



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Winners of the Brian Norman Trophy 2012 2013 2014

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*****THE BUMPER CHRISTMAS
ISSUE*****

*BGCC wishes all its members a very merry Christmas
and a safe and happy New Year*

SPORT & RECREATION ACT

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President's report

I don't know about you, but I'm looking forward to a break over Christmas. The last couple of months have been all go. However, the club should be proud of its achievements over the year. Every aspect of paddling has had some form of success during the last 12 months. So over the Christmas period, put your feet up, relax, enjoy the company of family and friends, and have a good holiday break.

For me the highlight of the month has been the 24 Hour Paddle Challenge. The event was well organised and despite the weather conditions was a great success. This year the club raised over \$9000.00 for the Cancer Support Group. There were two interesting observations I made from the event. Firstly, the majority of paddlers were from outside of Canberra. Secondly, despite the numbers being slightly down from last year, more funds were raised from our selected charity.

On the downside, there are some concerns between the club and TAMS in relation to parking at Molonglo Reach. Access to the parkland for overflow parking has been removed. As a result we are now limited to the hard stand carpark. Bob Collins and I are addressing this with the appropriate authorities to arrive at a suitable arrangement into the future. In the meantime, I ask that people park in the car park area and do not park on the parkland until this has been resolved.

Next year looks like being just as busy with the Sprint Nationals in January and the first round of the Marathon Series in Feb. On top of that there is an ongoing Canoe Polo Competition and iSUP racing as well. So as I said at the start, enjoy the break, relax and put feet up. We have a big year ahead of us. And I know I'm looking forward to it!

Thanks to Russl and Carolyn for taking up the role of Guest Editors for this Christmas edition of *Blazing Paddles*, and best wishes to all our members for a happy festive season.

Kiran Lomas



From the guest editors' desk ...

Welcome to your December edition of *Blazing Paddles*. Scott MacWilliam, our regular *Blazing Paddles* editor, has entrusted Carolyn and I to put together this month's newsletter while he swans around the world, principally Scotland (where he hopes to catch up with Dave Abela and family), Spain and Holland—and other places in between, depending on family movements. Safe travels, Scott!

December's newsletter is a bit of a marathon effort—literally, with feature reports on the Murray Marathon and the 24-hour relay. But there is a host of other reports on the full gamut of club activities.

Special thanks to Lincoln who burnt the midnight oil to get his reports into December's *Blazing Paddles*.

We hope you enjoy this Christmas edition of your newsletter. We take this opportunity thank our club officials for their hard work in 2014 and to wish all BGCC members a happy and safe Christmas and all the best of paddling in 2015.

Russell Lutton and Carolyn Williams



2014 Massive Murray Marathon

Report: Helen & David Tongway

The club had only two boats as representatives this year, possibly because the event was rescheduled for the usual Boxing Day to New Year's day time slot to the last week in November. Adam Scott paddled full distance single (OS1) and Helen and David Tongway paddled full distance in their light-weight Mirage 730 (LR2).

Competitor numbers were down on other years, but the organisation was smooth, professional and friendly. We, H &DT, were obliged with a 7 a.m. start, so we saw only our own race and were not all that aware of the half distance and relay races as such. Apart for a violent thunder storm right near the end of Day 1 (Yarrowonga to Tocumwal), the weather was excellent for paddling all the time. Moreover, the river was at channel capacity so the flow rate was good on all days except Day 4, when the impoundment at Torrumbarry Weir slowed the flow a bit. We were aware of the technical difficulties the River Managers have in delivering water from Hume and Dartmouth storages down to Adelaide, because of the Barmah choke, a geological restriction caused by a land slip about 20k years ago. Upstream, the river meanders are characterised by sandy point bars, enabling older

less-continent paddlers to land safely for a wee stop. After the choke, the river water dynamics sweep the sand on and the banks are very muddy.



Waiting for the start, Day 1

We were pleased on Day 1 to see the GPS speed well in excess of 10.5 km/hr, whereas in training on flat water, we are between 8.5 and 9.5. The day was overcast but warm and paddling was a pleasure until the last half hour when a violent storm broke over the river, with lightning, thunder claps close by, very strong but variable winds and drenching cold rain. Visibility dropped to about 10 to 20 m, and all we could do was to keep paddling to the finish, where, thankfully, a very helpful band of very wet volunteers helped with the boat. Many other paddlers were still back down the river when we came ashore – about 27 of them. (Photos by *OnePointtwo Sport*)



Near finish in full storm (not us – the photographer had taken shelter!)



Adam Scott, finishing before the storm - on his way to fastest boat overall.

The storm had made the forest tracks for the designated Day 2 impassable, so Day 1 was repeated. It was cooler and the breeze more adverse than Day 1 and we took about 10 minutes longer.

Day 3 traverses some of the prettiest parts of the race course, down through the Barmah choke with the river lapping right up to the low banks on either side. The red-gum forest looked to be in good nick and bird-song accompanied us all the way to Barmah. After Barmah, the forest has been largely cleared for farming, almost to the river band edge. We didn't have much wind to contend with, but on other occasions, westerly breezes blow dust off the padlocks onto the river. The finish at Echuca has been moved to the boat ramp near the camp ground, and, being off-season, no paddle-steamers were there, churning up the water and making life difficult for finishing paddlers.

Day 4, euphemistically called "sprint day" by marathon paddlers is only 62 km, but is in rather dead water as the impoundment at Torrumbarry held the flow back. Excellent, clear, non-breezy weather.

We were finding that our reserves of energy were being depleted day by day and our paddling was sustained by energy gels. I had been on a "1-hr+" timing for GU consumption, but needed to come back to about 35 mins towards the end of Day 5. This lower part of the river had quite turbulent and complex vortices on the corners. We could see some very small vortices, 3 to 4 m in diameter, but embedded in much larger ones extend tens of metres. Our speed often dropped from 10.5 to about 8 km/hr negotiating this busy water. This is where stronger

paddlers do well – they just put in a bit more effort and power through, but we had to just take it steady and keep energy to complete the course. It was good to reach the finish line and have more helpers carry our boat up the slope to the lawns at the top.

The presentation barbecue and medals distribution was very well located within the Pioneer Settlement facility. We were blessed with fine warm weather and no mosquitoes. The YMCA has maintained some of the great traditions developed under the Red Cross, such as the Mark Thornthwaite (originator of the event) and Margaret Baker awards for competitors and officials of distinction.

We have been involved in the Murray Marathon for 21 years, introduced by high performing BGCC members in those days and seeing old friends from 1993 again was a real and mutual thrill.



Day 5: nearly there!



With our 2nd place medals

As the event is planned to be held again next year in the last week in November, I would encourage BGCC members to plan to participate if at all possible. There are a few different ways of competing, so it doesn't have to be "full distance" – though I would regard anyone under the age of 60 not doing a full distance as a wuss!

Congratulations are due to Adam Scott for his sterling paddling effort and winning his place as the fastest boat in the race – despite some damage to his boat!

Photos available at: <http://www.onepointtwosport.com.au/f251831373>

David and Helen Tongway

Adam Scott reports on his winning 2014 MM

This year due to the change of date for the Murray Marathon I was able to race again for the first time in 13 years; I used my Think Uno Ocean Ski, a boat that I'm very comfortable in.



Day 1—93 km Yarrawonga to Tocumwal.

The first surprise on day 1 was that apparently Tom Simmat and I were the only paddlers who said on their entry form that they could average more than 10 kph on still water, even though several of the other competitors did faster times than me in the Hawkesbury this year. What this resulted in was a 2 boat start 30 min after most of the fast boats.

So after our massive start we headed down river with good flow. At about the 60 min mark at a speed of 13.5 kph I hit a snag very hard with the rudder and stopped the boat. My steering went a bit slack but everything seemed to be working, so I kept going. At the 60 km mark I had arranged to have one of my land crew, Alex, stand in the river and drop an ice cold drink in my boat as I went past. When we did this I had my first impression on how it was going, Alex said, "I think you are winning the whole bloody thing". This was a pleasant surprise and made me work harder into the 30 kph headwind that was present for the rest of the day, time 7:25.



At the finish the true damage to the ski was shown. I had about six litres of water in the hull, the rudder was bent, the rudder had punched a hole into the underside of the hull, the top of the rudder shaft had smashed the top of the boat were the steering connects and something we did not notice until day 3 was a large crack around the right side of the hull at my hips. The boat was folding in when I sat in it. I was worried that it was going to snap in half. That night after a massive storm with no power in the town we tried to fix as much as we could.

Day 2 repeat of day 1 again because of flooding; at least I know the way.

The repairs seemed ok until after the start, then the steering stopped working, I hip steered the rest of the day down the river. The boat did not leak, finish time 7:22.

Day 3—78 km Picnic Point to Echuca

At the start the officials gave me a red leader's jersey, not something I was ever expecting to get. This was very fast water and I was glad that we had sorted the steering. After about 2 hours I started to feel flat and unwell. All I could do was work the stroke rate and hold on to the finish. I later worked out that I had not eaten enough food the night before, not a mistake I would make again. Finish time 6:14.

Day 4—64 km Echuca to Torrumbarry.

A good day. The river was fast and I was feeling strong; finish time 4:59. After this I noticed that I had lost feeling in a large area of my left hip, Dr Google said it was probably a nerve impingement in my leg?? I decided to see how it went on the last day.

Day 5—77 km Murrabit to Swan Hill.

I decided to take it a bit easy on the last day due to the hip, as I had a 50 min lead over second place in the fastest outrigger boat. This lasted about an hour; then I went for it again. Finish time 5:47, and no acknowledgement by the commentator that the finisher was the outrigger winner, a bit disappointing after 5 days.



So in the end my time cumulative was 31:49. I was fastest outright boat, including doubles, relay teams and K4 relay teams, and 6th on handicap.

This would not have happened without the best land crew on the Murray, Alex and Rohan, who worked very hard, got everything right and put up with me being a princess on a number of occasions. All I had to do was paddle, they did everything else. LEGENDS!

Adam Scott

YMCA Massive Murray Paddle 2015 event dates and early bird offer opens

We are pleased to announce tentative dates for 2015 as November 25-29.

However, we need your help to secure the event's future. We need 200+ paddlers to sign up by 1 March 2015.

Vote with your feet. If you plan to attend in 2015, sign up to our \$50 early bird deposit offer TODAY to pledge your commitment to taking the challenge and supporting the event's future.

Don't forget to talk a mate into coming along too - there's no better excuse than a new year's resolution!

READ MORE

Pay deposit at:

<https://www.registernow.com.au/secure/Register.aspx?E=15175>

24-Hour Relay

Report by Lincoln Gibson



This year we (well, actually the weather) decided to put the 'C' in Challenge. Things started off well enough on the Saturday, and those campers that arrived on Friday were greeted by sun and blue sky. Tents were set up, boats were prepared and paddlers limbered up. Unfortunately, this did not last, by the early afternoon the rain came down hard, only to be replaced by hail, and then more rain. The event site quickly turned into a swamp, tent waterproofing was put to the test and changing into dry clothes became futile. Nonetheless paddlers kept going and the laps ticked by.

Thankfully by midnight the deluge was over and the early hours of the morning saw great conditions for paddlers on the reach with cool temperatures and no wind. Sunrise saw blue skies return and the paddlers put in a last ditch effort to rack up some more laps. At the time that this article was going to press the event had raised just shy of \$10,000 for the Cancer Support Group of ACT Eden Monaro. BGCC would like to thank all participants for their fundraising efforts.



BGCC would like to thank Wetspot Watersports, The Kayakcameraman, the SES, FuzzBuzz Coffee and Pizza2U for supporting or providing services at the event.



The women's solo winner, Anjie Lees, was also paddling to set a new Guinness World Record for the distanced paddled in 24 hours. The full story will be in next year's Blazing Paddles.



Race Results:

- Overall Winner** - Glen Orchard
- Mens Solo** - Glen Orchard
- Womens Solo** - Anjie Lees
- Mens Solo OS1** - Glen Orchard
- Most Laps Paddled** - Stromlonauts
- Pairs Mixed** - Pablo
- Competitive Teams** - Sick Chick with Sticks
- Competitive Mixed Teams** - The 4x2's
- Most SUP Laps Paddled** - The Burley Gherkins
- Mixed Competitive SUP** - The Burley Gherkins
- Social Teams** - BGCC Platypups
- Corporate Teams** - Deltoid Drifters (Cordelta)



Patricia Ashton's retrospective report

As a long time participant of the 24-Hour Relay, I would like to thank Lincoln, Emily and Kieran for the work they put into this year's event. While I was initially concerned about the \$60 entry fee, we definitely got value for money—plus \$30 was for the fund raising component.



Even though there was a bit of a hurdle just days before the event with TAMS declining the approval for camping and car park at the river, a compromise was struck after Bob arranged a meeting with the powers that be; so a few last minute changes to the plans were put in place.

The whole event had a professional feel about it—from the packs with boat numbers, cylume sticks, and some general information for non-locals, to the lighting of the course, which was excellent, the finish lane in front of the timing tent, the signage for the bike path, etc.

While I got to do the first 2 laps for our team (Sick Chicks with Sticks) in sunny conditions, I then went off to work for the rest of the day, looking out watching it pour with rain and storm. I thought I

would get to the river and find a few forlorn enthusiasts still there with the majority of participants having headed for drier pursuits. But no. As far as we know, no-one actually pulled out due to the weather. That's a great effort! Well done to all who took part: some very new paddlers, some from interstate, those of us who didn't live too far away who could have gone home – to Anjie Lees who paddled through all conditions to break (not yet official) the record for the furthest distance paddled by a woman in 24 hours (201km??), and to Glen Orchard from Lane Cove who broke the BGCC distance record to paddle 220km. Mammoth efforts.

Condolences to the 3 Old Men team – Bob Collins, Paul O'Neil and Allan Newhouse who, despite bringing in Shane to bolster their efforts, were well and truly trounced by our team of (mainly) mature ladies (we do have Danielle who lowers our average age a fair bit). Is the handicap system fair?? Of course it is—we won!! Maybe not the overall laps; I believe we did 49, 3 Old Men did 50 laps and the team of young guns did about 53 laps.

We'll have to look closer at the results when they come out. Fun? Like most events, only in retrospect.

Paddle Like a Girl!

Patricia



★
JOY
LOVE
PEACE
BELIEVE
CHRISTMAS

The 24-hour Challenge in pictures

Thanks to the Kayakcameraman Paul Jurak for providing the photos in the 24 hour write-up.
www.kayakcameraman.com

Farewell to Nick Grey and family

It is with regret that this month's *Blazing Paddles* notes the departure from Canberra of popular BGCC K1 paddler Nick Grey and family for the warmer climes of the New South Wales central coast. Nick is a regular (and quick!) paddler on the river and competitor in BGCC timetrials and, up until this year, M10 events.

In fact, we can thank Nick for writing the complex formula that records our club timetrials times. A paddler's recorded time comes up in the program in a colour that indicates whether it is a PB or within or outside two per cent of a PB for pointscore purposes. Nick also took over the compilation of the pointscore and was our "go to

man" for issues we might be having with Garmin or GoPro devices.

Nick plans on staying a BGCC member and as Newcastle is close to Sydney, he hopes to do more M10 races in 2015.

Happy paddling, Nick, and we wish you, Gemma and Peyton all the best in Newcastle.

Sprint series—round 4

Report by Gerard O’Dea and Melissa Hartlipp

The 4th round of the sprint was scheduled for 12pm allowing for us (Gerard) to wake up on time. Despite this we managed to delay the start time of the first race by half an hour; or in other words we were fashionably late. The weather was beautiful, and at times we even got a tailwind. This helped Kieran in particular across the finish line.

Melissa made her sprint debut in a K1. Litsa paddled the 1000m with Nicholas and the 500 with Andreas. Andreas was in the mini sonic for his other races; having only paddled it once before. Thank you to Andrew Parkinson for lending me (Gerard) “Kermit”¹. Importantly PBs were broken, although a lack of training recently prevented this in all distances. As a club we didn’t live up to our marathon reputation; I would encourage all members of the club to

take part next year.

Thank you to the club from Melissa and I for supporting our attendance at the Clint Robinson clinic. Improvements in times and technique have been seen almost instantly by all who attended. To end the day we had a quick swim, which is becoming a bit of a tradition.

As usual the event was outstanding, despite SIRC being double booked. Thanks to the PNSW team for organising the sprint series.

The experience from the sprint rounds will be invaluable at the NSW State Championships in January.

As Gerard said today was my (Melissa’s) first try at sprinting, and the first PNSW event I have competed in without a doubles partner. When I first tried marathon racing last year I hadn’t invested nearly as much time in a boat; I wasn’t sure how this would compare to my experience today. I personally feel marathon racing was a better place for me to start because the intensity isn’t as high, but enjoyed sprinting as well.

While at the race today, Ian Castell-Brown from the coast also introduced himself. I have spent some time paddling with my dad, so was surprised when he recognised me, and thankful for the offered words of encouragement. At my young age it was inspiring to see someone with so much paddling experience still on the water.

Overall, I was happy by my performance today. I saw some accomplished paddlers my own age that make me want to continue to work hard to be more competitive in the future.

¹ Kermit is a bright green K1.

The results for the day are below:

Name	1000m	500m	200m
Melissa Hartlipp (K1)	5:42:14	3:05:41 2:45:41	1:05:33 1:05:47
Nicholas Giannakopoulos Litsa Polygerinos (TK2)	6:06:27		
Kiaran Lomas (SUP U)	6:07:33	2:59:30 2:56:30	1:11:46 1:09:64
Ian Castell-Brown (K1)	5:54:43	3:07:08 2:48:85	1:05:36 1:05:89
Gerard O’Dea (K1)	4:40:41	2:08:14 2:07:70	0:49:23 0:48:71
Nicholas Giannakopoulos (TK1)		3:39:36 3:15:68	1:16:38 1:13:94
Andreas Giannakopoulos Litsa Polygerinos (TK2)		3:21.84 2:56:05	
Andreas Giannakopoulos (Mini-K1)			1:37:62 1:31:96
Litsa Polygerinos (K1)			1:06:85 1:07:88