



# BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2012, 2013, 2014

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*In this edition of your newsletter ...* **Table of Contents**

	<b>Pages</b>
<b>President's Report.....</b>	<b>3 - 4</b>
<b>Editor's Note.....</b>	<b>4</b>
<b>Volunteering - Helen Tongway .....</b>	<b>5 - 6</b>
<b>Letter to the Committee – John Lockie.....</b>	<b>6</b>
<b>Anniversary Dinner and Annual Awards.....</b>	<b>6 – 7</b>
<b>Mother's Day Mayhem.....</b>	<b>7 - 8</b>
<b>Shed Extension and Parking-Bob Collins .....</b>	<b>8</b>
<b>Safety Officer – Tom Hick.....</b>	<b>9</b>
<b>Flatwater Convener-John Preston.....</b>	<b>10 - 16</b>
<b>Canoe Polo-Rowan Holt and James Harmer .....</b>	<b>17 - 19</b>
<b>Ocean Convener-Nick Ziviani.....</b>	<b>19 - 20</b>
<b>SUP Convener-Lincoln Gibson.....</b>	<b>20 - 21</b>
<b>South Coast Convener-Carolyn Williams .....</b>	<b>22</b>
<b>Junior Paddlers.....</b>	<b>23</b>
<b>Recreational Trip – Patricia Ashton.....</b>	<b>24</b>
<b>New Boats .....</b>	<b>25 - 26</b>
<b>For Sale.....</b>	<b>26 - 27</b>
<b>Wetspot – Warm Weather Gear and New Uniforms.....</b>	<b>28</b>

## President's Report: Kiaran Lomas

Firstly, congratulations to all the paddlers who competed in the recent National Championships, both Marathon and Canoe Polo. Additional congratulations to those who have been selected for National teams. The details of both events are outlined in the conveners' reports in this issue of Blazing Paddles.

I think special mention should be made of the reputation Burley Griffin Canoe Club (BGCC) is gaining for our ability to conduct high quality events. Let us not forget that last year, BGCC won Canoeing Australia's award for best event for our conduct of the Canoe Polo National Championships. Our recent hosting of the Oceania and Australian Marathon Championships is anticipated to result in another nomination for BGCC as this year's Canoeing Australia award for best event. It would be great if we could win it two years running.

The club is rightfully earning a reputation for running smooth, efficient, enjoyable events, and as President I would like to thank everybody involved in every event the club has organised in the last 12 months. For the Marathon Championships held at Molonglo Reach over Easter, the efforts of John Preston, Helen Tongway and many other volunteers involved in the planning and conduct of the event need to be congratulated on the professionalism and sense of community they engendered in our local paddling community and among visitors. It makes me very proud to be representing the BGCC as President for these events.

However, the ability to run an event of this caliber is only one aspect of the club. When I became President of BGCC there were four strategic objectives that required the focus of club members.

These are:

- Participation – Providing an environment for members to participate in all paddling disciplines.
- Performance – Providing opportunity for Paddlers to develop the skills, ability and confidence to allow them to feel capable of competing in individual, team, state, or national competitions, for either the club or to suit their individual goals.
- Development – Provide an environment where paddlers of all disciplines and all ages can develop their skills with the support of BGCC coaches, instructors, guides and officials for the ongoing benefit of the individuals and the club.
- Community – Support BGCC fellow paddlers of all disciplines and the wider Canberra Community through fund raising events such as the 24 hour Challenge, BGCC's support of local and regional triathlon events and other support to the community, which benefits and promotes the success of paddling sports in general.

These strategic objectives were extracted from the club's strategic plan when I nominated as president.

Of these I saw participation as the priority. Participation can be seen from the results we achieve individually in our competition, time trial results or just social paddling interactions as well holistically as a club through our events and individual participation in our paddle sports of choice. Alongside this the club has also strengthened attendances at social events, as well as the ever increasing volunteer support.

As President, I now see the most important aspects in the future for BGCC development is to focus on younger paddlers. The youth of today is the future of the club tomorrow. I know it sounds very clichéd but I believe this is an area we still have a lot more work to do to achieve BGCC's strategic direction.

To support the future direction of BGCC we need to draw on the strengths of our existing members, our juniors and any new member to ensure we are catering to the appropriate audience both now and into the future, to ensure long term success of BGCC. To this end, as President, I am seeking feedback from all BGCC members as to:

- What are you getting from the club, which ensures your ongoing support of the club?
- What else could the club offer you to motivate you to get more involved with club activities?
- What other options could we provide for wider community engagement or involvement to increase our membership base?
- Are there community-based relationships that BGCC should be further exploring to ensure promotion, growth and consolidation on the foundation we have established to date?

In considering these points I am seeking your feedback into the current review of the BGCC Five Year Strategic Plan for 2016 through June 2020. ([ad.bgcc@gmail.com](mailto:ad.bgcc@gmail.com))

**Now is your opportunity to have a say in the future of the club.**

I feel confident that there are members in the club who can provide a variety of perspectives to help BGCC develop a strong positive future. This broad perspective and wider review is essential to ensure the future development and growth of BGCC.



## **From the Editor's Desk: Scott MacWilliam**

Each issue of *Blazing Paddles* brings reports and stories with information on the club's achievements. This issue is no different in that respect. From the highly successful National and Oceania Marathon Championships to the accounts of younger paddlers, already successful and beginning on a new boat, the evidence of a flourishing club is abundant. Of particular note was how successful the event's organisers were in gathering together, by various means, club members to carry out the myriad tasks needed for the successful conduct of a major event.

But growth always comes at a cost, especially in amateur clubs with no paid officials. That cost appears in tangible forms: witness the shortage of space in the shed and the limited number of racks for members to store boats, batts and SUPs. To have that space is to be part of a privileged minority, even if the privilege is paid for with money and/or time helping to run the club. Some of the club's hardest working members have been operating, often behind the scenes, trying to increase the area available for the storage of individual and club equipment. Others contribute time to shepherd triathletes around various courses, run barbecues, sell shirts, hats and other equipment, and keep the fridge stocked with drinks. The club has committed itself to putting aside funds on a more or less continuous basis so that the No.1 priority, the shed extension, can be financed and built as soon as possible.

The cost of growth also appears in less tangible forms, including disagreements among members. The classic question, what is to be done, arises in various forums, including chatter, gossip and at meetings. Unfortunately the last are rarely well attended and from time to time, as now, dwindle to a handful of stalwarts. In this and hopefully future issues of *Blazing Paddles*, there will be space for the views of members to be put on the public record. One view, from an outstanding stalwart of many years who has been a continuous volunteer, appears below and deserves careful consideration. Written in response to several articles which appeared in the last *Blazing Paddles* and were written when there was a desperate need for volunteers to conduct the Marathon Championships, John Lockie wrote to the BGCC committee expressing concern. His letter is reproduced here with permission. Other club members are encouraged to follow John's lead, either for publication in future issues of *Blazing Paddles* or by responding to the Club President's request, stated above.

## Volunteering: Helen Tongway (Volunteer Coordinator)

This time I am reporting on a wonderful turnout of volunteers at the very successful Australian and Oceania Marathon Championships over Easter! I had 42 club members on my roster lists, out of the total club count of 335. With quite a number of these members being young children my guess is that about 15% of the possible helpers actually put their hands up and helped out over 3 days of a public holiday, when many would normally be away at the coast or visiting relatives elsewhere in the country. (Name list below.)

How wonderful you were! Firstly, thanks for volunteering your time over Easter and then for tolerating my last-minute changes to your allotted times/jobs/positions on the course, etc. Throughout the event there was nothing but praise for the jobs being done by the volunteer work-force; so thank you from me and as far as I can tell, a big thank-you from the paddlers.

The only negative things I have heard about the event and how it went was that the line-up and wait for the food and coffee was just too long. My apologies for that and particularly to those boat-people who didn't have the time to wait for their coffee between stints on the water. My apologies for your missing out – I should have realised that would happen and made sure there was something waiting for you when you got back to shore.

Otherwise, I hope you all enjoyed your stint of volunteering and are ready to take on other volunteering jobs – between your own paddling of course. Thank you again for your time, muscle-work, brain-work and tolerance of intermittent boredom.

And now that list of club members who were on my list of volunteers – with apologies to others who helped at other times when I wasn't at the river, for your preparing the course, liaising with ACT Government bodies, cleaning the Club Shed, plus other jobs about the place.

Khia & Paul Atkins, Patricia Ashton, Jon Bell, Margi Bohm, Robert Bruce, Geoff Collett, Bob Collins, Anne Cronin, Tracy Duck, Richard Fox, Emily & Lincoln Gibson, David Gordon, Ted Hall, John Harmer, Paul Hartlipp, Tom Hick, Nick Hocking, Aimee and Scott Hunter, Mike Iliff, Jane Lake, Tom Layton, Kieran Lomas, Russell Lutton, Ewan and Scott MacWilliam, Barry Marshall, Paul McCarthy, Gerard O'Dea, John Preston, Ben, Gary & Stephanie Rake, Jason Rantall, Cherie Reid, Robin Robertson, Kevin Swain, David & Helen Tongway and Carolyn Williams.

Thank you one and all, *Helen.*

*Safety boat with three of our volunteers, Ben, Gerard & Jason, setting off for its' position on the river*



Now some extra good news for those who volunteer – taken from April-May *ONECOTA*:

### **National Volunteer Week, 11<sup>th</sup> – 17<sup>th</sup> May, 2015.**

*ONECOTA* lists 14 points of positive benefits of volunteering – most of them stating how beneficial it is to the health of the volunteers as well as helping those on the receiving end of their efforts. Here are just 4 of them:

- Volunteers are happier, healthier and sleep better than those who don't volunteer – doctors should recommend it.
- Just a few hours of volunteer work makes a difference in happiness and mood.
- Volunteers contribute \$200 billion to the Australian economy annually.
- Of the 600.000 not for profit organisations in Australia only 60,000 have paid staff.

And the motto for the Volunteer Week: "Give Happy, Live Happy" ☺

### **John Lockie: to the BGCC Committee**

I have to respond to the tirades in the last *Blazing Paddles* directed at non-volunteers.

I appreciate that the articles were written from the heart; and I have also experienced the frustration and stress of having to beg for help (which is why I quit being Triathlon Co-coordinator after 6 years of it). But having done a lot of volunteering for the Club over the last 15 years, I feel free to ignore any implied criticism for not being able to assist with the Nationals.

However it might be worth considering that a major disincentive for volunteers is the perception that the current Committee is wasting the money that others work so hard to raise; for example, as highlighted in the last issue of *Blazing Paddles*, spending thousands on free first aid courses and, now it seems, a \$500 plastic ladder! The entire proceeds from 3 Aquathlons spent on a fancy ladder; no wonder you have trouble getting volunteers. I understand other extravagances are planned; all while we are trying to afford the shed extension that everyone seems to want.

People who volunteer have many different motives; supporting the team, having an interest in the outcome, doing your share etc. However, when it comes to fund raising, I am sure that people would be more likely to volunteer if they had confidence that the funds would be used carefully and constructively, and not squandered by a prodigal Committee.

## **Anniversary Dinner**



**The Burley Griffin Canoe Club will be celebrating its'  
25<sup>th</sup> Birthday**

***We will be holding a Birthday and Presentation Dinner at the  
Hellenic Club, Woden, on Friday 12<sup>th</sup> of June.***

***Reminisce, celebrate, perform, eat, drink, enjoy.....***



***Be There!***



## Anniversary Dinner: Patricia Ashton

It would be great to get a large number of club members coming along, so start talking about putting a table together. We're also looking for ideas on how to celebrate. What can we do to make it just that bit more special? One idea is a time line of the club - over the last 25 years we've had some impressive achievements both as a club and with individual paddlers.

Please let us know if you hold any records for races such as the Murray Marathon, the Hawkesbury, Molokai, Bass Strait etc., represented Australia, or if you have any photos or newspaper articles about our history, e.g., Masters' Games, canoeing Santa, etc. It may be something quite recent, such as the undefeated Women's Canoe Polo team, first SUP to do the Murray Marathon, winning the Marathon Series 3 years in a row. Or even nearly forgotten performances which have become legendary! **(Ed. *This is an occasion when boasting about personal and group achievements is encouraged, even compulsory. False modesty is a sin!*)**

Don't forget we also need nominations for awards, so keep in mind your fellow paddlers – have they done something that could be worth sharing? Maybe it needs a bit of embellishment, maybe it doesn't. Whether it is a serious award (we have trophies for Male and Female Paddler of the Year, Junior of the Year, Most Improved, The Hole in the Paddle Award – for those we consider need a handicap so we can keep up), or it could be presented to match some of your more amusing tales. Awards can go to any paddler – marathon, sprint, canoe polo, ocean racing or SUP.

We also have the Club Member of the Year, for those who have done more than their fair share for the club, as well as Appreciation awards. Let us know if you'd like to see someone recognised for their work.

Send your suggestions to either me or a club committee member.

### **Mother's Day Mayhem: Be in it!**

Each year BGCC holds a Mother's day Mayhem (MDM) "race". And the next one will be on Sunday 10<sup>th</sup> May – MOTHER'S DAY.

So, kids, treat your mum to a paddle on the Molonglo with you.

Mums, kick your kids out of bed and put them out on the water with you – they may even enjoy it!

The course is over 3 km, from the start at the Pontoon to the Hospice turn and back to the pontoon.

No mum to hand? No kids available? No worries! Let me know that you would like to take part and we'll try our best to find an older lady or a "kid" who is 20 years (or more) younger than the lady. Paddle in a double boat, or in 2 (or more if you have a flock of kids) single boats. If you need to use club boats, contact the Boat Captain ( [boatcaptain@bgcc.org.au](mailto:boatcaptain@bgcc.org.au) ) to book your boat(s).

Start time is 10:15 a.m., after the usual time trial starts.



The paddle is followed by coffee and chat, tea and cake with prizes for all taking part!

So, put the date in your diary and come along and take part in a fun paddle.

See you there

*Helen.*



## **Shed Extension and Parking: Bob Collins**

### **Shed**

Unfortunately things are moving very slowly on the shed extension. Since we decided to apply for 'ownership' of our building on a lease basis through the Direct Sales area of TAMS, we have run into a mountain of red tape that needed to be negotiated.

However all stakeholders in the Molonglo Reach area have now given support to us acquiring the building by direct sale and the application was recently put to Cabinet for final approval. While we have not heard officially, there are apparently only one or two minor issues that need to be clarified.

Once we have a lease in place, rather than our current licence, we will not need to go through the endlessly complicated TAMS Design Approval process for public buildings. We can deal directly with the NCA and then through the normal building approval section in TAMS.

We also now have a builder who has given us a slightly different design with a cheaper building quote.

### **Parking**

A problem that is now adversely affecting all areas of our operation is the lack of overflow parking due to TAMS withdrawing permission for us to access the park area for overflow parking when required.

Kieran and the shed sub-committee met with TAMS some time ago to regain permission to use the park - we had no success. A solution that has been put to us since that meeting is to construct an overflow parking area within the park for our use. However we would need to pay for the construction (about \$14,000) and then 'gift' the asset back to the ACT Government. Obviously, this is not a solution that we favour.

We have now contacted TAMS again and have managed to get a meeting on-site to try to find a solution to this problem that will not cost our club further \$'s.



## Tom Hick: Safety Officer

Paddling is not always in a straight line – is there a straight line in anything?

I'm sitting at work, before tonight's Club meeting writing this article because I know our Editor will ask me for one. I had been taking mental notes all through the weekend/Easter where I was Safety Officer for the Nationals that we (BGCC) conducted and the one enduring thought I had all Easter was how lucky I was to be part of such a great organisation. Our Club has successfully hosted National Championships in 2 Paddling Disciplines over 2 consecutive Easters. Having played a small role in one and a larger role in the 2<sup>nd</sup>, I know from my interactions with people attending that we are, if not the best canoe Club in Australia, certainly the luckiest and the one everyone else wishes theirs was. There are Clubs that have more members, bigger/better clubhouses and faster paddlers but what BGCC has in spades that the others don't is a community spirit and participation rate that the others all envy. To put it simply, we are a Club or Team that works together. It's not always easy but, we are managing and if you support the Club, it will be there to help you with your paddling.

As I progressed through the weekend a number of ideas for this article came and went. By the time I was drifting off to sleep under my doona last night to get what I thought was a well-deserved early night, I had it pretty much sorted. I would write up about being the Safety Officer and the incongruity of someone who has never even paddled in a Marathon Race being one of the 3 sitting on the Competition Committee for an International Event. Yes it was also the Oceania Championship – not our fault that no one other than Australians appeared to compete.

No I don't jest about not having done a Marathon Race – Murrays and Hawkesburys are types of Marathon races but unless thinking about doing one or entering but not getting there counts, I have never done one of the true Marathon races. The closest I've come is Club time trials. So what is this article about and how did I get to be on the Competition Committee?

Karma back in February 2012 when I was at a loose end and PNSW were running an officials' course in Sydney. Everything fell into place to allow me to go easily such that I couldn't refuse, others were going, there was a spare seat in the car and a bed was available. I'd helped out with timekeeping at time trials and some of our 24 hour races and with nothing else on for the weekend, clearly it was meant to be. After the talking finished, we did some practice at aligning and starting followed by a rigorous exam then, I was qualified to be an AC Official. Padding out my CV by officiating at a few more 24hrs, BGCC hosted Marathon races and BG Bashes all boosted my claim for the coveted position but the truth is, no one actually wanted the job.

Karma was the word of the day at the Nationals on Sunday, along with a sort of smug smile, it was on a lot of peoples' lips. So there I was, article mentally prepared and drifting off to sleep when someone I know who shall remain nameless for the purposes of this article switched on the TV to watch Australian Story on the ABC. Deeper under the doona I burrowed to get my well-deserved early night. I'd ignored the music and introduction and had high hopes of ignoring whatever the Australian story was that they were peddling.

Karma again, just one word got through the muffling provided by the doona and I was upright, wide awake and watching TV. She who is remaining nameless, blameless and is totally without fault in all of this, asked what's up? Simple really, one of my first paddling experiences over 40 years ago was getting in over the side of the "rickety old fishing boat" they were talking about. So there I was paddling 40 years ago and then I had a 30 year break and now after 10 years back, I'm technically an international sporting official at an event I've technically never competed in.

Life is complicated and can be planned but, my plans always end up heading off in new directions that lead to old memories. Never say never. I might be competing in the Marathon Nationals myself next Easter. More likely I'll be on the Overland Track as someone who is remaining nameless wants to go and Easter is supposedly a nice time of the year in Tasmania.

Have fun paddling

## CONVENERS' REPORTS

Flatwater Convener: John Preston



As most club members would be aware, over Easter BGCC hosted the Oceania and Australian National Canoe Marathon Championships. The event was very successful and certainly showed the rest of Australia that we have an enviable set-up here on the Molonglo River. It's easy to become a bit blasé about our time trial course as we use it so often. Speaking with paddlers from other states, we don't have anywhere near the problems many of them seem to endure at their venues. We were blessed with good weather for the entire event with only a bit of drizzle around on Saturday afternoon. Luckily the event wasn't held on any of the weekends just after Easter as the weather then was abysmal. The Nationals were well supported by the other States with only the Northern Territory not represented.

While we were lucky with the weather and we can thank the builders of the Scrivener Dam for providing the great waterway we use, the event was successful because of the fantastic work done by our volunteers. It was a great gesture by Bob Turner from PaddleNSW to individually call each of the 40 plus volunteers to the dais to receive a certificate for their assistance. It was great to see many of our members who competed on the Saturday morning turn around and officiate over the rest of the event.

The planning for the event began in mid-2014. PNSW and BGCC liaised with Australian Canoeing to ensure all aspects of the event were covered. A lot of work went on behind the scenes as various ideas were proposed and accepted or rejected. I'd like to thank Bob Turner and Gaye Hatfield from PNSW for the huge effort they made in ensuring we were well prepared. These two were helpful in the extreme and were totally unruffled by any of the

difficulties that arose in the course of the preparation. Jerry Dunn from Canoe Australia was also instrumental in the success of the event and conducted a very useful Official's Course a few weeks out from the event. While Jerry was in Canberra we were able to show him our race course and the pontoon/portage area we intended to use. Jerry's approval certainly allayed any concerns we might have had regarding the venue.

From among the more than 40 volunteers, several people deserve extra recognition for their time and effort.

**Helen Tongway** took on the hardest job of all – Volunteer's Co-ordinator. Helen quietly took on this role and organised the volunteers into the various jobs that made the event run smoothly. Helen's colour coded spreadsheet was a work of art and the job description folders she provided were invaluable. This was a huge job done by Helen and was an integral part of the event's organisation.

**Tom Hick** took on his usual role of organising safety boats. This job evolved into the Safety Officer position that involved working with the Race Committee and ensuring all safety aspects of the event were covered. It was good watching the tension ease from Tom's face as each phase of the event passed without incident. This success was due to his diligence and preparation.

**Gary Rake** devised the engineering feat that ensured we had a great pontoon and portage area. He spent many hours working on the carpeting of the pontoon, hacking through the reeds and devising and making the draw - ridge that made the transition from the pontoon to the portage work very well. The pontoon/portage was a feature of our race that received glowing commendation from many quarters. Gary also took on the role of the NSW team manager which involved lengthy meetings as race incidents were thrashed out in the AC Office. Gary was instrumental in organising the 2 spectator stands, the 2000 Sydney Olympics Presentation Dais and the CBR bunting which added a colourful backdrop to the portage. Finally he took on the MC role at the presentation dinner at short notice.

**Scott MacWilliam** took on the role of Utilities person. This job sort of grew into a monumental commitment which saw Scott develop a first name relationship with many of the Coates Hire Service people at 2 of their depots. Time after time Scott sought information and quotes on various apparatus we required or thought we might require in order to conduct the event. The people at Coates were happy to revise their quotes as the 'event village' evolved. A week after the event Scott was still overseeing the removal of the various structures that we had hired.

**Bob Collins** took on the job of liaising with various Government agencies that had to be approached for permission to conduct an event at Molonglo Reach. Bob used his expertise in the area of form filling and verbal negotiations with various bureaucrats from an almost endless number of departments. He backed this up with supervising the venue's Administration tent with **Patricia Ashton**.

**Scott Hunter** spent so much time at the race venue working on a variety of tasks that when he actually turned up at work (Wetsport Water Sports) he had to introduce himself to the staff. Scott's 'let's get it done now' attitude and work ethic ensured that we were well prepared in a number of areas. These included mowing, creating portage lanes and parking bays, erecting marquees, heading off and buying equipment. He also provided the impetus to pack everything up quickly as a rain squall descended on the race venue as the last of the competitors finished on the Sunday afternoon. Scott was regularly the first volunteer to arrive for the day and the last to leave. Scott also helped a number of paddlers to fix problems they had with their kayaks including a pre-race trip back to Wetspot to get a new fin for a bloke who had a problem with his old one.

**The Gibsons, Emily and Lincoln** were invaluable in providing their time and expertise in a number of jobs. Emily took on the job of overseeing the presentation dinner at the Woden Hellenic Club. This entailed numerous conversations with representatives from the Hellenic Club, PNSW and Canoeing Australia. Emily also provided the décor for the evening. Lincoln was instrumental in the success of the event by using his mapping skills to provide numerous maps of the race venue and the race course. Often these were provided at short notice and the detail and content he provided was well received by those involved.

I'd also like to thank **Carolyn Cooper** who was the official photographer for the event. Carolyn and her husband **Michael** travelled up from Adelaide as a guest of Gabrielle Hurley. Carolyn's photos are available for viewing at <https://www.facebook.com/pages/Photos-By-Carolyn-J-Cooper/12447392098894>

*Including this one:*



The racing itself went very well. Easter Saturday morning saw the veterans take to the Molonglo stage and what a sight it was. Wave after wave of paddlers began the race to become Oceania and Australian Marathon Champion in their various age groups. We were able to secure a number of these champions. **Gabrielle Hurley, Nick Ziviani, Stephen Ison, Margi Bohm, Breanna Reid, Angela Crawford, Pete Garbutt, Kieran Lomas and Ian Castell-Brown** all secured gold medals. Well done to them.

**Gabrielle Hurley** and **Margi Bohm** both gained selection for the Australian Masters Team to compete in Gyor, Hungary in September. This should provide extra motivation to train hard throughout the winter months ahead.



The Open men's and women's races provided very close competitive paddling with many lead changes and some argy bargy which entertained the crowd. The men's race had 5 very motivated paddlers hammering it out over 32 km and numerous portages in order to gain ascendancy. In the end a sprint finish saw Sasa Vujanic (NSW) hold off Michael Leverett (Vic), Dane Sloss (Qld), Joshua Kippin (WA) and James Morfitt (WA). The women's race became a race between 2 very competitive paddlers. Tegan Fraser (Qld) held off a very tenacious Marlene Ahrens (Vic).













Joshua Kippin (WA) first onto the pontoon followed by multi Nationals winner Michael Leverett (Vic), Dane Sloss (Qld) and Sasa Vujanic (NSW). Thanks for the use of the photo Carolyn Cooper.

The full set of results can be found at: <https://regattas.canoe.org.au/?regatta;file=497>

## paddle nsw inc marathon

### 2015 Marathon 10 Series

    	<p><b>Round 1- Saturday 21<sup>st</sup> February- BGCC, Canberra 11am:</b></p> <ul style="list-style-type: none"> <li>* State Marathon -14<sup>th</sup> March –Davistown NSW</li> <li>* National &amp; Oceania Canoe Marathon -5<sup>th</sup> April – Canberra, ACT</li> </ul> <p><b>Round 2- Sunday 3<sup>rd</sup> May –WCC, Windsor 11am</b></p> <p><b>Round 3- Sunday 24<sup>th</sup> May –CCCC, Wyong 10am</b></p> <p><b>Round 4- Saturday 20<sup>th</sup> June – SSSC, Woronora 10am</b></p> <p><b>Round 5- Saturday 4<sup>th</sup> July - PVC, Penrith 10am</b></p> <p><b>Round 6- Sunday 26<sup>th</sup> July –MWKC, Narrabeen 10am</b></p> <p><b>Round 7- Saturday 15<sup>th</sup> August – CSKC, Grays Point 10am</b></p> <p><b>Round 8- Saturday 5<sup>th</sup> September – LCRK, Lane Cove 10am</b></p> <p><b>Round 9- Saturday 26<sup>th</sup> September- WBCC, Wagga Wagga 1pm</b></p> <p><b>Round 10- Saturday 17<sup>th</sup> October – Makai Paddlers, Burrill Lake</b></p> <p style="text-align: center;">Marathon 10 Awards &amp; Presentation Dinner</p>	    
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Online entry \$25 Entry on the day \$30 (options available) Students & Juniors \$10  
 25km, 20km, 15km, 10km & 5km race distances to suit all levels.  
 Entry, Race Information & marathon rules [www.paddlensw.org.au](http://www.paddlensw.org.au)

### Marathon 10.

Please note change for the Lane Cove race: of date (from 5<sup>th</sup> Sep. to 30<sup>th</sup> Aug.) and change of venue.

As the chart below indicates we have taken an early lead in the quest for a 4<sup>th</sup> year in a row as winners of the Brian Norman Club Trophy. Once again it will be difficult to retain the trophy and we will only do so if we get a lot of support from our marathon paddlers. Early indications are that a few clubs have developed cunning plans in order to knock us off our lofty perch. A good turn out from us at Windsor on 3<sup>rd</sup> May should see us consolidate our position at the top.

Code	Club Name	Points
BGCC	Burley Griffin Canoe Club	58
MWKC	Manly Warringah Kayak Club	34
PVC	Penrith Valley Canoeing	16
WCC	Windsor Canoe Club	14
CSKC	Cronulla Sutherland Kayak Club	12
LCRK	Lane Cove River Kayakers	12
WBCC	Wagga Bidgee Canoe Club	8
HVCC	Hunter Valley Canoe Club	6
JP	Just Paddlers	6
SSCC	Sutherland Shire Canoe Club	4

There have been some rule changes made for this year's M10 series. They can be found at the link provided below.

<http://www.paddlensw.org.au/blog/updated-rules-2015-marathon-10-series>

## WETSPOT CLUB TIME TRIALS



The Wetspot Winter Time Trials have kicked off on Sunday mornings. Be there at 9:30 a.m. to register for either a 3 lap, 2 lap or a 1 lap race. The new pontoon/portage area is available for those who choose to use it.

Remember in winter it is club policy for paddlers to wear PFD's when on the water. While it might still be autumn the water is getting cooler and the air temperature has decreased significantly. Consideration should be given to the wearing of a PFD now if you are likely to end up in the water or if you are susceptible to cold weather.



Please remember that the TT course does not go through the middle of the Canoe Polo court. There is a white buoy situated to the left of the canoe polo court as you head back towards the start/finish line. Paddlers are to keep this buoy on their right and then finish their race by passing between the blue buoy and the old pontoon. Those doing a further lap or 2 are to keep the blue finishing line buoy on their right and proceed down the course towards the Hospice.

**Further information about club events such as the time trials can be found on the revamped club website.**



Entries are now open, go to: <http://www.australianmastersgames.com/>  
OR

<https://www.facebook.com/AustralianMastersGames/photos/a.240459739367937.59218.236459113101333/674524335961473/?type=1&source=11>

For information about the World Masters Games in NZ 2017 go to:



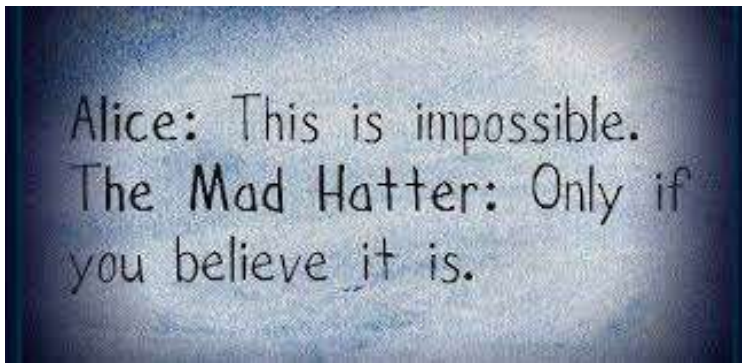
<http://www.worldmastersgames2017.co.nz/>

With more athletes than the Olympics, the World Masters Games is the single biggest multi-sport event on earth. In 2017, the event will come to Auckland, New Zealand; a must-see destination renowned for its stunning natural diversity and vibrant social scene. As is often said, it's not just the scenery New Zealand is famous for, it's the people. And sport is part of New Zealanders DNA.

The World Masters Games is for everyone – whether you play to stay fit, to have fun or quite simply to win. In 2017, 25,000 athletes will converge on Auckland for the event of a lifetime. So now's the time to pick your sport and get training. The World Masters Games 2017 is coming to New Zealand and we hope to see you there.

If you struggle to maintain enthusiasm for paddling after a set goal has been achieved e.g. Nationals perhaps this link will be of some use to you.

[http://www.ausport.gov.au/sportscoachmag/psychology2/maintaining\\_motivation\\_throughout\\_the\\_season](http://www.ausport.gov.au/sportscoachmag/psychology2/maintaining_motivation_throughout_the_season)

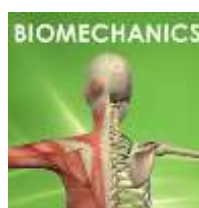


~~I'm tired~~  
~~It's too cold~~  
~~It's too hot~~  
~~It's raining~~  
~~It's too late~~  
Let's go

For those who miss point to point marathon racing reminisce with this clip. Amsterdam Waterland Marathon 2015. <https://youtu.be/PaFIWF6LBw>



An article written by John Baker on the biomechanics of paddling can be viewed at:  
<http://www.vaakacadence.com/wp-stuff/uploads/pdf/Biomechanics%20of%20paddling%20journal%20article.pdf>





## Canoe Polo: Rowan Holt

Canoe Polo players have recently returned from competing in the 2015 Australian National Canoe Polo Championships (Apr. 3-6) and the Oceania Championships (Apr. 9-11). At Nationals, BGCC fielded individual players in the Micro Juniors divisions and whole teams in the Junior, Open (Senior Men and Women), Women's and Veterans categories. Fourteen BGCC players represented Australia in the Junior, Open Women's, Open Men, Veterans and Masters categories. Our contingent was the largest ever from BGCC (ACT) to have attended either Nationals or Oceanias and was disproportionately large relative to the ACT and the National Canoe Polo populations.

*ACT Women's Open Team  
– National Champions! –  
Left to Right – Louise  
Gates, Antonia Harmer,  
Dorothea Schäfle, James  
Harmer (Coach), Kimberley  
Roper, Carley Goodwin,  
Stacey Goodwin*



The ACT's results at Nationals were exceptional, reclaiming both the Open Women's and Veteran's Championship titles. This is the second consecutive year that both teams have won the top prize in Australian Canoe Polo. A large number of the ACT Women and ACT Veterans also played in the equivalent National teams at the Oceania Championships, where both teams won GOLD – WELL DONE!!



*Left: ACT Veterans –  
National Champions! –  
Left to Right – Mark  
Raymond, James  
Deakin, Brenton Smith,  
Roland Mangos, James  
Harmer, Steve Harmer*

The ACT Open team performed strongly and caused a couple of scares during the competition. Unlucky not to secure a place in the final, we placed 5<sup>th</sup> overall. Our National Championships brought interest from International competitors with teams from NZ, Taiwan/Japan and Hong Kong participating. CPS (Taiwan/Japan with 1 Aussie and 1 NZ player) won the National Championships, South Australia came in second and New Zealand placed third. The ACT Open Team is currently ranked third in the National rankings (a step up from last year!) behind SA and NSW.





The ACT Juniors played very well at Nationals and in the Oceania Championships. We're extremely proud of their efforts at training and their overall development in a very short period. The ACT Micro Junior (u/13) Girls placed 3<sup>rd</sup> and the Boys 4<sup>th</sup> in the Micro Junior (u/13) category. And the ACT Juniors came third overall in the Junior (u/18 girls with u/16 boys) category – EXCELLENT WORK! Our Juniors also performed very well in their National teams at the Oceania Championships – see below for details!  
*(Photo: Act Micro Junior (u/12) Girls win 3<sup>rd</sup> place – Left to Right- Ruby Skeat, Jessica Harmer and Emily Gates (Some of the team left early))*

Thanks to the parents that have given up their time on weekends (and often during the week) to help out with our Canoe Polo activities and, most importantly, the development of the future generations of BGCC Canoe Polo players!

Once we all recover properly from our Nationals and Oceania campaign (and the extra training that went with it) we'll provide a much more comprehensive report of the achievements of BGCC Canoe Polo paddlers in Nagambie.

Below are our Nationals and Oceania results in each category:



National Championships

**Micro- juniors Division u/12**

3<sup>rd</sup> ACT Girls  
 4<sup>th</sup> ACT Boys

**Juniors u/18**

3<sup>rd</sup> ACT

**Open**

5<sup>th</sup> ACT

**Veterans over 35**

1<sup>st</sup> ACT

**Womens Open**

1<sup>st</sup> ACT

Oceania Results

**1<sup>st</sup> Place**

**Senior Women Team 1**

Carley Goodwin  
 Stacey Goodwin  
 Antonia Harmer  
 Coach: James Harmer

**1<sup>st</sup> Place**

**Over 30 Men**

James Deakin  
 James Harmer  
 Brenton Smith

**2<sup>nd</sup> Place**

**Under 21 Women**

Dorothea Schäfle

**2<sup>nd</sup> Place**

**U18 Women**

Rebecca Gates  
 Coach: Antonia Harmer

**2<sup>nd</sup> Place**

**Under 15 Junior**

Emily Gates  
 Mathew Gates  
 Ruby Skeat

**2<sup>nd</sup> Place**

**Over 45 Men**

Roland Mangos

**3<sup>rd</sup> Place**

**Senior Women Team 2**

Louise Gates  
 Coach: James Harmer

**3<sup>rd</sup> Place**

**Senior Men Team 2**

Rowan Holt  
 Michael Lawrence-Taylor



*(Photo: The ACT Contingent highly visible in their Blue and Yellow team shirts at the presentation ceremony)*

Our participation levels are only made possible by the hard work and support of many volunteers who give up their valuable time on weekends and weeknights to ensure that our players have the opportunity to develop their individual and team-based skills to remain competitive at a national and international level. Our volunteers are our players and their families and friends – THANK YOU!

We're proud of the supportive club community that we belong to.

### **Canoe Polo Level One Coaching Course**

**Time:** 11:00 a.m. – 4.30 p.m.

**Date:** 9 May 2015

**Location:** Molonglo Reach

Further information on the delivery of the course, what is expected of you, what the requirements are to complete the qualifications, please contact James Harmer on 0410 549 512 or [jamesjharmer@icloud.com](mailto:jamesjharmer@icloud.com)

### **Ocean Convener: Nick Ziviani**

Hi folks it has been a little quiet for the ocean ski racing this month with only the one race being held.

The Tingira Challenge at Rose Bay Harbour Series race was held on Saturday the 11<sup>th</sup> April with some of the top paddlers missing as the SLSA Australian Titles were also on at the same time at Kirra Beach on the Gold Coast of Queensland. Nevertheless there were over one hundred paddlers for the event enjoying the scenery of Sydney Harbour with picture perfect weather.

On a challenging note, the George Bass Marathon is on again in January 2016. This is noted to be the longest Ocean ski racing event in the World consisting of seven separate legs over seven consecutive days. The race starts at Batemans Bay on the 3<sup>rd</sup> of Jan finishing in Boyd Town south of Eden on the 9<sup>th</sup> of Jan. Each individual leg is anywhere from 18 kilometres long to 44 kilometres, with any or all legs running from North to South direction regardless of prevailing wind direction. All skis must be SLSA certified, meaning they must be of SLSA spec ski design including the minimum weight of 18 kilograms making it a very even field of racing.

If anyone is thinking about competing in this event please feel free to contact me for any questions as this is one of those bucket list items not to be missed.

If anyone has tried to sell or buy any second-hand equipment there is another free advertising site to try as, unlike Geartrade for example, it is free of all spam and unrelated ads. The site is [kayaksandskis.com.au](http://kayaksandskis.com.au) you won't find any love spells or cheap Viagra for sale here; just skis, kayaks and apparel.

## **Upcoming Events:**

30<sup>th</sup> May - Molokai World Championships Hawaii  
11<sup>th</sup> June - Clash of the Paddles Hamilton Island Q.L.D.  
27<sup>th</sup> June - Scotland Island Showdown Sydney Harbour Series

Happy Paddling  
Nick Ziv [nickziv13@hotmail.com](mailto:nickziv13@hotmail.com)

## **SUP Convener: Lincoln Gibson**

The cooler weather has thinned the number of SUPs getting out on the lake, but there have still been a handful of paddlers at morning training, the Sunday coffee paddle and Wetspot Winter Time Trial. While the cold may be unwelcome, there's been some cracking surf SUP days down at the coast with long range swell events and crisp, windless conditions.

### **Harry's Paddle**

A large contingent of Canberra paddlers made the trip up to Harry's Paddle 2015, held at Stockton, Newcastle. Conditions for race 1 (a BOP at Stockton Beach) were very tough, with a 15 knot cross wind, onshore chop and a bit of a shore dump to round things out. The crew, some on inflatables, battled against the conditions for four torturous laps. Special mention to Jo, who took out the 'grit' award and finishing in the conditions.

Race 2 was a flat-water paddle in Newcastle River, and while thunderstorms threatened the race conditions held off. Over 200 paddlers lined up for the start and with some of the fastest paddlers in Australia and some international guests, the pointing end of the field set a cracking past.

Off the water there were nights at the pub, a fancy dress bowls afternoon and a paddle clinic. See the attached photo page for a snapshot of the fun!

## **Upcoming Events**

25<sup>th</sup> May – Social trip to the coast. Details and confirmation via Facebook pages

## **Club N1SCO Boards – Rules of Use Reminder**

The N1SCO boards are subject to the same rules as club boats. Please ensure that the following is adhered to at all times:

- Boards (and additional equipment) must be signed in and out when removed from the shed
- Boards (and additional equipment) can only be used by current BGCC members
- When using club equipment a lifejacket must be used at all times
- Boards should be inflated to between 12 and 14 PSI
- Leashes are available and should be used



## South Coast Convener's Report: Carolyn Williams

Despite the annual summer plague of power boats, the BGCC south coast paddling contingent has been training hard for this year's M10 races and the recent Marathon National Championships, which were held in Canberra over the Easter long weekend.

Paddlers enjoyed perfect racing conditions: overcast, cool temperatures, low wind and still water and our south coast BGCC paddlers – Stephen Ison, Nick Ziviani, Ian Castell-Brown, Allan Newhouse and Russell Lutton – were rewarded for their hard work and dedication to their sport and many months of hard training with some outstanding results in some fierce competitive racing.

Stephen took line honours in the M50 TK1 race; Nick also took line honours in M45 ski event; Ian Castell-Brown won V75 ski race; Allan placed fifth in the V65 K1 category and Russell third in the same event.

Ian and Russell fronted up again on the Sunday to compete in doubles races. Ian teamed up with Scott MacWilliam in Ian's TK2 to win that event, and Russell with Adam Scott placed second in the M45 TK2 race. Well done to our south coast contingent and look forward to seeing you all at the Windsor M10 race this weekend.

Although there are no time trials scheduled for the coming months, a training group goes out from Nelligen at 8.00 a.m. on Saturday mornings & also on Thursday afternoons. Contact Caro on [cjw4762@icloud.com](mailto:cjw4762@icloud.com) for info.

Happy paddling



# Junior Paddlers on the Water

## Young Paddler of the Month

**Name** Rebecca Gates

**Age** 15

**Disciplines** Canoe Polo, flatwater

**School(ing)** Radford College year 10

**How Long Have You Been Paddling?** 6 or 7 years, but considerably more often in the last 2 years

**Why Did You Start Paddling/What Attracted You to Paddling?** cos its fun

**How Often do You Paddle?** 2-3 times a week

**Favourite Event/Boat** Canoe polo Nationals or Oceania. Favourite boat - my polo boat

**What are Your Goals?** To play in the Olympics in 2024! in canoe polo



## Recreational Trip: Patricia Ashton

### Merimbula: March 7 – 9

It was only a small group of us who took advantage of the Canberra Day long weekend to do some recreational paddling at Merimbula this year. Six of us met up with Tom Hick at Penguin Mews with the plan of doing a bit of paddling, a bit of walking, sitting, reading and shopping. The weather was lovely and the water was warm, the company was chatty and Merimbula, as always, (well almost always) was sparkling.

I thought I'd change it up and bit and instead of taking a sea kayak and ski, I took my sea kayak and a couple of inflatable SUP's. As I got there a bit before everyone else I was able to fit in a SUP on Friday evening. Luckily the inflatables are quite light as the steps which have always been in front of Penguin Mews to the lake have been removed to be replaced by rocks, so it was a little trickier getting to the water. But worth the effort – a high tide also meant there wasn't a long walk to the water.

Saturday morning we drove in convoy to Pambula Lake to paddle around to the Yowakka River. This is a really pleasant waterway, with some lovely scenery & clear water. It narrows down in places so you need to duck and weave while other stretches are wide, shallow and rocky. Water travel needs to be done around a high tide. At the end there was a grassy bank with room to sit on for a late morning tea. The paddle only took about 2.5 hours and was delightful. That afternoon Roger, Basil and Tom took to the pool for rolling practice, while the rest of us had a leisurely afternoon in town, reading then taking a walk along the rocks.

Basil had made a pork and pineapple casserole for dinner this evening so the wine and beers were flowing freely. Eating in has its benefits.

On Sunday we headed down past Eden to the Towomba River, a new river for us, at Kiah. It is a fairly secluded river with lots of sandy beaches, very clear water and an abundance of fish. Lynne would often sit back in the kayak, sighing, saying, this is 'Bliss', and it was. During the second half of the paddle, heading towards Twofold Bay, conditions changed. The wind came up and the tide was going out so it became a bit less Blissful! We also met several other paddlers so didn't have that feeling of exploring uncharted territory!

The afternoon was again spent reading and relaxing – or with Tom in the pool. Basil has been working hard to try to get a roll – not quite there yet, but he's determined.

Both Saturday and Sunday mornings, Roger and I had taken the SUP's out to have a play in the surf – this was more swimming and climbing back on than surfing, but it was fun. On Monday morning we took our kayaks instead and went out with Basil. The sea was calm, with hardly a swell, so we went for a paddle – but it was a bit boring! So we headed back in a joined a couple of surfers and SUP'ers on the occasional wave, while Basil paddled in and out of the river mouth.

Roger was on his V8 with a weed rudder so didn't have a lot of control. As does happen, on the best wave of the morning I was hurtling down the face when Roger came spearing into my boat sideways – we managed to stick together for a while before Roger gallantly took the plunge and fell off leaving me to ride all the way into the beach. Thanks Roger!

Lynne, Karen and Stephanie had wandered to the cafe at the end of the lake, via the boardwalk, so after our surf we paddled over and met up with them for a cuppa. A paddle back, again against the wind, before boats were hoisted onto the cars and back to Canberra.

It was a lovely weekend with a variety of activity for all, good company and some beautiful waterways.



## New Boats on the Water

### Daniel Abela and the Epic V7



Over the past couple of years, my son Daniel (age 13) has developed a love of water sports having attended many surfing lessons on the coast and is now quite capable on a board in the surf. Recently, this has also begun to feed into a keen interest in taking his recreational paddling up a notch or two from using a pretty basic sit-on-top, into the realm of faster, longer trips and perhaps even time trialling. We began discussing and searching for a suitable craft. His brief was it had to be fast on flat water, very stable in choppy conditions, can be used in the surf, a tourer would be nice with a hatch for storage, tough enough to handle future teenage abuse and a drink bottle holder.....It's gotta have a drink bottle holder. "Yeah, sure son, I can find you that exact kayak. Easy. Hundreds of different models to choose from....what colour would you like it in? Ferrari Red with Black GT stripes?"

Where was I going to start?

Amongst the first contenders that came to mind was the Epic V8, as it's a fast, stable, lightweight surf ski that would make a perfect entry level craft. As far as I could remember, it might even come with a drink bottle holder as well! So, I logged onto the Epic website to remind myself of the specs.....and then wow! There it was on the homepage. It smacked me in the face like an exploding airbag. The New Epic V7. What's that? A "Vee SEVEN"?? An Epic with an Orange tip?? Looks like a V8, but with a touring hatch in the back. Reading further, I discovered it comes with a surf rudder and an optional (easily interchangeable) flip up rudder for river touring. It is made of durable Polyethylene and even has a drink bottle holder!. Perfect. The specs list the weight as 19kg which is a bit heavy for a ski.....but that's the trade-off you get for a very durable "use anywhere" craft.

I contacted Scotty at Wetspot in February and he told me it hasn't arrived in the country yet and there's already a waiting list. He put me on the list and said it would take a couple of months before he received the first shipment from South Africa. Then, just before Easter, I got the call saying that there's one with my name on it that's waiting for me at the store.....which was great timing as we had planned an Easter long weekend at Mollymook.

First day of the weekend was a family paddling trip up Narrawallee Inlet. Daniel handled the V7 with ease. In the flat conditions it is fast and set up with the flip up rudder it was ideal around the shallow waters and mangroves of this tidal river. Next day, I put the surf rudder on and went for an early morning play in the Mollymook surf. This was the first time I felt really confident with a ski in the surf ( .... I've never felt confident enough to take my V10 in surf higher than about knee height!) It's stable enough to allay any fears about falling

in and fast enough to catch and ride waves over and over again. The surf rudder made it very responsive and easy to control. This was SERIOUSLY good fun!

On the Sunday, we all drove to Nelligen where Daniel and I were dropped off. I had my Mirage and Daniel had the V7 in "flip up rudder" mode again. We paddled the 10 km or so to Batemans Bay in moderate, on and off drizzle. It was a very calm and peaceful paddle, with the tide moving in our favour. Again, the V7 proved its' great versatility by showing off as a very practical tourer.

Overall, the V7 is equally capable in the surf as it is in flat water touring mode, ambling around shallow rocks, tidal sands or moving down an obstacle strewn fast flowing river. I can't think of a similar kayak or ski that can tick so many boxes.

(Footnote: In Sept. 2016, Daniel has his sights set on "World Challenge Borneo", a school organised trip to provide assistance to a developing village in Borneo. He will be running, cycling, paddling and walking on a number of physical challenges over the next 12 months to raise funds for this project. His paddling segment (Nov 2015 to Jan 2016) will involve paddling training over 3 months culminating in a 3 day paddle/camp from Gundagai to Wagga (120 km). We'll give you an update early next year!)

## **For Sale: Patricia Ashton**

Proteus Home Gym: excellent condition - solid construction. \$200- pick up only.  
Contact Patricia: 0457 053 520



2014 Coco-Carbon DC Ocean Race Board, 14ft x 29in.  
A very stable board, well looked after/great condition, perfect all-rounder - down winder, race or casual river/lake board.  
Has rail tape, bungy cord (shown in pic) and extra surf handle.  
Selling for \$1,800.

Ex 'Caveman' Naish Javalin 2015, 14ft by 26 wide. See Wetspot.

Starboard sprint 14'x25" carbon, \$1590. See Wetspot.



### Who Needs a New Club Trailer?



**@Wetspot**  
**Water Sports**

**NEW WARM GEAR IN STOCK NOW**  
**ADRENALIN 2P THERMALS**  
**FROM \$45.95**

**BGCC MEMBERS**  
**10% OFF**  
**ACCESSORIES**  
**GLOVES,**  
**POGIES,**  
**BOOTIES**  
**ALL THE GEAR TO**  
**KEEP WARM**

*epic*

The advertisement features a background image of kayakers on a lake under a blue sky with clouds. In the foreground, several kayaks are lined up on a grassy bank. A prominent white kayak with a blue stripe and the word "epic" in black is in the lower center. To the left, a stack of colorful thermal gear is visible. Two promotional signs are overlaid on the image: one in the bottom left corner and another in the bottom right corner.

### New Uniforms for Sale

