

Ocean convenor's report

Nick Ziviani

Hello all! As this is my first Ocean Convener's report, I should state my intentions. They are to promote this side of paddling competition for all club members.



Firstly, congratulations to all who made the journey and competed in the Lion Island challenge this year and also those members who travelled to the sunshine state for the Coolangatta Gold. I was fortunate enough to be holidaying in Coolangatta at the time of this event and I must say I was glad to be a spectator as the conditions were very tough on the day with strong onshore winds and overcast conditions. Just how tough the conditions were is evidenced by the fact that two of our very high standard BGCC paddlers Gary Rake and Mark Terracini both had to withdraw due to severe hypothermia.

The next major event is the 20 Beaches ocean classic on the Northern Beaches of Sydney. This event has recently been named as the qualifying event for the world championships to be held in Tahiti October 2015 so Australia's best ocean paddlers including some internationals will be competing in this iconic event. Whether you are an elite paddler or just out there to tick off another bucket list item, this event will be outstanding with PaddleNSW taking over the race from SLSA breathing new life into this great event.

There are more sponsors on board this year with great prizes for all. You don't need to win this event to get a great prize as there are age, gender and craft category prizes along with lucky door prizes as well as a free sausage sizzle and beverage at the finish line.

The race organisers do not usually make the decision about the start-finish line until 24 hours prior to the start time so they can best predict the weather conditions for all competitors. This means that if the wind is blowing from the North, the start will be at Palm Beach and if it blows from the South the start will be at Freshwater. This makes it a downwind event as we all know how much fun it is to run with the swells rather than grind your way into a head wind for twenty seven kilometres.

Major forthcoming Calendar Events include:

December 13th 2014 20 Beaches Ocean Classic Sydney NSW

February 7th 2015 Outlaw Paddling Great Ocean Paddle Torquay VIC

February 14th Makai Cup Ulladulla NSW

March 22nd Manly Wharf Bridge to Beach Sydney NSW



All the above events include a great range of categories you can enter including shorter distance for those that are a bit unsure of their capability. They all also include a SUP division which usually has in excess of 60 paddlers or more to each event. It includes categories as well. This side of ocean paddling is fast growing from elite paddlers to moms and dads who just want get out and have fun on the water as the SUP distances are usually around the eight to ten kilometre range with great prizes as well.

I will be at the 20 Beaches race on the 13th December as a spectator and would love to catch up with any of our BGCC paddlers on the day as I will have my camera at the start and finish line to cheer and congratulate all. If anybody would like any information or if you are thinking of making the journey to the event, I would love to hear from you so I can catch up on the day.

Please feel free to contact me on
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Email nickziv13@hotmail.com
Happy Paddling!

Nick Ziv



Recreational paddle group

Kangaroo Valley 29 & 30 November

After a bit of a break the Recreational paddle group planned a trip to Kangaroo Valley, staying at the Tourist Park in town and doing a couple of day paddles from Tallawa Dam (about a 20min drive from town). We had 12 club members, some being regulars while others were new to the club - it was a nice mix of people with a wide variety of experience and interests.

After meeting up at our accommodation we wandered over to the Kangaroo Valley Pub – us along with half the population of NSW so it seemed – very busy and exceedingly noisy!!

In the morning we had a convoy of 7 cars and 11 boats heading up to the Dam. We decided to paddle up the Shoalhaven River, through the stunning gorge. The paddle was quite leisurely for the first part, however after morning tea the group did split up with one group travelling further down the gorge for about 12km stopping for lunch at a lovely grassy beach. The other group turned at about the 7km mark, just after morning tea and stopped for lunch closer to the dam.



As is usual, the breeze came up in the afternoon making it a bit of a slog back to the dam. We all met up at the car park at the dam and helped each other load the boats. All enjoyed the day, and we headed back to our accommodation where several of us donned our swimmers and sat in the 'spa' – where the river flowed over the causeway just below the park, or went for a swim in the river. That night some of us stayed in for a bowl of chilli while the others tried another restaurant for dinner.

Sunday morning we were out of the park, again with an impressive convoy, by 8am. Again we put in at Tallawa Dam, this time heading a kilometre downstream to a creek on the left. This was a beautiful, peaceful place, with ghost trees along both sides of the creek. Paddling through these long dead trees with their lovely reflections is almost a spiritual experience! Today's paddle was only about 8km but nobody was hurrying.





On the way back we stopped at the junction for a longish morning tea, before heading back to the cars, a shower and change of clothes then for most of us – a bite to eat in Kangaroo Valley or a wander through town and the quaint shops.

For those of you who have never taken time out to paddle this area – do so. Its is stunning – Bendeela to Tallawa, or Tallawa to Fosickers Flat, or the various creeks all make great day paddles – or better yet pack the kayak or canoe and plan on overnight trip.

The Recreational group has another paddle planned for Feb 7th & 8th at Nelligen – staying at the tourist park there, and for the long weekend in March for the regular trip to Merimbula.

Club members interested in participating should be able to paddle 10km without resting in no more than 1.45 hours.

Patricia

Recreational paddle group—upcoming paddes

Nelligen

We are planning a recreational paddle on the Clyde River on the weekend of Feb 7th & 8th. Staying at the Tourist park at Nelligen. far the plan is to paddle the Buckenbowra River on the Saturday – possibly about a 20km paddle, if we do a car shuffle, or we paddle towards Shallow Crossing from Nelligen and return.

On the Sunday there is a lovely short creek – Cyne Mallows Creek opposite Nelligen, this is probably about an 8—10km paddle. Can you let me or Lynne know if you're interested as we need to book accommodation.

Merimbula

Members of the Club go to Merimbula for the long weekend in March (7, 8 and 9th) each year. This is a very relaxed weekend. You can choose to play in the waves, paddle on the various rivers in the area, or the lake, or sit and read a book on the balcony! Before heading home on Monday we usually paddle to the coffee shop on the lake.

We normally stay at Penguin Mews as it is central to the town, across the road from the lake with easy access, the units are comfortable and there is a pool and BBQ we can use. Because of the long weekend we have already booked 2 units. If you are interested in coming along and sharing accommodation please let Lynne or me know. We need to get payment sooner than later.

Members interested in coming along should be able to paddle 10km without requiring a stop in approx 1.45hr.

Lynne can be contacted on: lynner56@tpg.com.au

Patricia

Flatwater convenor's report

John Preston

VicSuper Murray Marathon

404km | 5 Days | 1 River

The Murray Marathon was completed last week. Congratulations to our own Adam Scott who won the event outright with the fastest overall time. Helen and David Tongway came 2nd in the Open Vet 40+ - RKL2. Please see reports in other sections of this edition of the BP.



The 24 Hour Challenge was recently conducted over our time trial course on the Molonglo River. Congratulations are extended to all of the competitors and the brilliant work done by our club members who were involved in the organisation and running of the event. A full report can be found elsewhere in this edition of the BP.



Canberra's largest water sport and adventure specialists

The Wetspot Summer time trials are going well. Don't forget there are 3 race options around the course which is approximately 4.3k long. You can do 1, 2 or 3 laps. Please be there at 5:30 for a 5:45 start.

Paddlers need to remember that care needs to be taken when overtaking other paddlers and when in close proximity to others at the turns and near obstacles such as branches, bridges etc.. It is not polite to try to wipe off wash riders onto slower paddlers or sup paddlers.

Thanks are extended to Lincoln and Kiaran for their ongoing timekeeping efforts at the time trials.

Thanks also to Emily Gibson for organising the volunteers for the bbq and for leading by example.

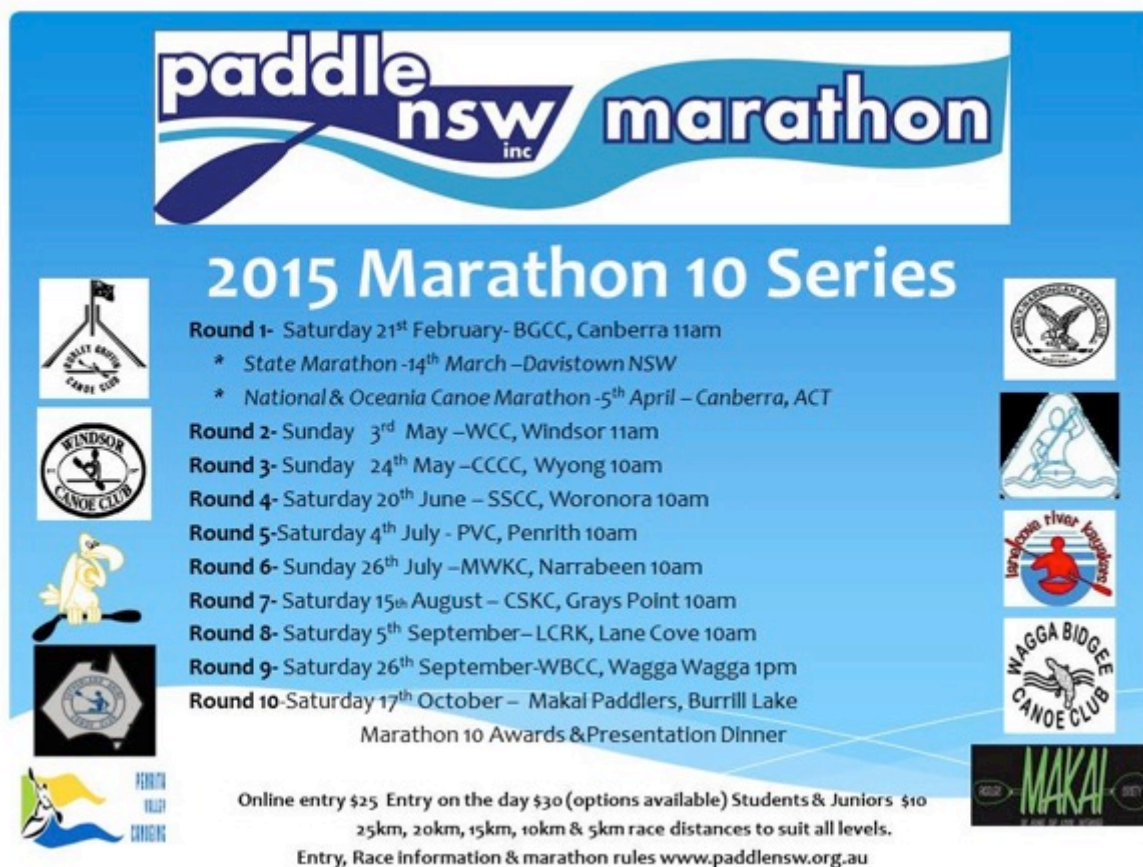


Nationals and Oceania Canoe Marathon.

Progress is slowly being made with our planning via PaddleNSW and Australian Canoeing. At this stage there is not much to announce but things are beginning to hot up. After the Christmas break club members are going to be asked to volunteer for a range of jobs that will need doing at Nationals, stay tuned.

Marathon 10 2015

The 2015 Marathon 10 Series calendar has been released by PaddleNSW. The updated rules are going to be provided in due course. No doubt we will have the usual strong opposition from other clubs which would love to stop us winning 4 club championships in a row. Once again we will need volunteers to help run our race on February 21st.



The poster features the 'paddle nsw inc marathon' logo at the top. Below it, the title '2015 Marathon 10 Series' is prominently displayed. The central text lists ten rounds with their respective dates, times, and host clubs. Two special events are also listed: the State Marathon on 14th March and the National & Oceania Canoe Marathon on 5th April. The poster is decorated with logos of various canoeing clubs, including the Bayside Canoe Club, Windsor Canoe Club, Penrith Valley Canoeing, and Wagga Wagga Canoe Club. At the bottom, entry fees and race distances are provided, along with the website for more information.

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- Saturday 5th September–LCRK, Lane Cove 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

John Preston

South Coast convenor's report

Carolyn Williams

The format for the summer season is as follows:

Races will be conducted every week starting at 9 am.

There will be no scheduled timekeeper so it will be up to those who are there to either appoint a timekeeper or keep times themselves using whatever means available.

If a time sheet is filled in, it can be forwarded to Caro who will collate the times and email them around.

There is not set format - ie four laps or TWiTL or handicap - paddlers will organise how they want to race on the day.



Our usual paddlers are all aware of the protocols we have in place for running our club events and are expected to follow them.

New paddlers or non-club members will not be able to take part in a sanctioned club race unless club members in attendance appoint a paddle coordinator and follow our usual protocols - ie, conduct a briefing, appoint a timekeeper, organise PNSW insurance, require inexperienced paddlers to wear life jackets and so on. If this can't be done due to lack of available club members or knowledge of what needs to be done and those in attendance still wish to proceed with a paddle, a club member must decide to and announce the cancellation of the club sanctioned event and those participating in any paddling activity that takes place are responsible for themselves.

Club boats should not be used by non-club members in a non-sanctioned club event in the above scenario.

So far no races have been conducted – it is quiet at Nelligen at the moment.

Carolyn Williams



SUP convenor's report – Capital SUP

Lincoln Gibson

Wow, it's been a busy start to the summer. Here is a wrap up of some of the recent events:

Sea Cliff Ocean Challenge

After the first event was postponed, v2 kicked off on in November at Bulli Beach, NSW. BGCC was represented by Angela and Lincoln in the long SU raceP, Rohan and Greg in the short SUP Race and Shane and Nick in the long ski event. Conditions were tough for the SUPs with a combination of NE and SE swells and an E breeze ensuring there were refreshing swims at regular intervals.



Race report from Angela

'My first ocean race at the Sea Cliff Ocean Challenge at Bulli was indeed a memorable one. Having never attempted a downwinder previously, I leapt into action the week of the race and smashed out three downwinders from Black Mountain Peninsula to our beloved Molonglo Reach, I was so ready... Turns out I actually wasn't. My first clue was when I couldn't stay on my board just paddling out to the start line but before I knew it we were off. Needless to say the pack deserted me and I was left alone with just the waves and my thoughts, oh and about half a dozen rescue boats. It became very clear, very quickly, just finishing would be an achievement as I battled the chop for ten kilometers, eight of which I spent on my knees. But finish I did, and despite the fact they were partially packed up and other paddlers were halfway home by the time I washed up on the beach, I was glad I had persevered. It didn't hurt that as there were only two women I swindled second place. I learnt a lot competing in this event, but most importantly, that in the right circumstances anyone can be a winner.'



Angela also submitted this photo of the aftermath of SUP'ing a race on her knees.

Merimbula Classic



The Merimbula Classic is an iconic watersports event that has been running for 34 years, and has seen a dramatic increase since the inclusion of surf SUP'ing some years ago. This year the event featured the usual team relay races and a downwind paddle to Pambula and an inaugural downwind race. While the line honours belonged to SUP teams that are way more familiar in surf the Capital SUP team took out the overall prize for giving everything a go (including a lot of waves on the head).

Put the last weekend in November in your dairy for 2015, and don't miss the 35th Merimbula Classic!

BGCC 24hr Challenge

Last year our venerable blazing paddles editor threw down the following challenge to the Club's SUP contingent after the 2013 24hr Challenge:

'ED: The 64 dollar question is whether BGCC SUPers can paddle fast or are they just a social outfit, comfortable only with coffee runs and downwind jaunts?'

The answer came at this year's 24 hour, with two competitive teams, one male and one mixed, entering the SUP category along with a mixed craft social group comprised of kayaks and SUPs. Evenly matched against a male and mixed team from Sydney it was 'game on' from the start. After 24 hours both teams came out on top in their respective categories, with the Burley Gherkins taking out the overall SUP honours.



The Gherkins mascot



Base camp for 24 hours



The Burley Gherkins



Goldilocks and the 3 Bears

Kingston Foreshore ISUP Event

Capital SUP held the first of three inflatable SUP races on 14 December, at Kingston Foreshore. This was the first water-sport event held at the Foreshore and it proved to be a great venue for competitors and spectators alike. There was a range of short course race distances involving multiple turns at buoys, fun tandem SUP events and an exhibition XSACK game. The event was generously supported by Wetspot Watersports, The SUP'ing Caveman, 38 Espresso, Paleo Perfection Café, The Merchant Café and Chong Co Thai Restaurant.



There will be two more ISUP events this summer, so keep an eye on the Capital SUP Facebook page, or email CapitalSUP.bgcc@gmail.com to be added to the mailing list.

