



*Newsletter of the*  
**BURLEY GRIFFIN CANOE CLUB**

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- President's message
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 **SPORT & RECREATION ACT**

*The ACT Government assists the BGCC through Sport and Recreation ACT*

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## Coming Events:

- Sunday 13<sup>th</sup> March, 2016: PNSW State Marathon Championships; MWKC, Narrabeen
- 20<sup>th</sup> March; Kayak for Kids; register by 31<sup>st</sup> Jan to enter the draw for a 7-course degustation dinner for two!
- 25<sup>th</sup> – 27<sup>th</sup> March; Aust. Marathon Champs, Coomera Lakes/Regatta Waters, Gold Coast, QLD.
- 8<sup>th</sup>-10<sup>th</sup> April: Aust. Canoe Polo Championships, Miami Aquatic Centre, Gold Coast, QLD.
- Sunday 10<sup>th</sup> April, 2016; Race 2, PNSW Marathon 9 Series; CCCC; Wyong
- 16<sup>th</sup> & 17<sup>th</sup> April: Rafting Course for Intermediate Paddlers, Cotter Reserve, Casuarina Sands, NSW
- Saturday 30<sup>th</sup> April, 2016; Race 3, PNSW Marathon 9 Series; WCC; Windsor
- Sunday 3<sup>rd</sup> May: The Gregory Down River Canoe Race, Mt Isa, Qld.
- Saturday 7<sup>th</sup> May: Flatwater Guide or Instructor Course, Parramatta Lake, Sydney, NSW
- Sunday 29<sup>th</sup> May, 2016; Race 4, PNSW Marathon 9 Series; LCRK; Lane Cove
- Saturday 25<sup>th</sup> June: Race 5, PNSW Marathon 9 Series; SSCC; Woronora River, Sutherland, NSW
- JUNE: BGCC 26<sup>th</sup> Birthday Party! Nominate a good date for you to attend.

For those who may have missed BGCC's moment on the media:

[https://www.facebook.com/WINNewsCanberra/videos/1005014096230288/?autoplay\\_reason=all\\_page\\_organic\\_allowed&video\\_container\\_type=0&app\\_id=2392950137](https://www.facebook.com/WINNewsCanberra/videos/1005014096230288/?autoplay_reason=all_page_organic_allowed&video_container_type=0&app_id=2392950137)



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## President's Report: Patricia Ashton

The last month (and more) has been taken up with the planning and running of Race 1 of the PNSW Marathon Series and the Burley Griffin Bash. It was an excellent weekend of racing and catching up with other paddlers from various parts of NSW. These events don't just happen and don't run themselves – Russell Lutton did a brilliant job organising it all. Thankfully he had a great crew to work with – some of the 'regulars', including, Helen, Scott MacWilliam, John Preston, Tom Hick, Kevin Swain, Greg Chesher and the many others who came along to measure the course, re-set buoys, mow, belt in pickets, hang tape, remove pickets and wind up tape, purchase, collect and man rescue boats, rescue paddlers, plan, purchase, prepare, BBQ and sell food, put up tents and awnings, place toilets, put up signs, direct traffic, clear the beach during the race, collect race numbers, take photos, do TV interviews etc., etc.

Thanks to Wetspot, Carolyn Williams and Russell Lutton for the donation of prizes, Wetspot, Ice Dragons and Tom Hick for the use of their Rescue Boats.

We had about 174 boats and 211 paddlers on the water for Saturday, with 3 safety boats, there were a few spills but no complaints; only praise both for the organisation and the venue. WELL DONE TO ALL.

There were also many club members entered in the Divisional Race – many new members and juniors, several of them earning points for the club. It was great to see the training paying off.

The Burley Griffin Bash however, while well organised and with the most perfect conditions for racing on the lake, saw only 24 paddlers taking part, with about half being club members. Please make sure you think about entering next year – we can offer shorter distances for novice or junior paddlers. The 30 km is one of only a few longer distance races in the country and after 40 years it would be a shame if it too disappears.

Capital SUP in conjunction with BGCC and Wetspot ran inflatable SUP races (NISCO) at Kingston last month too, there were a good number of participants and fun was had by all. Check out the report later in Blazing Paddles.

Kiaran, on behalf of Australia Canoeing, organised a Coaching course at the YMCA sailing club recently. The course was presented by ex-Olympian, Amanda Rankin. The course was attended by 10 BGCC members and Ange from Sydney. Kiaran, Malcolm and I attended to update our Level 1 qualifications, but the others went to start the process of becoming Level 1 coaches which is great for the club. I know Litsa and Anne have started 'coaching' and building up their log books. If you're looking for some improvement to technique or looking for drills to add to your warm ups, see one of our trainee coaches – Ben, Anne, Nic, Nick (new member), Gabrielle, Rebecca (canoe polo junior) & Litsa when you're next at the river.

I know for myself, attending the coaching course has reinvigorated my coaching. With Bob off the water for a few months I had decided to concentrate on getting into (not out of) a K1 and coaching the new members. Well, one is far more successful than the other! The K1 is a bit haphazard and there won't be any racing in one this year I don't think. The new members however, are coming along nicely, technique is improving, distance and fitness is coming along well and the confidence on the water has grown! It's rewarding to see these (mostly) older ladies having fun and enjoying some Indian file and interval work and trying out assisted and unassisted re-entries.

Anyway, the race season is upon us, trainee coaches are keen to help you out, we've still got a couple of months warm weather and water, so dig in – get into training mode and find some others to car pool with and keep us on top of the Marathon Series ladder – for the 5<sup>th</sup> year!!

See you on the water,

*Patricia.*



## Marathon Convener's Report: Russell Lutton

The big news in flatwater marathon this month is BGCC's hosting of the first of the 2016 PaddleNSW marathon races on our Molonglo River course last Saturday, 27<sup>th</sup> February AND the club's staging of the 40<sup>th</sup> Burley Griffin Bash on Sunday, 28<sup>th</sup> February.

I will provide separate reports on each event.

### Race 1, 2016 PNSW Marathon Series.

For several years now the PNSW Marathon Technical Committee has selected BGCC and Canberra to host the first marathon race in the annual series and each year it has grown in status, popularity and entries.



Ben Rake

Following on from BGCC's successful hosting of National Marathon Championships last year, our club's smooth running of this major race, effectively a kick-start to the marathon racing year, again reinforced our reputation as a "can-do club", with feedback from PNSW officials, competitors and visitors being overwhelmingly positive.

That things run smoothly at big events like these doesn't happen by accident. It is due to the hard work of the many club members who give their time and make great contributions—from course layout/preparation and safety boats to the all-important food stall. Sincere thanks to everyone who worked so hard to make both days the great successes they were and to earn considerable income for BGCC.

Despite the ACT government/NCA ban on camping at the river this year, the first race was huge, with 174 craft and 211 paddlers racing on the Molonglo.

With NSW Canoe Marathon Championships less than two weeks away and National Marathon Championships in a month, it appeared that many elite K1 paddlers used our event as part of their race preparation, as evidenced by the fact that Division 1 had 15 competitors—surely a record for any PNSW race.

It is also worthy of note too, that four of the 15 Div 1 paddlers were registered as BGCC members—more than any other club on the day.



Mark O'Neill & Tom Hick, looking after paddlers' safety



Portage

We were truly blessed with the weather on both days, with almost perfect racing conditions. How lucky! At a quick count, there were 65 BGCC paddlers competing across all Divisions—an outstanding turnout. It was also great to see so many of our up-and-coming junior paddlers competing.

Given the home race advantage, not surprisingly BGCC has shot off to a handy club points advantage (42 points v. MWKC's



next placed 26 points). The full results are available at:

<http://www.paddlensw.org.au/print/page/results/marathon-series> and given the large number of BGCC paddlers competing, I will confine my report to mentioning some of the standout performances listed in the provisional results.

- Ben Rake, James French, Nick Ziviani and Simon Stenhouse competing in Div 1
- Mark Halpin, third place in Div 2
- Sam Wellings-Booth, second place in Div 3
- Rob Wilson's second place in Div 5
- Gabrielle Hurley and Graeme Ison, first and second places in Div 8
- Julia Bowett, Jack Jessen and Tom Layton, first, second and third place in Div 9
- Paul Atkins, Phillip Sanders and Anne Cronin, first, second and third place in Div 11



Julia Bowett

As an aside, in addition to attempting to win the club points championship for a fifth successive year, BGCC also wants to win again in 2016 the perpetual International Canoe Federation Class

Trophy that is awarded to the club with the highest number of ICF class points by the end of the series.

However, a recent change to the rules requires paddlers intending to claim ICF class points for their



John Preston



Helen & David Tongway

clubs to nominate with the timekeepers BEFORE the start of EACH race that they are paddling an ICF boat. So if you are paddling a K1, K2, C1 or C2, don't forget to tell the PNSW time keepers of this, along with your club, before you race.

#### 40<sup>th</sup> Burley Griffin Bash

Event organiser and unofficial BGCC historian, Helen Tongway, turned up this quotation from the December 1976 NSW Canoeing Association's *Affairs of State* newsletter:

“ACT have offered to host the Country verses Metropolitan Sprint Championships on 5/6 March 1977. The Sprint carnival will be on the Saturday on a beaut new course ... and a 17 km Long Distance race will take place on the Sunday. It has the novel name of “**Sir Walter Burley Griffin Bash**”. Sounds like a great week-end—why not be in it?”

Thus the Bash was born, so to speak and it has been held every year since. The numbers have fluctuated, the courses have changed, but it is a hallmark of the commitment of BGCC members over the years that it continues. Long live the Bash!

The ban on camping at the river almost certainly affected numbers this year, but there were still good fields for the 30 km and 13 km distances. The results are published on the BGCC website.



Regular visiting competitor Richard Barnes

Thanks to the great camera work of Jane Lake and David Gordon, there are now links on the BGCC website to about 400 photos taken over the two days. Check them out!

### Upcoming events

More detailed information on the events listed below is available on the PNSW/Australian Canoeing websites. Don't forget that online entries to 2016 PNSW Canoe Marathon Championships close on 9 March. Entries cannot be made on race day.

A word of advice about entering States or Nationals: don't leave it to the last minute. It can be difficult to do online. While the staff in the PNSW and AC offices are "user friendly", the AC entry system often is not.

And when you finally get there online, if you club is shown as "PNSW Direct", it seems the only way to get this changed to "BGCC" is to raise it with the Chief Official (Bob Turner) on the day of the event. No-one in the PNSW or AC offices has the permissions to change the system entry.

- [2016 PNSW Marathon State Championships](#) ( 2016 NSW Canoe Marathon Championships) Sun, 13/03/2016 - 08:00
- [Australian Canoe Marathon Championships](#) Sat, 26/03/2016 - 08:00
- [2016 PNSW Marathon Series Round 2 CCCC Wyong](#) Sun, 10/04/2016 - 09:00
- [2016 PNSW Marathon Series Round 3 WCC Windsor](#) Sat, 30/04/2016 - 09:00
- [2016 PNSW Marathon Series Round 4 LCRK Lane Cove](#) Sun, 29/05/2016 - 09:00
- [2016 PNSW Marathon Series Round 5 SSCC Woronora](#) Sat, 25/06/2016 - 09:00
- [2016 PNSW Marathon Series Round 6 BWP Davistown](#) Sun, 17/07/2016 - 09:00
- [2016 PNSW Marathon Series Round 7 HVPC Cockle Creek](#) Sat, 06/08/2016 - 09:00
- [2016 PNSW Marathon Series Round 8 Makai, Burrill Lake](#) Sat, 03/09/2016 - 09:00
- [2016 Myall Classic Ultramarathon](#) Sat, 17/09/2016 - 06:00
- [2016 PNSW Marathon Series Round 9 & Series Presentations WBCC Wagga Wagga](#) Sat, 01/10/2016 - 09:00

Happy paddling!

*Russell*



Tony Hystek receiving the Scrivener Trophy

## Canoe Polo Report: Kai Swoboda & James Harmer

On the weekend of 27/28 February, 2016, 23 BGCC club-members travelled to Nagambie, Victoria, to compete in the Final Summer Series Canoe Polo Competition ( #4 ) for 2015/16.

We had 2 junior teams competing: the ACT Junior Boys and ACT Junior Girls, (who I think are now referred to as the "Griffin Girls"). They were in a competitive division with 2 other relatively equal teams, against paddlers from Geelong and South Australia. Our youngest paddler was Daniel Harmer who, at just 7 years old, was able to mix it with competitors ten years older than him. The Griffin Girls beat the ACT Boys' team for the first time ever and were able to gain third place.

The two junior teams at Nagambie were:

### Boys

Jonte Deakin  
Matthew Gates  
Daniel Harmer  
Ethan James  
Jason Wright

### Girls

Emily Gates  
Jessica Harmer  
Laura Kleinrahm  
Alexis Miller  
Sami Raymond

In the Open Division, the Men's team narrowly missed out on a place in the grand final and were in a 3<sup>rd</sup>/4<sup>th</sup> playoff with Lakers Blue from NSW. Mikey Young from BGCC was paddling with the Lakers for this competition and scored the winning goal in sudden-death extra time, giving the men's team a 4<sup>th</sup> place. Mikey has reminded us of this achievement at every possibility!

The Burley Babes regained their winning streak in a competitive 2<sup>nd</sup> division, remaining undefeated throughout the weekend.

This competition was the last major competition prior to the Australian Championships which are being hosted at the Gold Coast, Queensland, on 7-9 April. BGCC will be sending one of our largest contingents to a National Championship, by sending teams in the following Divisions:

- micro-juniors (u/13)
- Junior Women (u/18)
- Junior Men
- Women
- Open x 2
- Veterans (over 35)

Team selection is being finalised shortly. Several senior BGCC polo paddlers, James Deakin (*right*) and Rowan Holt, remain in contention for national team selection.

We have had good numbers turning up on Wednesdays for games, including several who are new to polo and paddling. We hope to carry the numbers through to our winter season when we return to Tuggeranong at the end of daylight saving.

*Kai & James*



*James Deakin*



## Sprint Report: Cherie-Anne Van Baardwyk

### 2016 Oceania Championships/Grand Prix 2 Fri 12<sup>th</sup> – Sun 14<sup>th</sup> February, West Lakes SA

Burley Griffin Canoe Club had 4 paddlers (1 was a supporter/video-man) Breanna Reid, Louise Yabsley, Marcelo Cabezas and Nick Hocking represent the club and who were part of a 8-person NSW C Boat Sprint Squad which competed . This is the first time in a very long time that at a National Regatta there was a full field of C Boats with the Mens having Heats / Semis and Finals and for the girls a full race as a Direct Final.

A big thanks goes to Sebastian Marczak who drove a trailer accross with the boats - and the boys who kept him company; and an even bigger thanks goes to Nick Hocking for giving the squad access to his ever growing fleet of C Boats. He was also a vital part of each day with videoing each of the races, allowing the paddlers to see their performance and the coach Sebastian to give them the feedback. Bre Paddled 3 displines C1, K1 para K4 see results below.



NSW canoe sprint team @GP 2 Adelaide with coach **Sebastian Marczak** and **Nick Hocking** U23  
**Louise Yabsley** **Jason Han** **Adrian** **Pete** **Marcelo Cabezas** u18 **Breanna Reid** #C1 #C2 #C4  
#PNSW #AustralianCanoeingNTS







Breanna in K4; Marcelo in C1, Louise in C1, Marcelo and Adrian in C2 and Breanna in Para K1



Breanna converting/training her long-term K4 paddling partner, Indie, to a C boat. She will be racing at the Nationals. I believe Louise was also seen giving some instruction earlier that day as well. Such a supportive bunch of athletes.



This is how the elite guys do it, Breanna and Indie got to use the ice bath

**RACE RESULTS:**

<b>Race 31</b>	<b>Para Canoe</b>	<b>Women's U18</b>		<b>K1</b>		<b>Direct Final</b>
Place	Name	Club		Lane	<b>200m</b>	Margins
1	<b>Reid, Breanna</b>	Burley Griffin	NSW	7	1:05.32	0.00 +0.00
2	Galovic, Monika	Patterson Lakes	VIC	8	1:05.95	0.63 +0.63
<b>Race 54</b>		<b>Women's U18</b>		<b>K4</b>		<b>Direct Final</b>
Place	Name	Club		Lane	<b>500m</b>	Margins
1	Braken, Ruby Burt-Poloai, Caitlin Ryan, Rachel Tatlock, Hannah	West Lakes Sunshine Coast West Lakes West Lakes	SA QLD SA SA	5	1:44:23	0.00 +0.00
2	Watson, Danielle Clark, Shani McGregor Smyth, F Clifton, Samalulu	New Zealand New Zealand New Zealand New Zealand	NZL NZL NZL NZL	6	1:46.42	2.19 +2.19
3	Allen, Tess Wilson, Cassandra Hoskin, Courtney Austin, Rochelle	New Zealand New Zealand New Zealand New Zealand	NZL NZL NZL NZL	3	1:47.92	1.50 +3.69
4	? Goldner, Kelsey Gill, Isabella Blanch, Erin	? West Lakes Varsity Lakes	? SA QLD	4	1:58.07	10.15 +13.84
5	Tunn, India <b>Reid, Breanna</b> Jacobs, Nicole Brodhurst-Hill, M	Encounter Burley Griffin West Lakes Currumbin Creek	SA ACT SA QLD	7	2:04.98	6.91 +20.75

<b>Race 44</b>		<b>Woen's Open</b>		<b>C1</b>		<b>Direct Final</b>
Place	Name	Club		Lane	<b>500m</b>	Margins
1	Bulmer, Josephine	West Lakes	SA	5	2:41.37	0.00 +0.00
2	Rositano, Isabella	West Lakes	SA	4	2:49.84	8.47 +8.47
3	Woodcock, Kristen	West Lakes	SA	3	3:06.89	17.05 +25.52
4	<b>Yabsley, Louise</b>	Burley Griffin	ACT	6	3:40.75	33.86 +59.38
	<b>Reid, Breanna</b>	Burley Griffin	ACT	2	DNF	
<b>Race 65</b>		<b>Men's Open</b>		<b>C2</b>		<b>Direct Final</b>
Place	Name	Club		Lane	<b>1000m</b>	Margins
1	Nejman, Jason	West Lakes	SA	5	4:07.36	0.00 +0.00
	Florian, Marius	West Lakes	SA			
2	Szekszardi, Ferenc	Bayswater	WA	4	4:08.49	1.13 +1.13
	Marinov, Martin	Varsity Lakes	QLD			
3	Wakim, Sabastian	Fairfield	VIC	3	4:27.61	19.12 +20.25
	Ellis, Charlie					
4	Keogh, Benjamin	West Lakes	SA	2	4:34.15	6.54 +26.79
	Metsoja, Rain	Varsity Lakes	QLD			
5	Tramaglino, Gabriel	West Lakes	SA	6	4:34.61	0.46 +27.25
	Bayliss, Jace	West Lakes	SA			
6	<b>Cabezas, Marcelo</b>	Burley Griffin	ACT	1	5:31.23	56.62 +83.87
	Repeti, Pete	PNSW Direct	NSW			
7	French, Roger	West Lakes	SA	7	5:41.12	9.89 +93.76
	Loughry, Lincoln	West Lakes	SA			
8	Stiles, Lee	New Zealand	NZL	9	7:02.96	81.84 +175.6
	Marshall, Blair	New Zealand	NZL			
	Leblanc, Adrian	France	FRA	8	DNS	
	Clarcken, Thomas	West Lakes	SA			
<b>Race 104</b>		<b>Men's Open</b>		<b>C1</b>		<b>Final</b>
Place	Name	Club		Lane	<b>1000m</b>	Margins
1	Ellis, Charlie	West Lakes	SA	4	4:08.12	0.00 +0.00
2	Marinov, Martin	Varsity Lakes	QLD	3	4:10.47	2.35 +2.35
3	Florian, Marius	West Lakes	SA	5	4:12.69	2.22 +4.57
4	Szekszardi, Ferenc	Bayswater	WA	6	4:21.60	8.91 +13.48
5	Metsoja, Rain	Varsity Lakes	QLD	8	4:31.45	9.85 +23.33
6	Wakim, Sabastian	Fairfield	VIC	7	4:34.37	2.92 +26.25
7	Manning, Benjamin	Varsity Lakes	QLD	1	4:37.82	3.45 +29.70
8	Keogh, Benjamin	West Lakes	SA	2	4:38.08	0.26 +29.96
9	<b>Cabezas, Marcelo</b>	Burley Griffin	ACT	9	5:09.73	31.65 +61.61
<b>Race 113</b>		<b>Men's Open</b>		<b>C4</b>		<b>Direct Final</b>
Place	Name	Club		Lane	<b>1000m</b>	Margins
1	Keogh, Benjamon	West Lakes	SA	4	3:54.23	0.00 +0.00
	Ellis, Charlie	West Lakes	SA			
	Tramaglino, Gabriel	West Lakes	SA			
	Bayliss, Jace	West Lakes	SA			
2	Clarcken, Thomas	West Lakes	SA	5	4:18.30	24.07 +24.07
	French, Roger	West Lakes	SA			
	Loughry, Lincoln	West Lakes	SA			
	Leblanc, Adrian	France	FRA			
3	<b>Lisczynsky, Adrian</b>	PNSWDirect	NSW	6	4:39.30	21.00 +45.07
	<b>Cabezas, Marcelo</b>	Burley Griffin	ACT			
	Repeti, Pete	PNSWDirect	NSW			
	Wakim, Sabastian	Fairfield	VIC			



4	Bulmer, Josephine Rositano, Isabella Woodcock, Kristen Stewart, Hugo	West Lakes West Lakes West Lakes West Lakes	SA SA SA SA	2	4:42.11	2.81 +47.88
<b>Race 124</b>	<b>Para Canoe</b>	<b>Women's Open</b>		<b>K1</b>	<b>Multi-Class</b>	<b>Direct Final</b>
Place	Name	Club		Lane	<b>1000m</b>	Margins
1	Reynolds, Amanda	Patterson Lakes	VIC	5	5:00.66	0.00 +0.00
2	Seipel, Susanne	Brisbane Canoeing	QLD	4	5:06.36	5.70 +5.07
3	Chaplin, Shelley	Patterson Lakes	VIC	3	5:38.89	32.53 +38.23
4	Galovic, Monika	Patterson Lakes	VIC	7	5:39.64	0.75 +44.73
5	<b>Reid, Breanna</b>	Burley Griffin	ACT	6	5:45.39	5/75 +44.73
6	Neumueller, Jocelyn	West Lakes	SA	2	6:06.58	21.19 +65.92
<b>Race 141</b>		<b>Women's Open</b>		<b>C1</b>		<b>Direct Final</b>
Place	Name	Club		Lane	<b>500m</b>	Margins
1	Bulmer, Josephine	West Lakes	SA	5	0:59.08	0.00 +0.00
2	Woodcock, Kristen	West Lakes	SA	6	1:08.53	9.45 +9.45
3	Rositano, Isabella	West Lakes	SA	4	1:08.71	0.18 +9.63
4	<b>Yabsley, Louise</b>	Burley Griffin	ACT	3	1:16.56	7.85 +17.48
	<b>Reid, Breanna</b>	Burley Griffin	ACT	2	2:25.88	69.32 +86.80
<b>Race 150</b>		<b>Men's Open</b>		<b>C1</b>		<b>B Final</b>
Place	Name	Club		Lane	<b>200m</b>	Margins
1	Leblanc, Adrian	France	FRA	4	0:50.65	0.00 +0.00
2	Keogh, Benjamin	West Lakes	SA	3	0:51.75	1.10 +1.10
3	Clarcken, Thomas	West Lakes	SA	5	0:52.20	0.45 +1.55
4	<b>Cabezas, Marcelo</b>	Burley Griffin	ACT	6	0:54.47	2.27 +3.82
5	French, Roger	West Lakes	SA	7	1:04.50	10.83 +13.85
6	Repeti, Pete	PaddleNSW Direct	NSW	2	1:07.10	2.60 +16.45
7	Han, Jason	Lane Cove	NSW	8	1:10.76	3.66 +20.11
8	Liszczynsky, Adrian	PaddleNSW Direct	NSW	1	1:15.99	5.23 +25.34
<b>Race 160</b>		<b>Men's Open</b>		<b>C2</b>		<b>Direct Final</b>
Place	Name	Club		Lane	<b>200m</b>	Margins
1	Wakim, Sabastian Ellis, Charlie	Fairfield West Lakes	VIC SA	7	0:42.97	0.00 +0.00
2	Tramaglino, Gabriel Bayliss, Jace	West Lakes West Lakes	SA SA	3	0:43.44	0.47 +0.47
3	Clarcken, Thomas Leblanc, Adrian	West Lakes France	SA FRA	8	0:46.74	3.30 +3.77
4	Manning, Benjamin Marinov, Martin	Varsity Lakes	QLD	4	0:48.16	1.42 +5.19
5	Keogh, Benjamin Metsoja, Rain	West Lakes Varsity Lakes	SA QLD	2	0:48.82	0.66 +5.85
6	<b>Liszczynsky, Adrian</b> <b>Cabezas, Marcelo</b>	PaddleNSW Direct Burley Griffin	NSW ACT	5	0:55.47	6.65 +12.50
7	French, Roger Loughry, Lincoln	West Lakes West Lakes	SA SA	6	0:56.07	0.60 +13.10
8	Rositano, Isabella Bulmer, Josephine	West Lakes West Lakes	SA SA	9	0:58.37	2.30 +15.40
9	Stewart, Hugh Woodcock, Kristen	West Lakes West Lakes	SA SA	1	1:00.74	2.37 +17.77
<b>Race 169</b>		<b>Men's Open</b>		<b>C2</b>		<b>Direct Final</b>
Place	Name	Club		Lane	<b>500m</b>	Margins
1	Nejman, Jason	West Lakes	SA	6	1:52.73	0.00 +0.00

	Florian, Marius	West Lakes	SA			
2	Wakim, Sabastian Ellis, Charlie	Fairfield West Lakes	VIC SA	7	2:04.44	11.71 +11.71
3	Keogh, Benjamin Metsoja, Rain	West Lakes Varsity Lakes	SA QLD	2	2:06.46	2.02 +13.73
4	Loughry, Lincoln Bayliss, Jace	West Lakes West Lakes	SA SA	3	2:14.17	7.71 +21.44
5	Leblanc, Adrian Clarken, Thomas	France West Lakes	FRA SA	8	2:20.59	6.42 +27.86
6	<b>Liszczyński, Adrian</b> <b>Cabezas, Marcelo</b>	PaddleNSW Direct Burley Griffin	NSW ACT	5	2:25.60	5.01 +32.87
7	Rositano, Isabella Bulmer, Josephine	West Lakes West Lakes	SA SA	9	2:32.63	7.03 +39.90
8	French, Roger Stewart, Hugh	West Lakes West Lakes	SA SA	4	2:33.65	1.02 +40.92
9	Tramaglino, Gabriel Woodcock, Kristen	West Lakes West Lakes	SA SA	1	2:38.86	5.21 +46.13
<b>Race 175</b>		<b>Men's Open</b>		<b>C4</b>		<b>Direct Final</b>
Place	Name	Club		Lane	<b>500m</b>	Margins
1	Keogh, Benjamin Ellis, Charlie Tramaglino, Gabriel Bayliss, Jace	West Lakes West Lakes West Lakes West Lakes	SA SA SA SA	6	1:59.10	0.00 +0.00
2	Leblanc, Adrian Clarken, Thomas Loughry, Lincoln French, Roger	France West Lakes West Lakes West Lakes	FRA SA SA SA	5	2:09.49	10.39 +10.29
3	<b>Liszczyński, Adrian</b> <b>Cabezas, Marcelo</b> Repeti, Pete Wakim, Sabastian	PNSWDirect Burley Griffin PNSWDirect Fairfield	NSW ACT NSW VIC	4	2:10.97	1/48 11.87
4	Bulmer, Josephine Rositano, Isabella Woodcock, Kristen Stewart, Hugo	West Lakes West Lakes West Lakes West Lakes	SA SA SA SA	2	2:22.08	11.11 +22.98

This week – 2-6 March – the 2016 National Sprint Championships and Olympic qualifiers are being held at Champion Lakes in Perth, WA. Breanna and Louise are there! Breanna is nominated for the Junior Team in C1 and also for the National Elite Development Squad for C1 and K1 para canoe so fingers are crossed.

Yesterday, Day 1, saw Bre finish 1st in both her C1 U18 500m and K1 Paracanoe U18 MC. The paracanoe was a nail-biting finish with only seconds in it according to the post on the Australian Sprint / Canoe Facebook page. She has a big program where she will be competing in 13 events over the 5 days. These include Paracanoe K1 / C1 / C4 / C2 and she was asked into a K4 in U18 Girls. Louise will be competing in C1 events.

The results so far:

WU18K1 200m, 1 <sup>st</sup>	Reid, Breanna	Burley Griffin	ACT	1:01.84
WC1, 200m, 3 <sup>rd</sup>	Yabsley, Louise	Burley Griffin	ACT	1:13.13
WU18C1, 200m 1 <sup>st</sup>	Reid, Breanna	Burley Griffin	ACT	1:51.80

Full results in the next issue of *Blazing Paddles*.

*Cherie*

## N1SCO 2016 Repot: Aiden Lewis

Valentine's day dawned clear and calm in Canberra, as just over 50 contestants stole away from their loved-ones (or better yet brought them along) for what was another great day of N1SCO racing at stop #1 of the 2016 national tour.

Again utilising the great amphitheatre provided by the Kingston foreshore precinct, Naish Australia, Wetspot Watersports and Capital Sup welcomed paddlers of all levels to this great format event. With this being the third annual N1SCO national tour event, many had experienced the fun and excitement already and had brought their friends along this year to join in too. With gear provided by Naish Australia and all set up ready to race, we got straight down to it.

The day kicked off with some short 200m sprints, with ten starters to each heat and a 180 degree turn each race, action was fast and close with standout performances by Zak Harding (and Jake Miller in the under 11's sub category) in the juniors, Angela Crawford and Jo Nelson in the ladies and Tom McQueen and one of our south coast visitors, Paul Mackie in the Men's. It was great to see some new paddlers attempting this race and enjoying the fun that the N1SCO boards and format brings to SUP racing.

The middle distance racing saw our race director Scott from Wetspot Watersports throw the competitors a complex course that made for great paddling with a zigzag course that doubled back on itself and made for even better buoy rounding's, while breaking up the distance into manageable legs. Again Tom was too quick in the men's races and avoided the carnage unfolding behind him to take another win from Pete Garbutt. Ange displayed some tactics, shadowing Jo around the course in their qualifying heat to learn the course before again leading Jo across the line in the final. Again Zak Harding led from Ethan Garbutt in the juniors.

With a fresh breeze beginning to blow, the starter and race director moved the markers around to create a square course inside the protection of the Kingston marina in order to run a two lap distance race. With the full fleet of 25 boards on the water, the two starts were impressive and as the paddlers stretched over the distance there were some great battles played out. Again Tom blitzed the field with a time of 5:35, Jo upset the status quo and smashed out a great time of 6:46 to take the Women's division and again a great effort from all the juniors saw Zak on top of the podium.

The final race of the day, and arguably the most fun, was the teams relay. With teams sorted, silly names picked and some (fairly loose) rules in place the starter sent the first paddlers off. After four short laps, some wet board changeovers and some interference bordering on piracy the "repeat offenders" team made it back onto the dock first to claim the win. A special mention has to go here to young Chloe who stepped in to fill the much needed junior position on one team, battling hard to make her lap for the team and keep them in the race.

A short awards ceremony saw the fastest paddlers rewarded with medals, while lucky door prizes were awarded to many contestants, all adding to the feeling that everyone there on the day was a winner.

We need to thank Naish Australia, for providing the N1SCO boards, paddles and markers for the event as well as JB for his efforts on the day and the provision of prizes. Wetspot Watersports for organising and running the event along with JB, Paleo Perfection and the Supping Caveman for providing prizes, and everyone that came along to make the day as much fun as it was. See you all at the N1SCO Worlds in November.

### Results:200m:

<b>Juniors:</b>	Zak Harding	<b>Women's:</b>	Angela Crawford	<b>Mens:</b>	Tom McQueen
	Ethan Garbutt		Jo Nelson		Paul Mackie
	Sam Harding		Kate Miller		Matt Scott
			Cate Hunter		



**U11:** Jake Miller  
Ethan Shaw  
Jorja Scott

400m:

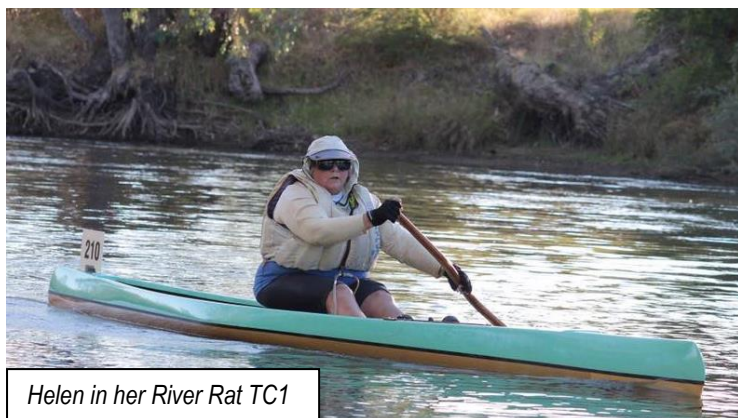
<b>Juniors:</b>	Zak Harding Ethan Garbutt Sam Harding	<b>Women's:</b>	Angela Crawford Jo Nelson Kate Miller	<b>Men's:</b>	Tom McQueen Peter Garbutt Paul Mackie
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Distance:

<b>Juniors:</b>	Zak Harding Ethan Garbutt Sam Harding	<b>Women's:</b>	Jo Nelson Angela Crawford Kate Miller	<b>Men's:</b>	Tom McQueen Paul Mackie Jason Rantall
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## Frank Harrison Memorial Races: David Tongway

The Frank Harrison Memorial races are run by the Mitta Mitta Canoe Club, Albury and this year were held on 20<sup>th</sup> and 21<sup>st</sup> February. Saturday afternoon's races were for single boats (with juniors in doubles) while the Sunday morning races were for double boats (and singles for juniors). The course was either the 26 km from the Hume Weir, or the 16 km course from the Waterworks Bridge, both finishing at Noreuil Park in Albury.



Helen in her River Rat TC1



David in his borrowed Stout TC1

The Memorial part of the name is in memory of Frank Harrison, who died in 1990. He lived in the Albury area and designed many canoes – and is remembered by canoeists for his lovely TC2 design. His C1 is also well-liked. He actually started out with WW boats and his Dart is still in use by some paddlers. However, the Dartmouth Dam put paid to the MMCC's WW paddling, so they moved on to marathon flatwater paddling.



Helen & David being helped in to shore

This year's races were held in excellent weather on very challenging (for us) water. There was a swift current, snags, pebble races and all sorts of water turbulence. Helen did very well on Saturday in her TC1 and picked up a bronze in the 26 km race. I finished the 16 km OK, (in a borrowed TC1,) but out of a place. There were 17 canoes in our 26 km TC2 race and we held back at the start to avoid carnage. There were a few collisions and fall-outs, but we avoided all this. We were both a bit tired and we finished last, though Helen did a superb job in steering us into the current and away from all the dangers. I ran out of energy and will need to re-think my nutrition regime.

If we wanted to do more Murray runs, the courses we did would be very good in Mirages. Good launching places and good landing in a park in the middle of town. Helen spoke to a local lady who said that the river between Albury and Howlong was pretty good all the way down. Anyone for some gentle Murray River touring?

[ Ben Rake also came 2<sup>nd</sup> in K2, with Casey Haynes, but we didn't see him on the day – too fast for us! ]

## Paddle the Murrumbidgee: David Abela

I'm organising a trip down the Murrumbidgee from Gundagai to Wagga, about 125 km over the Canberra Day long weekend and would like to extend the invitation to interested club members. Details are:

Gundagai to Wagga over 3 days

Camping at designated camp sites

Saturday 12<sup>th</sup> March: Gundagai to Wantabadgery (56 km)

Sunday 13<sup>th</sup> March: Wantabadgery to Oura Beach (43 km)

Monday 14<sup>th</sup> March: Oura Beach to Wagga (26 km)

BYO food and gear for the 3 days.

Optional camping by the river or accommodation in Wagga: Wagga Beach Caravan Park or a Motel

My wife, Tisha, will be staying overnights in Gundagai and Wagga and is happy to assist with ferrying paddlers, excess camping gear or food supplies on each day. We should finish in Wagga by about lunchtime on the Monday, plenty of time to drive home.

Note: The main impetus for the trip is for my son Daniel (14) who is participating in "World Challenge Borneo" where he has organised several physical challenges over the course of 12 months including cycling, paddling, running and hiking to raise funds for a remote village in Borneo where he will going with his school in September, 2016. So far, we have Daniel and my brother (also a keen paddler), Patricia Ashton, Geoff Pickup and Helen and David Tongway coming along for the trip. I've paddled the last two sections (Wantabadgery to Wagga) previously, but not the Gundagai to Wantabadgery section.

Any more suggestions or considerations can be discussed in more detail.

*Dave*

*[NB: This is Not a Club Sanctioned Event ]*

**At the moment, it seems the 'Bidgee is cleaner than the Murray:**

<http://www.weeklytimesnow.com.au/news/national/murray-river-blue-green-algae-outbreak-spreads/news-story/b69cd55c65d1dc1aaceb520a27f08ec3>

## Newsletter Contributions Wanted!

Please send in your contributions – as soon as your paddling happenings happen. That way I have lots of lovely news to publish and don't have to chase you at the last minute!

*Helen.*

## Club boats for Sale

The two BGCC **Sprinter sit-on-tops** are for sale, at \$700- or \$1300 for the 2.

These are the orange and the aqua boats in Bay A in the Club Shed. Make an offer!

Note: the buyer does not get to keep the shed rack for them – they are to be removed from the shed to make room for new club boats!

Length: 5.17 m;

Width: 0.52 cm;

Weight: 24 kg;

Capacity: 115 kg





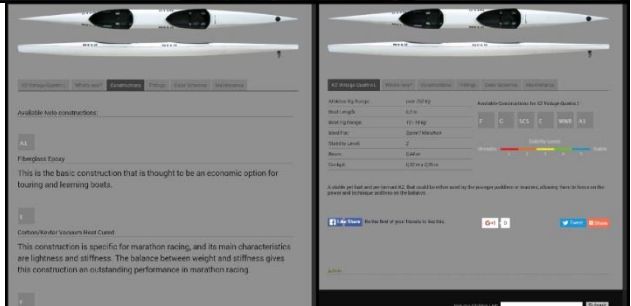
## Boats for Sale

Contact Cherie-Anne on 0413 605 518 for the Perception and the Nelo below:



Perception Arcadia 370 touring no rudder but you can add as there is provision to do so  
 Near new only used a few times pd \$1295 Sell \$650ono  
 Our location is Gundary Goulburn NSW but we are regularly in Sydney/Nth Beaches /Penrith/Wollongong and Canberra

Item details AUD650.00



### Nelo Quattro Vintage K2.

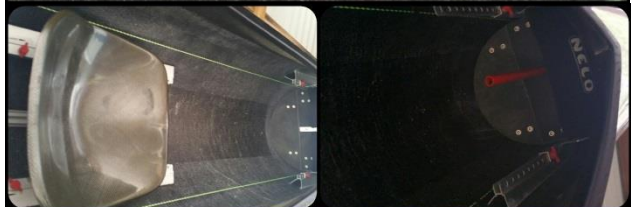
Very Stable. Great for beginners.  
 A1 Construction Large 10-18 kg  
 Regretful sale: True Blue's deck has bodyguard (protective layer) installed professionally so you will not scratch or chip it with paddle blades. Signage done in reflective material – it glows in the dark.  
 Boat is in near new condition.  
 Paid \$6,800. **Sell for \$5,400 ono**  
 Located at Gundar near Goulburn.

### Mirage 730 for sale.

Helen and David are putting up their "spare" Mirage 730 for sale. It has a slightly lighter build than the standard expedition model and carries a few minor scars from a Murray and three Hawkesbury CCs.

**\$2,500 negotiable**

041 886 1613 or [dtongway@iinet.net.au](mailto:dtongway@iinet.net.au)





## Nelo M Ocean Racing Ski

Rare opportunity to purchase Nelo M Ocean Racing Ski. 6.4m long, very light and fast through water. Weight range: up to 75kg. Beautiful Ski - there are very few of the M's in the country, suited to shorter paddler. Always garaged. Used minimally due to injury; very regretful sale due to ongoing injury. Mostly used in freshwater. Also included is Nelo cover, and Bracsa VII paddle. Pick up or ship at buyer's expense.



**Price: \$3,500**

Contact: Brooke on 0428 516 850

## Hayden Surfski

White Hayden Ski, old but still has a few km in it! Would be a great boat to learn in before progressing to a tippier boat. Has always been garaged/under cover. Suited to a short paddler (I'm 159cm) as I had hard foam blocks glued to the foot pads. Appropriate number of scratches/wear gives away its age, thus low sale price. Pick up only. **Price: \$100**

Contact: Brooke Rowlands on 0428 516 850



## Other Items for Sale

- 2 of the new BGCC club bags - \$30 each (unused)
- Latest design BGCC long-sleeved paddling top, Medium size - \$45 (unused)

Phone Cherie on 0413 605 513

## Taste of Paddling Courses

### Taste of Paddling

This is a pre-paid course held on Sunday afternoons, 1 p.m. till 4 p.m., so as to not use club boats when the majority of club members want to use them. There is usually 1 course per month over the warmer months, so that members of the general public can be given a "taste" of a sport/recreation which we, as club members, already enjoy.

The next course (and final one for this season) will be on Sunday 20<sup>th</sup> March. A club coach or instructor leads each course with one or two other, experienced-paddler club members helping out.

## Latest Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

<http://canoe.org.au/wp-content/uploads/2015/06/Safety-Guidelines-2015.pdf>

## Club Uniforms for Sale: Get ready for the racing season!



Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$50 each      Shorts \$59 each

**However you can buy both the shorts and a top for \$70!**

*It is still hot in WA: Emu family cooling off at Monkey Mia; temp about 45 degrees*



## 41<sup>st</sup> Gregory Down River Marathon Canoe Race

**Sunday 3<sup>rd</sup> May, 2016: Briefing at 7:30 a.m.; Start at 8:00 a.m.**

While this race is open to all boat types (a K4 has successfully negotiated the course) the major TC2 event will be the **Canadian Challenge**, which has replaced the **Corporate Cup**. Companies, Sporting, Social or otherwise associated groups of people are encouraged to enter this team event. Craft used must comply with Canadian Canoe Specifications and the rules for teams will apply i.e., a maximum of 8 paddlers and team changes at any point along the river.

Read all about it at: <http://www.northwestcanoeclub.org.au/thegregory.htm>

The overall race record stands at 2 hours 43 minutes and 23 seconds set by Matt Flower and Chad Meek in 2001. **\$2000** is offered to anyone who can beat this time.

Other prize money includes:

First boat across the line, regardless of category \$500

K1 - male/female - \$400; \$200; \$100

TK1 - male/female - \$400; \$200; \$100

TK2 - \$400; \$200; \$100

Plastic long - \$400; \$200; \$100

TC2 Challenge - \$800; \$400; \$200

Short race \$200.00

**Entries:** <https://www.registernow.com.au/secure/Register.aspx?E=16008>

## PNSW State Champs Narrabeen 13 March - changed parking

In order to better accommodate participant car parking Manly Warringah Kayak Club has received council approval for alternate parking arrangements for the upcoming State Marathon Championships.

Rather than use the public car park at Berry Reserve we can use a much larger section of the reserve itself for all day parking entering off Robertson Street, Narrabeen.

## 2016 NSW Canoe Marathon Championships

# Manly Warringah Kayak Club, Narrabeen Lake

Sunday 13<sup>th</sup> March, 2016

## Parking Update

New parking space has been made available by Warringah Council between Robertson Street and 'The Boatshed' (Pro Kayaks).

Enter via Robertson Street Narrabeen







# Lifestart Kayak for Kids 2016



## Sunday 20 March 2016

### GET INVOLVED

Get your team together to paddle in Sydney's kayaking event of the year at Lifestart Kayak for Kids 2016. Both professional and novice paddlers alike will tackle the paddling challenge in solo, double and triple crafts in an inspirational paddling event with a difference. Register your family, friends and workmates for a one of a kind team building experience while raising much needed funds for Lifestart, promoting inclusion for children and young people living with disability or delay.

### THE COURSE

The paddling course runs from Blues Point through three transition areas to Clifton Gardens across 18km of sparkling waters on breathtaking Sydney Harbour. Paddlers including relay teams of 12 will race against the clock with the course being divided into four sections of 4.5 km each. Hire of a three seater kayak, paddles and safety gear are included in the registration fee.

Register online now at [kayakforkids.com.au](http://kayakforkids.com.au)

### FUNDRAISE FOR LIFESTART

Kayak for Kids is Lifestart's major annual fundraising event hoping to attract 1,400 paddlers, 5,000 spectators and \$400,000 in fundraising for 2016. Fundraising is simple... If you are paddling in Kayak for Kids, please create your own online fundraising page and encourage your friends, family and workmates to sponsor your paddle. Fundraise with Everyday Hero at [everydayhero.com.au/event/kayakforkids16](http://everydayhero.com.au/event/kayakforkids16)

Free shuttle bus service between transition points | View a short video of last year's event [here](#)  
All inclusive food, drinks and entertainment from 10.30am at Clifton Gardens at the Lifestart family picnic

For more information go to [www.kayakforkids.com.au](http://www.kayakforkids.com.au).

Tel: 02 9364 0111 • Email: [events@lifestart.org.au](mailto:events@lifestart.org.au)

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