



*Newsletter of the*  
**BURLEYGRIFFINCANOECLUB**

Volume 32 Issue 1, April 2022

**Your Committee:**

**President:** Bob Collins

**Vice President:** Patricia Ashton

**Secretary:** Gabrielle Hurley

**Treasurer:** Tammy ven Dange

**Boat Captain:** Jeremy Cook

**Membership Secretary:** Patricia Ashton

**Safety Officer:** John Lockie

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- Coaches Corner
- Recreational paddling
- Marketplace



The b.g.c.c. grey army



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

<b>Position</b>	<b>Person</b>
<b>Membership Secretary</b>	<b>Patricia Ashton</b>
<b>Public Officer</b>	<b>Bob Collins</b>
<b>Editor ('Blazing Paddles')</b>	<b>Robert Bruce</b>
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<b>Canoe Polo</b>	<b>Laura Kleinrahm</b>
<b>Time Trials</b>	<b>Lachlan Parker*&amp; Matilda Stevenson* (Jointly)</b>
<b>Marathon</b>	<b>Richard Fox</b>
<b>Event Co-ordinator</b>	<b>Bob Collins</b>
<b>Sprint</b>	Vacant
<b>Bay Area Kayakers</b>	<b>Alan Newhouse</b>
<b>Slalom - ww</b>	<b>Peter Strazdins*</b>
<b>Social Convener</b>	Vacant
<b>Publicity and Sponsorship</b>	Vacant
<b>Recreational paddling</b>	Vacant

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## Coming Events:

- *Polo championships....15<sup>th</sup> to 18<sup>th</sup> April ..Adelaide*
- *Race 4 ...7<sup>th</sup> May...Davistown Marathon*
- *Race 5...29<sup>th</sup> May..Winsor Marathon*
- 

## President's Report:

While preparing this report, I just happened to open my report from October 2020.

Back then I observed that it was considered that we had come through the worst of the pandemic in Australia, however, as we now know worse was to come.

While Divisional racing was still dependent on flare ups, the ultra-marathons had all been cancelled. It has taken until 2022, but the Divisional Races are back and there are plans for the Hawkesbury, Myall and Murray to go ahead.

Luckily, back then, with some Government assistance, our financial position was good and we still had 232 members. Fast forward to now and our financial position is still good and we have over 250 members.

The Club also now owns a 4 metre 'tinnie' with a 15HP 4 stroke outboard motor. The boat will be used as a Safety Boat when necessary and by Margi during training.

Its maiden voyage with BGCC was on the river putting our buoys back in position after the recent flooding of the Molonglo River.

We have also been successful in obtaining our usual \$6,000 Operational Grant and a \$13,500, \$ for \$ Capital Assistance Grant to assist with the replacement of our main pontoon.

Shane Lund and Scott Hunter will start building the new pontoon soon. It will be a big job but it should be ready for summer paddling

Inside you will find a report on our hosting of the NSW State Championships and updates from our conveners.

*- Bob Collins*

## A note from Patricia

### Rescue Session 29th January

We had a good turnout for the Rescue session - about 20 members came along, many of them newer members. Craig ran through various drills, breaking down the self entry for kayaks and ski's, this alone gave many some boat skills and confidence with balance. then putting the components together to try and self rescue. This, for most, was very challenging, especially into the kayaks. We used the club plastics and ski's with some members using their own kayaks. The ski reentries had a high success rate however, which is encouraging.

Patricia and Craig then demonstrated 2 ways to do assisted reentries. Again, these had a high success rate. For some members it was decided that the good old 'swim it to shore' was going to be the preferred option.

So, very worthwhile - bruises all round, but will give members options if they capsize, and hopefully, the confidence to practice various techniques and also be able to assist others if required.

Patricia



Summer has ended.....

With the cooler weather coming quickly newer paddlers and those new to Canberra will be looking for some warmer gear to paddle in. It makes a BIG difference, if you're dressed in the right gear its much more comfortable and easier to cope with the winter temps.



Get your self some decent thermals. These don't have to be high tech expensive – although they definitely can be.

Adrenalin 2P is a fleecy thermal, they make long and short pants, long and short sleeve tops and zippered tops. I've been using these for many years now and they are excellent, only \$39 - \$59 and last years. There are your Sharkskins – a waterproof and windproof material which is also fleecy though they start about \$150+.

For your feet, SealSkinz do a knee length waterproof sock which is wonderful – especially if you haven't mastered the art of getting in and out on the pontoon. The socks need to be worn in a bootie of course (I also find wearing a normal sock underneath adds warmth but also lessens smells....)

You can go for gloves, there are various neoprene gloves on the market – Sea to Summit do a specific paddling glove or a thin neoprene surf glove, however, pogies are the way to go. These are a mit which velcros around your paddle shaft giving your hand a warm, wind proof covering and lets you keep your paddle in your hand. These tend to be warmer than gloves. There are a few different ones around – either a nylon, neoprene or like Sharkskin. There is one set in the shed for sale if you're keen to get in early. Australian Paddle Sports sell a couple of different ones

<mailto:https://australianpaddlesports.com.au/product/vaikobi-fleece-loned-pogies/>

<mailto:https://australianpaddlesports.com.au/product/pogies-by-tripper-copy/>

Don't forget that you lose a lot of body heat through your head – wear a cap or a beanie

Also, you do need to dress for the water temp not just the air temp. if there is any possibility of falling in, wearing your pfd will save you if cold shock comes into play, it also cuts the wind, also wearing good thermals and/or a windproof jacket will make the paddle home less dangerous. Hypothermia is a real issue in Canberra in winter.

From June PFD's are compulsory for all club paddlers taking part in club events and are highly recommended for all paddlers.

Straight Line on Pirie St Fyshwick and Compleat Angler on Wollongong St Fyshwick, have a decent range of winter gear. Compleat Angler stocks Adrenalin 2P, Sea to Summit and SealSkinz as well as other thermals and gortex gear. Straight Line stocks Sharkskin and other similar thermals. Both do various brands of booties.

So don't let the cooler temperatures turn you off paddling.

#### Last Wednesday Club Night Paddle and Get Together

Last Wednesday was the final Wednesday evening club paddle and time trials. To celebrate we'd normally have a BBQ, however, one of our newer members suggested she could make a curry to share. Given the cooler conditions that thought was well received. That was just the start though. Maria then suggested a curry wouldn't cater for all so

Spinach & Feta slice, salads, bread....we did have an excellent take up, so once we got to 27 participants, she then added Kransky's and sauerkraut. Margi brought along a South African curry 'Bobotie', and home made bread. The spread looked, smelt and tasted delicious! Sue Powell added to the flavours with a spicy rice pudding which was just lovely. Banana Bread, chocolate eggs.....there was enough for everyone, with a few home parcels packed at the end. Not too much though.

We had club members from the racing, recreational and canoe polo disciplines and while few participants didn't make it due to the inclement weather and we stayed inside which was cosy, the conversations flowed and all agreed we should do it more often.

So stayed tuned for our Birthday Dinner in June – Maria is excited to cater for us all again, we just need to decide on a venue.....

Many thanks to Maria for all her work preparing the food and delivering it all to the shed, to Margi and Sue for their contributions and to all who came and enjoyed.

Patricia

## Canoe Sprint

The canoe sprint season is underway with BGCC members racing at recent and upcoming events. It has been a welcomed return for the ACT canoe sprint contingent to be able to travel to Sydney surrounding Covid affected events over the past 2 years, attending our first regatta's since the Olympic qualification's back in 2020.

Late last year in December we had the Paddle NSW GP 1 with Marcelo and Louise competing both in the C1 events, a good opportunity to get on the Sydney regatta course in such a long time. January rolled around and the NSW State Sprint Championships were held. Competing in C1 500, C2 500 Marcelo wins both events and a dead final in the C1 200 to tie for first place. Louise putting in a strong effort in the combined mens and women's 200m.

**Race 42A****MC2 500 : Mens Open C2 500****Direct Final****OFFICIAL RESULTS****Distance: 500M**

Place	Name	Club	State	Lane	500M	Margins	
1st	Wakim, S Cabezas, M	PA Direct (VIC) Burley Griffin	VIC ACT	2	1:56.92		0.00

**Race 75B Direct Final: Mens Open C1 200**

Place	Name	Club	State	Lane	200M	Margins	
1st	Wakim, S	PA Direct (VIC)	VIC	6	0:47.81		0.00
1st	Cabezas, M	Burley Griffin	ACT	5	0:47.81	0.00	0.00
3rd	Zeitoun, J	Non-Member	NSW	4	0:51.46	3.65	+3.65
4th	Repeti, P	PA Direct (NSW)	NSW	7	0:52.15	0.69	+4.34

**Race 75C Direct Final: Womens Open C1 200**

Place	Name	Club	State	Lane	200M	Margins	
1st	Yabsley, L	Burley Griffin	ACT	2	1:06.87		0.00

**Race 11B****MC1 500 : Mens Open C1 500****Direct Final****OFFICIAL RESULTS****Distance: 500M**

Place	Name	Club	State	Lane	500M	Margins	
1st	Cabezas, M	Burley Griffin	ACT	5	2:09.49		0.00
2nd	Wakim, S	PA Direct (VIC)	VIC	4	2:15.81	6.32	+6.32
3rd	Zeitoun, J	Non-Member	NSW	6	2:19.97	4.16	+10.48
4th	Repeti, P	PA Direct (NSW)	NSW	7	2:27.87	7.90	+18.38

The following week was the VIC State Sprint Champs with Marcelo competing in both C1 and C2 500m. Held at Nagambie lakes, the wind can provide some tough racing, Marcelo still managing to win both events.

**Canoe Polo update**

Well well well, it has been quite the busy month and a half around the polo traps..

We kicked it off with a ladies trip to the coast, where 11 foxy females SUPped and swanned their way around the the inlets and bike paths of Kianga. It was a great weekend, sharing trade secrets like 'always carry a tie' and that we are definitely a group of faffers.

Next up, on the last weekend of February, we migrated to Nagambie, Horse Capital of Australia. In Open's, we entered Kanusport, who finished 2nd and two Canberra players into 'Butterflies', who came 3rd, as well as the Burley Babes (+a couple of blokes) in Division 2, where they finished 6th. We had newbie Tau join the Burley Babes, so it was great to introduce him to the wider world of polo, as well as acquiring abandoned cheese platters.

I often say, there is only one worthwhile excuse to get up before dawn, and that is in March to see a giant sloth balloon. A group of us enjoyed an impressively mild morning on the lake, getting up close to the balloons and passing some (assumed) fellow BGCCers who called us the 'crazy polo people'..how cheeky, just because our boats don't go straight and we like going upside down!

On that topic, we've also been running monthly pool rolling sessions, with several alumna now successfully (mostly) rocking and rolling their way around the town. We've got a couple tough eggs to crack, but are dedicated to the dream of getting Professor Ian Fry rolling so he can impress his university students with more than just his fabulous shirts.

Back to the travels, and we were up to Nowra for Shoalhaven Canoe Club's 'Mudcake Challenge'. With almost all of our new players joining us, we entered an impressive cohort of 20 Canberra players. Featuring an A and B Grade, teams were mixed between clubs, with 'Running on Empty', featuring Adam, Harry and James, and 'Nacho Average Squad', featuring Tau, Emma T and Tom G winning Division 1 and 2 respectively. Mudcake is a great social event, and we are excited to replicate the vibe with our two-day 'Nambucca Header' on the June Long Weekend. Plus, chocolate cake is mega yummo.

Finally, we were off to Oxenford, Queensland for the Queensland Summer Series. The first Summer Series Queensland has hosted in many years, it was great to show our support for the growth they have achieved by bunny hopping our way up the Pacific Highway with 14 boats in tow. This time it was a flip, with Butterflies finishing 2nd and Kanusport 3rd in the Open's division, whereas Burley Babes went from not winning a game to sneaking our way into the Grand Final and winning the competition! What a cheeky move indeed!

When we haven't been competing, newer players have been attending Women's Training and weekend B Grade trainings, which has been invaluable to players developing technical skills. Thank you to Adam for coaching these sessions, we will miss the Women's sessions, but look forward to persevering through winter with the B Grade sessions! Some post curry night gym equipment inspiration this week means we may even look to introducing some winter weights nights to ensure we are looking swöl for next season.. In addition, A Grade have also been training twice a week, and it has been great to have sufficient numbers to run A and B Grade games at our Weekly Wednesday Games. With daylight waning, we are now back to the pool, however have ended in a pickle with the pool giving away our usual night, so will need to get creative to keep the momentum going that has built up over the summer.

Canoe Polo was also successful in our Women's Sport and Recreation Participation and Leadership Program grant, receiving \$4,000 towards the purchase of new club PFDs, helmet grills and paddles. My car has been the gear library this summer, so I am looking forward to us improving our club inventory, as does my tiny and swampy smelling car!

We have one last trip on the short-term horizon, driving down to the great southern plains of Radelaide for the Paddle Australia National Championships. Although entries from states are unfortunately quite low, ACT will be fielding Women's and Men's teams, as well a few draftee players. It should be a fun end to a very successful season for ACT in terms of growth for the sport and it's community, and I look forward to enjoying the salty spray of the Mighty West Lakes.

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

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

Laura

0412096084



Butterflies members, Adam and Jess on the prowl



The Mighty Burley Babesa



Tau, Emma and Tom lapping up the Mudcake victory



Harry, James and Adam looking suspiciously photogenic



Emma S, Laura and Cathy in the only all women's team at Mudcake #yeahthegirls



Emma S and Cathy going all candid Insta shot at the Balloon Festival



Ladies training on IWD



Ladies Coast Weekend



Kanusport at Nagambie



## Club News

Our Mirage 580 will be moved on, some of the repairs required are too difficult and expensive to carry out. We do now have an Epic 18x which is similar to the V8 in stability which can be used by club members for racing or recreational paddles.

We are now out of stock of club caps, new ones will be ordered, however, due to various issues may not be available till July.

Over the next few months we will be looking to draw up a new 5year Fleet Management Plan. If you have specific ideas for club boats please let me know, so we can consider all options - please include your reasons.

### Club Membership

Just a heads up, that club memberships end on the 30th June - Paddle Australia has reiterated that paddlers taking part in club activities without being current members will negate our insurance - not just your individual insurance which is part of your PA & PNSW membership, but the coaches and committee insurance. So, we will be much more proactive in getting memberships paid up - you will not be able to take part in training groups, play canoe polo, do time trials, recreational paddles or store kayaks without being a financial club member (or volunteer) from July. Arrangements may be made for storage and keys to be a seperate payment. Details will be sent out by May.

As stated in Presidents newsletter, we have a new motorised boat that will be used for training Margi's crew, laying bouys, safety boat etc.

Some of the lads thought it might also serve another function



## Frank Harrison Canoe Race

If NSW is to wrest the interstate trophy from Victoria, we need more paddlers in canoes. Apparently there was very little difference between the kayak points for each of the two states, but the large number of canoes from Victoria edged them ahead of NSW. There were only two NSW canoes in the event. Kim Navera paddled his J200 from the dam wall and I paddled my C1 from the Waterworks.

All the pre-race publicity had promised that the river level would be higher than usual and that times would be fast. At the 16km start, it appeared to me that the level was higher than last year, but not as high as a few years ago.



I had a rather uneventful race but was a bit disappointed that my time was several minutes slower than when I first did the race in the C1. I accept that I have reached age where I should not be surprised that I am slowing down, but hadn't expected to be that much slower on faster water. I was considerably cheered up to learn soon afterwards that the river level was not as high as expected and when I was told by some other very capable paddlers that their times were not as fast as they had been led to believe they would achieve this year.

demonstration of how important it is to pick the right line when paddling down a river. I had kept ahead of another canoe paddler for about 10km and it was obvious when he passed me that he was paddling faster than I could manage. Shortly after he passed me, as we approached one of the big bends in the river, he was at least a couple of canoe lengths ahead. When we emerged from the bend, I was at least a canoe length in front, having gained about four canoe lengths on that one bend. I'm guessing that the reason I had kept him behind me for so long was that I had taken a better line than him on some of the earlier bends. Once the river straightened towards the finish, it was clear that he had more speed than me in a straight line.

I managed a very good



**Allen**

## Frank Harrison - Albury 22<sup>nd</sup> & 23<sup>rd</sup> Jan

### Singles 16km

1 <sup>st</sup> Margi Bohm	1:09
3 <sup>rd</sup> Emily O'Rourke	1:10
4 <sup>th</sup> Tom Long	1:11
24 <sup>th</sup> Allan Newhouse	1:30
31 <sup>st</sup> Helen Tongway	1:56

### Singles 26km

4 <sup>th</sup> Michael Hanemayer	1:42
19 <sup>th</sup> Dom Hides	1:54
20 <sup>th</sup> Larissa Cleverly	1:54
23 <sup>rd</sup> Andrew Parkinson	1:58
38 <sup>th</sup> John Preston	2:08
47 <sup>th</sup> Gabrielle Hurley	2:11

### Doubles

#### Div 2

1 <sup>st</sup> Michael Hanemayer/Matthew Gates	1:42
3 <sup>rd</sup> Matilda Stevenson/Craig Elliot	1:45

#### Div 4

3 <sup>rd</sup> Richard Fox/Tom Long	1:58
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## Race 1 Wagga Wagga

The change back to a downstream event at Wagga may have made things more complicated for the organisers, but I am sure that I am not the only paddler who appreciated not having to fight the current on the upstream leg of the previous course.

The river level was a bit higher than last year. I believe it was 2.7 metres in 2021 and 3.1 to 3.4 this year. Consequently snags and gravel races were almost nowhere to be seen and times were quite quick. One concern when the river is up and running fast is that some of the eddies and whirlpools can become more treacherous. However, while I was aware of a few paddlers being caught out by the conditions, like most others I had no dramas. My impression was that the river was at close to the ideal level for the race.

Watching the safety boat deploy the starting buoys at the 17km start was interesting. I suspect that they were fairly experienced at the task because they dropped the buoys around 50 metres upstream from the spot where they needed to be and the buoys stopped drifting downstream just about where they were needed.

There were just two starts for the 17km divisions with two single bladders in the second group. Kieran Lomas was on his SUP and I was in my C1. Kieran got off to a very good start while I was more interested in keeping out of trouble, so it was not long before Kieran on his SUP and the ski paddlers in my division were some distance ahead.

For those of us who didn't have a driver or a car shuttle organised, the shuttle bus back to retrieve vehicles was greatly appreciated. The time it takes me to finish the course and the bus timetable means that I have only a short wait for the trip back to the start. The trip back to the Oura Beach start takes a little longer because after the 17km drop-off, the bus has to go back downstream to Eunony bridge to get to the other side of the river.

It felt quite satisfying to finish with an average speed of 11.5km/h. The extra three or four km/h from the flow in the river was a big help.

I wonder if as a canoe paddler I should be offended by the fact that the signs associated with the event refer to it as a "kayak race"

Good weather, good flow in the river and good organisation by the Wagga Bidgee Canoe Club and Paddle NSW have got the 2022 NSW Marathon Series off to a great start

## **Allen**

### **Waggabidgee – Oura to Wagga 5<sup>th</sup> Feb Race 1 Marathon Series**

#### **Div 1 26km**

3 <sup>rd</sup> Michael Hanemayer	1:33:41
4 <sup>th</sup> Craig Elliot	1:33:44

#### **Div 2 26km**

2 <sup>nd</sup> Matilda Stevenson	1:39
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#### **Div 3 26km**

6 <sup>th</sup> Matthew Gates	1:43
10 <sup>th</sup> Larissa Cleverly	1:45
16 <sup>th</sup> Andrew Parkinson	1:48:00
17 <sup>th</sup> Dom Hides	1:48:41

#### Ranking

1 <sup>st</sup> Andrew Wheatley	1:44
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#### **Div 4 26km**

8 <sup>th</sup> Richard Fox	1:50
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#### Ranking

Tom Long	1:46
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#### **Div 5**

2 <sup>nd</sup> Bob Collins/Danielle Winslow	1:52
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#### Ranking

1 <sup>st</sup> Wayde Margetts	1:46
2 <sup>nd</sup> Mary Parker	1:54
Patricia Ashton	DNF

#### **Div 8 17km**

1 <sup>st</sup> Margi Bohm	1:11
4 <sup>th</sup> Emily O'Rourke	1:13



**Div 10**1<sup>st</sup> Gerry Foster 1:17

Ranking

2<sup>nd</sup> John Preston 1:39**Div 12**4<sup>th</sup> Allan Newhouse 1:27**Canberra State Champs and Race 2 Marathon Series Sat 5<sup>th</sup> March****Singles Non Championship****5km (1 lap of 3.7km course)**1<sup>st</sup> Kolya Cook 18:042<sup>nd</sup> Ossie Terron 22:44**10km (3 laps of 3.7km course)**1<sup>st</sup> Andrew Parkinson 59:342<sup>nd</sup> Nick Ziviani 59:403<sup>rd</sup> Ed Ford 59:434<sup>th</sup> Marcello Cabezas 1:015<sup>th</sup> Aston Duncan 1:026<sup>th</sup> Tom Long 1:057<sup>th</sup> Tammy ven Dange 1:1013<sup>th</sup> Carloyn Atkinson 1:1714<sup>th</sup> Craig George 1:2117<sup>th</sup> Gary Rake 1:26**15km (4 laps)**2<sup>nd</sup> Wayde Margetts 1:21**20km (5 laps)**1<sup>st</sup> Andrew Wheatley 1:372<sup>nd</sup> Tom Long 1:46:043<sup>rd</sup> Andy Bodsworth 1:46:585<sup>th</sup> Mary Parker 1:50**Non Selection**

35-49y ..22.2km .M Sam Wellings Booth 1:56

50-59 22.2km M Richard Fox DNF

65-69 18.5km M 4<sup>th</sup> Rob Cook 1.5570-79 11.1km M 5<sup>th</sup> Barry Marshall 1:15**Selection**35-49 M 22.2km 1<sup>st</sup> Craig Elliot 1:48

			2 <sup>nd</sup> Mark Halpin	1:56
50-54	M	22.2km	4 <sup>th</sup> Dom Hides	2:09
60-69	M	18.5	John Preston	DNF
70-79	M	7.4km	1 <sup>st</sup> Allan Newhouse	53:03
Open	W	25.9km	1 <sup>st</sup> Matilda Stevenson	2:13
			3 <sup>rd</sup> Larissa Cleverly	2:27
U23	M	25.9km	1 <sup>st</sup> Matthew Gates	
U23	W	22.2km	1 <sup>st</sup> Emily O'Rourke	

## Doubles Sunday 6<sup>th</sup> March

### Non Championship 10km

Koyla Cook/Margi Bohm	53:44
Hamish Elliot/Craig Elliot	56:42

### 15km

Patricia Ashton/Mary Parker	1:25
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### Non Selection

35-59	X2	18.5km	2 <sup>nd</sup> Danielle Winslow/Bob Collins	1:53
50-59	M2	22.2km	2 <sup>nd</sup> Dom Hides/Andrew Parkinson	1:55

## Lane Cove

### Lane Cove – Bob Collins

Only 11 BGCC paddlers made the trip to Lane Cove for the annual 'doubles round'. It was a 10:00am race start so most of us were on the road before 5:00am.

There were only a total of 88 entries and we were advised that some of the paddlers could not make it because of the floods in their area.

I had 2 doubles on my racks and Danielle, Patricia and Mary for company in the car. We met up with Richard Fox at Pheasant's Nest, had a coffee and continued on in convoy.

On arrival, the weather was fine and the Lane Cove members provided their usual incredible service – they off loaded our boats and placed them on the grass in Divisions while we went off to park and get our gear organised.



*Lane Cove members off-loading a visitor's boat.*



Unfortunately the weather did not stay 'nice' – as soon as all boats were on the water and ready to start, it seemed to be a signal for a downpour.

***Waiting in the pouring rain for a start.***

As soon as the first boats lined up, rain stopped and it stayed fine for entire race.

Unfortunately, we were lulled into false sense of security for as soon the last boat was off the water (Danielle and I), the heavens opened.



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a  
as

***Last boat on the river!***



***It bucketed down and everyone copped it!***





Once the rain stopped there were sodden paddlers everywhere loading up their boats to head off home. However, the rain still had not finished with us as we drove through more extremely heavy rain on the tollways – so much so that at one stage we were down to about 65km/hr on the expressway!

Was it worth the early start, the long trip, the rain and not being placed in the race? You bet it was!



One thing I noticed was that no matter what the conditions or time of day, all of the Lane Cove volunteers has smiles on their faces. See below.

***Setting up for the Lane Cove doubles round.***





***Dismantling the course.***

### **A new paddler experiences Lane Cove**

During my first year as a rookie paddler, I heard stories about tippy boats, wild changes of weather, scary swells and long waits in deep water for the safety boats. An uncomfortable amount of those stories seem to take place at Lane Cove. But when Patricia Ashton asked if I would like to paddle a double at Lane Cove I thought, *how bad can it be?* I set off for Sydney bright and early with Patricia, Bob Collins, and Danielle Winslow. It may have looked like we were doing an early morning drug deal when we all met in an empty car park at 4:30am.



Upon our arrival, a group of eager Lane Cove members hurried towards our car and lifted our boats from the roof before I even understood what was happening (my first thought was, “are we being robbed?” and my second was “why doesn’t BGCC have a valet service?!”).

Having never seen Lane Cove before, I decided to check out the water before the race. I walked down to the river with Patricia, Andrew Parkinson and Sue Powell. We admired the tiny, steep pontoon, deep brown colour of the narrow river, bordered by spikey mangroves. For a moment, I was transported back to my North Queensland roots, and I nervously joked



that it looked a lot like the type of place a crocodile would live. Andrew replied that there were no crocodiles, only sharks, and “one time a dead body was found upstream”. I was not reassured.



We went back to our boats, and I stood for a while near the humble *Lethal Weapon*, Patricia and I’s craft of choice for the race. Perhaps not noticing me nearby, a number of strangers made comments as they walked past that ranged from dismay that someone was paddling such a “short fat boat” to shock – “what is that? Look at its little wings!”. I gave the *Lethal Weapon* a little pat to let it know I still loved it.

It was suddenly time to get on the water. I was feeling nervous, and told Richard Fox that I “was having huge regrets and actually didn’t want to do this anymore” and he wisely advised that I “suck it up”.



Just as we made it down the slippery, rocky path towards the river, the rain that had been threatening all morning started to thunder down. Now with a considerable amount of water in the boat, Patricia and I set off for the start line. And then suddenly, someone called go, and we were *going*.

During our first lap, on the way to the turning buoy, I was having joyous thoughts that the whole race would go by this smoothly. We were speed embodied. We were going faster than we ever had on LBG. Nature is so beautiful! The Sydney Harbour Bridge is so spectacular! And then, as we turned, I realised with horror – *oh my god the tide was with us that whole time and now we have to paddle against it*.

It was a grind from then until the end. But Patricia and I are hard workers, we were ready. We battled upstream. We worked through technical difficulties (Patricia’s paddle may have shifted onto on the wrong angle – but it was quickly rectified!) and experienced multiple seasons (sun, wind, rain – all that was missing was snow). I’m not sure if I saw the Harbour Bridge during the second lap or if I was hallucinating around that time. When we finally crossed the finish line we were both happy and satisfied with our race performance, having managed to overtake at least one other boat in our division.



Overall, I had a great time at Lane Cove. I’m told that I got to see it on a calm day, so I consider myself lucky. It was great to meet paddlers from other clubs (even if it was while

we were sheltering from thundering rain), see a new course, and take the *Lethal Weapon* out for a hoon. Thanks for having me as a partner Patricia!

Mary Parker

## South Coast Report on Lane Cove

Whether you had a dry race or a wet race at Lane Cove depended on the division in which you paddled. The showers were quite heavy, but intermittent.

For the first time in a while I wasn't able to get organised to paddle a double to get the 50 bonus points for BGCC, so I was in my C1 in Division 12.

The earlier divisions were already on the water paddling in quite heavy rain while Div 12 paddlers were still waiting to move down to the pontoon for our start. While we waited for Div 11 to start, we were able to shelter from the rain under the bridge. Then the rain stopped or became very light soon after we started and didn't recommence until I was driving out of the car park. That all sounds very convenient and comfortable except that the Div 12 paddlers were thoroughly drenched while we stood waiting to move down to the river from the sports field.

Once we started paddling, conditions were about as good as it gets. The tide was still flowing out, so I guess the portage sandbar became bigger as the race wore on. The tidal flow was manageable with a difference between the downstream and upstream legs of a bit over 1 km/h. The difference might have been slightly greater except that in the last couple of kilometres on the way back upstream, I was able to find a couple of eddies to reduce the effect of the tide.

The Doubles round tends to do strange things to the numbers in each division, so while some were quite big, Div 12 had just six paddlers in five craft. Since the other craft in Div 12 were a K1, a double ski and two single skis, it is no surprise that I finished in last place in my C1. However, I was happy with my time and I felt good throughout the race.

As in previous years Lane Cove members were on hand to assist at the pontoon with launching and more importantly with leaving the water at the end of the race and carrying craft up from the river. The Lane Cove venue creates some challenges, but the Lane Cove members are so well organised that things go very smoothly.



Allan Newhouse after rounding the buoys at the bottom of the course.

### Lane Cove 27<sup>th</sup> March Race 3 (Doubles Round)

#### Div 1

6<sup>th</sup> Koyla Cook/Michael Hanemayer 1:36:24

7<sup>th</sup> Matilda Stevenson/Craig Elliott 1:36:25

#### Div 3

8<sup>th</sup> Andrew Parkinson 1:52:48

9 <sup>th</sup> Dom Hides	1:52:51
<b>Div 4</b>	
7 <sup>th</sup> Richard Fox	1:55:47
10 <sup>th</sup> Patricia Ashton/Mary Parker	1:58:53
<b>Div 5</b>	
3 <sup>rd</sup> Bob Collins/Danielle Winslow	2:07:24
<b>Div 8</b>	
11 <sup>th</sup> Sue Powell	1:36:59
<b>Div 12</b>	
5 <sup>th</sup> Allan Newhouse	1:13:47

## Coach's Corner: Margi Bohm

The summer paddling season is rapidly coming to an end with darker mornings, colder temperatures and the end of the Wednesday Twilight Paddle Series. We had the last Wednesday paddle/time trial on Wednesday last week followed by an excellent feast co-ordinated by Maria with contributions by Patricia, Sue and myself. The canoe polo squad joined us for dinner after their Wednesday night training session and it was great to see the various groups in the club intermingling and sharing stories. A great evening for all despite the weather!!!

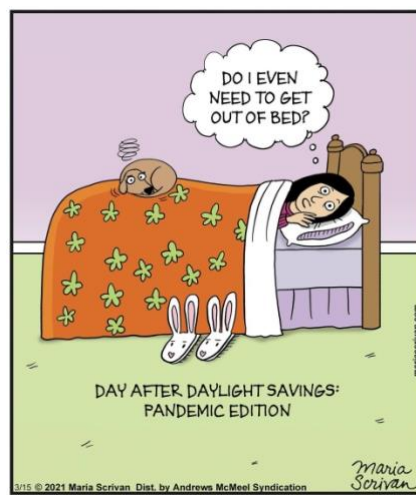
**RACING NEWS:** April is Nationals month with Canoe Polo Nationals in Adelaide in mid-April and Marathon Nationals on the Gold Coast at the end of April. Good luck to all of our club members who are going to compete. Sprint Nationals has been postponed to May at Penrith following recent flooding in the area. With further stormy conditions predicted for the east coast, we are all hoping that these three events will go according to plan with no further disruptions! Please check the Paddle Australia website for details if you are interested in attending any of these events and have not already entered.

The winter marathon series is in full swing again. BGCC is doing quite well on the club points score but we will need greater participating in these events if we are going to be a serious challenge to our main rival – Lane Cove Canoe Club. If there is enough interest, we can pull the trailer to these events, making it easier for you to car pool and keep the costs down. Race distances range from 5 to 20 km. The next two races are:

- 07 May in Davistown. This is a long way away, but it is a nice race and a great weekend away for those looking for warmer temperatures.
- 29 May at Windsor. A great race and a chance to support flood ravaged communities. Windsor is one of the closer races for us so put this date in your diary and let's put in a BIG team for this race.

**FITNESS and RECREATIONAL PADDLING NEWS:** As winter approaches, we will start to run a few technique sessions – TBA. It does not matter what your goal is with regards paddling, good paddling technique prevents injury and allows you to be more efficient, which usually means being able to cover more distance and see more sights.

**CLUB GYM:** It is great to see more and more club members use the gym equipment. Please make sure that you wash off all gear after use using the sanitiser provided. Sensible people will sanitise



equipment before use too. Also please pack the weights away after use so that we keep the area tidy.

We have put up a booking board to inform members of when groups use the gym so that you can better plan your sessions. For example, the women's canoe polo squad will be using the gym on Thursday evenings from 17:30.

**LIFEJACKETS:** water temperatures are starting to drop so it is time to think about dusting off that lifejacket if you do not already wear one when paddling. By mid-winter, our lake temperatures are low enough to cause serious health issues should you fall in.

**LIGHTS:** if you are paddling pre-dawn or post-sunset, lights are compulsory and the ACT water police made it very clear at the last Lake Users Group meeting that they will be targeting canoes and kayaks over this winter. The rule for kayaks is that we display a WHITE light mounted at both ends of the kayak if the kayak or canoe is over 4 m in length with the recommendation that you wear a head torch. The lights can be continuous or flashing but be aware that in an urban environment, there are lots of white lights around so you want yours to behave differently, especially the stern light. Our biggest risk whilst paddling in the dark is being run down by a rowing boat.

Hopefully we will see you on the water soon.

Margi

#### Webinar for COACHES

PNSW will be running a webinar on Wednesday 06 April at 19:30 for all coaches and PAQS paddle educators to update our paddle educators on what was learned during a recent survey and discuss proposed strategies to address the major issues. If you have a coaching or PAQS qualification, you should have received an invitation. However, some emails bounced so here are the details:

PNSW Education Webinar

Wed, Apr 6, 2022 7:30 PM - 9:00 PM (AEST)

**Please join my meeting from your computer, tablet or smartphone.**

<https://meet.goto.com/366215981>

**Access Code:** 366-215-981

There is no requirement to book a place for the Webinar. Please mute your device as you enter the meeting.

NOTE: if you did not get an invitation to this webinar and you have a coaching or PAQS qualification, this means that your email details are incorrect or missing on your PA profile. Please go in and correct this as it will make it easier for PNSW to keep you in the loop in the future.

## Recreational Paddling

### Social Paddle to Springbank Island.

Sunday 13 March an enthusiastic group of 16 did an outing to Springbank Island. The schedule was to be on the water by 9:00, paddle as a group to the island for a picnic and be back at the shed by 12.



Prior to setting out we were given an outline of the route and locations where, if paddlers got separated, the group would reassemble.

We followed the north bank to the Carillon, Commonwealth Park, then a final run to the Island. There was some discussion on whether we would be able to disembark at Springbank Island or head to a new location. We managed to find a suitable landing spot, we disembarked and proceeded to unpack the refreshments we had brought along and enjoyed socialising. A short while later a scout group arrived, being the only suitable landing spot for small craft it got quite crowded. We assisted the scouts land their craft, cleared the picnic table, reassigned kayaks giving people different experience on alternate vessels, and started our way back.

On the return journey we followed the south bank, Captain Cook fountain was on, went past the National Library, National Gallery. At Kings Avenue Bridge the option was given to head 'home' via Kingston, this was quietly declined.

We arrived back at the club house at 12:30. A wonderful effort, a perfect day in every respect, the weather, the happy bunch, the planning.

Thank you to the organizers and to the other participants.

Claudio





## Coastal touring

The Eurobodalla Kayakers organise fortnightly kayak touring trips along different waterways between Narooma and Bateman's Bay. It's a great way to enjoy nature and explore coastal waterways with experienced paddlers. The trips average 12km in length, suit stable craft such as sea kayaks, and there's a 30 min stop for BYO morning tea. The next few trips are:

- 9am Sunday 3 April Moruya to Yarragee
- 9am Sunday 17 April Corunna Lake
- 9am Sunday 1 May Upper Tuross River
- 9am Sunday 15 May Bumbo Lake and Creek
- 9am Sunday 29 May Tomaga River

Most trips are round-trip paddles and have been well-planned to favourably factor in tidal movement. Send an e-mail to [eurobodallakayakers@gmail.com](mailto:eurobodallakayakers@gmail.com) to request being added to their mailing list to get detailed information about each upcoming paddle. There is **no fee to participate** and trip maps for each trip are available from the website [www.eurobodallerkayakers.com](http://www.eurobodallerkayakers.com) - or you can just turn up at the meeting spot and simply follow the leader. You need to be able to comfortably paddle 12km (if I can do it, you can), have the usual safety equipment and be reasonably self-sufficient on the water. Hope to see you there. (BGCC contact Yvonne Best, [thewritestuff007@gmail.com](mailto:thewritestuff007@gmail.com), 0423 118 990).

## Marketplace

### For Sale

Phone: Allan Newhouse 0406 973 216

**TK1 \$700**

Paulownia and WRC. Lighter than fibreglass TK1s.



## Masters K1 \$1500

Paulownia hull, WRC deck. Similar stability to a TK1.



## Double Sea Kayak \$1000

Designed by Nick Schade of Guillemot Kayaks.

This was the first of this design built in Australia and may still be the only one in the country.

Hull and deck mostly WRC and Redwood. Very stable.



## Two Person Canoe \$600

Fibreglass canoe 4.75 metres long 85cm beam. Refurbished with new timber gunwales and webbing seats. Outside coated with polyurethane, inside with flowcoat. Bulkheads with screw in hatches.



## Surf Ski for Sale - Canberra

## Stellar SES Advantage 2018

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

\$3,400 neg.

Contact: Carolyn [carolynleonard@gmail.com](mailto:carolynleonard@gmail.com), 0479003367

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


**Length:** 20'4" / 6.2m

**Beam:** 16.4" / 41.6cm

**Depth:** 13.8" / 35cm

**Suit Paddler:** 5'-6'3" / 1.5 - 1.9m up to 90kg

**Stellar Elite Small (SES)**



**Speed**

Leisure	Fast	Racing
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**Stability**

Beginner	Intermediate	Advanced
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The NEW Stellar Elite Small (SES), the Surf Ski that revolutionized the industry! Stellar started it all with the first Surf Ski hydro-dynamically and ergonomically optimized for smaller paddlers. We kept the same fast hull below the water line and narrowed catch, as well as reduced the volume of the cockpit. We also moved the paddler forward and moved the rudder forward, all to fine tune the performance and handling. We added a water bottle holder and handles to round out this world class boat!

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

*If you have contributions for the next edition, please get in touch [robertba28@gmail.com](mailto:robertba28@gmail.com)*