

BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2013

Volume 24 Issue 3 November-December 2013

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The 24 Hour Classic and Canoe Polo Invitational, Plus
End of Year Roundup

 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT



In this edition of your newsletter ...

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President's Report –Kiaran Lomas

Phew!!! What a month.

November just didn't stop. It started with the Come and Try Day and finished with the 24 Hour Classic race. I think we are all still recovering.

The Come and Try Day seemed to be a great success despite the wind making paddling a little unpleasant for some. Patricia, Helen, John, Jon, and many others on the day, did a great job introducing new paddlers to the pastime that we love so much. There were even a few new members as a result.

I also had the pleasure of watching the Canoe Polo selection event that was held on the river. While the Burley Griffin paddlers didn't win the event, it was great to watch their skill and tenacity on the water. But the standout performance from my perspective was the South Australian Team 'Focus' that won the competition with only four players. I strongly encourage you all to come and spectate at the next event that is held in Canberra. (Stay tuned to Blazing Paddles for the details.)

There was also the unsung heroes of the boat shed who under the direction of the Boat Captain (Rob Wilson) cleaned up the shed. It's important that the shed is kept clean and all the club equipment is maintained. I can't name all the people who helped but thanks to all. I suspect there will be another clean-up before the Burley Griffin Bash in March next year.

The big event for the month was the 24 Hour Challenge. Huge thanks go to Ceara Clark and James Suthern for organising the event. I don't think people realise how much effort has gone into the preparation of this race. It is a really big task. The organisation of the camping area for the race was great. The split between tent and van camp sites was very effective. Thanks also go to the volunteers who helped set up, time keep and pack up after the race. It is the efforts of these people who made things go smoothly on the day. Support from SES, Life-Line and Sponsors, including Wet Spot and Cordelta was also appreciated. Finally, I'm looking forward to reading the race reports later in this episode of Blazing Paddles.

It looks like we will have a small team joining me on the Murray River Marathon for what is the last time the race will be in its current format. With less than a month until the race, final preparations are well under way. I'm looking forward to catching up with a few friends from years past who are also coming to paddle the Murray River Marathon one last time.

Finally, but probably most importantly, I wish to congratulate Helen Tongway, who was nominated by the club for the ACT Sports Star of the Year – Volunteer of the year. We were notified last week that she had made the final four in this category. We all see Helen's contribution to the club, and when you list the support that she offers through the year, it is surprising that she has time for anything else outside the Canoe Club. The winner will be announced at a dinner in December so we wish Helen Good Luck and thank her for all her efforts through the year.

So, as another year draws to a close, I wish all a Happy Christmas and a happy and healthy 2014. Drive safely over the holidays as we want to see you all back on the water next year.



Important Notices for all BGCC Lake Users

AUSTRALIA DAY ACTIVITIES 2014

LAKE USERS BRIEFING NOTE

LAKE CLOSURE

CENTRAL BASIN – FROM ASPEN ISLAND TO REGATTA POINT – NORTHSIDE

DATE: SUNDAY 26 JANUARY 2014

TIME: 10:00 AM – 11.00 AM

WHY: FIRING OF ARTILLERY GUNS – PART OF FLAG-RAISING CEREMONY

CENTRAL BASIN - ALL

DATE: SUNDAY 26 JANUARY, 2014

TIME: 5.00 a.m. to Midnight

WHY: FIREWORKS EXCLUSION ZONE & THE FLAGRAISING & CITIZENSHIP CEREMONY AT ROND TERRACE

COMMERCIAL OPERATORS WILL BE ALLOWED INTO THE CENTRAL BASIN BEFORE 6PM SUNDAY 26 JANUARY UNTIL 9.30PM. ALL CRAFT MUST REMAIN WITHIN THE MARSHALLING ZONE, AND MUST NOT LEAVE THE BASIN UNTIL AFTER THE FIREWORKS HAVE CONCLUDED.

SCHEDULE OF EVENTS FOR LAKE:

Before 6:00 p.m. All Commercial Operators must be in the Marshalling Zone prior to 6:00pm, unless by prior arrangement with Events.

6:30 p.m.	Boating Display 1: Traditional Boat Squadron
7:00 p.m.	Live entertainment on the stage at Regatta Point: 'Heuristic'
7.20 p.m.	Boating Display 2: Bridge to Bridge: Rowing ACT
7:30 p.m.	Live entertainment on the stage at Regatta Point: 'Heuristic'
7.50 p.m.	Boating Display 3 – Outrigger Canoes: Canberra Ice Dragons
8:00 p.m.	Live entertainment on the stage at Regatta Point: 'Heuristic'
8:20 p.m.	Boating Display 4 – Dragon Boats: Canberra Dragon Boat Association
8:30 p.m.	Live entertainment on the stage at Regatta Point: 'Heuristic'
9.00 p.m.	Anthem and Fireworks Displays
9:15 p.m.	Event Concludes

Timings are draft and subject to change. All changes will be communicated to the NCA as soon as practicable.

Water police and SES boat will be positioned on the lake for safety for the event.

Water Displays and Fireworks Exclusions

Rowing ACT

Bridge to Bridge Course

NB: Commonwealth Avenue Bridge to

Kings Avenue Bridge

EVENT CONTACTS:

Event Director:

Jason Rose, EventsACT, Venue & Event Services,
Economic Development Directorate, ACT Government
Ph: 6205 0721 or 0412 697 567

Event Manager:

Susie Dunn, EventsACT, Venue & Event Services,
Economic Development Directorate, ACT Government
Ph: 6205 070 3 or 0417 795 435

Backwards into the Future Beware of Rowers

7th December, 2013
8th February, 2014
22nd February, 2014
1 & 2 March, 2014

These are the dates that Canberra Rowing regattas are being conducted.

Paddlers are advised to stay clear of the rowing course on these dates.

Rowers have no forward vision and can cause serious injuries as well as boat damage in collisions. Although rowers are slower in the water than kayakers (see `Kayakers take down rowers in battle of the fours:

<http://www.abc.net.au/news/2013-11-19/kayakers-win-australian-battle-of-the-fours/5103756>) kayakers should be aware that rowers and their boats are heavier and less maneuverable, taking longer to turn even if the rowers do know or care who else is on the water. So give them a wide berth!

From the Editor's Desk-Scott MacWilliam

This issue is extensive and comprehensive, with accounts of two major events, conveners' reports, lots of pics, notices and other information. It is also the last issue before Xmas and the final holding of the Murray Marathon at this time of the year. The end of the year is a worthwhile moment for all BGCC members to reflect on the multitude of activities which have taken place in 2013 and on what lies ahead. Can the club win the PaddleNSW Marathon series for the third time? Can the Canoe Polo players repeat their successes of 2013? Can the SUPers improve on their 24 Hour Challenge result and knock the Wollongong paddlers off their perch/SUPs? Will all the hard work which is going on each day pay dividends for BGCC members at the National Titles coming up in April at Ballarat? And probably most importantly, will 2014 see the boat shed extensions completed so the club can cater for the growing numbers who want to join and enjoy the benefits of being members of the BGCC?. If the lake can fill, anything is possible for the extensions.



How high is the water, President? Half a metre higher and rising.

Thanks very much to the Conveners and others who have written and sent pictures to be included in this and previous issues. I would especially like to thank previous BP editors Russell Lutton and Carolyn Williams for all the help they continue to provide as I learn the ropes. Helen Tongway's oversight and editorial direction remains important: I'm even learning new spellings for words thanks to Helen. I look forward to everyone's continuing assistance and advice in 2014.

Major Shed Extension

No news is good news!

Bob Collins, Vice President

24 Hour Challenge

One of the club's signature events, this competition attracted paddlers from far and wide. Raising over \$5000 for Marymead and providing a great opportunity for some highly competitive racing plus socialising, the Classic was a great success once more. As ever BGCC owes much to the efforts of many volunteers, led by Ceara Clark and James Suthern. In that spirit of appreciation, Blazing Paddler's begins its account of this year's Classic with a classic photo of the youngest and possibly most enthusiastic volunteer. Abigail Channells, pictured here helping Ceara and James to fasten the glow-sticks which marked the course, exemplifies all those who put in such a great effort to make the event run smoothly. The Classic was so well run and appreciated that a report of the race even appeared on the Lane Cove Rover Kayakers web site here:

<http://www.lcrk.org.au/pmwiki/pmwiki.php?n=Main.News>

Number One Volunteer Abigail Channells



Classic Report: Ceara Clark

Over the weekend of November 23rd and 24th the Burley Griffin Canoe Club held their 20th annual 24 hour kayaking challenge and had a total of 113 participants. We are happy to say that we raised a total of \$5145 for Marymead, thank you to all for you kind donations. Congratulations to the following people –

Richard Barnes - 1st Solo Male with 49 laps
Anjie Lees - 1st Solo Female with 40 laps
Brea Roadley - 1st Solo Junior with 32 laps
Richard Robinson & Tony Hystek - 1st Pairs Male with 41 laps
Steve Dawson, Kate Dawson, Bob Tuner & Kristy Benjamin - 1st Pairs Mixed with 60 laps
Paul Tracey, Paul Deghom, Wayne Clapham & Craig Meldrum - 1st SUP Open Male with 44 laps
Traci Dostalek, Dave Gillies, Nikki Gillies & Rod Dostalek - 1st SUP Open Mixed with 39 laps
Ben Hannan, Adam Scott, Karmen Ison, Allan Newhouse & Russell Lutton - 1st Team Mixed with 64 laps
Angela Crawford, Tara Roulston, Jay Channells & Jessie Flint - 1st Team Female with 24 laps

King O'Malley Cup (corporate team)

RXP Services with 62 laps

Gary Rake, Shane Lund, Marty Holden, Justin Channells, Scotty Hunter & Lisa Farley

Burley Griffin Bonanza (most laps over all – team or solo)

Darwin with 64 (?) laps

Ben Hannan, Adam Scott, Karmen Ison, Allan Newhouse & Russell Lutton

Walter Burley Griffin Cup

Paddle Paddle Bloop who raised \$1440

Geoff Davis, Imogen Taylor, Peter Davis, Danielle Hogg, Barbara Davis & Robert Davis

Fastest Lap

Ben Rake with a time of 17:42

I would like to thank all who gave up their time to volunteer and time keep for us, I would particularly single out the effort of Ben Heaney who didn't intend to do so many hours timekeeping (almost half the event), and went without sleep because some of the other timekeepers didn't show up. It really made a difference to the overall event to have someone in there that knew what they were doing with that crazy software.

Thank you to Abigail Channels for all your help – the course wouldn't have been lit up if it wasn't for you cracking all those glow sticks and thank you for making all the SES volunteers a couple of sandwiches each.

Thank you to our sponsors:

Burley Griffin Canoe Club <http://www.bgcc.org.au/>

Wetspot Water Sports <http://www.wetspot.net.au/>

Paddle Pro <http://www.paddlepro.com.au/>

Cordelta <http://www.cordelta.com/>

Among those pictured at various moments were some winning combinations, including the team Darwin with the most laps, commanded by Carolyn Williams and including Russell Lutton-whose report from the perspective of a first time competitor in the Classic appears here.



Team Darwin minus one of its powerhouses, Richard Fox, who is camera shy

2013 24-hour Challenge – a first-timer’s perspective

By Russell Lutton

I had to get that monkey Bob Collins off my back. “You’ve never done the Hawkesbury, have you, Russell?” “When was the last time you did the 24-hour?” (He knew the answer!) “What was your best time in the Murray Marathon?” (Knowing full well that the closest I had ever come to Murray water was perhaps drinking it.) There’s certainly been a theme to a lot of Bob’s chats with me.

But this man with an ultra-marathon fetish had met his match! I finally succumbed, deciding to attempt the 2013 BGCC 24-hour challenge, albeit as part of a team – Team Darwin, so named simply because the idea “evolved”.

Our illustrious team captain was Adam Scott (an ultra-marathon veteran who paddled the 24-hour solo last year and who is a seasoned competitor of many Hawkesburys); his ACT Fire Brigade colleague, Ben Hannan (a paddling newbie on his very recently acquired ocean ski); my paddling partner from the 2013 Marathon 10 series, Richard Fox; and two enthusiastic south coast K1 paddlers, young Karmen Ison from Long Beach and Allan Newhouse from Tuross (also a veteran of numerous Hawkesbury/Murray Marathon events). Carolyn kindly agreed to be our team manager, organiser, morale maintainer and team mother. Having a team manager proved to be one of our best decisions.

So as a newbie to this type of event, what have I taken away from the Challenge experience? Well, much to my surprise, I have to acknowledge that it was fun – in a masochistic sort of way, of course. It challenged us all in different ways. Another great part of the experience was how sharing a common goal can weld a disparate group of paddlers, some of whom were introduced to each other only on the day of the event, into a competitive team.

As we ticked off the laps, our commitment to each other and our determination to complete the challenge became stronger. For example, our log sheet shows that we did 50 changeovers. For every single one, whether it was four in the afternoon or four in the morning, the relief paddler was on the water ready to race.

I think Sunday morning was the litmus test for everyone in the Challenge. So near the end but still so far to go. For us, this is where the team spirit really kicked in. Team Darwin got its second wind! We were individually putting in lap times that were comparable with our heady Saturday afternoon times.

The result surprised all of us. We completed the most number of laps (64 officially but our log showed 65); we won the mixed teams category; and we achieved Adam’s goal – that we should paddle 260km. Just got there!

Other memorable experiences were the wonderful camaraderie of paddlers on the water. Paddlers from “opposing” teams were always supportive and friendly. And paddling at night with the moon low on the horizon was a surreal experience I won’t forget soon.

And then there was the great organisation of the event – from the user-friendly website set up by Leigh Brady to the terrific organisation by Ceara Clark, James Suthern and all the beautiful BGCC members who gave their time to support the event. Thank you!

Thanks too to my fellow team paddlers, our team manager Carolyn, all the other participants and the organisers for making it so rewarding.

So watch out Bob Collins! While I wouldn’t say that I am now a ultra-marathon junkie, doing the 2013 24-hour Challenge has given me a taste of just how rewarding and “challenging” this type of event can be. (To be placed beside photo-Team Darwin minus one of its powerhouses, Richard Fox who is camera shy.

Another winning team:.



Game ON!

The winning Pacific C4 Waterman SUP Team with the perpetual trophy won by completing 44 laps. Wayne Clapham, team member and provider of the photo laid down a challenge to BGCC SUPers in an e-mail to the Editor after the event, saying: 'Thanks for a great event and we will be back next year to defend our title.'

(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?)

Last but definitely not least, a pic of an unidentified paddler during the 24 Hour Challenge.

Blazing Paddles is asking readers to submit a caption for this photo.

Look at Me! has already been suggested as have several others referring to male ritual displays.



Canoe Polo Summer Series Canberra Invitational

Another major and highly successful event conducted by BGCC members during November was the 2013/14 Australian Canoe Polo Summer Series Canberra Invitational.

This Report of the Competition is provided by Canoe Polo Convener Rowan Holt.

Over the weekend of 16 and 17 November Burley Griffin Canoe Club hosted teams from South Australia, Victoria, NSW and the ACT at the opening event for the 2013/14 Australian Canoe Polo Summer Series. In all, 11 teams participated in the competition, 7 in the Open division and 4 in the Restricted division. Burley Griffin Canoe Club fielded two teams in the Open Division and Two Teams in the Restricted Division with a total of twenty five club members participating in games over the weekend. The venue for this year's Canberra Invitational was Molonglo Reach, the home of the Burley Griffin Canoe Club and a site that received much applause from the Canoe Polo players in attendance.

Having begun with overcast conditions, the first day ended in sunshine and a plethora of intense matches in both divisions that made Sunday's morning matches must-win events for some of the teams to earn a spot in the finals. Gallantly playing with only 4 players throughout the competition, 'Focus' (Adelaide) met 'Aunty's Army' (Melbourne - Essendon) in the Open Division Grand Final. The match yielded 'Focus' the win along with a massive tackle upon team member Adam Hofmeyer from Andrew Merrifield of 'Aunty's Army'. Adam suffered some bruising but, thankfully, his lifejacket prevented more significant injuries. The match was absolutely fantastic to watch and provided an exciting glimpse of what can be expected at the 2014 National Championships and the rest of the Summer Series. 'Kanusport ' (BGCC), took out third place honours and 'Lakers Gold' (Sydney) were fourth. The 'Dream Team' from BGCC placed first in the Restricted Division after defeating the 'Burley Babes' (BGCC Women's Team). The 'SA Masters' placed third and the 'Paddle Pirates' (Adelaide) were fourth. The Restricted Division Grand Final was a very close match and, in fact, ended in a tie that required extra time that delivered the 'Dream Team' with their Golden Goal win. The 'Burley Babes', however, were also winners as this was the first major competition for the newly created BGCC Women's side.

As you are probably aware, the Molonglo Reach pitch, although not as directly within the public's view as the proposed venue for the 2014 Nationals (Acton Park, West Basin, Lake Burley Griffin), sits alongside a much used cycle path. Many passers-by stopped upon witnessing the explosive shots, smashing boat tackles and a powerful display of paddling skills from all teams. As a result, there were many inquiries about the sport, and with the recent increase in water depth BGCC has decided to make Molonglo Reach the permanent home of this competition which will celebrate its 20th Anniversary next year. Additionally, BGCC will be hosting the Australian Canoe Polo Championships at Easter next year, and, after the success of this recent competition, we are considering holding the event at Molonglo Reach depending on the position of a second pitch either upstream or downstream from where the current pitch is.

As one of the Canoe Polo Conveners I would like to thank the Burley Griffin Canoe Club for their support of Canoe Polo, especially in the past 12 months, and congratulate the organisers of the event for delivering a highly successful competition that has received significant praise from those who attended. We had a great article published in the Canberra Weekly Magazine following the competition.

Burley Babes



Dream Team Versus Burley Babes



Dream Team



Tuesday Morning Novice Group and Introduction Sessions: Patricia Ashton

I have been running a Tuesday morning group now for about 4 years! And I have to say 'Thanks' to those who turn up and make it worthwhile. There have been mornings, especially in winter, when I've wondered if it is worth it; however this winter we've had several paddlers paddle through and quite a few new paddlers keen and enthusiastic.

Russell Murphy has been helping run the group over the last year (or 2?) and luckily we've been able to keep a core of paddlers, building up their speed and endurance. These paddlers have been taking part in other training sessions, usually Justin Channell's Saturday morning group, time trials and even a marathon race. As the warmer weather is coming on (is it really?) we've been getting new paddlers again. It is great to see the improvement as they progress, and it doesn't take long to go from 3-4 km to 6-7 km training sessions.

We do a range of activities, from technique drills, to chases, race starts and wash riding skills; though I think the favourite is 'Indian file' or 'leap frog'.

New members are invited to join in once you have tried a couple of boats and know which you feel comfortable in and can adjust the boat yourself. Sessions are held at 7a.m. on Tuesdays - on the water by 7.10 a.m. (Off the water between 8 and 8.15 a.m.)

Patricia



New Member Induction Sessions

Over the last few years, we have noticed that beginners come along, then after a session or two just drift away. We were also aware that many new members weren't properly 'introduced' to the club, and the various requirements, e.g., signing in, which boats to try, how to treat the boats, wearing of lifejackets, etc. So last summer we offered Skills sessions for new members which turned out to be very hit and miss. This year, John Lockie worked on a basic competency checklist for our Introduction to Kayaking Courses, which then grew to a more focused approach for our new members. Guidelines were rewritten and reorganised, training was carried out for 'assistants'. In sum, a co-ordinated approach was put in place.

We now generally require new members to come along to a New Members Induction session which is offered at 10 a.m. every second Sunday. They are given a copy of club guidelines, we go through the various boats, giving them the opportunity to try some out, do some basic techniques, etc. They are then offered the following Sunday at 10 a.m. as a follow-on. Some members take this up while others are happy to move on. Members are offered various training groups they can then join. So far there are: Justin's 8 a.m. Sat group; on Sunday 8.30 a.m. there is a peer-lead paddle available, and on Tuesday the Novice paddle group. Newish members can compete in time trials or just take a boat out on Wednesday evenings. Kiaran also offers coaching various afternoons.

This combined and systematic approach toward new members seems to be working. It is taking the pressure off one or 2 people and getting more club members involved, whether they are coaches, instructors, trainee instructors or 'assistants'. Hopefully it also means that new members feel more a part of the club and are able to get together with others to build up their skills.



CONVENERS' REPORTS

Flatwater Convener's Report: John Preston

Congratulations to all those responsible for the running of another successful 24 hour Challenge. Well done also to all of those who competed in what turned out to be a great 24 hours of paddling.



The Wetspot Summer Time Trials are well under way with competitive racing attracting paddlers of all standards. Don't forget to do your bit in terms of helping with the timing or cooking the bbq. Thanks are extended to those who have already helped out. The juniors are making good progress and PB's seem to occur almost every week. The racing at the front of the 2 lap event is hotting up with wash riding skills and the turns playing a role in the times set. The 3 lap option isn't proving to be popular at the moment but as paddlers look towards the 2014 marathon series in the New Year I'm sure we'll have more people looking for those extra kilometres. Others are using the TT's to transition into less stable kayaks in order to be ready for next season's marathon series. All in all flat water paddling is looking strong at BGCC.

PNSW SPRINT SERIES ROUND 3

Round 3 of the PNSW Sprint Series wrapped up on 17th November. Although the day was drab, wet and windy it didn't stop our members from putting on a good display. One of the highlights was seeing Kiara, Amber and Erik Chen participating in a race that consisted entirely of paddlers under 12 years of age. The siblings were participating in their first ever sprint race and only second ever race away from home waters - and made a good impression with their effort. The windy conditions made life difficult for those paddlers who were drawn in the lanes on the north side of the course. Lanes 8 and 9 were the worst affected but Lanes 1 and 2 were as smooth as you could wish for. Nevertheless the racing was intense and some of our paddlers scored PB's. Points were allocated to each paddler for the events in which they participated. Congratulations to Ian Castell-Brown and Breanna Reid who competed at all 3 regattas. After 3 rounds our individual paddlers accrued enough points to place BGCC in 6th position out of 14 participating clubs.

CLUB	POINTS
SNBK	19055
MWKC	17486
LCRK	5131
SSP	3266
SGKC	3089
BGCC	2829
WCC	2042
PNSW	1833
PVC	1825
SLSA	1106
AVSE	669
GLCC	453
SSKC	449
CCCC	425

Individual results for PNSW Sprint Regatta 3 – SIRC 17/11/2013

	Amber Chen FU12	Breanna Reid FU16	Erik Chen MU12	Ian Castell-Brown MVet65	John Preston MVet55	Kiara Chen FU12
1000m	6:52:38	5:54:18	-	9:15:10	5:13:13	6:41:86
500m Heat	3:37:70	2:49:54	3:30:92	3:06:97	2:37:57	3:14:58
500m Final	-	2:47:59	-	3:01:91	2:31:17	-
200m Heat	1:24:45	1:05:76	1:19:65	1:08:12	0:58:35	1:14:29
200m Final	-	1:06:21	-	1:10:81	0:59:35	-

FINAL POSITIONS AFTER ROUND 3 of the PNSW Sprint Series 2013

Under 12 Female

- Kiara Chen 8th
- Amber Chen 9th

Under 16 Female

- Breanna Reid 6th

Vet 35 Female

- Madeline Chard 3rd

Under 12 Male

- Erik Chen 7th

Vet 55 Male

- John Preston 2nd

Vet 65 Male

- Ian Castell-Brown 1st

2014 NSW Sprint Championships: Sat 18-Sun 19 Jan 2014

PaddleNSW have provided the following links for those interested in Sprint racing.

PaddleNSW Sprint on Facebook
PaddleNSW Sprint Photostream on Flickr
Video - London 2012 K4 Gold Medal
Video - SPRINT! Life's Too Short to Cruise - Part One
Video - SPRINT! Life's Too Short to Cruise - Part Two
Video - SPRINT! Life's Too Short to Cruise - Part Three
Video - The Beginners Guide to Canoe Sprint
Paddling in Slow Motion
ICF videos
Olympic Flatwater



**2014 'Be the Influence Tackling Binge Drinking'
AUSTRALIAN CANOE MARATHON
CHAMPIONSHIPS
Lake Wendouree, Ballarat, Victoria
18 to 20 April, 2014**

Keep up-to-date via www.canoe.org.au

GENERAL INFORMATION

Lake Wendouree is 2.5 km from the centre of Ballarat. The lake has been used for many rowing regattas and canoe events over the years and was the home of rowing for the 1956 Olympics. During the recent drought the lake was dry but has now been returned to its former glory and measures have been taken to ensure it stays that way.

Weather conditions in April are the normal Victorian autumn, cool in the morning with generally clear days. Wind will be a factor with a lake course but April is one of the better months for avoiding high winds.

Race headquarters is located just near the finishing box at the south-western end of the lake.

How to Get There

Ballarat is easily accessible by plane, car and train.

Plane – Virgin, QANTAS and Jetstar fly to Melbourne's Tullamarine airport from all capital cities and Jetstar also flies into Avalon airport, which is closer to Geelong. Both airports are 1hr 20min from Ballarat.

Car – From Melbourne follow the Western Highway and take the first exit to Ballarat (route C805). Follow for 5.1 km then turn right in to Grenville St South, then first left to continue onto C805. After 3.2 km, turn right onto Morrison St. At end of the road turn left onto Wendouree Parade.

Train –trains run regular services from Melbourne to Ballarat. For more information on these services see V/Line schedules at <http://www.vline.com.au/timetables/>

Accommodation

Please visit the link <http://visitballarat.com.au/accommodation/caravan-and-camping.aspx>

Championship's Dinner

The Championship's Dinner will be held at Ballarat & District Trotting Club, Bray Raceway, Bell St Ballarat at 6:30 p.m. on Sunday 20th April. Tickets will be available for purchase online.

Medals for the selection classes will be presented at the dinner.

On-Line Entries

The on-line entries are expected to be available from 1 January 2014. You will need your Australian Canoeing membership number when entering. Please ensure that you are a current financial member before attempting to enter.

The Course

Note: Courses may change depending on conditions and other unforeseen factors.
As this is a lake course it is subject to wind.

Course layout may change.



If you have any questions about the Australian Championships please email them to paddlerjohn@hotmail.com

2014 NZ and Oceania Marathon Championships

Australia has been invited to the [2014 Oceania Canoe Marathon Championships](#) to be held in New Zealand on 5th and 6th April 2014. Click on the link for further information about the championships.

There is no selection policy for persons wishing to compete however persons MUST be financial members of Australian Canoeing Inc. Any person interested in competing at the Oceania Championships is to contact Robert Walker, Team Manager on email xamaxwater@bigpond.com

Start Date

5/04/2014 10:00 a.m.

End Date

6/04/2014

Location

Karapiro Lake Domain, Maungatautari Road, Karapiro (Cambridge, NZ)

Organiser

Karapiro Kayak Racing Club: Imelda Marnane/Brad Hayes

Contact Number

Imelda 021 277 1229 Brad 027 374 7037

Summary

The NZ Canoe Marathon Champs will be held in Karapiro this year and hosted by the Karapiro Kayak Racing Club. It will also be the Oceania Champs.



Entry into the K1 division also allows free entry into the K2 events.

Murray Marathon, 26th – 31st December, 2013

For more information go to the Murray Marathon website: <http://www.murraymarathon.ymca.org.au/>

2017 World Masters Games

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

Other Future Events

2014 ICF World Canoe Marathon Championships - Oklahoma, USA

2015 Australian Canoe Marathon Championships – Tasmania

2015 Masters Games - Adelaide

2015 ICF World Canoe Marathon Championships - Gyor, Hungary
2016 Oceania and Australian Canoe Marathon Championships - New South Wales

2017 Australian Canoe Marathon Championships - Queensland

MURRAY QUAD

Yarrowonga-Cobram-Tocumwal

Saturday 10th May 2014

3.3 km swim / 19.5 km run / 80 km bike / 26 km paddle

More information email murrayquad@gmail.com or contact Tim Roadley – 0417 373 376

Social Convener's Report-Lynne Robertson (in the absence of Paul Hartlipp)

GOOGONG DAM SUNDAY 1 DECEMBER 2013

A group of eight people (six club members and two guests from Tura Beach) met at the Boat Ramp at 9.00 a.m. to paddle on Googong. We fluked a still, warm day and had a lovely paddle up a creek and then around the island in the middle of the dam to a very pleasant morning tea spot which allowed a break from the kayaks and then we headed for Shannon's Inlet and back to the put-in point. All off the water by 1.00 p.m. Photo's courtesy of Greg Chesher.



First Aid Course

BGCC will be running a Senior First Aid course for members and friends, provided we get sufficient interest. Gary from Aspect Training ran two courses last year and all agreed he was an excellent presenter. The course will be on Saturday 1st February, 2014, with an 8:30 a.m. start. There will be a book and questionnaire to complete before that date. Cost for non-members is \$126, with the venue yet to be determined. Club coaches and instructors will be reimbursed the full cost of the course on completion, while club members will be reimbursed half (\$63). If you are interested, please contact Patricia at: info@bgcc.org.au

Ocean Conveners Report

Southern Coasters

BELLE PROPERTY KING of the HARBOUR

First a Thank you to the Australian Ocean Racing series organisers and sponsors, for yet again putting on a proper race. Your efforts are very much appreciated.

The course was set to be a beach start at Fisherman's, with the first leg some two kilometres up-wind toward Avalon point before turning south, straight for Manly SLSC. The North Buoy was set to give us enough sea room along the Rhumb line, abeam Long Reef, which had a cranky and unwelcoming wave beating upon it.

It was easy to believe at the start that it was going to be a simple 14 odd km paddle. But then I hadn't factored on racing the Sea sensei - Damo of dojo Makai.

My start was typical, jumped in one side, went out the other and cut my foot. I recovered, put on my leash and started spinning blades.

On first take it didn't look that bad, Nick Ziv on his Spec ski was only 50 meters in front of me and the field was splitting into two groups and spreading out fast into the wind. Nick is a smart paddler and it was obvious that he a tight lid on his stroke. Even though Zivo's was at a relative disadvantage on his spec ski I knew he'd be coming for me later with a truck load of hurt for sure. It's not his fault. It's just not in his nature to give up, period!

I made the buoy, just starting to feel Damo's wash. I've never beaten him and I was feeling great. So I devised a plan - stick with Damo for along as I could, consolidate, get to five K's to go and floor it.

That's when Sensei Damo started giving lessons. He came off the pack, off the Rhumb line and just started catching runners. I started moving up into his blind spot on his right shoulder, going run for run with him. I've got to say we were doing really well out of this tactic, but our course was taking us into long reef. I bit the bullet and pulled up next to him. Damo looked green and let out a burp that had all the ambitions of being something much worse, \$#&*!!! After a brief discussion about drinking, we banked left and headed for the point. We met Brendan Crowe at the point. Brendan is a heaps better paddler and it's a testament to Sensei's tactics that I got to see Brendan side on for once.

Didn't last. He paused, got rid of some weed and with the same ominous controlled cadence that all great paddlers have, dropped us. Just like that.

The runs changed, they became familiar and boosted my confidence and with 7 k's to go I floored it.

Flooring it on a running sea is a million miles away from what it means on flat water. A major limiting factor for performance downwind is brain power. Focus, Look, Feel, Position, Look, Feel, Position, POWER... glide maintain, Look, Feel, Position, repeat. Knowing when to go all in, when not to, where the runners are going to be and where there not. It's not just focusing on what's happening 2 meters in front of the ski, but what the ocean's doing 50, 100, 1000 meters in front of the boat in a 90 degree arc. I waited and let to many good runners go. I over-powered and wasted gas on swells I'd never catch, but I linked some rippers and ramped some and dropped the guys I was racing with.

I finished 29th over all and 9th in my age group. Nick finished first in the Spec ski Division, even after coming unstuck on an ambitious wave to the beach. Harrison came 5th in the short course by paddling the long course. Very proud of him. Big Effort.

Damo helped me carry my boat to the car, legend.

And that's why we paddle.

Upcoming Races

14th December: 20 Beaches - North Palm Beach

18th & 19th January: The Doctor WA, AORS



SUP Convenor's Report: Jon and Eric Bell, with assistance from Lincoln G.

B24hr race: Seven SUPers (Jo, Jacob, Jon, Greg, Alison, Matt and Zara) paddled for the BGCC WHAT'SUP social team this year and had heaps of fun.

(Ed. The Club Captain's son Jacob, second from left in this photo, epitomises the next generation of paddlers the club needs as the elder statesmen and women enter their twilight years.)



Merimbula Classic: Lincoln Gibson and Drew Murray represented BGCC and High Country SUP. Lincoln's report is below....

2014 Naish Australia N1SCO Tour: The tour is **proposing to come** to Canberra on 2nd March, 2014. As part of a national tour, it should bring some good paddlers to Canberra.

The event is based on the Naish One 12' 6" inflatable SUP boards supplied by the organisers so everyone is on the same board. Details here <http://n1sco.com/n1sco-racing/>

The new Naish ONE race formats are exciting, accessible, simple to set up and fun! All disciplines are easy to follow for spectators, the action is right there in front of everyone and it is thrilling to watch. There's something for everyone, non-stop action on the water and events can happen in a day. Races can be local, regional, national and international.

GPS Challenge: Two rounds of the GPS challenge have been held to date, with the results of round 2 to be announced shortly. The events are open to most paddle craft, see <http://www.gpschallenge.com.au>

WETSPOT time trials: More and more SUP paddlers are participating in the WETSPOT time trials. Aidan Lewis is currently leading the pack with a time of 26:15 for the 4 km course.

Sunday Social paddles: Our most popular local SUP activity continues at 8 a.m. on Sundays from Molonglo Reach. The new coffee shop at the Kingston Foreshore is turning out better coffee than the Carillon van, so it is now the favoured destination. Now that the lake has filled up, landings there are much easier. Wildlife rescues continue to be a theme, with a baby swan and a water dragon being return to shore from out in East Basin in recent paddles. Jo's rescue of a calf last year still holds the title for the most challenging rescue by SUP on LBG.

New Boards: Lots of new boards have been on the water recently including: Matt's Starboard Ace 14', David's Fanatic Falcon 14', Angela's Fanatic Falcon 14', Jon's Fanatic inflatable 11', Drew's Naish 12'.

Training: Matt Scott has instituted a new training regime for us on Tuesdays (sounds like a version of boot-camp on a paddle board) and Thursdays (skills). Details posted on the High Country SUP Facebook page.

The Merimbula Classic has become a standout event on the Australian SUP calendar, and the 33rd year of this event delivered once again. Wave sailors, kite surfers and stand up paddle surfers converged on the town of Merimbula for four days of waves, wind and fun.

Glassy morning conditions saw SUP sessions up and down the coast, and when the wind kicked in the wave sailors and kite surfers hit the water. The Merimbula Sailboard Club BBQ kept cooking through the day feeding the hungry competitors and spectators.

The SUP events include roving surf sessions to breaks in the area and two team relay race events: a beach to bar ocean race and a BOP style event out the front of the event centre.

Many SUP brands had a full range of demo boards available, allowing paddlers to try different equipment or introduce friends and family to the sport.

The club also held nightly events at the local club including a DVD night, local music and the 'Great Gatsby' Saturday night party.



Next year the event is on 27-30 November. Mark it in your diary now!



South Coast Convener's Report: Carolyn Williams

November was marked by some standout performances by South Coast paddlers on the weekend of the 23rd and 24th – with some at the Molonglo River and others on Sydney Harbour at Manly.

Karmen Ison, Allan Newhouse and Russell Lutton joined with Canberra paddlers Adam Scott, Ben Hannan and Richard Fox to form the now famous Team Darwin (it just evolved) to take out the BGCC 24-hour challenge. It was a fantastic event and a lot of fun, particularly trying to keep up with Russell's wardrobe changes for each lap! Karmen did a fabulous job kitting out the team organiser with a hi-vis vest branded with the team name and providing glow jewellery for the evening paddling. The earrings were particularly chic, if ineffective.

One of the biggest ocean races on the calendar is the Belle Property Manly King of the Harbour race from Collaroy to Manly, and Nick Ziviani and Stephen Bunney made their way up the Pacific Highway from Narooma to compete. Nick took out the spec ski division, finishing 43rd overall while Stephen finished in the top 10 for the Over 40 ski division with a fabulous 29th overall. Well done, guys.

The month started with a bang with Kim and Roy Willis welcoming the safe arrival of their first child, Trent, who was introduced to us all at our Christmas brunch once again hosted by the Isons of Nelligen after the time trial at the end of the month. Steve's famous egg and bacon rolls were as good as ever and Elisabeth and Clare's Christmas Tree game was a hoot.

The shields for the winners of the winter series were presented – a full house to the Ison family, who are rapidly running out of wall space. We all then donned club caps and shirts for the team photo while bragging about our achievements through the year by displaying our hard-earned prize winning medals/shields/shard/shirts/etcetera. The medals won by Allan and Ian at the recent Masters Games were definitely the pick! Thanks so much to the Isons for sharing their lovely home and great hospitality with us.

Our last time trial for the year is on 14th December, when we will then have a break over the crazy season and hit the water again on 11th January.



Hawkesbury Classic Memories 2013

BGCC Record Breakers and Living Legend

Now that the official results are available, it is confirmed that three BGCC members are new record holders for distinct categories in the Hawkesbury Canoe Classic race. They are Randall Fitzsimon and Mark McDonald in the Men's Vet 40 plus UN2 category, and Paul O'Neill in Men's Vet 50 plus ORS1 category.

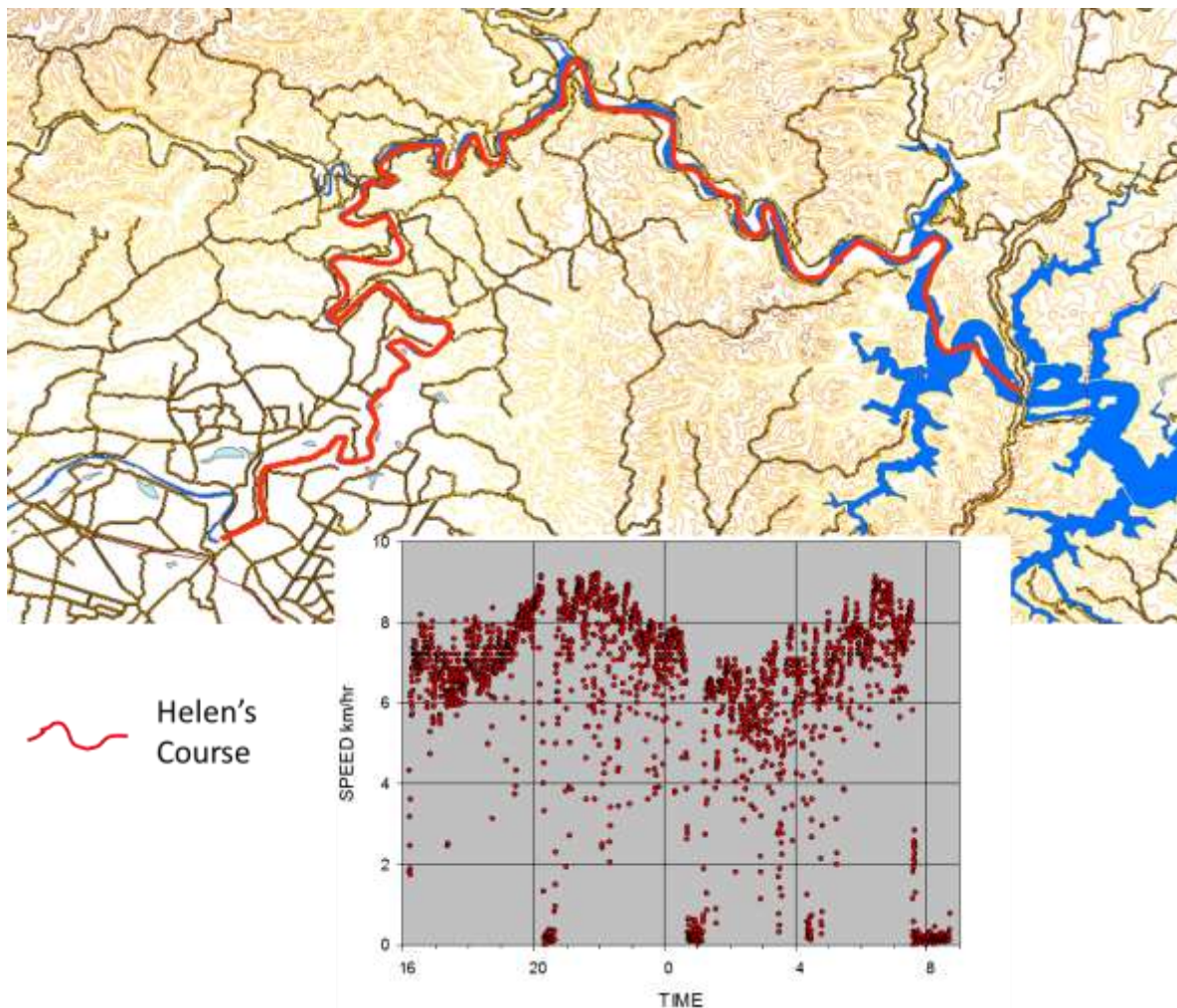
Paul, Mark and Randall posing at Molonglo Reach. Photo courtesy of Eva Boland



WARNING: BRIDGE CONSTRUCTION AHEAD!

With the bridge construction at the eastern end of Molonglo Reach at a critical stage, the club has been warned that 'the full force of the law' will be applied to any paddlers who venture past the first bridge, at any time day or night. Because of the heavy machinery being used to insert piles in the river, the area is potentially dangerous to anyone on the water and the surrounding river shore. Could all club members please heed this warning-if you come to the yellow buoy past the first bridge you have gone too far. The section of the river past the two, soon-to-be three, bridges is also out of bounds to paddlers as it is again being used by water skiers.

Last but not least for HCC news, Helen Tongway has generously provided the following charts for the course she followed and her speed over the 111 km. Unfortunately Helen was not wearing a Heart Rate Monitor so BP cannot provide a similar chart showing her legendary motor in action.



Boat Bookings and Repairs

Due to the rapid rise in membership and the continually increasing demand for the use of club boats, BGCC is changing the procedures by which boats are booked and advice submitted about repairs needed on boats.

1. The use of the whiteboard in the shed for bookings and advice about damage to boats is now terminated. No more bookings or damage advice will be recorded on the whiteboard.
2. All bookings, whether for club courses and other events, and individual use **MUST** be done by e-mail request to the Boat Captain. Only after the request has been confirmed should it be assumed that the boat is available.
3. A request must be made at least **ONE WEEK** prior to the date on which the boat is required.
4. Once approved the Boat Captain will enter the request in the appropriate format, which will be available on the Club website and in a hard copy at the shed.
5. Before anyone takes a boat for use, (s)he is to check the web site and the shed to see if the boat is already booked.
6. Priority for bookings will be given to the course instructors, assistants and others who are conducting courses, so as to ensure that there are sufficient suitable boats available for beginners, juniors and others participating in courses.
7. Anyone using a club boat, whether instructors, assistants and other volunteer club members, or any other club member is asked to advise the Boat Captain or Deputy Boat Captain by e-mail of any faults found with a boat they have used. Damage, faults etc. are no longer to be written on the whiteboard.

8. The skis, V8s and V10, are consistently damaged through misuse and inappropriate storage. Two especially destructive practices are not lifting the boats up above the racks as they are placed away, so that the venturis hit the racks, and putting the skis the wrong way into the racks, rudder or stern first. Running boats up on to the beach, dragging boats out of the water rather than lifting them, and placing boats on the two stands near the beach where they can be blown off by the wind are also inadvisable because of the damage which can be caused. If a boat is too heavy or awkward for anyone to lift or store ask for assistance.

9. While club boats are often handled carefully and returned undamaged, this is not always the case. In future, Blazing Paddles will carry statements about costs incurred on boat repairs to advise club members of this recurrent expenditure. **The assistance of club members in keeping repair costs down will benefit all of us.**

Merry Xmas to All

The Club will be celebrating Christmas with a bigger and better BBQ after time trials on Wednesday 18th December. It would be great to see more of our members come along, if not to time trial, then for a social paddle, before getting together to share stories, food and great company at the club BBQ.

Bring along a plate to share - salads or desserts, we'll have a range of meats and prawns available (no sausages to be seen!!), soft drinks and some beers. **As always soft drinks are available from the fridge which operates on an honour system for payments of \$1 per can.**

See you then. *Patricia.*



This brilliant picture was taken by Allan Newhouse of the skilled boat building abilities, on the evening of 23rd November during the 24 Hour Race. Such a superb sunset shot seems appropriate with which to end the final issue of Blazing Paddles for 2013.
