



Newsletter of the
BURLEYGRIFFINCANOECLUB

Volume 32 Issue 2, July 2022

Your Committee:

President: Bob Collins

Vice President: Patricia Ashton

Secretary: Gabrielle Hurley

Treasurer: Tammy ven Dange

Boat Captain: Lachlan Parker

Membership Secretary: Patricia Ashton

Safety Officer: Mary Parker

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- Coaches Corner
- Recreational paddling
- Marketplace



The ACT Government assists this organisation through the Sport & Recreation Grants Program

Position	Person
Membership Secretary	Patricia Ashton
Public Officer	Bob Collins
Editor ('Blazing Paddles')	Robert Bruce
Coaches rep	Margi Bohm
Webmaster	Geoff Collett
Boat Captain	Lachlan Parker
Canoe Polo	Laura Kleinrahm
Time Trials	Lachlan Parker*& Matilda Stevenson* (Jointly)
Marathon	Richard Fox
Event Co-ordinator	Bob Collins
Sprint	Vacant
Bay Area Kayakers	Alan Newhouse
Slalom - ww	Peter Strazdins*
Social Convener	Vacant
Publicity and Sponsorship	Vacant
Recreational paddling	Vacant

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Coming Events:

- Race 7 Woronora 16th July
- Race 8 ...Swallow Rock 13th August
- Race 9...Narrabeen 10th September
- Race 10 Series final and presentation Makai 15th October

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President's Report:

As advised in my last report, we have now received our \$6,000 Operational Grant and a \$13,500, \$ for \$ Capital Assistance Grant to assist with the replacement of our main pontoon.

Shane Lund and Scott Hunter have now commenced building the pontoon with some of the parts temporarily stored in our shed. Next step is to prepare the area at the beach for the new pontoon and then a call will go out for volunteers to help carry the new structure to the water. Once installed, we will remove and old pontoon and dismantle it. TCCS has agreed to provide a truck to assist us in disposing of the 'bits' once dismantled, however we will need some volunteers to help – more on this soon.

TCCS has again come to our assistance by agreeing to our request to re-surface the overflow car park. The work has now been done and it has made a big difference – we have agreed to keep it weed free.

We have again received a reminder from Paddle Australia that all affiliated Clubs must ensure that **all** of their members are paid up and registered on the Paddle Australia forum, Just Go. Members participating in Club activities and not registered will cause the relevant affiliated Club's Public Liability and Club Member insurance coverage to be void. **It is therefore important that BGCC members renew their membership on the due date of 30 June 2022.**

Paddle NSW Divisional racing is continuing and results of the races at Windsor and Penrith are covered in this edition. Unlike the conditions recently experienced with the Saratoga (Davistown) Race, conditions at both venues were perfect. It was a little disappointing that there were only approximately 80 paddlers entered at Windsor and about 118 at Penrith but it was well worth the 5:00am starts from Canberra to get there for the early race starts. The Committee has now signed off on some major expenditure items for the forthcoming financial year. In addition to the new pontoon, Canoe Polo will receive money towards spray decks, labelling and gym equipment. There will also be a new racing K2 arriving and the Club has agreed to purchase Richard Fox's SLR2, a boat he recently purchased 2nd hand. Our old V8's will be retained, however an addition to stock in this area will be a new ski – a boat ready to go for harbour or ocean racing.

A big thanks to Adam Scott who has donated his Think Uno ski to the Club, it is most appreciated.

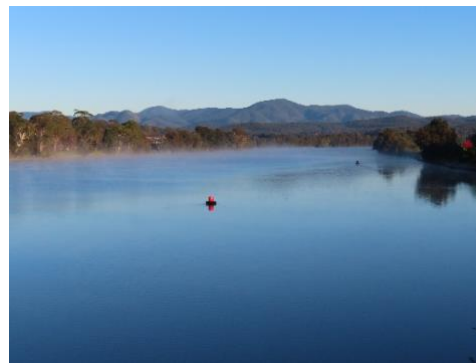
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Bob Collins

A note from Patricia

Flatwater Training Camp Moruya 11 – 13th June 2022

This is the 2nd training camp Margi has run at Moruya. The previous one was well attended and fun, this one was no different in that respect. Where it differed was the attendees – we had several of Margi's training squad, but also 4 of our BGCC recreational paddlers, Gareth and Lachlan & 2 trainee coaches from Sutherland as well, Bob Turner was there on Tinny duty as well as paddlers from Manly and Lane Cove.. So it was a varied and very friendly group.



The weather was not looking promising with high winds and big seas forecast, but we were lucky with conditions between not bad and perfect!

We were videoed on Saturday morning, which works well from the tinny, Saturday night we critiqued our techniques and were given various things to work on. The other sessions involved technique drills on and off the water, practice at various speeds, individual technique correction and wash riding the tinny. With the 2 trainee coaches the group was able to be divided into groups, these groups were changed around too, so all got experience with different paddling skills and different coaching styles.



Mark Halpin with Kolya Cook



Roberta Liddell

While it was primarily a flatwater camp, there were several opportunities for ski paddlers to enjoy some surf at either Tomakin river mouth or the Moruya river mouth. Several took this option.

All in all it was a really enjoyable weekend, good company, learnt lots and even though the mornings were cold (frosty) by 9am it was quite warm. Next time, come along!



Tom Long

32nd Birthday Lunch Saturday 25th June 2022



It was pleasing to see so many club members attending our Birthday lunch. Maybe because the weather was with us (phew!) and the wonderful aromas coming from the BBQ and the kitchen, but we had 7 last minute attendees, so 51 members and friends and several children. An excellent turnout.



Maria is a wiz in the kitchen, prepping and cooking much of it on the day, ably assisted by David on the BBQ, moulding, turning, stirring, serving. Bob spent much of his time up to his elbows in soap suds washing, washing, washing....thanks to those who spent some time in the kitchen helped out with the drying and tidying too.

Yvonne and Tom supplied us with wood – it was such pleasant weather our fire pit was only used near the end of our lunch to melt our marshmallows. Pity, because Yvonne and I had the fire going beautifully.

While we started in the various groups – canoe polo, training squad, recreational paddlers, people did move around and there was quite some mixing which was great to see. We had a new member, Shannon, introduced to a range of paddlers; a prospective member, Matt, introduced to the training squad and Margi as coach; we had a returning member, Carley, welcome back to canoe polo. The mix of members included new members and long term members, our younger members and our oldest.



We had a missed photo opportunity as we had 5 of our 6 life members in attendance – Helen Tongway, Bob Collins, Margi Bohm, James Harmer and myself. We were just missing John Harmer. Anyway, thank you to all who came along and enjoyed some good food, good company in a great setting.

Patricia

Canoe Polo update

Wintry weather has been no excuse to rest for our youthful and athletically inclined polo paddlers, with the weekly B Grade lake trainings putting our newbies and oldies ahead of the A Graders for training commitment! Perhaps the lure of hot choccies after training is working? The A Graders finally had their first winter session, conveniently timed before a BurgerNBevs run to Capital Brewing.. We've also been running weekly games at the pool, as well as getting rolltastic with our monthly pool rolling sessions.

Most excitingly, we hosted the Nambucca Header over the June Long Weekend. 61 players attended from QLD, NSW, ACT and TAS, including 18 from Canberra, with the weather holding at a sunny 18°C. Perhaps the best venue in Australia, Nambucca is now a yearly event that features what James Harmer describes as the 'perfect triangle' – pub, accommodation and polo all within 200m of each other! #livingthedream

With a few newbies having pals and kidlets eager to try polo, we're hoping to run a come and try session at the pool on a Saturday afternoon in July. If you've been curious about trying polo but put off by the icy duck poo, this could be your chance for glory! EOIs can be directed to laurakleinrahm3@gmail.com

Finally we had a lovely afternoon celebrating BGCC's 32nd birthday last weekend. After a #girlpower B Grade training, it was great to warm up, socialise and enjoy Maria's excellent cuisine. Plus have a nibble of everyone's favourite, choccie cake!

Until next time, kids, fill in the BGCC survey, renew your membership and enjoy a shower orange for Vitamin C goodness.

Love always,

Lozza

Ed note:- No guarantee on the tagging of photos (left to right, top to bottom)
I Can't interpret Polo language



- Pic 1 Cute polo crew birthday hangs
- Pic 2 LozzaK in for the kill
- Pic 3 MattyG tearing it up
- Pic 4 Mumma Toni and Jess sharing Harmer secrets to polo success
- Pic 5 JenJen looking stoked with lyfe
- Pic 6 Mumma Louise, CathyGao and TimmyTammy flapping their gums



- Pic 7 LozzaK and Toni being Cute as a cupcake
- Pic 8 WendyWizard, JenSav and Debut Lana celebrating zero wins (oops, soz guiz)
- Pic 9 MattyG frothing his chops at not playing with 50 year olds
- Pic 10 Deaksy and JenJen feeling tall
- Pic 11 James looking like he's just won the lottery and not come last. Jess playing it kewl



Pic 12 Cute Strawberry Wafer tings

Pic 13 Adam and Roly hugging it out







Interested in giving polo a go? We run beginner friendly trainings every Saturday, 10am at BGCC. Just let myself know beforehand so I can keep you in the loop!

Keen for some sassy and spicy bantz? Then follow the Canoe Polo ACT Facebook page for all your quality content requirements!

Laura

0412096084

Club News

Breaking News:

A tourist company has begun preparations for a 'Molongolo River Tour'. Its early days but it has presented the Burley Griffin Canoe Club with an excellent opportunity to increase the income for the club. Your committee has been hard at work with innovating ideas. Their latest incarnation is presented below.



Riverland Paddling Marathon 2022 – Mary Parker

On 11 – 13th of June, during the Queen’s Birthday Long Weekend, Richard Fox and I completed the Riverland Paddling Marathon in an SLR2 – 208km down the Murray River in South Australia.

We travelled to South Australia over 2 days with our two boats towed on a trailer behind us. The travel itself was scenic (we saw emus and many, many cotton farms) and relatively uneventful. We discovered that we needed to fuel up before attempting to drive across the Hay Plain a little too late – running out of fuel only ten minutes out of the next town was less stress than it sounds, but a bit inconvenient.

Day 1

Day 1 was a 76km winding route from Berri to Moorook. After a quick scrutineering check we took to the water with a group of other boats for an early, chilly start, the sun just starting to appear over the horizon. We set off with a friendly group from Lane Cover and got to know some of our fellow competitors. After so many weeks of training on Lake Burley Griffin, the flow of the Murray made it feel like we were flying along. Our pace kept up for the rest of the day, as we paddled past an array of birds, massive red cliffs, wetlands and gum trees. By the time we reached our 76thkm, we were chatting, singing (Richard was singing, I was pondering whether to push him out of the boat) and 10km straight stretch directly into the sun and wind.

Some lessons we learned on Day 1 included:

- I could paddle so much further than I ever knew
- navigating the locks took much longer than expected and was not half as exciting as we thought it would be
- not only is it possible to pee in the boat, it is necessary

We settled into our accommodation for the night and ate some hotel food that was startling similar to the last 2 nights' accommodation (options included chicken schnitzel, steak, sausages, some form of untrustworthy sea food). We were excited to have finished Day 1, but all of a sudden I became aware of just how much further we had to go!



Day 2

Day 2 was a 69km windy, chilly route from Delvins Pound to Waikerie. A head wind kicked off at about the 20km mark (after a near freezing wait at the lock) and followed us relentlessly throughout the day. We also discovered the tiny eddies and shallow spots the formed on tight corners of the river, which occasionally reminded us that the river was truly the one in charge. In some places, the Murray became choppy and messy, with little white caps forming ahead of us. Even the house boats seemed to have tucked themselves in to the bank, and it felt like we were the only ones crazy enough to be battling the elements as we headed downstream. By the end of the day we were definitely *not* singing, and it was a relief to finally step out of the boat and get warm.

Some lessons we learned on Day 2 included:

- it is possible to mentally stave off hypothermia if you repeatedly say to yourself “you’re not allowed to have hypothermia”
- sometimes blisters can form on top of already existing blisters (can you really complain about blisters if they’re not double-decker blisters?)

After a great dose of carbs at the Riverland Paddling Dinner (like all good kayaking dinners, they offered plenty of pasta), we put ourselves to bed, mentally preparing for one final day along the river.



Day 3

Day 3 was our final stretch – 63km from Waikerie to Morgan. We enjoyed a relatively sunny, windless day – a relief after Day 2. We were sore, blistered, and feeling ready to finish. The air remained cold, and our hour-long wait at the lock left us both shivering (but grateful that we were not the poor boat who got caught in the current and stuck awaiting a rescue in a tricky spot near the lock). The remaining kilometres slipped by quickly, and we soon found ourselves pushing up the pace to make the finish line in time for Naomi Johnson (who was riding us towards the end) to cross the line and break Tony Hystek’s course record. We finished strong (although the photo taken of us at the end says otherwise).

Some lessons we learned on the last day included:

- when you think you've gone as far as you can go, you can still go further!
- nothing tastes better after 208km than baked goods from a local bakery

Overall, the Riverland Paddling Marathon was a fantastic experience. We visited some weird and wonderful places, stayed in some aesthetically questionable but ultimately nice accommodation, ate the same pub food every night, and made some great new friends from kayaking clubs in Queensland, Victoria, NSW and ACT. It was my first ultra-marathon kayaking event and not one I will forget!

Mary Parker

Marathon Race 4 Saratoga – Allen Newhouse

You know it has been a tough day when only about half the entrants finished the race.

Apparently the Davistown venue used for the previous races was unsuitable or unavailable, so the club moved the event to the Saratoga Sailing Club.

Unfortunately, the weather on the day created quite serious problems for the vast majority of paddlers. Only thirty nine of the eighty entrants finished and some of those who finished capsized a number of times.



Thirteen entrants didn't even start the race. There may have been some who were just unable to get there on the day, but there were definitely some who took one look at the conditions and immediately put their kayak or ski back on the car. There were also some non-starters who launched with the intention of determining whether they thought they could handle the conditions. Some of them either capsized in the warm up area or were put off by the sight of other paddlers in kayaks and on skis capsizing before the start line. They decided the conditions were more than they could handle and returned to shore.

There were some who started but quickly realised that they had taken on more than they could handle, either because they capsized or realised that it was inevitable that they would. So they struggled back to the launching point.



Those who persisted a bit longer were treated to the sight of very busy safety boats often dealing with two or three boats at the same time.

Some paddlers were not only concerned about capsizing, but also worried about whether the water they were taking on board would actually sink them. More than one paddler had to stop to empty out to reduce that risk before continuing.

In my case, I felt the risk of capsizing was not my biggest concern. I also knew that buoyancy chambers built into the canoe meant that I wouldn't actually sink, but the amount of water in the canoe was beginning to affect the stability. However the technique that I had to adopt to avoid capsizing reduced my speed so much that I began to worry that everyone would have packed up and gone home before I finished. Using my feet as outriggers adds a lot of stability, but because it creates so much drag progress becomes unacceptably slow.

I considered emptying out at the end of the first lap and continuing, but decided against that so after about fifty years of participating in canoe races, I had my first DNF. At least I didn't fall out, capsize or sink and although I pulled out near the end of my first lap, I think I paddled further than any of the other three BGCC paddlers.

All of that raises the question of why so many entrants, including some quite experienced paddlers didn't finish the course or suffered multiple capsizes. My impression is that a number of factors contributed to the problem. I don't think it was the strength of the wind that was the main problem. I have certainly paddled in stronger winds than we faced at Saratoga. I believe it was the direction of the wind that was the problem. If it had come from almost any other direction, I'm convinced that we would have had few difficulties.

Because of the direction of the wind, it reached us after blowing across almost four kilometres of open water. I am sure that on the far side of that stretch of water, the waves would have been quite small. Even with the white capped waves we faced, I also believe that it would have been manageable if it had been possible set out the course so that we faced headwinds and tailwinds rather than crosswinds. However given the location and the wind direction, that wasn't really possible. The club did try to minimise the problem of crosswinds by making a last minute alteration to the course, but it wasn't possible to completely eliminate the crosswind legs.

Those of us who made the mistake of following a large group of paddlers ahead of us didn't get to enjoy the slightly better conditions experienced by those who followed the modified course explained in the briefing. We found ourselves quite exposed some distance from the shore.

I hope that my comments are not read as a criticism of Brisbane Waters Club. The club made what seemed to be the right decision in changing the venue and they were just unlucky that the wind was probably a little stronger than was forecast and it came from about the only direction that would create the conditions that made things so difficult for all but the most capable rough water paddlers. Generally on rivers we only have to deal with headwinds and tailwinds because of the way the river banks direct the wind. On a large open body of water, crosswinds are hard to avoid.

Allen

South Coast Convener Report on Windsor Marathon Race 5–Allen Newhouse

After the challenging conditions at Saratoga a few weeks ago, it was quite a relief to be paddling in such benign conditions at Windsor. The slow moving flow and negligible breeze created conditions much more appropriate for an nervous veteran paddler in a C1.

Division 12 had a total of eight starters, including one who was doing a ranking race. As they were mostly paddling skis or a K1, I has no illusions about were I would finish in my division. However, I was happy with my time of 1:10:20, although a mistake on the upstream leg of the first lap cost me a bit of time.

For some reason, I was convinced that the tide was flowing in and that I was better off out near the middle of the river. The fact that no-one else chose that course **should have told** me that I was making life difficult for myself by paddling against the prevailing current. Movement of water around a navigation buoy near the top of the course made it obvious that what little flow there was was downstream. So on the second lap, I paddled closer to the bank and was about half a kilometre an hour quicker.

While I could do little about the skis opening the gap ahead of me, I was able to put up a good showing against the other canoe in my division. Jason Han was paddling his kneeler C1 in the same division and we each gave the other something to chase during the course of the event.

I moved off the starting line slightly more quickly than Jason, though nowhere near as fast as the skis, but within a few hundred metres Jason had caught and passed me. It was obvious that the much sleeker kneeler C1 with a paddler less than half my age was noticeable faster than I was, even allowing for my insistence on sticking to the middle of the river and paddling against the flow.



I guess a kneeler C1 is more suited to sprints than marathons as I noticed after about a kilometre that I was no longer losing ground and by the top turn, I was obviously catching up. I passed Jason at about the three kilometre mark but wasn't able to open a gap until about the bottom turn. I learned that a paddler in a kneeler C1 is likely to dislike the wash



created by a pack of Div 1 paddlers even more than I do. By the time we finished, I was a couple of minutes ahead.

I had time during the race to take notice of how much the northern bank had been eroded by the

recent flood. One very old farm building is now right on the edge or possible even slightly over the edge on one corner of the building.

As I have just moved from Tuross Head to Tumby Umbi on the Central Coast, while I plan to finish the year as a member of Burley Griffin, I no longer qualify as the South Coast Convener, so I expect this will be my last report in that capacity

Allen



Paddlers get away in a crowded field at Windsor

Windsor – May 2022 Results for BGCC Paddlers

Division 1

1	101	Brett Greenwood Lane Cove
2	100	James Harrington Lane Cove
3	104	James Pralija Lane Cove
4	105	Kieran Babich Lane Cove
5	102	Jason Ware Penrith

6 **103** **Craig Elliott Burley Griffin**

Division 3

1	320	Mick Carrol Brisbane Waters
2	319	Laura Lee Windsor
3	300	Naomi Johnson Lane Cove
4	312	Chris Johnson Harry Janecek Lane Cove
5	303	Craig Macfarlane Lane Cove
6	310	Tim Binns Lane Cove
7	311	Elizabeth Pratt Ian Cooper Windsor
8	313	Don Johnstone Lane Cove
9	314	Jules Hall Shark Island
10	304	Rodrigo Matamala Lane Cove
11	305	Andrew Parkinson Burley Griffin

	12	307	John Denyer Sutherland Shire
Division 3 (Ranking)			
	1	316	Fiona Rae Pauline Findlay Lane Cove
	2	317	Mary Parker Richard Fox Burley Griffin
	3	318	Nigel Carson Lee-Anne Andersen Shark Island
Division 4			
	1	405	David Lowe Penrith
	2	404	Matthew Lowe Penrith
	3	400	Andy Bodsworth Burley Griffin
	4	401	John Duffy Lane Cove
	5	402	Neil Crabb Windsor
	6	403	Martin Muhlmann Penrith
Division 5			
	1	501	Robert Collins Danielle Winslow Burley Griffin
	2	503	Tom Simmat Lane Cove
	3	502	Karen Tipping Lane Cove
	4	500	David Dibdin Sutherland Shire
Division 8 (15km)			
	1	804	Albert Cobb Geoff Dawes Brisbane Waters
	2	805	Sue Smith Greg Hillier Hunter Valley
	3	806	Craig Dodd Brisbane Waters
	4	808	Les Howard Windsor
	5	803	Patricia Ashton Burley Griffin
	6	807	Rob Moulston Brisbane Waters
	7	802	Susan Powell Burley Griffin
	8	801	Genghis Kim Sutherland Shire
Division 11 (10km)			
	1	1102	Marni Kay Russell Brown Hunter Valley
	2	1108	Warren Mason Dianne Mason Other
	3	1103	Ian Mcguinness Suzanne Mcguinness Sutherland Shire
	4	1106	Ayan Mukherjee Windsor
	5	1101	Geoffery Horsnell Manly Warringah
	6	1100	Gerry Foster Burley Griffin
	7	1105	Barry Lowe Penrith
Division 12 (10km)			
	1	1203	Bruce Sherlock Elisabeth Woodhart Cronulla Sutherland
	2	1206	Sue Huehn Penrith
	3	1205	Andy Lynn Windsor
	4	1202	Ian Wrenford Lane Cove
	5	1204	Robyn Hawes Newy

Division 13 (5km)

1

1301

David Hearne Burley Griffin

2

1300

Ross Ferguson Hunter Valley

(A big welcome back to paddling to David Hearne, who is now aiming to work his way up the distances)

Penrith Marathon Race 6 - Andrew Webber (Ex-runner, neo-paddler)

I'm new to paddling. I busted my knee for the last time in November last year and, once it became apparent that I wouldn't run again, I had to think of something else to do.

Last weekend I went to Penrith to complete 20km at Race 6 in the Paddle NSW Marathon series. It was my first real event. Google lead me most of the way to the Penrith Rowing Club, but the closer I got the less Google seemed to matter. One, then another, then half a dozen cars with long skinny boats strapped to them appeared, so I just followed them. A small but enthusiastic bunch of Burley Griffiners also made the trip, with a mix of first timers like me, along with some our more experienced paddle-wielding folk.

Given my less-than-predictable work schedule, it might be overstating things to suggest that I was actually prepared for the race. However, thanks to months of excellent (and patient) advice from people like Jason Rantall and Shane Lund, along with encouragement (and more advice) from Patricia Ashton, Bob Collins, and Danielle Winslow, I was able to hit the water confident that I'd at least make the distance.

The time I had in mind was probably ambitious.

I mentioned as much on my Strava feed after my last pre-race paddle: "If I can stay in the boat, I'm a chance".

During the race, I did stay aboard the mighty Think SIX.

Pre-race was another story. The extraordinarily helpful volunteers at Penrith had stationed themselves at the edge of the submerged landing with the warning that, immediately behind them, was a small step.

"What's after the step?" I asked.

"Swimming, but place your ski over the step and you'll be fine," came the reply.

I placed my ski in the water and stepped over as I usually do...

..and proceeded to disappear off the other side of the boat and into the depths of the Nepean River.

With only 60 or 70 people looking on, I'm pretty sure I got away with it unnoticed. (I didn't).

So, after making sure that I hadn't sacrificed another pair of sunglasses to yet another river, I lined up with Bob, Danielle and the others in Division 5 and waited for the signal to go.



Penrith is an out-and-back course, with the first 10kms heading upstream. I stayed with the eventual Div 5 winner (David Dibdin, Sutherland Shire, V10 Elite) until the turnaround, and rounded the buoys in second place. Some faffing with a water bottle followed, and seeing that I was about to give up on the whole concept of fueling David called out, “Get some fluid into you, I’ll wait.”

To his credit, he did, and then we were off again. But, even with the benefit of heading downstream, I couldn’t hold onto him for the return home. At 15kms I was really beginning to slow, and an internal dialogue began to intrude: “Have I got weed on my rudder? Is this river tidal? Clearly, it’s not flowing anymore. Also: It’s not weed on my rudder, it’s a crab pot. Or a small car....”

Bernie Craggs from Hunter Valley had gone out hard at the turn and, apart from a couple of wobbles in his K1 due to some jet ski wash, had made a pretty good fist of keeping David in sight. Then Danielle and Bob, having paddled a consistent and tactical race, steamed into second late in the piece in their double - overtaking Bernie by 4 seconds.

A couple of minutes back, my arms were like noodles.

I was glad to get across the line. Even though I’d missed my goal time by just 44 seconds. Still, it was a time that would have put me in fourth ahead of the two Lane Cove paddlers - Karen Tipping and Duncan Johnstone (both in singles).

For a first attempt, I’m happy.

For any others who are new to paddling: If you haven’t already, give racing a go. There’s no expectation to set an olympic selection time, and despite it being called a “Marathon series” there are distances beginning at 5km to get you started.

The next is in a few weeks at Woronora - and I'm looking forward to seeing what I can do. First goal is to be a little more graceful while getting aboard my ski.

Another First Time Race Participant – Rachael Lopes

Last year my partner went out paddling one time and decided we were buying a kayak. 'No way are we spending that much money on one kayak' I said, so he took me kayaking the next day. The next thing you know we've bought two kayaks, signed up as members in the BGCC, and we're dressing head to toe in Vaikobi, paddling out on the lake in the middle of winter.

'But I'm not becoming one of those racing kayak people' I swore, 'I'm just doing this for fun!'

Apparently, all it took was a fellow BGCC friend, Dave Hearne, assuring me that a kayak race can indeed be fun to find myself sitting in my V8 on the Nepean River last Sunday, getting ready to cross the starting line. It's funny how a simple kayaking hobby can begin to spiral.

Having decided to dip my toe in and start with the 5km event I assumed there wouldn't be many people in my division to compete against. But as I sat in my kayak, at the back of the crowd, I saw quite a few other boats with the number 13. 'Well, there goes my easy chance at a division win' I thought...until I noticed they were all children and therefore in the junior division, not the open.

So, did I come first in my division? Yes, I did! Did several children finish before me? That doesn't matter, they weren't in my division.



Patricia, Andrew Webber, Danielle, Jeremy, Bob, Dave Hearn, Rachael & Danial Lopes, Jack Jessen

Penrith - June 2022 Results for BGCC Paddlers

Division 1 – 20Km

1	102	Greenwood/Pralija/ Harrington/Medvedyev Lane Cove
2	101	Michael Hanemaayer Burley Griffin
3	106	Naomi Johnson / Craig Elliott Burley Griffin
4	100	Jason Ware Penrith
5	108	Mitchell Coffey Penrith
6	107	Darren Lee Cronulla Sutherland

Note: The winning boat was a K4!

Division 2 – 20Km

1	209	Mark Halpin Burley Griffin
2	204	Kolya Cook Burley Griffin
3	200	Michael McKeogh Cronulla Sutherland
4	205	Peter Manley Lane Cove
5	207	Mick Carroll Brisbane Waters
6	208	Ian Hofstetter Lane Cove

Division 5 – 20Km Ranking

1	506	Andrew Webber Burley Griffin
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Division 5 – 20Km

1	501	David Dibdin Sutherland Shire
2	504	Danielle Winslow / Robert Collins Burley Griffin
3	503	Bernie Craggs Hunter Valley
4	502	Karen Tipping Lane Cove
5	505	Duncan Johnstone Lane Cove

Division 8 – 15km

1	808	Jacob Zeitoun / Marcelo Cabezas Paddle Australia Direct Member
2	804	Albert Cobb / Geoff Dawes Brisbane Waters
3	806	Gareth Baker Penrith
4	811	Peter Repeti / Sabastian Wakim Lane Cove
5	800	Sue Smith / Greg Hillier Hunter Valley
6	812	Sebastian Marczak Penrith
7	813	Warwick Nichols Hunter Valley
8	803	Les Howard Windsor
9	807	Craig Dodd Brisbane Waters
10	805	Len Hedges Brisbane Waters
11	810	Patricia Ashton Burley Griffin
12	809	Rob Moulston Brisbane Waters
13	801	Ayan Mukherjee Windsor

Division 12 – 10km Ranking

1	1208 David Hearne Burley Griffin
2	1217 Marnie Fitzpatrick Hunter Valley
3	1205 Genghis Kim Sutherland Shire
4	1207 Carole Luntungan Avoca

Division 12 – 10Km

1	1206 Elisabeth Woodhart / Bruce Sherlock Sutherland Shire
2	1209 Liz Winn / Malcolm Lewis Newy
3	1210 Andy Lynn Windsor
4	1200 Sue Huehn Penrith
5	1224 David Veivers Lane Cove
6	1211 Ian Wrenford Lane Cove
7	1204 Jason Han Penrith
8	1203 Allan Newhouse Burley Griffin

Coach's Corner - Margi Bohm

The good news is that the days are getting longer - the bad news is that the days are still getting colder! However, having said that, those of us who have been braving afternoon training have been treated to a fine run of calm and warm days and the Molonglo River has presented her best behaviour to us. That is about to change for the next week or so ... such is winter in Canberra. BUT paddling in winter here is totally doable if you dress appropriately - good set of gloves, ear and neck warmers, thermals and LIFEJACKET and LIGHTS if you paddle at night.

Harry the tinnie has been getting out for his weekly run on Monday afternoons from 3:30 to dusk. These sessions are open to all club members but are most suitable for faster paddlers who can handle wash. At the moment, the emphasis is on power drills.

The Moruya Camp was a great success with 20 participants and 2 learner coaches. Thanks to everyone who came and helped make the weekend a success.

There are a couple of PNSW events that some club members may be interested in. First is a webinar on injury by Anna Wood on Tuesday 5th July at 7:30 pm and the other is the PAQS Leaders and Coaches Conference at Penrith on 16-17 July starting at 9:30 am. While this clashes with the Woronora Race, the organisers have pushed coaching topics to the afternoon to allow travel from the race to Penrith. Spaces are running out so if you are a coach or PAQS leader or if you are interested in getting one of the awards, this may be worth your while. Presenters include head coaches from WAIS and NSWIS as well as from the sport industry. See the ads in this version of Blazing Paddles.

Keep paddling.

Margi



PaddleNSW is at Castlereagh Conference Centre.

28 June at 02:51 - Castlereagh, NSW · 🌐

Join us at the Castlereagh Conference Centre in Penrith 16 & 17 July for the PAQS Leaders and Coaches Conference to update, engage, refresh and catch up, all for \$75 - full details on the PaddleNSW calendar website:

<https://education.paddle.org.au/courses.php...> ✓

Draft Schedule:

Day 1:

Paddle Education in NSW - increasing effectiveness

Hands-on workshop: Coaching or Instructing? Reviewing flatwater skills

Hands-on workshop: Mentoring and paddle education networks

On-water activities: Teach paddle skills effectively and efficiently (includes technique updates).

Day 2:

Hands-on workshop: Building an effective training strategy for your paddle group

Hands-on workshop: Quality assessment strategies - stepping up to becoming an instructor and assessor (PAQS focus)

Hands-on workshop: writing training programmes (coaching focus)

On-water activities: Effective assessment (incorporates injury free paddling behaviours). Participants can complete the practical skills assessment for the Paddle Supervisor Award during during this session.



Paddle Leaders & Coaches Webinar 5 July 2022

Teenage physical development in relation to strength and conditioning and on-water training in kayaking.

Tuesday 5 July, 7.30pm – 9pm AEST

With Anna Wood - Olympian & Coach

Join Here: <https://meet.goto.com/462154901>

Anna Wood, Olympian and Coach Extraordinaire is joining us for the THIRD webinar in this series. Anna has managed to fit us into her busy schedule as she shuttles back and forth from Europe with the Australian Para-Canoe Team.



Anna will be sharing her experience and knowledge as a physiotherapist, paddler and coach. She will discuss growth in teenagers together with neuromuscular control and joint stability. Then Anna will extend this knowledge to how young bodies adapt to paddling activities and training and the consequences of some common errors and bad habits. This webinar is a MUST for any Paddle Educator who works with young people in kayaks.

A bit about Anna ... Anna competed in four Olympics, winning two bronze medals together with three World Championship titles. Together with her doubles partner Katrin Borchert, Anna dominated women's sprint kayaking in Australia through the 1990s. Anna has remained active in kayaking after retiring from competition. She has played a big role in inspiring and developing young paddlers, was Olympic Coach in Rio 2016 and Tokyo 2021, practises as a Musculoskeletal and Sports Physiotherapist and is currently the National Paracanoe Pathways Coach/Coordinator for Paddle Australia.

PNSW Paddle Leaders and Coaches Webinar Series is an initiative of PNSW to support and engage with our Paddle Education Community. The aim is to keep these webinars to 1 hour. They will be recorded and posted on the PNSW youtube site. Note that the online booking is for 1.5 hours as a precaution and to also facilitate those of you who wish to stay online and ask Anna further questions.

Further information available on the website [Leadership & Coaching Webinars | PaddleNSW](#)

Queries to: coaching@paddlensw.org.au

Finally, register now for the PAQs Leaders and Coaches conference in Penrith 16/17 July : [Courses and Programs \(paddle.org.au\)](https://paddle.org.au/courses-and-programs)

Recreational Paddling

South coast waterways touring

The Eurobodalla Kayakers organise fortnightly kayak touring trips along different waterways between Narooma and Bateman's Bay.

It's a great way to enjoy nature and explore coastal waterways with experienced paddlers.

The trips average 12km in length, suit stable craft such as sea kayaks, and there's a 30 min stop for BYO morning tea.

The next few trips are:

- Sunday 10 July Corunna Lake, 9am start
- Sunday 24 July Nelligen to Batemans Bay (one way), 9am start
- Sunday 14 August Tuross Entrance, 9am start
- Sunday 28 August Bumbo Lake and Creek, 9am start

Most trips are round-trip paddles and have been well-planned to favourably factor in tidal movement.

Send an e-mail to [eurobodallakayakers\[at\]gmail.com](mailto:eurobodallakayakers@gmail.com) to request being added to their mailing list to get detailed information about each upcoming paddle.

There is no fee to participate and trip maps for each trip are available from the website www.eurobodallerkayakers.com - or you can just turn up at the meeting spot and simply follow the leader.

You need to be able to comfortably paddle 12km (if I can do it, you can), have the usual safety equipment and be reasonably self-sufficient on the water.

Hope to see you there. (BGCC contact Yvonne Best, thewritestuff007@gmail.com, 0423 118 990).

The 2022 Hawkesbury Classic - 29th/30th October 2022

ENTRIES OPEN: 1st July 2022

The Hawkesbury Canoe Classic, the Wisemans Dash and The Classic Relay are fun paddles to raise funds for medical research. The major beneficiary is [The Arrow Bone Marrow Transplant Foundation](#).

Entries are to be made using the online system

Entries open on the 1st July 2022

How to Enter.

2. Register and login with the [Canoe Classic Registration system](https://registration.canoeclassic.asn.au/). (<https://registration.canoeclassic.asn.au/>).

Your email address is your username for the system. If you entered in or after 2017 then select 'Returning User' and log in using the same email address. Remember, you can reset your password if you have forgotten it, by selecting 'I forgot my password'.

Current members of Paddle NSW receive a \$20 discount to the entry fee.

Don't forget, if you have forgotten your password, then you can request a password change by specifying the email address you used last time.

Race Entry Fees:

Prior to 6pm on Monday 17th October 2022

\$175.00 - Adults

\$120.00 - Aged Pensioners

\$120.00 - Juniors & Full time students under 25 years of age.

Late Entries may be accepted until 6pm on Wednesday 26th October 2022 The Late Entry Fee for ALL paddlers is \$250.00.

Payment options are available on the registration pages once your details are complete. You can also pay for members of your team by selecting the Team menu item.

If you are claiming the concession rate please ensure you email a copy of your Pension Card or Student Concession Card to entries@canoeclassic.asn.au.

Payment can be made by Visa or MasterCard or
by Direct Deposit/Internet transfer to our bank account.

Remember

You and each paddler in your craft are expected to raise the minimum sponsorship donation:-

\$250 - All Paddlers (except Juniors)

\$100 - Juniors

Marketplace

The club is moving out some of our older boats to make way for our new purchases. If you, or someone you know are interested in any of the following, please contact Lachlan (our new boat captain), Bob or Patricia. Prices on Application.

Mirage 730

2 older style K2's

Tru Blu – Nelo Masters K2

Unfair Advantage – TK2

There is also a Burton Spec Ski (formerly Gary's) which is available to anyone interested.

Surf Ski for Sale - Canberra

Stellar SES Advantage 2018

Lightly used, great condition, always stored inside. Orange and grey colouring. Moving overseas.

\$2,500.

Contact: Carolyn carolynleonard@gmail.com, 0479003367

Model information: <https://stellarkayaks.com.au/SES-surf-ski>

Length: 20'4" / 6.2m

Beam: 16.4" / 41.6cm

Depth: 13.8" / 35cm

Capacity: 200 lbs / 90kg 1.5 to 1.9 m paddler

Paddler: 5'-6'3" / 1.5 - 1.9m

Capacity: 200 lbs / 90kg

Capacity: 200 lbs / 90kg



Thank you to all contributors to this edition of Blazing Paddles.

If you have contributions for the next edition, please get in touch robertba28@gmail.com