



# BLAZING PADDLES

*Newsletter of the*  
**BURLEYGRIFFIN CANOE CLUB**

Volume 33 Issue 3 July 2023

**Your Committee:**

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**Vice President:** Mary Parker

**Secretary:** Margi Bohm

**Treasurer:** Tammy van Dange

**Boat Captain:** Lachlan Parker

**Membership Secretary:** Patricia Ashton

**Safety Officer:** Dan Irvine



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- President's notes
- Club News
- Polo News
- Davistown Results
- Woronora Results
- Recreational paddling
- Marketplace



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

Position	Person
Membership Secretary	Patricia Ashton
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Coaches rep	Margi Bohm
Webmaster	Geoff Collett
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Canoe Polo	Laura Kleinrahm
Time Trials	Lachlan Parker*& Matilda Stevenson*(Jointly)
Marathon	Richard Fox
Event Co-ordinator	Bob Collins
Sprint	Kolya Cook
Slalom - WW	Craig Elliott
Social Convener	Maria Ouvrier
Recreational paddling	

The stalwarts of the winter paddling fraternity have donned their thermals, kicked the fur seals off the pontoon and continued to hone their finely tuned paddling bodies throughout the cooler months of June and July. Well done, you have earned the respect of those who have found a warm cave from which to view the winter weather.

Winter paddlers are easy to spot around Canberra, they have sparkling eyes, a blue nose and chattering teeth.

But they will have a conditioning advantage once the planed time trials get underway in October so shed those winter woollies and give it a go. I am about to give it a go, just as soon as I remember where I hid my paddle...  
Robert



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## Coming Events:

- |              |                      |                               |                                       |
|--------------|----------------------|-------------------------------|---------------------------------------|
| • Race ..... | <i>Penrith</i>       | <i>Marathon Series Race 6</i> | <i>23<sup>rd</sup> July 2023</i>      |
| • Race ..... | <i>Swallow Rock</i>  | <i>Marathon Series Race 7</i> | <i>19<sup>th</sup> August 2023</i>    |
| • Race ..... | <i>Myall Classic</i> | <i>Tea Gardens</i>            | <i>16<sup>th</sup> September 2023</i> |
| • Race.....  | <i>Cockle Creek</i>  | <i>Marathon Series Race 8</i> | <i>23<sup>rd</sup> September 2023</i> |

## Club News

Saturday 3<sup>rd</sup> of June saw a gathering of around 40 club members enjoy a club lunch in the most beautiful winter weather.

The club celebrated our 33<sup>rd</sup> birthday with a hot lunch catered for by Maria. A Costco cake, which, unfortunately, left indelible stains on fingers and didn't sit well on the stomach, was not one of their best. Marshmallows roasted by the fire, however, were popular.

We celebrated some great performances from our flatwater paddlers and canoe polo teams at recent Nationals.

Two of our life members and founding members, John Harmer and Helen Tongway were invited to cut the cake to a round of applause in appreciation.

After lunch Richard Fox held an informal session for anyone interested in taking part, as a solo paddler, part of a relay team, or as land crew for the Hawkesbury this year. There was a good turnout with many Hawkesbury 'regulars' sharing their experiences and potential paddlers asking questions. Further info and training sessions will be organised. If you are interested, let Richard know.

Thanks to Maria for catering once again and to all those who helped with the serving and cleaning up.

It was an enjoyable lunch, with a wide mix of club members.

*Patricia*







## **The *UNOFFICIAL BGCC* Adventure Squad took on their first adventure!**

Six of us went to Kangaroo Valley to tackle the dam, which was so beautiful! Partnering with Kangaroo Valley Adventure Co., we spent the night in a suitably dodgy pub in Moss Vale.

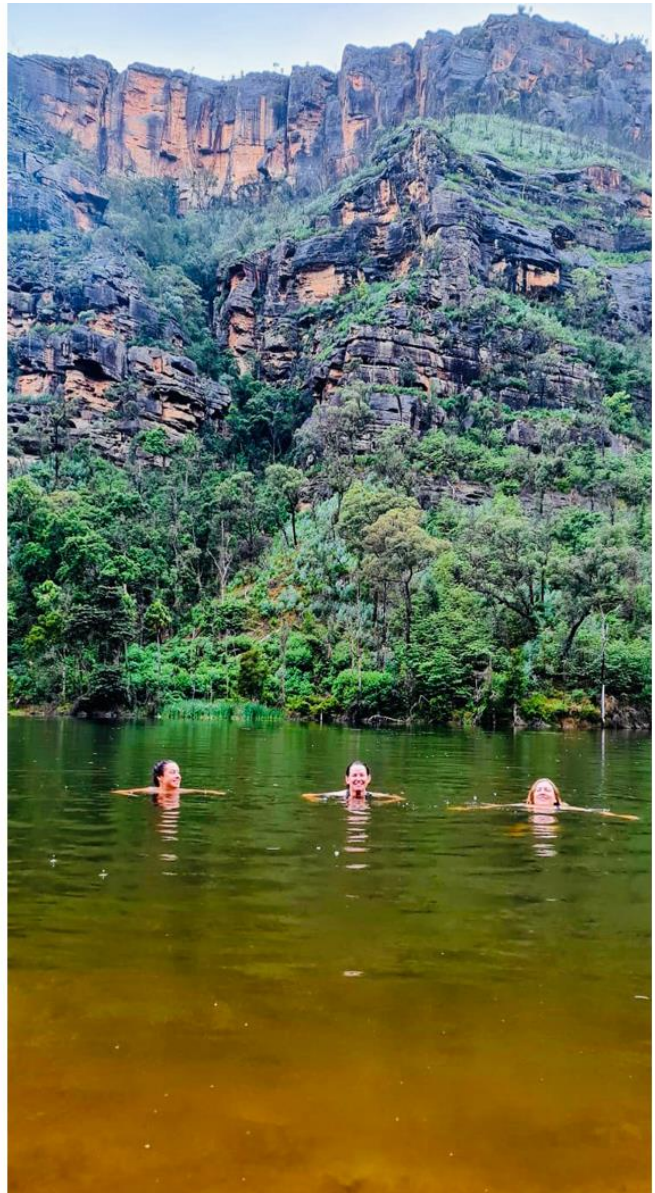
Following morning we missioned on up, packing our gear in suitably heavy boats, accompanied by suitably large tubs of gin, tonic, eye fillet and gnocchi before the stunning 25 km paddle past the dam to one of the only 'non-gorge' few metres-squared to set-up camp.

So beautiful, delicious meal, stunning sunrise and thank goodness only 5 km back to the pick-up!

A blast had by all, thanks Squad Coaches for preparing our technique and endurance!

Key Takeaway? Never let anyone tell you that you won't need your carbon paddle ha-ha

Karla Palecek









## Moruya Training Camp June 23

Moruya Training Camp was another successful event with 23 people attending. Not all were from BGCC, with 8 from interstate.

Paddlers ranged from very experienced, to several of our Nsquad members who have been paddling less than 12 months, we had junior sprint, ocean ski paddlers, some paddlers requiring remedial training & others just fine-tuning technique.



With 2 tinnies, the group was split into a faster group and a slower group. Videos were taken, technique worked on, both on land and water, tinny wash was provided to play in, technique was critiqued in detail on screen with feedback provided, questions asked, and remedies dispensed.

Bob Turner, when not on tinny duty, had offered to take interested participants out on the ocean for some skills training. Those of us new to ski paddling had to demonstrate our (total lack of) remounting skills. While this resulted in much embarrassment, laughter, frustration and a myriad of bruises, some patient instruction from Bob also led to success.



Saturday morning saw a group of us head out into the 'calm' seas through the Tomakin river mouth. And we just kept going out into the blue with nothing in front except more sea!! Granted, there was still land either side, but we're 3km out and it was a bit daunting. 'Remember, water goes up, water goes down,' said Bob. Calm? Yes, in the scheme of things, but I was grateful I was on a particularly stable ski, the club Genesis felt very comfortable even if I wasn't totally.

Bob, Sue and Andy (who may have his own tale to tell), headed back at that stage leaving Matilda, Jacqui, Tom Layton & 2 others - all with various levels of experience - and myself. So, I felt safe enough. We turned south and paddled past Broulee island and South Broulee beach, staying quite away from shore as there were IRB races on. After deciding we had gone far enough, we turned back for home, with lessons on how to catch runners, what to look for and feel. This was more fun! The return trip was a bit quicker, though there wasn't much to catch, no long (or fast) runs, but good to learn on.

Once back in the river mouth we played in the waves for a short while, though again there wasn't much happening. (Andy, had his own adventure here too.)

The following morning, while our flatwater paddlers were paddling with their eyes closed, Bob took me, Tom and Lis (NSW), to Guerilla Bay, where we followed the coastline, close in, heading north. The water was so clear, although the bounce back from the rocks was sometimes a little uncomfortable; except for around a small island where it was decidedly 'treacherous!' (Well, maybe it was just me.... but it was bumpy). The shoreline was stunning though, with rocks, cliff faces, beaches and large homes perched on headlands.

We didn't venture too far, paddling for an hour before turning around and catching a light wind and chasing runners back to the put in point.

Have to say, I can see the attraction. It was a lovely paddle. Not hard, but beautiful scenery; being able to see the bottom, rocks, seaweed etc.; the constant movement of the water and trying to paddle 'with' it, rather than the steady cadence of flatwater marathon; and the challenge and thrill of catching a wave.

Many thanks to Bob and the other paddlers for making it a starting point for more!

Patricia





## Newbie on the Ocean!

On the first day of the training camp, whilst individuals were being filmed from the launch, I took several opportunities to wash ride the tinnie. “This is great” I thought to myself, as I could feel the wave being generated from the launch lift the stern of my ski and push me along. I just had to keep on top of it and let gravity do its thing and ride down the other side of the everlasting wave.

Later that day, Bob Turner from Paddle NSW asked me “are you planning to come to the ocean tomorrow?”, “I sure am” was my reply. “Can you remount your ski?” asked Bob. “Yes” I replied confidently. “Show me,” said Bob. So, I proceeded to throw myself into the slightly uncomfortably cold river and made an absolute hash of a remount. “Do it again” said Bob, “This time, take your time”. I repeated the exercise and proceeded to successfully remount my ski with the same grace as a walrus climbing onto an iceberg. “That will do,” said Bob.

The next morning, the intrepid group of ocean ski paddlers met up with Bob at the prescribed time to make our way to the Mossy Point Boat Ramp.

“So who has checked the forecast?” asked Bob. Nobody raised their hands. “Who has checked the tides and swell?” Again, an eerily ashamed level of silence filled the air.

Lesson number one, always check the forecast from as many different sources as available, over a time period which will exceed your planned period at sea.

Lesson number two, try to stay together when we are on the ocean.





We arrived at the boat ramp, where we paired up. Lesson number three, never leave your wingman.

The group then mounted their trusty steeds and paddled up the stunning Tomago River mouth to the ocean. This is where my hips started behaving like they have a mind of their own and I felt myself tensing up and fighting the boat, trying to stabilise myself. "Keep paddling through it" and "Don't lean back" were the constant instruction coming from Bob as we paddled onto the ocean.

The rest of the group seemed to be having a lot better time of it than me. Moving away from the shore in a nice tight group, whilst I floundered around at the back trying to stay upright and desperately trying to relax my hips. It didn't get any better! Eventually, after about three kilometres, Bob decided to allow me to turn around and head back to the river mouth. And Sue opted to join us. We got back to the surf zone, which I paddled straight past and kept going back to the boat ramp.

I sat in my ski with my feet out on the sandy beach and put my head in my hands and gave myself a little talking to. I don't recall exactly what I said to myself, but when I saw that Bob and Sue were back in the Surf zone catching waves, I decided to join them.

My shaky hips suddenly belonged to me again and I felt way more relaxed. This is when I really started enjoying myself. The feeling you get when you are riding down a wave is awesome. Getting off the ride as the wave starts to break is another story, and I got caught more than once ending in an abrupt upside-down moment. No problem though, turn the boat over, get back on and do it again. Absolutely loved it and looking forward to going again soon.

Andy O (NSquad)



## Moruya Training Camp June 23

Saturday morning started chilly but quickly warmed up nicely. After brief instructions we were on the water for a warmup and a two-kilometre paddle to sort into two groups. The groups then headed off to record everybody's paddling from various angles and then a paddle home in the sun.



Saturday afternoon started by checking our boat setup and then a paddle to work on technique with 'keep your hands up' a common theme for group B. Then off to the

Adelaide pub for a drink and dinner while Margi edited files. Only a sense of guilt got us out of the pub back to camp for the review of our paddling. Matilda and Jacqui provided the best examples of what to do. For the rest of us a frequent theme was avoiding the wasted effort from bucketing water on exit. Many useful comments were provided to each attendee.

After a cold Saturday night, Sunday morning warmed quickly. Off for a paddle working on our individual issues identified the previous evening. Group B parked our kayak noses on the beach practising stabbing and rotation.

Later a paddle up the river and a nice beach location allowed for a place to circuit around on the river with Margi providing helpful advice from the shore – keep those hands up. In the afternoon paddle group B headed off for serious training managed by Patricia, but quickly got distracted by a seal frolicking around the kayaks.

Sunday evening was heating up by the fire and a pleasant meal at the waterfront hotel.

Unfortunately, at some point Ali took her phone for a swim and Dani also went for a swim but demonstrated a great re-entry to her kayak from deep water.

As usual Andy got some great pictures from his roaming camera. Louise enforced power boat speed on the river while paddling her best using both sides of the boat.



*Figure 1 Neil & Louise*



*Figure 2 Maria*

Monday morning was a quick session before checkout. We started as a line of strange people sitting in our kayaks on the grass with our eyes shut 'resetting our neural pathways'. Then on to the water paddling past the boat ramp with the 'voice of God' coming through a megaphone from the bank above, patiently correcting our faults. Who knew God had a South African accent?

Thanks to Margi, Bob Turner and Patricia for the insightful and patient coaching. Thanks to Andy and others for managing the tinnies. Thanks to all who participated in such an enthusiastic manner leading to a fun and informative weekend. We all left with something to work on to improve our paddling.

*Neil Fargher (Nsquad)*



Note one of Margi's drills.

Sit on land in your boat (in summer on the water...), close your eyes and go through your paddle stroke. Margi then says stop and paddlers note where their hands are – often, not where they thought. Usually top hand is much lower, not as rotated etc.



## Polo Newsletter

Winter polo continues to chug along. B Grade has been taking the lead, training every Saturday morning in the rain and wind, generally accompanied by wet spray decks from Friday polo the night before. MattyG has also been busy pushing through the solitude of having no friends (I kid MattyG, we love you), clocking up the solo miles in the dark. Our ladies have been liftin', with a record crowd last week, and some casual Saturday sessions now added to the calendar. By the time the season rolls in, they'll be needing new rashies to contain their guns!

In sadder news, we farewelled our Dutch Superstar, Rik, back to the Netherlands. A mournful night that was slightly brightened by the delicious creations of Thomas 3000 and LozzaKs Polo Cake, as well as the boys using a blower on the firepit.

A crew of Australian Squad nominees have also been jet-setting back and forth between Canberra and Brisbane for training camps, laden with boats, balls and impending bankruptcy. The Oceania teams will be announced after the first Summer Series event on the October Long Weekend, with the Championships hosted by New Zealand in December.

We're gearing up for a busy summer, with Gold Coast, Sydney, Nagambie and Adelaide on the menu, in addition to Oceania's in NZ and the National Championships in Canberra, so we've pumped up the car tyres and filled our road trip playlists for another bumper crop.

**The National Championships have been announced for 29-31 March, 2024, so make sure to pop in and show some support for our ACT teams and see what all the fuss is about!**

We'll also be looking to do a weeknight rolling session at Lakeside Leisure Centre soon, so get in touch if you may be interested. Cost is \$10 plus pool entry.



*Tammy Ven Dange keeping score at Friday polo*



*Matt, Tau and Louise in their custom Rilolas Party Hats*

*Burley Griffin Canoe Club chosen as one of three Canberra Labor Club Marble Run participants.*

BGCC has the chance to win \$5,000 if they receive the most marbles at Canberra Labor Club Belconnen during July. Members receive marbles for every \$10 spent on food and drink. To receive your marbles, take your receipt to reception and then place your marbles into the Marble Run. BGCC is hosting the 2024 Paddle Australia National Championships, so funds would go towards establishing a second Canoe Polo field to keep up with our growing numbers, as well as other exciting initiatives for the event such as livestreaming and Come and Try sessions.

For those who are Canberra Labor Club members, make sure to head over to their Belconnen venue and enjoy some food and drinks whilst supporting BGCC in the process! The promotion finishes at the end of the month, so get dining!

See: [https://m.facebook.com/story.php?story\\_fbid=pfbid036fo3hYr89L6EfS3XtRCFLzprK6Jd6zAkknf5XNTacrxVzMjt3Lurmd78vmJzsVQI&id=100052439923452&sfnsn=mo&mibextid=RUbZ1f](https://m.facebook.com/story.php?story_fbid=pfbid036fo3hYr89L6EfS3XtRCFLzprK6Jd6zAkknf5XNTacrxVzMjt3Lurmd78vmJzsVQI&id=100052439923452&sfnsn=mo&mibextid=RUbZ1f)



*Friday Polo crew selfie*

*Below: MattyG having a gym-buddy*



*Record-breaking crowds at Ladies Who Lift!*

*LozzaK's polo cake*





## Marathon Race Convenor

Hello BGCC members,

Woronora (Race 5) last weekend was the halfway mark for the 2023 Marathon Series. We have five races remaining. Penrith is the next race on 23rd July, then Swallow Rock (19/8), Cockle Creek - near Newcastle (2/9), Narrabeen (30/9) and Race 10 is Makai - Burrill Lake near Ulladulla (14/10).

BGCC is currently placed second on 3,817 points in the Brian Norman Trophy for champion club. Lane Cove River Kayakers are leading on 4,511 points and behind us in third is Sutherland Shire on 2,314 points. In the ICF Trophy (effectively K1/2/4 and C1) BGCC is again in second place behind LCRK and ahead of Manly Warringah in third place. We are absolutely in the hunt for both honours!!!

To date in 2023, 55 BGCC club members have raced in at least one Marathon Series race. Two have raced in all five races to date - Andrew Webber and Andrew Osborne. And both lead their division. Three members have entered four of the five races. Essential to podium success is consistently turning up. But be mindful that your seven best placings count to your final points tally. If you race more than seven you drop your lowest points placing. This provides a safety buffer for those who cannot make all events. With five races remaining all divisions are wide open.

Penrith is one of the closest Marathon Series races to Canberra. It is an out-and-back course, so fewer turns. The Nepean River is also a well-protected river so less impacted by wind. Please carefully consider entering this event through WebScorer. By so doing, you will help consolidate our second placing and you'll help keep LCRK nervous!

It's great to see so much paddling activity on the Molonglo River! A mild winter does wonders for the soul.

*Richard Fox*

*Marathon Convenor - 2023*

## Race Results

### Davistown

Led by BGCC's regular marathon convener Richard Fox, a small but dedicated group set forth early on the Saturday morning for the five-hour drive to sub-tropical heaven where snowshoes and fur skin coats are not needed.

The Kayak Marathon held on the 20th of May 2023, showcased the natural beauty and serene waters of the sleepy village of Davistown on the central coast of N.S.W. Situated on the tidal inlet to Kincumber Broadwater, Davistown provided a picturesque setting for the fifth race in the Paddle NSW marathon series race.

The weather on that day was nothing short of perfect. A warm, sunny day with light winds created ideal conditions for the competitors.

The 5 km laps course offers something a little different to other Marathon Races with complex tides and other marine traffic keeping the paddlers alert.

One of the main obstacles paddlers faced in this race was the regular ferry crossing the race path, adding an element of strategy and timing to the event.

However, the organizers ensured that the course was well displayed, allowing for 100 participants to navigate the course with confidence.

*Robert*

Results below

#### Race winners » Division 1 (20km 1:30-1:40) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	104	James Harrington Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:47:12.7	-
2	103	Dmytro Medvedyev Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:48:42.7	+1:30.0
3	105	Pauline Findlay / Darren Lee Lane Cove	ICF Class (K1, K2, C1, C2)	F/M	1:48:45.6	+1:32.9
4	102	Jason Ware Penrith	ICF Class (K1, K2, C1, C2)	M	1:50:45.8	+3:33.1
5	106	Laura Lee / Craig Elliott Burley Griffin	ICF Class (K1, K2, C1, C2)	F/M	1:52:30.3	+5:17.6
6	101	Ziko Voseky Learn to Paddle Now	ICF Class (K1, K2, C1, C2)	M	1:59:28.4	+12:15.7
-	100	James Pralija Lane Cove	ICF Class (K1, K2, C1, C2)	M	DNF	-

#### Race winners » Division 2 (20km 1:40-1:45) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	201	Lachlan Stokes Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	1:52:30.7	-
2	200	Peter Manley Lane Cove	General Class (all other craft)	M	1:52:34.3	+0:03.6
3	203	Mick Carroll Brisbane Waters	General Class (all other craft)	M	1:56:39.8	+4:09.1
4	204	Craig Macfarlane Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:58:28.8	+5:58.1
5	202	Naomi Johnson Lane Cove	ICF Class (K1, K2, C1, C2)	F	1:59:33.2	+6:02.5
6	205	Cassandra O'Connor / Stephen Shelley Lane Cove	General Class (all other craft)	F/M	1:58:53.3	+6:22.6

#### Race winners » Division 3 (20km 1:45-1:50) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	301	Murray Dell Brisbane Waters	General Class (all other craft)	M	1:53:13.9	-
2	312	Richard Yates / Tony D'andreti Lane Cove	General Class (all other craft)	M	1:55:09.6	+1:55.7
3	313	Chris Johnson / Harry Janacek Lane Cove	General Class (all other craft)	M	1:56:11.5	+2:57.6
4	300	Gareth Stokes Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	1:57:26.4	+4:12.5
5	307	Tim Binns Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:57:56.9	+4:43.0
6	304	John Denyer Sutherland Shire	General Class (all other craft)	M	1:58:54.0	+5:40.1
7	303	Paul Moses Cronulla Sutherland	General Class (all other craft)	M	1:59:26.9	+6:13.0
8	306	John Burkott Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:59:28.2	+6:14.3
9	310	Rodrigo Matamala Lane Cove	ICF Class (K1, K2, C1, C2)	M	2:06:02.4	+12:48.5
10	305	Peter Avery Lane Cove	General Class (all other craft)	M	2:19:24.1	+26:10.2
-	308	Don Johnstone Lane Cove	General Class (all other craft)	M	DNF	-



#### Race winners » Division 4 (20km 1:50-1:55) - Overall

Place ^	Bib	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	411	John Duffy Lane Cove	General Class (all other craft)	M	2:01:49.6	-
2	407	David Lowe Penrith	General Class (all other craft)	M	2:02:13.2	+0:23.6
3	405	Mark Moro Sutherland Shire	General Class (all other craft)	M	2:05:49.4	+3:59.8
4	406	Richard Fox Burley Griffin	General Class (all other craft)	M	2:05:52.2	+4:02.6
5	400	Stephen Morrow Brisbane Waters	ICF Class (K1, K2, C1, C2)	M	2:06:13.0	+4:23.4
6	410	Dominic Hides Burley Griffin	ICF Class (K1, K2, C1, C2)	M	2:07:03.3	+5:13.7
7	404	Warren Maloney Sutherland Shire	General Class (all other craft)	M	2:11:47.8	+9:58.2
8	402	Steven Brinkley Newry	General Class (all other craft)	M	2:17:45.7	+16:56.1
9	408	Wade Rowston Lane Cove	ICF Class (K1, K2, C1, C2)	M	2:21:19.3	+19:29.7

#### Race winners » Division 5 (20km 1:55-2:00) - Overall

Place ^	Bib	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	505	Ian Cooper Windsor	ICF Class (K1, K2, C1, C2)	M	2:07:31.6	-
2	503	Andrew Webber Burley Griffin	General Class (all other craft)	M	2:10:26.6	+2:55.0
3	502	Neil Crabb Windsor	General Class (all other craft)	M	2:11:17.0	+3:45.4
4	500	Duncan Johnstone Lane Cove	General Class (all other craft)	M	2:20:54.4	+13:22.8
5	501	Wayne Heaton Newry	General Class (all other craft)	M	2:34:20.8	+26:49.2

#### Race winners » Division 6 (20km 2:00-2:10) - Overall

Place ^	Bib	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	603	Greg Thompson Penrith	General Class (all other craft)	M	2:16:25.6	-
2	607	Michael Dellapina Sutherland Shire	General Class (all other craft)	M	2:26:52.6	+9:26.9
3	602	Alan Pierson Hunter Valley	ICF Class (K1, K2, C1, C2)	M	2:27:07.1	+10:41.5

#### Race winners » Division 7 (20km 2:10-2:20) - Overall

Place ^	Bib	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	701	Andrew Osborne Burley Griffin	General Class (all other craft)	M	2:28:23.0	-
2	702	Helen MacDonald Lane Cove	ICF Class (K1, K2, C1, C2)	F	2:29:19.9	+0:56.9
3	700	Diane Perry Newry	General Class (all other craft)	F	2:42:06.9	+13:43.9

### Race winners » Division 8 (15km) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	808	Chelsea Sutton Manly Warringah	ICF Class (K1, K2, C1, C2)	F	1:28:58.5	-
2	813	Malcolm Brear / Stephen Monger Brisbane Waters	General Class (all other craft)	M	1:29:00.6	+0:02.1
3	817	Massimo Mariani Illawarra	General Class (all other craft)	M	1:31:44.6	+2:46.1
4	814	Albert Cobb / Geoff Dawes Brisbane Waters	General Class (all other craft)	M	1:32:17.6	+3:19.1
5	800	Timothy Harrington Lane Cove	General Class (all other craft)	M	1:33:26.2	+4:26.7
6	805	Mark Brear Brisbane Waters	ICF Class (K1, K2, C1, C2)	M	1:38:18.1	+9:19.6
7	815	Sue Smith / Greg Hillier Hunter Valley	General Class (all other craft)	F/M	1:38:50.7	+9:52.2
8	804	Margi Bohm Burley Griffin	ICF Class (K1, K2, C1, C2)	F	1:38:51.5	+9:53.0
9	816	Leslie Howard Windsor	General Class (all other craft)	M	1:43:32.2	+14:33.7
10	810	Geoffery Horsnell Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:47:09.0	+18:10.5
11	812	Graham Malts / Philip Bollamy Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:52:28.0	+23:29.5
12	801	Robert Moulston Brisbane Waters	ICF Class (K1, K2, C1, C2)	M	1:54:36.8	+26:37.3
-	807	Davara Marshall Avoca	ICF Class (K1, K2, C1, C2)	F	DNF	-
-	811	Craig Dodd Brisbane Waters	General Class (all other craft)	M	DNF	-

### Race winners » Division 9 (10km < 0:55) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	905	Jacob Mako Manly Warringah	ICF Class (K1, K2, C1, C2)	M	57:29.1	-
2	910	Viliam Mako Manly Warringah	ICF Class (K1, K2, C1, C2)	M	57:31.2	+0:02.1
3	907	Matt Rees Avoca	General Class (all other craft)	M	58:59.1	+1:30.0
4	900	Male Eles Manly Warringah	ICF Class (K1, K2, C1, C2)	M	59:29.1	+2:00.0
5	903	Julian Glew Avoca	ICF Class (K1, K2, C1, C2)	M	1:02:44.1	+5:15.0
6	906	Elisabeth Woodhart / David Dibdin Sutherland Shire	General Class (all other craft)	F/M	1:06:50.3	+9:21.2
7	902	Ted Hall Burley Griffin	General Class (all other craft)	M	1:07:58.3	+10:29.2
8	909	Andrew Laverick Newy	General Class (all other craft)	M	1:08:25.0	+10:55.9
9	908	Stephen Carcary Other	General Class (all other craft)	M	1:09:23.6	+11:54.5

### Race winners » Division 10 (10km 0:55-1:00) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	1001	Anthony Dartnell Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:03:14.2	-
2	1002	Colin Cook / Stuart Mathieson AOCRA	ICF Class (K1, K2, C1, C2)	M	1:06:31.1	+3:16.9
3	1003	Marni Kay / Russell Brown Hunter Valley	ICF Class (K1, K2, C1, C2)	F/M	1:07:11.5	+3:57.3



### Race winners » Division 11 (10km 1:00-1:05) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	1103	Kris Foster Penrith	General Class (all other craft)	M	1:08:12.1	-
2	1105	Priya Malcolm Manly Warringah	ICF Class (K1, K2, C1, C2)	F	1:08:46.7	+0:34.6
3	1101	Ella Lawsen Avoca	ICF Class (K1, K2, C1, C2)	F	1:13:36.0	+5:23.9
4	1102	David Veivers Lane Cove	General Class (all other craft)	M	1:21:37.7	+13:25.6

### Race winners » Division 12 (10km >1:05) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	1201	Andy Lynn Windsor	General Class (all other craft)	M	1:18:26.7	-
2	1200	Robyn Bingle Sutherland Shire	General Class (all other craft)	F	1:19:17.0	+0:51.3
3	1202	Allen Newhouse Central Coast	ICF Class (K1, K2, C1, C2)	M	1:24:38.8	+6:13.1
-	1203	Robyn Hawes Newy	General Class (all other craft)	F	DNF	-

### Race winners » Division 13 (5km) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	Difference ^
1	1300	Kevin Nettle Cronulla Sutherland	General Class (all other craft)	M	44:00.5	-
2	1301	Ross Ferguson Hunter Valley	General Class (all other craft)	M	52:05.4	+8:04.9



*Davistown boat-lot*



## Woronora

Congratulations Sutherland Shire Canoe Club for hosting a well-run race on Sunday the 26<sup>th</sup> July. The inaugural First Nations Round and the 1st race in the 'New to Paddling' juniors series made the day very special. Quite a few of the paddlers were sporting the new Paddle NSW First Nation cap. A well-designed indigenous image in shades of blue and white

Mention of cool conditions by a few of the Sydney paddlers brought a smile to the faces of the thirteen Canberra paddlers who made the trip to Woronora for the 6<sup>th</sup> race of the Paddle NSW Marathon calendar. It was a beautiful warm sunny day with little wind. The run-out tide and muddy edges were small inconveniences compared to the cold westerly winds blowing back home in Canberra.

It has been good to see some of the newer paddlers pick up our baton and keep the name of BGCC on the result sheets. A special hurrah! to Andrew Osborne who blitzed the field in Div 7 and Andrew Webber who continues to put in good performances in Div 5.

A paddler to put your money on to win a race soon is Louise Yabsley who did a faster time in her Div 12 Ranking Race than the winner in the main Div 12 Division.

*Robert*



Patricia Ashton, Colin Calderwood, Bob Collins, Ali Thwaites, Craig Elliott, Andrew Webber, Sue Powell, Richard Fox, Louise Yabsley & Neil Fargher. Missing: Andy Osborne & Marcello Cabezas





Sue, Neil, Ali, Andy, Bob, Andrew, & Louise - enjoying the chilly morning- just like home

## Results Below:

### Race winners » Division 1 (20km 1:30-1:40) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	% median time v
1	104	Brett Greenwood Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:33:52.4	0.70%
2	106	James Harrington Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:33:53.7	0.67%
3	100	Pauline Findlay / Darren Lee Lane Cove	ICF Class (K1, K2, C1, C2)	F/M	1:34:31.5	0.01%
4	101	Craig Elliott Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:34:32.2	-0.01%
5	102	Andras Eles Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:35:38.8	-1.18%
6	103	Jason Ware Penrith	ICF Class (K1, K2, C1, C2)	M	1:39:22.8	-5.13%

### Race winners » Division 2 (20km 1:40-1:45) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^
1	206	Lachlan Stokes Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	1:40:12.8
2	205	Chris Murty Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:40:13.3
3	202	Michael McKeogh Cronulla Sutherland	General Class (all other craft)	M	1:41:10.3
4	203	Peter Manley Lane Cove	General Class (all other craft)	M	1:41:11.8
5	207	John Lee Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:41:21.0
6	201	Richard Andrews Lane Cove	General Class (all other craft)	M	1:45:20.5
7	208	Rob Inglis Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	1:47:25.8
8	200	Cassandra O'Connor / Stephen Shelley Lane Cove	General Class (all other craft)	F/M	1:47:28.1
9	204	Craig Macfarlane Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:47:28.6

### Race winners » Division 3 (20km 1:45-1:50) - Overall

Place ^	Bib ⇅	Racer name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	% median time ▾
1	300	Richard Yates / Tony D'andreti Lane Cove	General Class (all other craft)	M	1:45:44.4	3.00%
2	307	Tim Binns Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:45:45.4	2.98%
3	303	Montannah Murray Cronulla Sutherland	General Class (all other craft)	F	1:45:46.0	2.97%
4	312	Laura Lee Windsor	ICF Class (K1, K2, C1, C2)	F	1:47:28.3	1.41%
5	311	Geoff Bedford Cronulla Sutherland	General Class (all other craft)	M	1:48:27.9	0.50%
6	304	<b>Don Johnstone</b> Lane Cove	General Class (all other craft)	M	1:49:32.8	-0.50%
7	308	Daniela Angela Torre Lane Cove	ICF Class (K1, K2, C1, C2)	F	1:52:33.7	-3.26%
8	301	David Lowe Penrith	General Class (all other craft)	M	1:53:27.5	-4.08%
9	310	Rodrigo Matamala Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:53:32.1	-4.15%
10	306	John Duffy Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:54:22.9	-4.93%

### Race winners » Division 4 (20km 1:50-1:55) - Overall

Place ^	Bib ⇅	Racer name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	% median time ▾
1	411	Mark Moro Sutherland Shire	General Class (all other craft)	M	1:54:59.9	3.60%
2	410	Matthew Lowe Penrith	General Class (all other craft)	M	1:55:02.4	3.56%
3	405	Stephen Morrow Brisbane Waters	ICF Class (K1, K2, C1, C2)	M	1:55:17.0	3.36%
4	406	Wade Rowston Lane Cove	ICF Class (K1, K2, C1, C2)	M	1:59:17.4	0.00%
5	402	Richard Fox Burley Griffin	General Class (all other craft)	M	1:59:18.0	-0.01%
6	400	Warren Maloney Sutherland Shire	General Class (all other craft)	M	1:59:32.8	-0.22%
7	404	David Dibdin Sutherland Shire	General Class (all other craft)	M	2:06:14.2	-5.82%
-	407	Dominic Hides Burley Griffin	ICF Class (K1, K2, C1, C2)	M	DNF	-

### Race winners » Division 5 (20km 1:55-2:00) - Overall

Place ^	Bib ⇅	Racer name ⇅ Affiliation ⇅	Category ⇅	Gender ⇅	Finish time ⇅	% median time ▾
1	501	Wayne Heaton Newry	General Class (all other craft)	M	1:55:00.6	2.27%
2	504	<b>Andrew Webber</b> Burley Griffin	General Class (all other craft)	M	1:55:52.2	1.54%
3	502	Neil Crabb Windsor	General Class (all other craft)	M	1:56:44.7	0.80%
4	505	Andrew Giardini Sutherland Shire	General Class (all other craft)	M	1:58:37.4	-0.80%
5	500	Patricia Ashton / Bob Collins Burley Griffin	General Class (all other craft)	F/M	1:59:40.3	-1.69%
6	503	Duncan Johnstone Lane Cove	General Class (all other craft)	M	2:02:19.9	-3.95%



### Race winners » Division 6 (20km 2:00-2:10) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	% median time ^
1	600	Greg Thompson Penrith	General Class (all other craft)	M	2:04:59.3	6.17%
2	602	Michael Dellapina Sutherland Shire	General Class (all other craft)	M	2:09:27.8	2.81%
3	606	Andrew Pearce Lane Cove	General Class (all other craft)	M	2:16:56.3	-2.81%
4	603	Linden Barnes / Richard Barnes Sydney Uni	General Class (all other craft)	F/M	2:20:48.9	-5.72%

### Race winners » Division 7 (20km 2:10-2:20) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	% median time ^
1	702	Andrew Osborne Burley Griffin	General Class (all other craft)	M	2:06:00.6	8.04%
2	701	<b>Rozanne Green</b> Other	General Class (all other craft)	F	2:13:22.8	2.66%
3	703	Rachel Mosen Pacific Dragons	General Class (all other craft)	F	2:20:40.9	-2.66%
4	700	Derek Simmonds Lane Cove	General Class (all other craft)	M	2:23:08.5	-4.46%

### Race winners » Division 8 (15km) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	% median time ^
1	802	Steven Sey Cronulla Sutherland	General Class (all other craft)	M	1:16:05.3	9.79%
2	810	Chelsea Sutton Manly Warringah	ICF Class (K1, K2, C1, C2)	F	1:17:43.9	7.85%
3	808	Brett Worth Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:17:45.0	7.82%
4	805	Neil Wiblin Cronulla Sutherland	General Class (all other craft)	M	1:22:00.1	2.78%
5	800	Albert Cobb / Geoff Dawes Brisbane Waters	General Class (all other craft)	M	1:23:25.0	1.11%
6	806	Massimo Mariani Illawarra	General Class (all other craft)	M	1:24:09.3	0.23%
7	813	Marcelo Cabezas Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:24:32.7	-0.23%
8	812	Sue Smith / Greg Hillier Hunter Valley	General Class (all other craft)	F/M	1:26:36.0	-2.67%
9	803	Tim McNamara Lane Cove	General Class (all other craft)	M	1:30:17.3	-7.04%
10	804	Leslie Howard Windsor	General Class (all other craft)	M	1:34:43.7	-12.30%
11	811	Geoffery Horsnell Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:35:49.3	-13.60%
12	807	Graham Matts / Philip Bellamy Manly Warringah	ICF Class (K1, K2, C1, C2)	M	1:39:19.4	-17.75%

### Race winners » Division 9 (10km < 0:55) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	% median time ^
1	904	Viliam Mako Manly Warringah	ICF Class (K1, K2, C1, C2)	M	50:24.6	4.97%
2	903	Christian Ireland Makai	ICF Class (K1, K2, C1, C2)	M	50:27.7	4.87%
3	905	Mate Eles Manly Warringah	ICF Class (K1, K2, C1, C2)	M	50:30.0	4.80%
4	908	Jacob Mako Manly Warringah	ICF Class (K1, K2, C1, C2)	M	51:37.1	2.69%
5	910	Kristy Benjamin / Bob Turner Sutherland Shire	General Class (all other craft)	F/M	54:28.3	-2.69%
6	909	Kaveh Fanian Cronulla Sutherland	ICF Class (K1, K2, C1, C2)	M	54:32.2	-2.81%
7	900	Lis Woodhart / Neil Lerve Sutherland Shire	General Class (all other craft)	F/M	58:41.3	-10.64%
8	906	Colin Calderwood Burley Griffin	ICF Class (K1, K2, C1, C2)	M	1:00:08.8	-13.39%

### Race winners » Division 10 (10km 0:55-1:00) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	% median time ^
1	1009	Anthony Dartnell Manly Warringah	ICF Class (K1, K2, C1, C2)	M	54:34.4	7.51%
2	1011	Tom Maker Manly Warringah	ICF Class (K1, K2, C1, C2)	M	54:44.1	7.24%
3	1002	John Lucas Sutherland Shire	General Class (all other craft)	M	56:14.8	4.68%
4	1004	Craig Dodd Brisbane Waters	General Class (all other craft)	M	57:02.8	3.32%
5	1008	Joshua Egan Penrith	ICF Class (K1, K2, C1, C2)	M	59:00.4	0.00%
6	1001	Jil Parker / Judy Greenidge Windsor	General Class (all other craft)	F	59:45.4	-1.27%
7	1003	Jim Bowman Penrith	General Class (all other craft)	M	59:46.5	-1.30%
8	1010	Marni Kay / Russell Brown Hunter Valley	ICF Class (K1, K2, C1, C2)	F/M	59:47.4	-1.33%
9	1007	Sue Powell Burley Griffin	ICF Class (K1, K2, C1, C2)	F	1:01:06.8	-3.57%

### Race winners » Division 11 (10km 1:00-1:05) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	% median time ^
1	1103	Priya Malcolm Manly Warringah	ICF Class (K1, K2, C1, C2)	F	58:28.8	5.30%
2	1101	Marnie Fitzpatrick Hunter Valley	General Class (all other craft)	F	1:01:03.5	1.13%
3	1100	Kris Foster Penrith	General Class (all other craft)	M	1:01:42.6	0.07%
4	1112	John Mollard Sutherland Shire	General Class (all other craft)	M	1:01:47.9	-0.07%
5	1110	Jai Crossett Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	1:02:50.7	-1.77%
6	1102	Ann Lloyd-Green Manly Warringah	ICF Class (K1, K2, C1, C2)	F	1:04:50.7	-5.01%



### Race winners » Division 12 (10km >1:05) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	% median time ^
1	1205	Bailey Campton Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	1:06:11.6	4.98%
2	1200	Sue Huehn Penrith	General Class (all other craft)	F	1:07:17.6	3.40%
3	1202	Neil Fargher Burley Griffin	General Class (all other craft)	M	1:09:00.1	0.95%
4	1203	Robyn Bingle Sutherland Shire	General Class (all other craft)	F	1:10:19.7	-0.95%
5	1204	Allan Newhouse Central Coast	ICF Class (K1, K2, C1, C2)	M	1:11:33.9	-2.73%
6	1201	Andrew Lynn Windsor	General Class (all other craft)	M	1:11:40.2	-2.88%
1	1207	Louise Yabsley Burley Griffin	Ranking ICF Class (K1, K2, C1, C2)	F	1:04:36.6	5.44%
2	1208	Alice Thwaites Burley Griffin	Ranking ICF Class (K1, K2, C1, C2)	F	1:08:19.6	0.00%

### Race winners » Division 13 (5km) - Overall

Place ^	Bib ^	Racer name ^ Affiliation ^	Category ^	Gender ^	Finish time ^	% median time ^
1	1303	Peter Faherty Sutherland Shire	ICF Class (K1, K2, C1, C2)	M	32:17.1	9.94%
2	1305	Kevin Nettle Cronulla Sutherland	General Class (all other craft)	M	34:16.0	4.42%
3	1304	Lachie Wrenford Lane Cove	ICF Class (K1, K2, C1, C2)	M	37:26.0	-4.42%
4	1302	Amelia Branley / Dylan Binns Lane Cove	ICF Class (K1, K2, C1, C2)	F/M	40:01.4	-11.64%

## Marketplace

### ELIO K1 For Sale – great for new K1 paddlers!

Super-light to carry and fairly stable. Suitable for paddlers under 75kg. No leaks or issues with the boat. Only selling it because I rarely paddle it these days.

\$1350      Message Tammy at 0424 299 057



## For Sale: FENN Mako XT Double

This ski has spent its life in a boatshed and has had minimal use so needs to go to a new owner who will love, cherish and use it

The most stable double ski produced by Fenn

- *Construction:* Carbon vacuum Weight: 20kg (ridiculously light for a double kayak!)
- *Length:* 7.5m
- *Steering:* Single adjustable front foot-well
- *Self-drainers:* Both front and back foot-wells
- *Handles:* At front foot-well and on the tail
- *Water bottle holders:* Both front and back, plus straps behind rear seat. Includes fabric kayak sock for protection, and a spare carbon rudder
- *Price:* \$2000 ono
- *Contact:* [emily@resultz.com.au](mailto:emily@resultz.com.au) if you are interested.







Mitchell: (02) 6241 6060  
Denman: (02) 6287 1377

Email: [healthcare@enhance.com.au](mailto:healthcare@enhance.com.au)

Book online: <https://enhance.janeapp.com.au/login>

## About ENHANCE Healthcare:



Enhance Healthcare was established by **Peter Garbutt** and **Celina Miller** in 2001, initially providing Massage and Chiropractic Services to the Gungahlin and Canberra community.

Over the past 15 years, our service offering has increased to include;

- **Acupuncture;**
- **Soft Tissue Therapy;**
- **Chinese Herbal Medicine;**
- **Chiropractic and Massage Therapy;**
- **Physiotherapy**

Our business is built with the customer at the forefront of everything we do. We have established a highly skilled and professional team, across multiple disciplines with the specific view of delivering the best possible client outcomes.

At Enhance Healthcare we listen to our clients, diagnose the problem properly and utilise the combined skills of the ENHANCE team to resolve whatever the problem may be. We then follow up to ensure our clients are happy with outcomes

***Pete Garbutt is also a long-time member of the Burley Griffin Canoe Club***

### Denman Prospect Clinic Address

Shop 25, 3 Felstead Vista,  
Denman Prospect ACT 2611

### Mitchell Clinic Address:

Unit 10, Level 1 141 Flemington Rd  
Mitchell, Canberra ACT, 2912

### Opening Hours:

<b>Monday</b>	5am – 8pm	<b>Tuesday</b>	7am – 7pm	<b>Wednesday</b>	7am – 8pm
<b>Thursday</b>	7am – 7pm	<b>Friday</b>	7am – 6pm	<b>Saturday</b>	10am – 4pm
<b>Sunday</b>	10am – 4pm (Mitchell only)				

## Recreational Paddling

### Recreational Paddling/South Coast Waterways 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.

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.

The trips average 12 km in length, suit stable craft such as sea kayaks, and there's a 30 min stop for BYO morning tea.

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.

You need to be able to comfortably paddle 12 km (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.

Yvonne Best

[thewritestuff007@gmail.com](mailto:thewritestuff007@gmail.com)

Phone 0423 118 990

**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)*