

# UP THE CREEK

*The club known as "the Orange Army" where fun, support and equality are the foundations of its success*

**Another big year has passed so it is always good to reflect on the diverse range of activities our club has been involved in.**

## **Marathon Series- Round 1 State Championships (Singles) Canberra - Sat 2 Mar 19**

The marathon series started with a few dedicated members travelling to Canberra. Guy had a great race, winning in a good time, with Michael coming second in his 15km race. Cheryl did a credible time while Mark was unable to finish, dropping out on the 3<sup>rd</sup> lap of a 20km race. The club is looking forward to the next race at Woronora.

Guy Fiddes 1<sup>st</sup> Masters Rec 20km 45-54 2hr 2min  
Mark Bretag DNF  
Cheryl Bretag Non Championship 10km 1hr 17min  
Michael Keegan 2<sup>nd</sup> Masters Rec 15km 70-74 1hr 55min



## **Solo Paddle to Broughton Island – Sat 23 Mar 19 Guy Holloway (TCP)**

Solo man loves the ocean and couldn't resist the challenge of going to Broughton Island again, a trip he has done in the past but with other paddlers. It was a beautiful day and he headed off early morning from Shoal Bay in his Mirage 582 aided by a small sail. 18km later he arrived, having a break with a well-earned coffee and muffins, overlooking the pristine cove. Refreshed TCP completed the circumnavigation of the island and headed back with a northerly wind to assist him.

A great trip and a light training run for TCP. If you have a love of the ocean get in contact with Guy, he is always keen to catch a runner with someone. Legend!!!



## Marathon Series - Round 2 Woronora - Sat 23 Mar 19

Ian made his comeback in Division 6, taking out line honours while Bernie did a great job coming second in Division 7. Unfortunately, Guy had a swim and was off the pace but is hoping to make amends at Tacoma. Due to injury Mark and Cheryl couldn't make it but are hoping to be back for the next race.

Ian Davey 1<sup>st</sup> Div 6 1hr 58min  
Bernie Edstein 2<sup>nd</sup> Div 7 2hr 12min  
Guy Fiddes Div 9 10<sup>th</sup> 1hr 10min



## Marathon Series - Round 3 Tacoma - Sun 31 Mar 19

Due to the close proximity of the race we had 8 members participating. Ian again was the standout performer taking 1<sup>st</sup> place after being promoted from his win in Division 6 at Woronora. Guy made amends from his last race with a PB with Liz and Bernie having a personal battle in Division 7, taking the top 2 positions. Both Michael and Cheryl were consistent with good performances in Division 12. Mark struggled to finish with his injury but was accompanied across the line by Guy yelling words of encouragement while Malcolm was having similar problems in his Fusion but was unable to finish.



Ian Davey 1<sup>st</sup> Div 5 1hr 58min  
Bernie Edstein 1<sup>st</sup> Div 7 2hr 12min PB  
Liz Van Reece Rank Div 7 2hr 12min  
Guy Fiddes 9<sup>th</sup> Div 9 58 min PB  
Mark Bretag 15<sup>th</sup> Div 10 1hr 11min  
Cheryl Bretag 5<sup>th</sup> Div 12 1hr 18min  
Michael Keegan 4<sup>th</sup> Div 12 1hr 14min  
Malcolm Lewis Div 12 DNF



Well done to Newy – a fantastic day for the club

## Handicap Summer Series – Final Race 3 April 19

The handicap series is a weekly event that starts after the long weekend in Oct and finishes in April before daylight savings end. It is a good fundraiser for the club and a great opportunity to keep fit and enjoy the company of other paddlers.

Our final race was a keenly contested race with 14 paddlers giving their all on the waters of Throsby Creek. Guy Fiddes and Ian Davey tried out the new club SLR2 and we had a surprise visit from Cam and Roy. Conditions were perfect with light winds and an incoming tide.

A big thanks to Trevor Jordan for being our ever reliable timekeeper, without him the series would not have happened.

We followed this up with a visit to Carrington Place afterwards to take advantage of the 2 for 1 pizza special, a nice way to finish a wonderful summer on the water.

Go Newy and to all our paddling comrades, thank you for supporting our club.

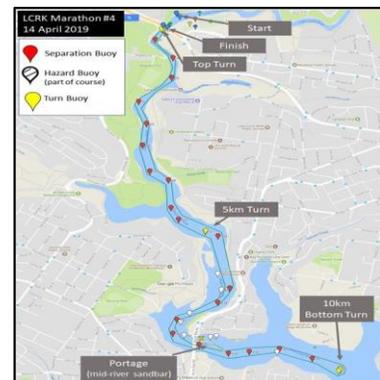


## Marathon Series - Round 4 State Championships (Doubles) Lane Cove - Sun 14 Apr 19

Lane cove is a beautiful place to paddle and unique in the racing series as entry to the water is by pontoons. The race laps are 10km in length with the 5km turning mark spectacular, having the Sydney Harbour bridge in the background. The Lane Cove Club do a marvellous job running the race with heaps of volunteers helping you get in and out of the water.

We had a small group travel down with Guy and Heidi (CCP) being the standout performers on the day, paddling in the new SLR2 club boat.

Guy Fiddes & Heidi Duncan 2<sup>nd</sup> Div 9 56min  
Mark & Cheryl Bretag 5<sup>th</sup> Div 10 1hr 4min  
Malcolm Lewis & Nicole Szabason 6<sup>th</sup> Div 11 1hr 15min



## Marathon Series - Round 5 Batemans Bay - Sat 27 Apr 19

This event is held on the Clyde River foreshore in front of the BIG 4 Batemans Bay Easts Riverside Park.

Guy and Bernie made the trip down to the South Coast to tackle a new and longer course for their respective divisions. Guy raced over 13km (usually 10km) from the Batemans Bay Bridge to Big Island & return while Bernie did 26 km (normal 20km) from B B Bridge to Nelligen Bridge & return.

Guy Fiddes 14<sup>th</sup> Div 9 1hr 16min  
Bernie Edstein 5<sup>th</sup> Div 7 2hr 56min



## Murray River Adventure 29 Apr – 11 May 19 Buronga NSW – Old Customs House SA 230km

Murray & Liz Van Reece  
Michael Keegan

There were 7 of us in the group that paddled, camped, fished, bird watched, walked and rested, try to!.. We paddled just on 230km along the mighty Murray, with all our camping gear, food and water, no land crew on this trip!

The river still had good water levels, for both the camping, giving us beach camps as well as banks. We went through 4 locks in this section, which is always a lot of fun, going down 3 to 3.5m.

With each day paddling around 25km, so time for morning tea and lunch breaks.

The weather was a real mix, with 3 big storms over the 11 days, including a big dust storm and a very cold change came through, resulting in our trip being cut by 3 days – we were trying for Renmark. All in all another great section paddled and making our way to Goolwa. You can never tire of this river, around every bend there is something different.



## Marathon Series - Round 6 Burrill Lake - Sat 1 June 19

Michael Keegan Div12 was our sole representative and did the club proud. Michael raced over 10km in a time of 1hr 16 min, coming 7<sup>th</sup>.

This is a beautiful place to paddle so we will have to make the effort to turn up next year for the final round & presentation dinner on 29 August'20.



## Boat Harbour to Shoal Bay - Sat 8 June 19

Guy Holloway and Dean Sorley did a beautiful 17km paddle hoping to come face to face with some whales.

As you can see they were not disappointed.

Once they were 100 metres away they stopped and let them do everything.

When you are in a kayak you certainly don't want to be too close.



One whale spent most of the time on its side slapping its pectoral fin. The other two were cruising along beside it and then they started breaching. It went on and on.

It was a privilege to witness these majestic creatures.

## Riverland Paddle Marathon (RPM) – Sat 8 – Mon 10 June 19

Our legend marathon paddler, Bernie Edstein, fresh from his Murray Marathon success last year decided to take on the coolest marathon in Australia over the long weekend.

The Murray 200 is the ultimate endurance challenge covering 208 km of the Lower Murray River between Berri and Morgan, South Australia over 3 days. It is cold, has no tidal assistance, lots of fog, long, lonely straights but makes up for this with beautiful scenery.

To make it extra difficult he drove on his own from Gloucester to Berri, a mere 1500km each way. On his arrival he met up with Brodie Cambourne and Gareth Dickson who went on and won Female & Male individual 200km.

Bernie went with the intention of doing the 200km but injured his shoulder on the first day which was very disappointing to him. He managed to finish the 100km event against his better judgement in freezing temperatures, indicating that he had unfinished business and will be back next year.

Well done Bernie. You did yourself and the club proud.

Bernie Edstein Mens 100km Vet 45 11:01:55



## Marathon Series - Round 7 Penrith - Sat 23 June 19

A cold wintery morning saw 153 paddlers race on the Nepean River where each course was one full lap. The race started just before the bridge with the first half of the course into the wind and then returning home on rolling waves.

Brad Roberts made his debut for the club in Division 9 10km and thoroughly enjoyed it, being pipped for 3<sup>rd</sup> place by a 14 year old, much to his amusement. Well done Brad on a great effort.

Marni Kay, after a long delay from racing due to work commitments made her comeback in Division 12 10km and did the club proud with a 2<sup>nd</sup>. Welcome back Marni, it was good to see you back on the water and we are sure you will only get better as time goes on.

Mark and Cheryl Bretag Division 10 10km turned up and competed with no training. They came 11<sup>th</sup> in a field of 12 and saw a number of juniors from Division 11 pass them. The aim was to do the course and enjoy the day which they did.

Newy were small in numbers but strong in heart.  
Brad Roberts Div 9 4<sup>th</sup> 53 min  
Mark & Cheryl Bretag Div 10 11<sup>th</sup> 1hr 07 min  
Marni Kay Div 12 2<sup>nd</sup> 1hr 07 min



## Recreation Paddle – Raymond Terrace Sun 7 July 19

We had 13 enthusiastic members paddle up the Hunter River towards Morpeth, 3 doubles and 7 singles to do 10-15km. Bernie Edstein came from Gloucester, Liz & Murray Van Reece from Nahiab, plus Guy & Charly from Taylors Beach. Conditions were perfect for paddling except for the fog which made visibility difficult. The fog stayed low for the whole paddle but we had the river to ourselves so had no worries about other craft. We had Lauren and Ben Taylor doing their first paddle for the club so the other 2 doubles stayed with them to do 10km while the others went on ahead at their own pace to do 15km.

We all arrived back about the same time with the fog still low at 11.30am.

We headed back to Mark & Cheryl's place for brunch and spent a nice couple of hours catching up with Ben and Lauren talking about their planned adventure of paddling the Hunter River in October.



## Marathon Series - Round 8 Davistown – Sun 14 July 19

Liz and Michael made the effort to come down from Nahiack and Forster with Steve doing his first race for the club in 2019, taking on the 15km race in Division 8. All of them performed credibly with Liz, Steve and Marni showing the way with top 3 placings in their respective divisions.

Liz Van Reece 1<sup>st</sup> Div7 2hr 19min  
Marni Kay 3<sup>rd</sup> Div7 2hr 29min  
Steve Brinkley 2<sup>nd</sup> Div8 1hr 26min  
Mark & Cheryl Bretag 7<sup>th</sup> Div10 1hr 8min  
Michael Keegan 5<sup>th</sup> Div12 1hr 20min



With only 3 months to go it is time to lift the training in readiness for the HCC in October.

## Marathon Series - Round 9 Windsor – Sun 3 Aug 19

Bernie came down from Gloucester still carrying an injury from the Riverland Marathon in June. The aim for him was to get some time on the water in readiness for the Myall Classic in September. Unfortunately, it was not meant to be with him pulling out after 2 laps of a 4 lap race.

Guy hadn't paddled since Bateman's Bay in April due to personal commitments but was determined to get back on the water. It was a tough race for him but he managed to finish.

Mark & Cheryl spent most of the race chasing Guy and were glad to get some time on the water as well.

Well done to the small group who made the effort to fly the Newy colours.

Bernie Edstein DNF Div 7  
Guy Fiddes 16<sup>th</sup> Div 9 1hr 3min  
Mark & Cheryl Bretag 14<sup>th</sup> Div 10 1hr 5min



## AGM – Carrington Bowling Club Mon 19 August 19

Charly stepped down as President but remains on the committee for 19/20 concentrating on the DA application with Newcastle City Council. Thanks to Charly for her service over the last 18 months and her ongoing support to the club. Welcome to our new President, Guy Fiddes. Guy has been actively involved with the club behind the scenes for a couple of years and is now stepping up to introduce some new ideas.

The following committee were elected:

Guy Fiddes - President  
Trevor Jordan - Treasurer  
Mark Bretag - Secretary  
Charly Wellard - Committee  
Darren Forbes - Committee



The highlights of the year were:

- Great success at the Marathon Series, Myall Classic, HCC & Murray
- NSW Marathon Series 2018 5<sup>th</sup>
- Well supported weekly handicap races

- Strengthening relationships with NOCC & other paddling clubs
- DA application to secure location & obtain another container
- The club has the feeling of 'family' and enjoys socializing eg Barefoot Bowls, recreation paddles
- Paddle4Good fundraiser raised \$832 for Trish's House.

## Marathon Series - Round 10 Teralba – Sat 24 Aug 19

This was the final race of the marathon series which was held at Teralba, home of Hunter Valley Paddlesports Club. It was great to see 9 of our members support one of the local clubs. Liz and Marni gained top 3 placings in Division 7 with Brad doing his 2<sup>nd</sup> race for the club coming 5<sup>th</sup> in a big field in Division 9.

Well done to Jack, Ian, Guy, Mark, Cheryl and Michael who competed hard in their respective divisions.

Liz Van Reece 1<sup>st</sup> Div 7 2hrs 12min  
 Marni Kay 3<sup>rd</sup> Div 7 2hrs 18min  
 Jack Ward 10<sup>th</sup> Div 8 1hr 33min  
 Brad Roberts 5<sup>th</sup> Div 9 55min  
 Ian Davey 9<sup>th</sup> Div 9 1hr 4min  
 Guy Fiddes 11<sup>th</sup> Div 9 1hr 5min  
 Mark & Cheryl Bretag 11<sup>th</sup> Div 10 1hr 7min  
 Michael Keegan 4<sup>th</sup> Div 12 1hr 18min



Guy, Marni, Mark and Cheryl attended the award presentation for the winners of the 2019 Marathon Series held in the Teralba Bowling Club afterwards.

Since the club was incorporated in March 2016 a participation record has been maintained for members representing the club. This can be as a participant, or landcrew in the case of the big marathon events where assistance is required to support the paddler. The key to be acknowledged is not just turning up but the need to complete the race. The recognition is about hitting milestones within the club which will occur each 50 events completed.

Mark Bretag was the 1<sup>st</sup> member of the club to achieve this. An engraved key ring was presented to him at Teralba. Well done Mark.

## Newcastle Volunteer Service Awards – Fri 6 Sept 19

Mark Bretag attended the “Newcastle Volunteer Service Awards” held at South Newcastle Leagues Club. He was recognised under the Sporting/Lifesaving section and presented a certificate by Sharon Claydon, Federal Member for Newcastle for his community work with Newy Paddlers.

This acknowledgement is a reflection of the club’s key goals to be involved in community activities such as “Clean Up Australia”, their commitment to help raise monies for various charities and to make their sport available to all people, no matter what age, gender or disability.



## Wyong 30km – Sat 7 Sept 19

Two of our members paddled in the Wyong Ultra 30km race held on the Wyong River. This is a great deep water course and part of the PNSW Marathon Series each year. This particular race is the first of the Ultra Marathon races for those paddlers liking the long distance races.

Well done to Charly and Marni.

Charly Wellard 1<sup>st</sup> Open Womens Singles 17km 1hr 53min  
Marni Kay 2nd Open Womens Singles 17km 1hr 59min



## PNSW AGM & Forum – Sat 14 Sept 19

Another great day for Mark Bretag & Newy Paddlers. Mark received a "2019 Volunteer of the Year" Award at the Annual PaddleNSW Forum & AGM, held at the River Canoe Club.

It was an informative afternoon with Phil Jones and Sam Denmeade from Paddle Australia providing further insight into the new website, their professional approach and support has been nothing short of amazing. This system is the necessary tool to bring the paddling community together and make the administration of our clubs all the more easier.

This was followed by the AGM and the awards presentation. It was an honour to be part of this group, understanding that there are many other people behind the scenes who spend countless hours just like us doing whatever is necessary to help their clubs and the organisations that support us.



## Myall Classic - Tea Gardens – Sat 21 Sept 19

The Myall Classic certainly lived up to its name by giving competitors a tough tide, wind and waves. Newy Paddlers again were out in force putting their blades in the water over varying events on the day.

Congratulations to Cheryl Bretag for completing her 50th event for Newy Paddlers in trying conditions. Cheryl is a founding member and keen competitor who always puts her best efforts into the club, not only on the water but off it as well. The Orange Army salutes you.

Results below:

47km

Charly Wellard & Annie Moore - 1st Open Women's Doubles 5Hrs 6 min

Liz Van Reece - DNF turned back 2 min short of 13.5km cut-off.

27km

Jack Ward Masters 50+ Men Single 2Hrs 59 min - (Fusion)

Bernie Edstein Masters 50+ Men Single 3Hrs 27 min - (Mirage 580 Sport)

Marni Kay Open Single Women 3hrs 32min - K1

Mark & Matt Bretag Open Men Doubles - DNF (Double Dragon). Went for a swim 2.5km from the finish & were rescued by Maritime Services

Nicki Day DNF (SUP) - turned back before cut-off

12km

Cheryl Bretag Women 50+ 1hr 51min (Think Eze Ski)

Dorothy Price Women 50+ 1hr 50min



## Inaugural Mud Crab Cup – Throsby Creek Carrington Wed 9 Oct 19

We had our first race of 22 start on the 9 Oct over our new 5 km course. The best 11 races will determine the winner of the inaugural "Mud Crab Cup".

Lots of fun is being had by all and the handicapper, Trevor Jordan (Keeper of the Coin) is doing a great job. Trevor is a non-paddling member of the club that enjoys his motor bikes in his spare time. He keeps everyone honest with their times, updates the spreadsheet, banks the monies and turns up each and every week – without him this event would not happen. A big thanks to him for what he does for our club.



All monies raised go towards equipment for the club. If you are ever at Throsby Creek, Carrington on a Wednesday night 6pm please drop in – everyone is welcome.



## Great Cycle Challenge – Tennant Creek, NT 1 – 31 Oct 19

Darren Forbes, one of Newy Paddlers founding members got on his bike and took to the road for the whole of October to raise monies for Kid's Cancer.

His aim was to support the Children's Medical Research Institute to continue their work into the prevention, diagnosis, treatment and finding a cure for childhood cancer.

He rode over 800km and raised \$4,000. What a great effort and thank you to everyone who supported him.



## Taylor Maiden Voyage – Hunter River 470kms Sat 19 Oct – Sat 2 Nov 19

Lauren and Ben Taylor (members of Newy Paddlers) raised just over \$50,000 for [Chris O'Brien Lifehouse](#), the amazing cancer hospital that looked after their mum.

Here is their story:

*Taylor Maiden Voyage took place over 15 days, 450km and more than 100 hours of walking and kayaking. There was blood, there was sweat and there were blisters. The worst of which was the blisters Josh got from doing the dishes on the first morning. Diabolical weren't they Josh?*

*A lot of people have asked what our main challenges were, of which there were quite a few:*

*The elements were a big challenge. On our first night we literally froze. We woke up to a massive frost and all our drink bottles had frozen overnight. But that didn't last long. Soon it was stinking hot, so we were lucky that the cool river was never far away. We had some shitty days on the kayaks with wind blowing straight in our faces pushing us back up-river. But, luckily, Ben and I don't get grumpy at all when it's windy. It makes us so happy! We're super pleasant to be around in the wind.*

*Obviously, the water was a big challenge. To start with there was heaps and it was fast flowing and throwing us into trees. As you can see from the videos Ben and I got really good at a graceful dismount from our kayaks. And then there was no water. Dragging a kayak for 50km is just fantastic! Highly recommend it. When we finally got to the bottom end of the river and found water again we had the tides to contend with. And for some reason the incoming tide always seemed to coordinate exactly with the wind just to really make us feel like we were going absolutely nowhere. I'm pretty sure mum was having a right old cackle at our misfortune.*

*The wildlife also kept us on our toes. Ben aged about 5 years every time he saw a snake and we saw seven all up. As you can tell, I'm the clever one of the family that let him go first and scare them all off. There were giant lizards all along the banks that whenever they saw you would jump into the water with an almighty splash and scare the shit out of you. We had birds swoop us, giant mullet attacking us and then there were the killer carp. They were huge. They would wallow in the shallows until you came right up alongside them and then take off straight at the boat. My screams didn't seem to deter them.*

*Fences created quite a challenge. We came across 130 of them during the trip. Most of them were during the walking section where in one day we would have to navigate 30 fences, crawling under them, ducking through them or climbing over them. Up on the farms where it was hot, dusty and dry a mirage didn't take the form of a cool oasis, it would appear as a fence with lots of gates and an easy to use latching system.*

*Luckily some of the farmers have fences about as solid as my Uncle Alan's so they were easy to navigate but others were built of much sturdier stuff. There was barbed wire fences and the electric fences or a combination of both. And the really fun ones are those across the river that are really hard to see as you're approaching in a kayak and risk getting coat hanged on. But we managed. I'll tell you what, it is certainly an exercise in trust when your little brother is holding up an electric fence while you pass under it in knee deep water with a kayak. Luckily, he wasn't brave enough to pull anything. Otherwise we might not both be here tonight.*

*I learned a lot on this trip. I learned just how beautiful the river is. It's largely forgotten by the majority of people who live nearby but it is absolutely beautiful and so very important. We are so lucky that so many have been able to rely on it for so long.*

*I learned that deciphering dad's packing system was like trying to crack the enigma code. Camping equipment was never where you'd expect it to be and every day each item would have a new home that was unknown to everyone including dad who had packed it. 'It's in the system' was the common phrase used to explain the unknown whereabouts of the sunscreen, toilet paper or frying pan.*

*I learned about the people who live along the river and the communities nearby. We were blown away by the amount of people who came down to the river to cheer us on, made signs for us to 'just keep paddling' or just wanted to have a yarn. I learned how many of these people have lost loved ones to cancer or have seen their nearest and dearest battle this bullshit disease. It made me sad and angry to hear their stories, but I learned that Hunter people are tough and willing to fight to find a cure.*

*I learned that Ben and I have been bred tough too. Mum and Dad have instilled in us a resilience that I didn't know existed, well not in myself anyway. It seems cliché, but when it got tough on the river we would put our heads down and get it done. I mean I whinged a bit but we got it done. You hear sports commentators say that an athlete had left it all on the field or pitch or track. I can say that each day we left it all on the river. At the end of each paddle I was spent, having given everything just to take those last few paddle strokes. But I learned to get back up and do it again the next day.*

*And it was so worth it. Coming around the headland at Stockton to see that crowd of people standing on the rocks was a moment of pure elation. Made all the more wonderful by Ben stacking it on the beach.*

*And we're so happy that we were able to hit our fundraising goal and then smash it because [Chris O'Brien Lifehouse](#) is such an amazing organisation and we know that this money will go towards helping those people diagnosed with cancer and their families and providing hope that one day we will find a cure.*

*Finally, I'd like to say a big thank you to my boyfriend Josh and Ben's girlfriend Gemma for being so supportive and for supporting the support crew. To Dad, we couldn't have done it without you. You made sure that we made it each day and I'm sure if either of us couldn't have finished you would have got in the kayak and done it yourself. To mum, thanks for showing us how to be tough, how to put our heads down and just get it done. And to my brother Ben, thank you for saying 'c'mon Lozzy' when I was doing it tough,*

*for listening to my whingeing, for scaring off the snakes, for dragging my kayak over trees, for giving me your walking sticks, for bribing me with Allen's lollies and putting up with me for an entire two weeks. You're my favourite brother, my mate and I'd follow you anywhere. Bring on Taylor's Second Voyage.*

The Orange Army salutes you both. So glad we were able to contribute in a small way with gear and training to enable this incredible goal to be achieved.



## **Clarence 100, Grafton- Yamba 100kms - Fri 18 – Sun 20 Oct 19**

The Clarence 100 also known now as the C100 comprises a three stage, 3-day paddle down the Clarence River, starting at Copmanhurst and finishing at Yamba.

Charly Wellard teamed up with Annie Moore (CCP) to be the fastest females in overall time in any category and 3rd in their category of TK2 Combined (men, women and mixed). In Charly's words "not bad for 2 old chicks".

Bernie Edstein, the warrior from Gloucester won his division in the ever-faithful Darren Forbes Mirage. You can't keep a good man down – even though he is carrying injuries he keeps getting better with age.



## Hawkesbury Canoe Classic – Windsor- Brooklyn 111kms - Sat 26- Sun 27 Oct 19

Liz Van Reece completed her 20th Hawkesbury. What an effort – well done Liz on achieving this major milestone.

Jack Ward paddled with Bernie Craggs to create a 60+REC2 record in the newly refurbished “Night Fury” and completed his 15th race – Congratulations Jack and a big thanks to Bernie for making this happen, finishing his 13th.



Simon McDonnell finished his 1st with his two mates Nick and Michael – an effort to be proud of. He was heard saying “I never want to see that river again” - watch this space to see whether the big fella will be back.

Tuan Lam paddled his 1st HCC on a SUP and was only 32 min outside the record. Our club was asked to help them, in particular Marie (his wife) as they were not in a club and not familiar with the area. It was an absolute pleasure to meet them and see an incredible effort on the water by Tuan.

As you all know it would not be possible to do these events without landcrew so a big thank you to Guy Holloway, Owen Walton (CCP), Murray Reece, Michael Keegan, Jenny Ward, Mark and Cheryl Bretag, Brad Roberts.



## HCC Award Presentation – Mooney Mooney Club - Sat 16 Nov 19

What a night it was - Jack was recognised for completing his 15<sup>th</sup> HCC and received a special award prepared by Liz outlining each race, the category and time with two key ingredients - the colour red mixed in with a little orange and most importantly, the signature double dragons.



Liz then stepped up for completing her 20th event and came up with some incredible stats- the two stand outs were that she had completed 17 of them on her own and had raised over \$61,000 for the Arrow Bone Foundation during this time. It was very interesting to hear about Liz's positive attitude on paddling and how she gets so much support in donations.



The night finished with a presentation of \$65,000 to the "Arrow Bone Foundation" - a remarkable result considering the number of participants were down on previous years. A special thank you to Claire Shanahan and the HCC committee for their unwilting passion to organise this iconic event, together with over 400 volunteers who make this a safe and memorable night on the water.

## Lion Island Challenge – Pittwater – Sun 17 Nov 19

Justin Borthwick, Steve Brinkley and Scott Gibson paddled in the Lion Island Challenge over a 14 km course that starts and finishes in the sheltered waters of Pittwater. The race takes you around Barrenjoey Head to Palm Beach corner and then loops around Lion Island. The 14 km division had 85 entered. Justin was 21st across the line in 1:18 (5th 40-49), Steve 1:25 43rd to finish (4th 60+) and Scott 1:26, 44th (11th 50-59).

It is great to see our members testing their skills against other paddlers from around the state and doing so well. Legends!



## Murray Marathon - Yarrawonga – Swan Hill 404kms Mon 19 – Fri 23 Nov 19

Bernie Edstein, our intrepid adventurer took on the mighty Murray 404kms again this year but with a difference. Rather than doing it solo he did it as a relay with his good friend, Drew Stewart and came 3<sup>rd</sup> overall off scratch.

On top of that they were part of the Wooden Eye team that raised over \$7,000 towards Aussie Helpers. This charity stays in touch with 100's of farming families to ensure their wellbeing and survival through good and bad times. Well done Bernie.



## Presentation/Christmas Party - Carrington Bowling Club Sun 1 Dec 19

We celebrated another wonderful year with a game of barefoot bowls at our local Carrington Bowling Club. A special acknowledgment to the members who travelled from Nahiack, Forster, Gloucester and Chittaway Bay to be part of the action. Over 30 adults and a dozen children came along for a great afternoon of fun, part of which was to recognise the achievers of 2019.

### **Excellence in Administration – Mark Bretag**

Mark ensures that the club administration is maintained to a high standard – this solid foundation keeps the club running smoothly. This has been acknowledged in 2019 at a community level by Newcastle Federal Member, Sharon Claydon and Paddle NSW, Peter Tate where he received “Volunteer Service” Awards.

### **Stirrer of the Year – Jack Ward.**

A member for 3 years who competes hard, enjoys our culture and doesn't mind dishing it out on FaceBook.

### **HCC Recognition**

#### **Jack Ward – 15 Completed Events**

Jack completed his 15 races between 2002 and 2019. During this period, he has achieved 3 records, 2 of which still stand today– the last one being his race this year with Bernie Craggs, creating a 60+ REC2 record. Well done Jack.

#### **Elizabeth Van Reece – 20 Completed Events**

Liz completed her 20 races between 1998 and 2019. During this period, she has achieved 9 records, 6 of which still stand today. 17 of these races were done in a single kayak and at this stage is the highest tally by any lady in the history of the HCC. With all of the above she still feels that her greatest achievement is having raised over \$61,000 for the Arrow Bone marrow Foundation. Well done Liz.

#### **Most Improved Paddler of the Year – Brad Roberts**

Joined our club in February 19 and continues to improve with every stroke he takes. A great advocate of our club, encouraging other new members to join and will be a real force on the water in 2020.

#### **Paddler of the Year – Cheryl Bretag**

The first woman to achieve the “50 Club”, first points in a marathon series race, continues to achieve PB's in our handicap races and most importantly treats everyone with respect and a supportive positive attitude.

#### **Club Person of the Year – Charly Wellard**

Our President for 18 months who has been instrumental in building a relationship with NOCC and preparing a DA Application to secure an area for future occupation of our club.

Once the awards were over we ordered our meals with a few drinks and sat at the tables at the end of the greens. A beautiful light breeze and sunset together with great company was a good way to reflect on the year just gone.

A huge thank you to Carrington Bowling Club for their support over the last year. It is a wonderful venue and we are proud to be part of this community.



## Burley Griffin 24 Hr Paddle Challenge Sat 7- Sun 8 Dec 19

The clock started ticking at 10am on Saturday 7th December, with 4.7km laps of Burley Griffin Canoe Club's home stretch providing excellent spectating for paddlers and supporters alike. The aim is to keep paddling into the night for the traditional BGCC bonfire and enjoy the company of the most stoic race volunteers you're ever likely to meet. While it might seem like a daunting undertaking, the camaraderie on the water at 2am is exactly what the ultramarathon paddling community is all about.

The Burley Griffin 24HR Paddle Challenge, run over 24 hours, is open to paddlers 15 years or older, in all craft, and can be paddled Solo or as a relay in Teams of varying sizes.

Our own Charly Wellard teamed up again with Annie Moore (CCP) in the Sladecraft SLR2 to take on this endurance challenge. Their aim was to take out the Women's Doubles Ultra Marathon title and they didn't disappoint. They managed to achieve this around 8pm Saturday night before the race was suspended due to smoke. The race resumed 6am the next morning but based on the goal being achieved they packed up and headed home for a well-earned rest. Well done again for a great effort and to Guy Holloway & Owen Walton for being the ever supportive landcrew.



### What's happening next year

- *The website's profile has been revamped but there is still a fair amount of work to get the content updated. We are hopeful that the google calendar of events will be finalised shortly which will be a valuable communication tool for our members in 2020.*
- *We will be placing another uniform order early next year. Our club is known as the Orange Army and our dominant colour makes us stand out to other clubs. If you want to paddle faster and be a proud club member get the orange on. The club sells these items at cost – shirt, singlet, polo shirt, cap and jacket. If you are interested talk to Cheryl or send an email to [clbretag@gmail.com](mailto:clbretag@gmail.com)*
- *Paddle4Good, our annual charity event is on **Sunday 9 Feb 20**. This will utilise our handicap course with an option of doing whatever number of laps you wish. The majority will do either 2 laps (5km) or 4 laps (10km) with all monies going to Trish's House – a local women's refuge.*
- *The Mud Crab Cup will continue after the Christmas break restarting on **Wed 8 Jan '20**. We have a further 12 races to go and anyone can win. Remember it will be based on your best 11 race results plus you will receive 1 attendance point for each race you participate in. This means the more often you turn up the better chance you have of winning (see attached cumulative points score after Race 10, 11 Dec 19).*
- *The PNSW Marathon Series will commence in **early Feb 20**. All interested members are encouraged to represent the club in whatever events they can make through the year (see attached calendar).*
- *We will be having a weekend away camping, caravan, camper trailer, etc at Lake St Clair (near Singleton) **Fri evening 25 Sept – Sun 27 Sept 20**. This will be an annual event with a different location each year so lock the date in.*

**Go the Orange Army**