club stalwart Patricia Ashton, the first to publicly announce her candidacy. Punters will be on edge from now until September 7 to see who else nominates for this and other positions, all of which are sure to be keenly contested. Who will Donald Trump or Hilary Clinton finance is a question many want answered.

For this, my last issue as Editor, there are the usual notes from regular contributors without whom the club's newsletter could not exist. The PaddleNSW Marathon Series, now coming to an end with the result likely to be in the balance until the last race at Burrill Lake, remains a major competitive focus. However the presence of birds nesting along the Molonglo River indicates that the time for other major events to be held is near. The numbers of canoe polo players training on the river is an early sign that the worst of the weather is nearly over and soon teams for the 24 hour race in early December will start to be formed.

Thanks to everyone who has tolerated my nagging reminders that contributions are (over)due. It has been a most enjoyable two years, in which a newcomer to all disciplines has learned heaps about just what keeps us all paddling. Good luck and much future pleasure to all the BGCC club members.

Litsa Polygeniros: Club Secretary

NOMINATE! VOTE! ELECT YOUR NEW COMMITTEE!

At the forthcoming Burley Griffin Canoe Club Inc. (BGCC) 2015 Annual General Meeting (AGM), you, as a financial member of the Club, have an opportunity to assist the Club in many different ways by getting involved in the various Club committee positions, convener roles and ongoing, everyday jobs. Everyone can do their own small bit to contribute to the success of the Club by ensuring it runs efficiently and effectively.

In September each year, all committee positions are declared vacant and all Club members are eligible to stand for and vote on, all positions.

An election will be held at the AGM for the committee positions listed below, noting a Club member may only hold the position for no more than two consecutive years.

Convener and other positions are volunteer positions and can be held indefinitely, however it is recommended these positions are also shared around.

Below is a committee nomination form. Please use it to nominate a Club member (yourself even) for a position on the committee. Make sure your nominee is willing to take on the position then get the form seconded by another Club member. This just requires three signatures!

The committee positions include:

President (*The buck stops here!*)

The President is responsible for:

- Managing the Club's committee and its meetings, chairing of these meetings, or appointing another chair.
- Chairing the Annual General Meeting, ensuring the agenda and its business is completed, including committee and convener representations and reporting are finalised; and any guest speakers presentations.
- Having a good working knowledge of the Club's constitution, club rules and the duties of all office holders and sub-committees and their respective accountabilities.
- Being well informed of the club's activities.
- Providing leadership and awareness on the future directions and plans of the club's membership, including on the strategic plan.
- Acting as a facilitator of club activities.
- Ensuring that planning and budgeting is carried out in an accountable and transparent manner and in accordance with the wishes of the Club members.
- Decisions made on behalf of the club that have followed due process
- Being the public face of the club representing the club at local, regional and national levels and in the media as required. This president can delegate some of these representations to another member when required or deemed more appropriate.
- Being the supportive leader of all club members.
- Delegating to other club members duties required to ensure the club runs in an effective, efficient and accountable manner.

Vice-President

The Vice-President is responsible for providing a similar supportive role to the Club like the President and is responsible for acting in the position of the President in periods of his or her absence. In doing so the Vice-President should:

- Have a good working knowledge of the Club's constitution, the Club's rules and the duties of all office holders and sub-committees.
- Be well informed of the Club's activities, and
- Assist in providing leadership and awareness of the future directions and plans of the Club's membership, including the strategic plan.

Secretary

The Secretary's role is the chief administrative officer of the Club. He or she provides the link between members, the committee, and external organisations. In undertaking this role the Secretary is responsible for:

- Dealing with the Club's correspondence both ingoing and outgoing, and in doing so will assist in checking the PO Box.
- Writing and disseminating outgoing correspondence.
- Developing and distributing the Agenda for meetings and recording Minutes.
- Keeping and distributing the tabled Minutes of the Club's meetings.
- Keeping copies of records maintained by other office bearers or sub-committees.
- Possess the definitive copy of official documents such as letterheads, the constitution, etc.
- Maintain contact lists, including for both email and mail.

Treasurer

The Treasurer is responsible for the financial management of the club. In undertaking this role the Treasurer will:

- Maintain accurate records of the Club's current income and expenditure.
- Prepare budgets forecasting annual income and expenditure.
- Prepare monthly accounts for the Committee
- Pay bills and present invoices for approval by the Committee.
- Be a signatory on club cheques (conjointly with President or Secretary.)
- Collect and bank all club monies.
- Prepare annual financial accounts for auditing and provide an audited report to the Club's AGM in September.
- Ensure annual financial returns are lodged with the ACT Government.
- Deal with any ATO requirements.
- Ensure changeover paperwork for signatories to the cheque book is completed for the newly elected committee members.

Boat Captain Manager

The Boat Captain is supported by the assistant Boat Captain and is responsible for maintaining the property of the Club and includes:

- Keeping a record of all equipment owned by BGCC Club.
- Consulting with other committee members on who has access to the Club Shed.
- Consulting with other committee members on who has the use of spare racks in the Club Shed.
- Performing minor mends on damaged boats and arranges for more heavily damaged boats to be taken to a commercial repairer for major repairs.
- Ensuring the shed is well maintained and arranging for any repairs required on the Shed.
- Making suggestions as to what boats are past their best and need replacing. (And advertise which boats are for sale to club members.)
- Organising volunteers for shed clean-up working bees.

Ordinary Members (*two positions*)

Ordinary members are responsible for representing the views of the membership.

Public Officer

A Public Officer must also be elected prior to the election to ensure proceedings occur in an accountable and transparent manner. The Public Officer is also responsible for presenting to the ACT Government a copy of the incoming committee members plus a copy of the audited financial statement for the previous financial year.

Note that some of the committee positions descriptions will be considered as part of the review of the Club's constitution during the AGM. This will occur prior to the election of the new committee.

The Club also has a number of convener and activity positions requiring volunteers. These positions are as follows:

Membership Secretary – is responsible for keeping an up-to-date list of BGCC Club members, along with pertinent details of their address and phone numbers, contact details, health matters, paddling interests, etc. and; discussing with the BGCC committee the fees to be charged for BGCC membership, boat use fees and key-hire fees; and is responsible for applying these fees to the Register Now on-line payment system. Other duties include providing up-dates for all on-line membership components on the BGCC web-site; and sending out reminders to Club members about renewals of memberships, boat use fees and key-hire fees.

Editor – is responsible for producing an issue of *Blazing Paddles* to be available one week before the next club meeting. This includes seeking and including in *Blazing Paddles* the results of Club members' entries from as many competitions as possible; and persuading as many Club members as possible, to contribute articles.

Social Convener - is responsible for arranging a venue, menu and costings for the Club's Birthday Party each June – in consultation with the committee and other club members; coordinating the food and/or Santa and/or games for the annual Club Christmas Party; assisting with arrangements/food etc. for other events such as the time trial BBQ's, 'Mothers' Day Mayhem' and 'Fathers' Day Frolic' race days.

South Coast Convener – is responsible for liaising between ACT and the South Coast chapters on all necessary activities and administrative issues; maintain records of income and expenditure related to south coast paddling activities; and liaises with Membership Secretary, as required, on currency of membership.

Coaches' Representative - represents the Club coaches at committee and general club meetings and liaises with the committee with regard to coaches' needs for training in first aid, renewal of accreditation and other requirements and resources for running coaching sessions.

Event/Discipline Conveners (*beginners, juniors, training, flat water, canoe polo, marathon, sprint, touring, white water, ocean racing, SUP*) – are responsible for consulting with the Club committee about budgets and dates on aspects of their respective disciplines and activities, including any events and/or training relevant to their discipline sponsored by the Club; where required arranging all the permissions needed to run the event; ensuring a copy of the Club's current Certificate of Insurance goes to any interested parties; organising people to complete any tasks needed for the smooth running of the event, and collecting any money to be signed over to the Club Treasurer, with a Payment Collection Record Form.

In addition conveners are required to keep any records of relevant competitions, provide articles and reports to the Club web-site, *Blazing Paddles*, and to any other Club requesting the results and to the Canberra Times for publication if the opportunity arises.

Triathlon Co-coordinator (*This can be one person, or with the help of one or more assistants*) – are responsible for managing and coordinating the Club's involvement with Triathlon ACT and the income it raises for the Club. This involves consulting with the Club's committee to ensure that Triathlon ACT and any other group running triathlon events agree to the fee structure for the coming season; liaising with Triathlon ACT to receive notice of all the triathlons for which the Club's help is requested including confirming relevant information such as the date, time and place of swim start; distance of swim; ability of the majority of swimmers; expected number of swimmers; approximate time of swim finish; any expected number of assisting boats; and seeking Club members to assist with volunteering for these events. The Triathlon Co-coordinator will ensure each Club member assisting at a triathlon is in a suitably stable boat, is wearing a Lifejacket and has received instructions on how to assist swimmers in need of help.

The Triathlon Co-coordinator is also responsible for providing relevant details and information for inclusion in Blazing Paddles and the Club's website, and for the circulation of relevant Club emails.

Publicity Convener – is responsible for raising the Club's profile and assisting in recruiting members and volunteers and ultimately is responsible for the public relations of the Club. This includes seeking media and advertising opportunities; assisting with public relations regarding Club events and writing material for various mediums to assist with this role.

Sponsorship Convener – is responsible for seeking sponsorship opportunities for the Club. This includes maintaining a list of what the Club requires and seeking ways to fundraise through planned events and activities and presenting options to the committee for their approval.

Club Delegate - represents the BGCC at Paddle NSW meetings and/or at Australian Canoeing meetings – to convey the BGCC committee's wishes/thoughts/requests to such meetings and to return with the meeting's reply.

Other volunteer positions and/or tasks

There are numerous other tasks to be done to keep the BGCC running smoothly.

Kitchen duties – to make sure the kitchen area of the shed is kept clean and relatively hygienic. Wipe around the sink, wash tea towels; ensure supplies of detergent, tea, coffee, sugar, etc. are kept topped up. Weekly roster.

Trailer maintenance – make sure the trailer's registration has been paid and the new registration label attached in November each year. At the same time, take the trailer to be serviced to make sure it is safe to use.

Government Grants – to attend ACT Govt. Sport and Recreation talks on who is eligible for what amount of money; fill in the application forms, ensure the forms are presented on time (end July?); follow-up on receipt of grants, buying of equipment or other spending of grant money; keeping tabs on the receipts, making sure the grant is acquitted (March) each year. A two person job.

And many more tasks!

Nomination Form	
Nomination Starting Date: 9.00am, 18 August 2015	Nomination Closing date: 5.00pm, 7 September 2015
I, <i>(Name of Proposer)</i> <i>(Signature of Proposer)</i>	
Wish to nominate: <i>(Name of person being nominated)</i>	
For the position of: <i>(Position on the Committee)</i>	
I, <i>(Name of Seconder)</i> <i>(Signature of Seconder)</i>	
Wish to second the nomination of: <i>(Name of person being nominated)</i>	
I, <i>(Name of Nominee)</i> <i>(Signature of Nominee)</i>	
Accept the nomination of the position: <i>(Position on Committee)</i> <i>(Date)</i>	
Please send completed form by nomination close date to secretary@bgcc.org.au	

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Use just a few of these offers and you'll more than cover the cost of your Membership!

Shed Extension and Parking: Bob Collins (for Shed Sub-Committee)

Shed

Our application for the acquisition of our shed by Direct Sale is up and running again. It appears that the future route of the light rail system to the Canberra Airport will not affect our Club premises at Molonglo Reach.

The Direct Sales area has now been given approval to progress our application. We met with their surveyors last week and a 'footprint' for our future leased area is now being surveyed.

Once the surveying is complete the land will be valued and we will meet again with the ACT Govt. and the NCA to finalise the Direct Sale process.

Parking

On Friday 21 August '15, we met with TAMS at Molonglo Reach to finalise the plans for the overflow parking area. A contract has now been let for the construction and TAMS are now putting the last bits of paperwork in place to allow commencement. We are hopeful of having a usable overflow parking area by the time our Wednesday evening Time Trials start.

Our offer to contribute \$5,000 towards the cost of the construction, new access gate and bollards to surround the carpark has been accepted – it will turn out to be money well spent.

Due to the overhang of boats on our cars, the length of the carpark spaces in the new area will be longer and TAMS are going to arrange for the lines to be remarked in the current car park.

You may also notice some top dressing and re-seeding of an area of shoreline next to our beach in the coming months. We have also been assured of more sand for our beach when we consider it needs a top up.

MEMBERSHIP: Helen Tongway

Please renew your membership by 31st August

or you will no longer be a BGCC member!

If you are one of our 178 club members who have already paid their 2015-2016 BGCC (and PNSW/AC) membership, then there is no need for you to read any further in this article. And Thank You!

However, if you are one of those whose membership is about to lapse, then please go to:

1. <http://canoe.org.au/join-australian-canoeing/?destination=node%2F6179&destination=node%2F6179>

You will note that this is an Australian Canoeing web-site. Click on the Paddle NSW icon. Your AC, PNSW and BGCC Standard Level fees are now paid in one transaction, so that everyone is properly insured. You may or may not have received a new password and log-in from a PNSW email earlier this year but, if you are unsure of your number for renewal, Australian Canoeing provide a number checking site: [NUMBER CHECK SITE](#) or - contact Peter Tate at PNSW: peterT@paddlensw.org.au to collect your new details. For those BGCC members who take out Standard Level only – that is it! All done in one transaction ☺

But, for those BGCC members who need to pay for all the other extras, [Bronze, Silver, Gold or Platinum Level memberships] after paying your combined fees, go to:

2. <https://www.registernow.com.au/secure/Register.aspx?E=17978>

to pay your BGCC for key-hire, and any other equipment-use fees you might owe. These can be paid at the various Levels of BGCC membership:

Membership Level:	Standard	Bronze	Silver	Gold	Platinum
Adult membership	\$50	+\$50	+\$125	+\$175	+\$200
Family membership	\$75	+\$50	+\$125	+\$175	+\$200
Junior membership	\$25	N/A	N/A	N/A	N/A
Plus 2 nd Shed key-hire:	N/A	\$50	N/A	\$50	\$50
Plus 2 nd "fragile*" boat use	N/A	N/A	\$125	\$125	\$125
Plus 2 nd Private boat in shed	N/A	N/A	N/A	N/A	\$150
Single Event Membership	\$20	N/A	N/A	N/A	N/A

People with Bronze, Gold and Platinum memberships are reminded that their continued holding of a Club Shed Key [and the privilege of Platinum membership] is dependent on your renewing your membership and other fees. Non-renewing BGCC members will be asked to return their Club Shed key and remove their boat from the Club Shed so that another club member can use the space. Also, if you find you no longer need your shed key, then please return it to a committee member and get your deposit reimbursed to you.

For people who are in need of a Club Shed key, the Application Form is on the BGCC web-site under "Forms" at:

<http://www.bgcc.org.au/index.php/administration>

Please read the application form to make sure you are eligible to apply for one.

The Boat Storage Form is also available under the same heading.

Any questions about BGCC membership, please email me at: membership@bgcc.org.au

Helen.

"Life is a constant oscillation between the sharp horns of dilemmas."



The Hawkesbury Classic 24th October 2015

It is getting closer!!

The club has, over the last 5 - 6 years, provided land crew for those taking part. The arrangement has worked well, with land crew setting up at one check point then heading for the finish, rather than trying to drive to each of the check points (only to sometimes miss your paddler). This way hopefully land crew get some time to sleep so they can be effective drivers back to Canberra!

Paddlers

At this stage I need to know how many club members are planning on paddling this year and if you require land crew.

Could you let me know what sort of time frame you are looking at, what boat you are using, i.e., double or single, if you require it transported and at which check points you are considering stopping..

Land Crew

If you are interested in helping out as land crew for the Hawkesbury this year please let me know. Can you drive, take a boat, tow the trailer, transport how many paddlers?

The number of land crew needed depends upon the number of paddlers competing.

We generally have 2 -3 people at Sackville and 4 at Wisemans. At Cattai we usually only have 1 land crew, although one person who is good at fixing boats - just in case a paddler has discovered a rudder problem etc. Depending on the paddlers we may or may not have 2 people at Spencer.

Most paddlers and land crew will drive up Saturday morning. We set up a gazebo at Windsor and provide lunch. Boats need to be scrutineered, paddlers registered, lifejackets checked etc.

Paddlers should provide a bag with dry warm clothing for at least Wisemans, plus food where required. At Wisemans (and possibly Sackville) we have a tent set up with a gas cooker and tea and coffee makings. Paddlers can be helped out of their boats, lead up to the toilet block, food heated up, first aid organised if necessary etc. At the finish we also have a shelter, some breakfast makings and importantly help the paddler out of the boat and up the ramp, land crew carry the boat and help however it is needed. Then transport the paddler home to Canberra.

Land crew may also need to go to checkpoints to pick up any paddlers who have pulled out.

Land crew is a great way to see the race, to find out what it's all about and help out other paddlers. If you're thinking you'd like to do some long distance marathons come and do land crew and be inspired for next year.

Beginners' Courses: Patricia Ashton

What's been happening on Winter Mornings?

IT'S COOOOOLLDDDD!!!! Our wonderful club shower has been less than wonderful lately.

Tuesday morning paddles have been quite busy over the winter months, with Gary's group often consisting of 5 - 6 paddlers, as well as Ben and James. We've often seen Richard out too, then for the 7a.m. group we've had between 2 and 6 paddlers as well!

I admit to preferring to stay in bed an extra hour and getting on the water in the daylight, so I'm out with the 7a.m. paddlers. We've had several mornings when the temperature has been down to minus 6 and still freezing at 8.30 a.m., which we can see as the boats freeze over when being washed. But wearing some good quality thermals and socks, I'm actually quite comfortable especially after our paddle. However, on 2 occasions over the last month, as I've been the last in line for the shower the shower has been cold!!! Standing there in the drafty shower, in a state of undress, testing the water temperature, waiting for the shower to warm up as it normally does, is not pleasant. Wasn't able to warm up the whole day! (So Scotty put in a wood fire at work - isn't that lovely??) Last week, I didn't even bother as Russell indicated that the water was already going cold during his shower.

What I'm wondering is - is it just that there are more people using the shower before me - and I know showers are usually very short - or, is our lovely shower, (has to be one of the best for water pressure, if not exactly clean or sparkling), starting to die?

Can members experiencing a lack of hot water please make a note of it in the log in book, so we can keep an eye on it? Ta

While we're on the subject of winter mornings - as just mentioned there are many club members out and about training on this cold, frosty mornings. Watching the earlier group come in with frozen pogies, icicles hanging from caps, is quite inspiring. But with the correct clothing (the Adrenalin gear from Wetspot has been very popular as has the Sharkskin), and pogies, and with the pontoon to get in and out of the boat without having to get wet feet - many winter mornings have been magical. Frost, fog, mist spiralling up, sunrise, glassy water with brilliant reflections.....it's a great way to start the day.

Basil has spied platypus in amongst the trees on the opposite shore across from the pontoon. So if you're out for a quiet paddle, it could be worth just cruising along there.

One of our new paddlers, Rachel, who is in training for the Murray, is a super keen paddler and one morning early was surprised that no one else was out. The fact that there was a high wind warning with gusts up to 90 km, might have had something to do with it. But Rachel was not to be put off, struggled to get her ski down to the river, then went back to the car to collect her paddle etc, only to turn around and see her boat being blown out onto the river. A quick sprint and a plunge into the icy Molonglo, she had to wade out to almost neck height but luckily was able to rescue the boat. Most of us would have then called it a day, but Rachel is made of sterner stuff and (this does also demonstrate the worth of Sharkskins) decided she was still going to go for a paddle. Between being wet and the wind however, she did only get to the Barbers pole, before making the wise decision to go back and head home. Trying to get the ski back on the car was also difficult but luckily it didn't go flying off! Eagerness and determination will get her through the Murray for sure!

New Member Intro to Paddling Sessions

Spring is almost upon us, and so is an influx of new paddlers. The club will be holding Introduction to Paddling sessions (one off sessions for members of the public – a great fund-raiser) as well as Introduction to the BGCC sessions for new club members.

Last year we ran these over 3 sessions. The first introducing them to the club rules, shed and boats – trying out a couple of boats & how to adjust them, how to get on and off the water, some basic forward stroke techniques. The 2nd session was more strokes and possibly trying out another boat and depending on the conditions, performing a wet exit and swim to shore. The 3rd session was a paddle to the Hospice or further depending on participants and conditions.

Would you be interested in helping out? Maybe just taking out new members for a paddle. There wouldn't be any instruction required, mainly just a friendly attitude (with the ability to rescue if required) and the experience to decide if the lake was too rough or how far to paddle. Or, maybe you are considering doing an Instructors or Coaching course this season and are interested in assisting the running of these courses?

Let me know if you can help out. The first sessions will start late October.



CONVENERS' REPORTS

Flatwater Convener: John Preston

The M10 races have been coming thick and fast with 2 more races completed since the last issue of *Blazing Paddles*. With 3 rounds to go we still retain a healthy lead in the Brian Norman Trophy Club Point Score competition. The Lane Cove venue is another one with poor parking but I have it from a reliable source that it's not as bad as Grays Point. PFD's are mandatory at Lane Cove. A good showing from us at LC should set us up nicely for the last few races and our 4th championship in a row.

The Wetspot Winter Time Trials are nearing an end with some good tight competition still being produced. Remember lifejackets are compulsory for club events and training during winter.

The recent warmer weather has brought out some of our 'heat seekers' which means more activity around the shed which in the light of the recent car break-ins is a good thing.

Good luck to Gabrielle Hurley and Margi Bohm who are competing in the 2015 ICF Canoe Marathon Masters World Cup in Gyor Hungary. Both qualified to represent Australia at the Australian Marathon Championships held on our time trial course back at Easter.

Brian Norman Trophy – Club point score M10 - 2015

GCC	Burley Griffin Canoe Club	258
MWKC	Manly Warringah Kayak Club	214
LCRK	Lane Cove River Kayakers	192
CSKC	Cronulla Sutherland Kayak Club	160

HVPC	Hunter Valley Paddlesports Club	126
WCC	Windsor Canoe Club	108
SSCC	Sutherland Shire Canoe Club	82
CCCC	Central Coast Canoe Club	76
PVC	Penrith Valley Canoeing	68
SNBKC	Sydney Northern Beaches Kayak Club	44
JP	Just Paddlers	30
BWP	Brisbane Water Paddlers	28
ICC	Illawarra Canoe Club	10
WBCC	Wagga Bidgee Canoe Club	8
PDDBOCC	Pacific Dragons	8

Race 7 – M10 Grays Point

The Grays Point M10 race was hosted by Sutherland club and proved a good day for BGCC as we consolidated our position at the top of the club point score. Most of us drove up on the morning of the race and suffered the hassle of a long down-hill walk to get our kayaks ready for the racing. The walk back up the hill post-race was even more of a hassle. Although the weather was considerably warmer than what we'd been experiencing in Canberra the wind chill made it a little nippy. The course itself was fairly tough with long shallow sections, the wash caused by the close proximity of the paddlers coming from the other direction which combined with a breeze that seemed to frequently change direction made life difficult for some of us. Thanks to all of those who attended. Hard luck story of the day went to Gary Rake who was in a strong position in div 2 when the wash from a power boat gave him an unwanted dunking just after the turn for the run to the finish line. Unfortunately it was also in one of the only sections of the course where you couldn't stand up.

M10 Race Grays Point

Division 2 - 20km

Pos	Boat	Paddler	Craft	Club	Time
3	226	Russell Lutton Richard Fox	LR2	BGCC	01:43:03
8	209	Gary Rake	K1	BGCC	01:48:02

Division 4 - 20km

Pos	Boat	Paddler	Craft	Club	Time
5	417	Patricia Ashton Bob Collins		BGCC	01:52:04

Division 5 - 20km

Pos	Boat	Paddler	Craft	Club	Time
DNF	501	John Preston	K1	BGCC	-

Division 6 - 20km

Pos	Boat	Paddler	Craft	Club	Time
18	605	Graeme Bacon	OC	BGCC	02:14:54

Division 7 -

Pos	Boat	Paddler	Craft	Club	Time
2	711	Kiaran Lomas	Sup	BGCC	02:12:33
5	720	Helen & David Tongway		BGCC	02:16:39

Division 8 - 15km

Pos	Boat	Paddler	Craft	Club	Time
3	805	Graeme Ison	ski	BGCC	01:24:06
6	816	Margi Bohm	k1	BGCC	01:27:38
11	824	Gabrielle Hurley	k1	BGCC	01:31:40

Division 10 - 10km

Pos	Boat	Paddler	Craft	Club	Time
17	1000	Scott MacWilliam Tony Mee	OS2	BGCC	01:01:01

Division 11 - 10km

Pos	Boat	Paddler	Craft	Club	Time
4	1105	Allan Newhouse		BGCC	01:01:18
8	1133	Robert Bruce		BGCC	01:02:58
13	1117	Ian Castell-Brown		BGCC	01:06:42
DNF	1118	Roger Murray		BGCC	-

Division 12 - 5km

Pos	Boat	Paddler	Craft	Club	Time
1	1210	Litsa Polygerinos	K1	BGCC	00:32:58
4	1207	Carolyn Williams		BGCC	00:35:03

Race 6 - M10 Narrabeen

Beautiful, sunny and warm characterised the conditions for this race. It was expected Manly would dominate the point scoring at their home event but we managed to minimise the damage and maintained a healthy lead in the club championship point score. The course was shallow in places and in some sections paddlers had to contend with paddlers coming from the opposite direction in very close proximity. Nevertheless the event was very successful with more competitors attending than at any other race since ours way back in February.

Division 2 - 20km

Pos	Boat	Paddler	Craft	Club	Time
5	226	Russell Lutton Richard Fox	LR2	BGCC	01:42:33

Division 4 - 20km

Pos	Boat	Paddler	Craft	Club	Time
4	417	Patricia Ashton Bob Collins		BGCC	01:53:52

Division 5 - 20km

Pos	Boat	Paddler	Craft	Club	Time
1	501	John Preston	K1	BGCC	01:55:49
RNK	519	Dominic Hides		BGCC	01:59:37

Division 7 - 20km

Pos	Boat	Paddler	Craft	Club	Time
3	711	Kiaran Lomas	Sup	BGCC	02:15:26
4	720	Helen & David Tongway		BGCC	02:18:27

Division 8 - 15km

Pos	Boat	Paddler	Craft	Club	Time
3	805	Graeme Ison	ski	BGCC	01:25:11
6	816	Margi Bohm	k1	BGCC	01:29:05

Division 10 - 10km

Pos	Boat	Paddler	Craft	Club	Time
15	1000	Scott MacWilliam Tony Mee	OS2	BGCC	01:02:53

Division 11 - 10km

Pos	Boat	Paddler	Craft	Club	Time
1	1105	Allan Newhouse		BGCC	01:02:00
12	1124	Anne Cronin		BGCC	01:09:34
15	1126	Rachel Muldoon	ski	BGCC	01:09:59
17	1117	Ian Castell-Brown		BGCC	01:10:30

Division 12 - 5km

Pos	Boat	Paddler	Craft	Club	Time
1	1210	Litsa Polygerinos	K1	BGCC	00:34:38
3	1207	Carolyn Williams		BGCC	00:35:19

2015 Marathon 10 Series LCRK Lane Cove Race

Date:

Sunday, August 30, 2015 - 09:00 - 16:00

Location

LCRK Rotary park, Mowbray Road West

Mowbray Road West

Lane Cove, NSW



paddle nsw inc marathon

2015 Marathon 10 Series



- Round 1-** Saturday 21st February-BGCC, Canberra 11am
 - * State Marathon -14th March –Davistown NSW
 - * National & Oceania Canoe Marathon -5th April – Canberra, ACT
 - Round 2-** Sunday 3rd May –WCC, Windsor 11am
 - Round 3-** Sunday 24th May –CCCC, Wyong 10am
 - Round 4-** Saturday 20th June –SSCC, Woronora 10am
 - Round 5-** Saturday 4th July - PVC, Penrith 10am
 - Round 6-** Sunday 26th July –MWKC, Narrabeen 10am
 - Round 7-** Saturday 15th August – CSKC, Grays Point 10am
 - Round 8-** Sunday 30th August–LCRK, Rotary Park 10am
 - Round 9-** Saturday 26th September-WBCC, Wagga Wagga 1pm
 - Round 10-** Saturday 17th October – Makai Paddlers, Burrill Lake
- Marathon 10 Awards & Presentation Dinner

Online entry \$25 Entry on the day \$30 (options available) Students & Juniors \$10
 25km, 20km, 15km, 10km & 5km race distances to suit all levels.
 Entry, Race information & marathon rules www.paddlensw.org.au



Paddlers, mark the 12th September 2015 in your diaries as the date for the 2015 Myall Classic, an iconic ultramarathon event for all paddlers, experienced to novice, over three distances of 47 km, 27 km or 12 km. The event always throws up new challenges for paddlers and organisers alike and 2014 was no exception. Nearly 300 paddlers enjoyed excellent weather, some challenging conditions near the finish and the close company of emergency services craft dealing with a water-ski accident upriver. More details on the event will be published in the coming months, but those thinking of making a weekend of it are advised to contact Great Lakes Tourism for accommodation advice.

Details of the event are at <http://www.paddlensw.org.au/event/myall-classic>

And of course, the event could not proceed without volunteers...if you are keen and able to assist (as many were in 2014) please let us know at admin@paddleNSW.org.au

The Cure Brain Cancer Foundation will be forever grateful for your continuing support of this great event.

Hawkesbury Classic - Notice for Paddlers

The **Hawkesbury Canoe Classic** is an annual marathon canoe race taking place on the Hawkesbury River in Northwest Sydney, usually at the end of October. The Hawkesbury Canoe Classic consists of a 111 km paddle at night starting in Windsor and finishing at Brooklyn. The race is Australia's fourth-longest annual canoe race after the 404 km [Murray Marathon](#), the 208 km Murray 200 on the Murray River between Martins Bend and Morgan in South Australia and the 133 km [Avon Descent](#) in Western Australia. The Hawkesbury Canoe Classic has over 600 paddlers each year. BGCC's John Harmer has completed more Classics than any other paddler – all 37 of them!

This year's race is on the weekend of the 24th October.

It's time to start organising club land crew for the Hawkesbury - can you please get back to [Patricia Ashton](#) if you are either a paddler or potential land crew. see August Blazing Paddles for more details.

Paddlers

At this stage we need to know how many club members are planning on paddling this year and if you require land crew.

Could you let [Patricia Ashton](#) know:

- what sort of time frame you are looking at,
- what boat you are using, i.e., double or single,
- if you require it transported, and
- which check points you are considering stopping at.

Land Crew

If you are interested in helping out as land crew for the Hawkesbury this year please let [Patricia Ashton](#) know. We are keen to know:

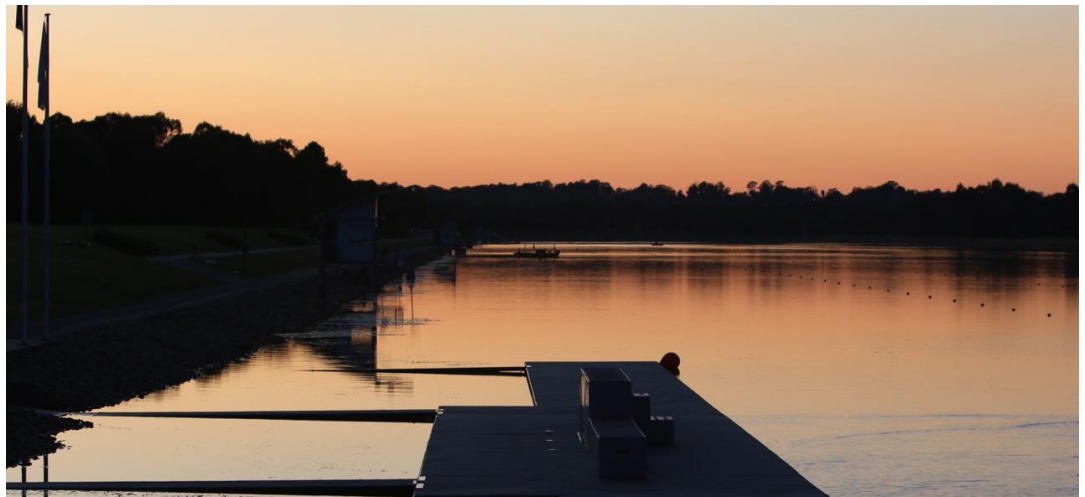
- do you hold a driver's license,
- can you carry a boat,
- can you tow the trailer,
- do you have room to carry paddlers.

Training

If you need advice on preparing for the race please contact one of the club coaches listed under the coaching tab on the club website.

It is important that some of your training is conducted in the dark, if you wish to do a couple of night time paddles please contact [Kiaran Lomas](#).

Tranquil water, SIRC



Hawkesbury Familiarisation Paddles



Here's a great way to get to know the Hawkesbury and work out your tactics before the big night. Sydney recreational paddle company Freedom Outdoors has organised three more paddles (1st was 28 June), each covering a segment of the course of the 111 km Hawkesbury Classic. All with the tide. Car shuttles organised. Paddle NSW members particularly welcome.

Saturday August 29 – Sackville to Wisemans Ferry

Saturday September 19 – Brooklyn to Spencer return

Led by Tony Carr, Adrian Clayton and Duncan Johnstone, who have done the Classic many times. Their tips and hints will be invaluable. You will paddle the course and get a good feel for what it's like to do this iconic event. You'll be able to put your gear to the test and sort out any issues with your boat. Likely checkpoints will be identified and maps and race books will be distributed.

If you are not too worried about the Classic and would just like to have a cruisy day out, come along and enjoy the sights. Kate Grenville's novel "The Secret River", recently on ABC-TV, is set here. Watch the show then paddle the river next weekend.

Bring your own suitable boat and pay \$58 per person if you are a current financial member of Paddle NSW. (\$68 if you are not). Or \$88pp in a quality boat provided by Freedom Outdoors (includes delivery to the site and collection afterwards). No children under 14 years. Suitable for paddlers with previous experience, not first timers. These are familiarisation paddles, not races. Numbers are limited.

You must register in advance, not just turn up on the day.

Email: tonycarr@ozemail.com.au specifying the dates you'd like to join the group.
Or phone Tony on 0417 502 056.

Transfer payment to Freedom Outdoors BSB 032 123 Account 22 32 86, with your name in the message field. Once payment is received we will send you arrangements for the day.

Website: www.freedomoutdoors.com.au<<http://www.freedomoutdoors.com.au>>

Location: Wiseman's Ferry, NSW



Wetspot Winter Time Trials

Dates and Times

The time trial timings are as follows:

- ▣ 9:30 a.m. Registration Opens
- ▣ 9:45 a.m. 3 Lap Start
- ▣ 9:50 a.m. 1 Lap Novice Start - Junior Paddlers and Novice paddlers
- ▣ 10:00 a.m. 2 Lap Start
- ▣ 10:05 a.m. 1 Lap Start

The provisional schedule for the time trial is being established to keep race weekends free.

- ▣ 13 Sep - Round 14
- ▣ 27 Sep - Round 15



For information about this year's Masters Games in Adelaide click on the following link:

<http://www.australianmastersgames.com/>

Only a few weeks before entries close so get onto it if you intend to compete.



For information about the World Masters Games in Auckland NZ in 2017 click on the following link:

<http://www.worldmastersgames2017.co.nz/en/sporst/>

Birds of a Feather

Paddlers who enjoy the sights of the Molonglo River in winter-spring always welcome the return of the *Australasian Darter* from the northern hemisphere. The birds come back to breed and watch others who use the water, including our club's paddlers. This issue of *Blazing Paddles* introduces members, ornithologists and others to a new species, the *Ageing Surgers*, also found on the river and Lake Burley Griffin. The birds are so named because they have the capacity to lift their stroke rate at the first sign of any challenge, and race away. Although based here in the ACT, these birds travel far and wide in search of challengers: this picture was taken recently at Grays Point, NSW in the middle of what the *Ageing Surgers* do best.

(NB: All competition has been eliminated and the birds have the water to themselves. Successful Surgers indeed!)



© Sam and Caroline Lovick

Father's Day Frolic?

Are there any Dads out there who would like to paddle with their kids in our Father's Day Frolic on Sunday 6th September? Or Dads who would like to be carried along by their offspring?

We haven't had any takers for a couple of years, but we now have plenty of kids in the club and everyone has (or had) a dad, so – resurrect the paddle. A fun event, not too competitive! One lap of the time trial course. Paddle in a double or two single boats. Take a fleet of boats out if you have a tribe of kids!

If there are takers, then there will be prizes, morning tea/coffee with yummy eats. But I need to know if you are willing. To take part, email me at membership@bgcc.org.au or phone: 0418 861 613.

Helen.

Sprint Convener: Kiaran Lomas

25 July saw the first round of the sprint series at the Sydney International Regatta Centre. The day started in near perfect conditions with a head wind gradually building throughout the morning. Seven Burley Griffin Paddles represented the club, with Roger Murray attending his first sprint event. There was a slight delay as the service boats tried to clear the weed from the lanes. In the end the weed proved to be more persistent and was the only thing that detracted from a great day.



The sprint series is the annual round robin sprinting series for Canoe, Kayaks and other Paddle Craft over distance of 1000m, 500m and the super-fast 200m event. Athletes compete against age, craft and themselves to be the fastest across the finish line. The Sprint series offers a fun and inclusive environment to gain and hone skills in sprint and whatever craft you choose to paddle. The Sprint Series is open to Canoes, Kayaks, para canoes, surf and ocean skis, out-riggers, SUPS and even Dragon Boats.



Roger quickly adapted to the sprint format, where he noted that it was good to socialise between the races and view other paddlers racing.

I am looking forward to see our C1 paddlers starting to race in the next couple of rounds.

While the weed was a problem at this round, the centre management are addressing this issue and hope to have it resolved shortly. Despite this, at the end of the day Burley Griffin Canoe Club was sitting in third place on the Club Point Score.

Name	1000m	500m	200m	500m*	200m	Points
Madeline Hanks	5:42:77	2:46:07	1:07:12	2:49:09	1:08:79	337
Litsa Polygerinos	5:57:10	2:56:21	1:04:05	2:59:65	1:12:21	328
Breanna Reid	6:07:01	3:01:26	1:09:20	3:08:40	1:16:01	314
Roger Murray	5:14:94	2:28:51	0:58:08	2:52:13	1:05:88	367
Allan Newhouse	5:33:08	2:47:54	1:00:86	2:48:29	1:08:16	345
Ian Castell-Brown	6:08:02	2:59:95	1:07:69	3:01:43	1:16:01	318
Kiaran Lomas	6:15:19	3:03:26	1:08:11	3:00:71	1:18:65	310

A report on the he next round of the series on Sunday 23rd August, 2015 will be in the next *BP*.

Sprint Canoe Report: Nick Hocking

Sprint Canoe is starting to make an appearance in the ACT. A few of us "one bladers" (Dragon Boaters) are training on C1 sprint canoes, both the club's "delta" C1 and some privately owned Vajda canoes. These things are quite tippy, so if the wind's up you probably will not see us that day, especially as the lake is still way too cold to spend too much time swimming!

We have been very lucky to have spent quite a bit of time being coached by Sebastian Marczak (Olympian and Australian coach) so hopefully by the time Summer comes, three or four of us will be ready to mix it with the "two bladers" in the BGCC time trials.

Recently, ACT hosted the AIS Canoe Sports' draft camp and at Molonglo Reach we ended up with five C1 and two C2 sprint canoes - quite a sight - not to mention a handful of possible future Olympians!

These C-boats are not as hard to balance as they might appear from their narrowness, so if you see us out there, feel free to come and have a try. The balancing may be do-able, but taking that first stroke is the real challenge (which I'm still in the process of mastering).



Is Marcello paddling Nick's new C5 canoe?



No - just Nick's new C1 Vajda Nova 200

SUP Convener: Lincoln Gibson

BGCC SUP CONVENER POSITION NOMINATIONS

The BGCC committee and convener positions will be up for nomination at the AGM on 7th September. Nominations are needed and welcome for all positions, including SUP Convener.

NEW SUP GOODIES

August always brings lots of new SUP equipment, including:

- Some new NAISH boards like the Maliko downwinder, 10 foot, high performance longboard and Javelin 2016
- The new Strike flat-water, vanguard style Stubby and 10 foot, high performance longboard from FANATIC
- A revamped STARBOARD lineup, including the revamped All Star and new Hypernut.



Make sure you get to the Demo days below and check the board racks at WETSPOT Watersports!

SUP EVENTS AND DEMO DAYS

- STARBOARD DEMO DAY CANBERRA, Oct 1
- STARBOARD DEMO DAY CANBERRA, Nov 22
- MERIMBULA CLASSIC, Nov 26-29
- WETSPOT DEMO DAY, TBA

OCEAN, DOWNWIND AND SUP RACES

REEF TO REEF, Sept 20
TUGGERAH LAKES DOWNWINDER, Oct 24 OR 25
OCEAN SERIES – SEACLIFF, Oct 31
CENTRAL COAST SALTWATER FESTIVAL, Nov 7
BOTANY BAY SUP CLUB DW, Nov 15
20 BEACHES, Dec 12
SPSC DOWNWIND RACE, Dec 19, alternate date Jan 23
SAUCY JACK CLASSIC NEWCASTLE, Mar 19-20

More events will be announced in Spring. Keep an eye on the Capital SUP Facebook page for details and updates.

Finally, here is an image of Lenny Kai standup duck diving his board, from the spring issue of *Standup Journal*



SUP Race Report: Rohan Evans

Scotland Island Race

The Scotland Island Race was the third race of the Paddle NSW 2015 Harbour Series. Set in the beautiful surrounds of Pittwater with multi-million dollar homes and yachts surrounding you at every turn, it was a fantastic venue with a new course. The short course was a 10 km loop with a lap around Scotland Island and a brief stint down a narrow river system. After recently purchasing a flat water sup I thought it would be a good idea to test it out with limited winter training under my belt. I was impressed that I managed to stay on the board for the entire race and finish in 9th place 10 minutes behind the overall winner. The majority of the field competed in ocean ski's but it was great to see a strong supping field competing.



South Coast Convener's Report: Carolyn Williams

The M10 series rolls on with the races at Narrabeen and Grays Point since the last issue of Blazing Paddles. Highlights and lowlights include: Allan Newhouse winning the Narrabeen race and Graeme Ison placing third; Steve Ison being arbitrarily bumped to Div 3 by the marathon committee for the Narrabeen race; Peter Fane and Roy Willis racing at Grays Point and Russl and Richard beating their nemesis in the same race. With Manly expectedly making up points at their home race the competition for club points has tightened so we need maximum participation to ensure we take out four in a row.

Other news from the coast: with the George Bass Marathon coming up at the beginning of next year some of our paddlers are gearing up. Nick Ziv is planning on racing the gruelling event on a newly acquired ski and rumour has it Stephen Bunney will also be riding the waves. We also hope to see both those guys at the Burrill Lake M10 Race.

Don't forget to contact me on cjw4762@icloud.com if you have any ideas about a possible Nelligen club race – haven't had any feedback as yet so summer may be the goer.

With the AGM coming up shortly, I will be looking to hand over to another convener, so have a think about putting your hand up to be involved.

Happy paddling,

Carolyn cjw4762@icloud.com

Ocean Convener's Report: Nick Ziviani

Hello all. I am excited to let all fellow water dwellers know that I have just finished a 15 km downwind session. We had a 15 knot northerly wind and an ocean temperature of 17 degrees. This is a welcome change from the last few months of 14 degree water and freezing winds as this winter has been bitter on most for us coastal folk. It is always a great buzz when you can get on the ocean, turn downwind and surf along runs at top speeds of 25 kilometres an hour, gaining averages of 16 kilometres an hour using the ocean's forces. YEE HAA

I suggest that everyone who is contemplating entering into ocean paddling or returning to the deep blue this year look at Surf Ski Australia's event calendar as it has something for all. There are triangular or downwind courses of distances from 12 km to 26 km. The events range from semi sheltered areas to full on ocean downwind events that cater for all skill levels.

Throughout the past few years the sport of ocean paddling has seen huge growth. Events now regularly have up to 300 starters ranging from the top paddlers in the world to the amateur enthusiasts. The ocean ski manufacturers have helped this sport by designing skis specifically for beginners, intermediate and smaller paddlers which makes the more difficult and technical courses accessible for anyone wishing to compete on a ski that has more stability without giving away too much in speed.

We have seen a new innovation in surf ski design this year with Epic, Vajda and Think ski manufacturers bringing out the first Roto moulded ski. Though these Skis are not as light as the elite level boat at this stage they are basically indestructible compared to a carbon boat. These boats are targeting the market of beginner to adventurer style paddler with a price range to suit. At the other end of the scale the Elite level Ski from Epic has introduced the GT series of carbon style boat at a weight of around 8 kg with remarkable hull stiffness. You may need to second mortgage the house to buy one at this stage! Epic are also about to make another big announcement in the ocean ski industry before this summer with another whisper on the grape vine that they have designed and will start to produce the new model V12 entering the market around march next year. This ski is to be the downwind boat between the intermediate V10 and the Elite level V14 which most find too much boat in rough conditions.

Fenn have designed a new ski as well, by updating their very successful Fenn Elite. They have lowered the volume in the nose of the ski, moved the seating position forward, lowered the foot well and hump in the seat and

moved the rudder forward for better turning ability. This ski has had great success since its release by winning some major events e.g., Molokai ocean race.

There has also been some major changes within the ocean ski companies. Oscar Chalupsky has resigned from Epic surf skis and has joined Nelo as their new CEO and promoter. Epic has enlisted Jasper Mocke former Fenn paddler and representative to be their ambassador. Clint Robinson is also taken a larger role with Epic international as Ambassador and adviser which I am sure will see some minor changes in the Epic ocean ski designs in the future.

Fenn Australia founder Dean Gardner has enlisted new athletes to its stable. Cry Hill and Michael Booth who are paddling the new Fenn Elite S and the Fenn Spark are having podium finishes with these boats.

Think Kayak company are still having great success with their boats offering a wide range to suit the beginner to elite paddler with the Uno Max winning some major events this year with Sean Rice at the helm.

Some of the top paddlers are touring Australia this coming season and will be offering a group or one on one coaching sessions. I urge anyone who would like to learn skills required for ocean paddling to think about joining one of these opportunities as these elite paddlers are willing to share their valuable knowledge that will assist any paddler from beginner to experienced.

Summer is coming so let's get out there.

Cheers

Nick Ziv

Up Coming Events

19th of September: Bondi to Watsons Bay

10th of October: Lion Island challenge

25th of October: King of the Harbour (Harbour series)

31st of October: Sea Cliff challenge Wollongong

Please feel free to contact me for any information regarding the list above

nickziv13@hotmail.com

Padding and Sight-seeing in South Africa: Margi Bohm (May-June 2015)

Every year, Australian Canoeing sends a small team to South Africa to race in their national marathon championships as part of a growing program to develop the quality of our marathon racing team. This year, the team consisted of Brigitte (U18), Brea and Bronwyn (U23) women paddlers and me and Lynwen as team managers.

We started the tour in Canberra 3 days before flying out, with a pre-departure camp where the paddlers got to know one another and where they underwent a series of sports science testing to develop a profile of where they are at and their performance capability. The camp kicked off with an afternoon of flexibility and some strength testing towards developing an injury profile. This session was led by Dr. Andrew Griffin (or Griff as we know him in the club). Griff was the lead physiotherapist preparing British rowers for the London Olympics and he has worked with Triathlon Australia and Australian duathlon athletes, preparing them for World Championships.



Flexibility testing with Dr. Andrew Griffin

Now, Griff has moved into medical research with an interest in injury and injury prevention. He was an inspiration and wealth of information for our young paddlers. Not only was he able to identify areas where inflexibility or a lack of strength may lead to injury, but he was also able to provide the girls with information on

how to improve their flexibility and what sort of values top Olympic athletes were able to achieve. In terms of core strength, this was a wake-up call for all of us!

On the Sunday morning, we headed out to the buoyed rowing course where the team underwent 200, 500, 1000 and 1800 m time-trials. We measured GPS boat speed and heart rate allowing us to develop a speed/strength profile for each athlete. In the afternoon, we were on the Molonglo undertaking technique analysis with video and force curves. It was a tired group that dragged themselves to the restaurant for the team dinner on Sunday night. We were all in bed by about 8:30 p.m.!

On Monday morning, we were up with the sparrows and headed back to the rowing course where we met up with Dr. Naroa Etxebarria, her PhD student, and Alex Leich from Black Mountain Rowing Club who drove a tinnie for us. Naroa was the physiologist for British Triathlon till 2009, before moving to University of Canberra where she now works with elite AIS athletes. Her research is on the development, evaluation and application of endurance sport and exercise sport science to inform coaching practise to achieve a performance impact.

Naroa was interested in doing on-water lactate testing with the team so that we could look at the performance outcomes of their training programs. By the end of the session, the girls had a very good understanding of their performance limitations and luckily these were at the two opposite ends of the spectrum making Naroa's explanations easier to link to what the girls had experienced. This was a really informative session.



On water lactate testing with Dr. Naroa Etxebarria

We then rushed back home and packed to catch the lunch-time train to the airport. By 6 p.m. we were on the plane en route to Johannesburg. We arrived on time to a cold and murky evening, picked up the car and headed straight to the hotel for a shower, dinner, stretch and bed. We convened quite early the next morning for breakfast, coffee, takeout coffee and then hopped into the van for the 7-hour drive to Pietermaritzburg. The trip was uneventful as the highways in South Africa are generally in very good condition and we missed most of the traffic. It was also good for the girls to see some of the countryside and it turns out that it is much cheaper to rent and drive compared with flying to Durban and renting from there!

We arrived in Pietermaritzburg just after lunch so were able to sort out our accommodation, visit the course, check up on our boats and visit the supermarket before nightfall. I went to university in Pietermaritzburg way back in the last century which did help a bit with navigation, but the city has changed a great deal in the last 37 years!



Travelling light! First glimpses of South Africa; Wenleydale Lodge

The hotel where we stayed, Wensleydale Lodge, was excellent. It had a little kitchenette per room and we slept 3 to a room. It was in a quiet part of the city and in easy reach of the course and supermarkets. The owners were very helpful – their son had won the Duzi so they were on top of kayaking, loads of wet clothes and grumpy, tired paddlers! It was just like being home!

The course that we raced on will be the same course for the 2017 World Championships. The South Africans are working hard towards making 2017 successful, not only in terms of the event and its management, but also in terms of winning as many of the races as possible. There is a very high energy vibe about marathon canoeing in the country at the moment. The course itself is not unlike the Molonglo, a narrow semi-flowing river but they have good visibility of much of the course and an excellent boatshed arrangement as shown in the photos here.



Camps Drift venue. Portage and clubhouse, looking up the course, U18 MK1 start

We trained on the river twice a day leading up to our first race, the KwaZulu-Natal Provincial Championships on the 23 and 24 May. As this is a development team, the training is also about exposing the girls to different training techniques, so we spent time in the gym and training portages as well as remedial work through stretching and light weight exercise. We did quite a bit of technique work.

We earned a 4th place in the WK1 U18 and 3rd in WK1 U23 and the girls experienced hard racing first hand from the South Africans. They were completely outcompeted in the portages. I won the Vet55-60, cutely call Women Sub-Grandmaster in South Africa. The K2 races were mixed crews with South Africans and the girls managed this well, performing well. We won a few medals and learned a lot.

We spent the next 4 days in a nearby game reserve, Hluhluwe-Imfolozi (HIP) on R&R to give the team a bit of breathing space after the event on the weekend. We continued our training program in the game reserve, working on flexibility strength and portages. The team loved the wild experience of the game reserve as those of you on Facebook would know. Posts went up with the latest viewing every time we had wi-fi.



We returned to Pietermaritzburg on Friday 29th May with a week to prepare for the national championships. This was an intense week, training twice a day, making friends with South African paddlers, developing K2s, meeting with Brigitte Hartley and Andy Birkett and learning what it takes to win medals at an Olympics and World Championships. The team worked hard and participated in several local training sessions and time trials too.

The big day dawned with the first frost of the year – it was cold! Fortunately we brought thermals. There were hundreds of people everywhere. Racing was thick and hard, especially among the male classes and the highlight of the event was Andy Birckett beating Hank McGregor for the MK1 title. In the MK2, the McGregor-Mocke K2 just pipped the Birckett-Louw K2 on the line after a long battle. The MK1/K2 U18 and U23 were also hotly contested with several boats vying for team selection and spectators were exposed to some excellent examples of pack racing.

We had quite mixed results. Our team was outcompeted – from the start. We just don't have the speed or endurance and our portaging skills are woeful – we ended up at least 10 minutes behind the leaders. We earned 6th in WK1 U18; 4th and 5th in WK1 U23 (it is unfortunate that one of our girls was injured so her 4th place was commendable). Our U18 K2 was also outcompeted but this was a brave boat – Brigitte paddling with Fikile who is part of the South African program to support athletes from economically disadvantaged groups. Fikile walked about an hour and half each way to get to training. When we learned about this, we paid her taxi fare so that she and Brigitte could train together. It cost \$2 for each trip – brings home the reality of what economically disadvantaged really means!!! Made our coffee bill look ostentatious and ill-spirited! The girls complemented each other very well and came a gutsy 3rd but were way behind the two lead boats. For some reason they were not given a medal! I have challenged this but not heard from the South Africans. Unfortunately I only learned of this after we had left the venue en route home. The U23 K2s were outcompeted in the WK2 but given that these were scratch crews made up on tour with non-team members, this was not surprising. My results were very pleasing. I won both the K1 and K2 (with my South African K2 partner) and was happy with my performances.



We were a little disappointed with our performances at the SA National Championships but the girls learned some hard lessons. Perhaps most important a lesson was that one ALWAYS checks one's boat before a major competition. We had a few unnecessary boat equipment issues. Also one of our team members had competed last year in the U18 K1 and K2 where we really put a cat among the pigeons. We earned silver in both of those races in 2014 and the girls were in front until they dropped their boats on the portages and damaged the rudders. They raced the same girls again this year and the difference in performance was mind boggling. The South African lass has really stepped up. She is now much faster than the Aussies and her attitude is also at a completely different level. She is hungry for the U23 crown, not just in South Africa but on the world stage.

Marathon Australia has a long way to go before we can out-compete our southern hemisphere rivals. I am hoping that the experiences that our development teams glean on this tour will feed back into local communities here. The plan to set up a more focussed development program, based on the experiences of the Team Camp this year that will hopefully result in better international performances for our marathon team.

We drove back to Johannesburg on Monday after the SA Champs and visited the Elephant and Cheetah sanctuaries as well as the Cradle of Man, where fossils and skeletons of very early hominids were found. And then it was time to leave ... our 3 weeks in South Africa had gone all too fast.



New BGCC Uniforms for Sale





From Gaye Hatfield - PaddleNSW official and BGCC travelling advertiser

Hi all,

My BGCC fab cap hanging out at the AIS European training centre, Gavirate Italy
First grey day....normally 35! 22 on the way to training...freezing!!!

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Well, that is another BGCC year done.

Now we need you to come and have your say about how the club progresses through the next year.

Come along to the AGM at 7 p.m. on Monday 7th September

**Nominate a club member whom you think will do a good job in a particular committee position.
Or nominate yourself!**

**If you can't get to the meeting, complete the nomination form on page 9 and send it to Litsa
Vote for the nominee of your choice.**

But, you need to be a current Financial BGCC member, so, if you haven't already renewed your membership, go to:

http://auscanoe.sportingdna.com/users/register/organisation_id:1/language:en

to join Australian Canoeing, Paddle NSW and BGCC in the one simple payment.



Voters also needed for the proposed changes to the club's constitution.