



FAR NORTH COAST CANOE CLUB
PO BOX 469, LISMORE NSW 2480
[HTTP://WWW.FNCCC.CANOE.ORG.AU/](http://www.fnccc.canoe.org.au/)

June 2014

The BILGE

Editor: Cathy Donnelly
email: cmdonnelly@bigpond.com

Inside this edition:

Page 1 & 2 Marathon Series @ Sandgate

Page 3 Amanda Rankin—
so you think you
can paddle !!!

Committee

President

Bruce Taylor 0418882138

Vice President

Narina Donnelly 0448 496 249

Treasurer

Martin Smith 0435 035 537

Secretary

Barbara Davies A/H 6624 4103

Ordinary Members

Jenny Thompson 0402 735 364
Philip Rowe 0407 758 994
Geoff Stewart 0416 217 737
Chris Allen 0457 777 066
Cathy Donnelly 0408 951 490

Marathon Series at Sandgate

Story & Photo by Vince

**PADDLING TIMES
AT
LISMORE
BOATSHED**

Saturday

8am

Sunday 4pm

Tuesday 5pm

The third race of the 2014 Northern Marathon Series was held at Sandgate on the North side of Brisbane. I had not paddled there before and another first was the on line entry system which helped organisers reduce their workload on the day and saved competitors who entered on line \$5. Colin and I paddled in the clubs "Purple People Eater" double in the Mature Vets class. Saturday was a rather miserable rainy day and it was still raining Sunday morning until I had driven up north of the Gold Coast, where the weather was beautifully sunny.

There was a large number of entrants which had the organisers scratching their heads over finding enough numbers for the boats and stand up paddle boards that had arrived.



The Bilge June 2014



Marathon Series at Sandgate

Story & Photo by Vince

The third wave on the start line included all the doubles regardless of the distance they were racing. At the start 5 doubles shot off like a gun and it seemed as if we were standing still. An outrigger double and a mixed TK2 were both travelling at about our pace. We were working our way through the field of younger K1 paddlers and TK1 craft. The conditions on the water were excellent for racing. The sun was shining but not too hot and the water was extremely calm.

At the first turning buoy 3km up the river we had to manoeuvre our craft out wide to take the turn and cut in close to the buoy. We were very happy with our turn and made up ground on both the outrigger and the Mixed TK2. On the run down toward the start line the outrigger gradually crept further ahead and we just could not match their speed (they eventually beat us by just 37 seconds). We got ahead of the Mixed TK2 for 15 minutes or so but they put on a burst of speed and got in front again before the bottom turn. We put in another good turn and made ground on the TK2.

On our second run up the river we focused on wash riding the TK2 in an effort to conserve as much energy as possible and see what we could do on the homeward stretch. Sitting in the front steering, I had to focus intently on keeping our position on the wash otherwise the craft would wander off to the side and it took a great deal of effort and energy to get back on track and on the wash. At the 9km top turn we put in another good turn followed by an effort to keep pace with the Mixed TK2.

On the final run home we jostled for position as we caught and passed a number of the slower singles. I checked with Colin on how far we had to go and how much energy he still had for the run home. As we approached the last bend in the river before the finish line I moved our boat out to the left as I thought this would give us the best unobstructed run past the moored yachts and away from the over hanging trees. Over the last 500m, in sight of the finish, we had to work hard to keep ahead of the Mixed TK2 and they were not going to give up without a fight. Along with our tussle with the Mixed TK2 we caught up with two younger K1 paddlers who tried to keep pace with us through to the finish line. One of the singles dropped off after a short time but the other hung on our side wash through to the finish. Across the river toward the finish line we had the TK2 on our right side and the K1 on our left side. We had to dig deep and work as hard as we could to cross the finish line just ahead of the other two boats, with the three boats being given the same finish time.

Sandgate club put on a lovely day and a great race. Colin and I had an interesting race and a very tough workout. It was a real challenge keeping the double on course and keeping up the pace for the whole race but we were both pleased with the way we finished and the race overall.

Club member Peter Jacobsen paddled his surf ski in the Unrestricted Mature Vet class placing second to Rick Finch from Currumbin Creek Club. Peter was quite happy with his race but said as usual he is still chasing down Rick.

Marathon Series

Race 1	April 6	Varsity Lakes Gold Coast
2	May 4	Bongil Bongil [BCKC hosts]
3	June 1	Sandgate, Brisbane North
4	June 29	Brunswick Heads
5	July 27	Brisbane River
6	Aug 17	Lismore



Amanda Rankins—forward stroke class

Story by Dave Curry

So you think you can paddle!!!

A class with Amanda Rankin may prove otherwise.



On Saturday the 24th May there were 11 club members who put themselves to the test.

After some introduction and general information we hit the water to have a video taken of our paddling form.

Two angles, one from the side and one directly head on were obtained and then played back in slow motion to analyse our form or lack there of.

This opens a can of worms and for all there were tips to work on.

Myself the difference between the left and right side of my body looked like a different person and was pointed to having my paddle set up incorrectly.

We were then showed some videos of some of the better technicians on the water and some more theory. Now armed with some tips on how to improve our own form we hit the water with Amanda.



She proceeded to show us some drills and techniques to work with to improve our own style. I think everyone found the day useful. There was lots to take in and I know my head was spinning when the lesson was over.

I hope some will stick and I can train my left and right side to look like they belong to one body.

Take home points are that change is not immediate and you must retrain the brain, muscle paths with slow deliberate drills that will morph into a better put together stroke or so I/we hope.

