



# CANADIAN OUTRIGGER HALL OF FAME

## Sue Milligan



### Summary

Sue Milligan had notable canoeing achievements in the 2000s-2020s. Online references for Sue during this time are limited, making it a challenge to compile a Hall Of Fame Profile that fully represents the accomplishments of Sue.

What is known is that Sue began outrigger canoeing late in life at the age of 52, yet in 20 years between 2004-2023 Sue had travelled to Hawaii, California, Tahiti, England, and Samoa to collect multiple Gold and/or Silver and/or Bronze medals racing with Team Canada Women at 2004 Hilo IVF World Sprints, 2008 Sacramento IVF World Sprints, 2018 Tahiti IVF World Sprints, 2022 London IVF World Sprints, and 2023 Samoa IVF World Distance. Sue is a living testament to the adage put forward by James Hill of Latitude 48 that *"people should discover their passion for paddling and reach beyond what they assumed limits."*

### Early Career

There is minimal information available on the early career of Sue that led to her involvement with outrigger canoeing, and this is the storyline still to be pieced together.

Recollections of how Powell River Outrigger Canoe Society (PROCS) was formed in 2001 have been provided by Marc Lavertu and Sue, who were part of the Powell River paddlers who were considered satellite group members of the Gibsons Paddle Club (GPC) for a few years. Gibsons provided Powell River with a red *Malia*, which was the oldest canoe of the 3 Gibsons *Malias* that eventually came to Powell River. Several of the Powell River outrigger canoe paddlers including Sue would attend the 2004 Hilo IVF World Sprints and the 2008 Sacramento IVF World Sprints. But Powell River continued to be a small paddling community until Barry Kosturos, formerly of Jericho Paddling Club, relocated to Powell River in 2011 along with 2 Bradley Lightning canoes from Pogue Sports with the goal of bringing outrigger canoeing to the youth community at Powell River. Michael Matthews would arrive in Powell River in 2015 bringing a lifetime of coaching experience to the Powell River outrigger canoe paddlers. The arrival of the latest generation of Spec OC6s and professional sports coaching experience were major milestones in the growth of outrigger canoeing for Powell River and Sue.

### Outrigger Canoeing Achievements

The Powell River Outrigger Canoe Society (PROCS) was formed in 2001 and officially renamed as Suncoast Paddling Club in 2023. Sue took up paddling at age 52 and has been with Powell River Outrigger Canoe Society as a founding member since the club was formed. [11]

The earliest mention of Sue with regard to paddlesports is a Jericho Website race results posting from 2008 for the FCRCC / NVCC (North Van Canoe Club) Sprints Small Boats, where Sue would have the fastest times in Women OC1. Powell River had Senior Masters Women and Golden Masters Women teams in the FCRCC / NVCC Sprints V6 events. [12]

Sue has represented Team Canada at International Va'a Federation (IVF) World Sprints/Distance from 2004-2023. At 2004 Hilo IVF World Sprints, Sue would advance to Semifinals in V1 500M Golden Masters Women, and race with Team Canada crews in V6 500M Golden Masters Women, and V6 1000M Golden Masters Women. [21] [22] [23] At 2008 Sacramento IVF World Sprints, Sue would race with Team Canada crews that would take Bronze in V12 500M Golden Masters Women, take Bronze in V6 1000M Golden Masters Women, and take Bronze in V6 500M Golden Masters Women. [25] [26] [27] [28] Her international competition in 2008 would be the last for Sue until 2018 Tahiti. At 2018 Tahiti IVF World Sprints, Sue would take Gold in V1 500M Masters 70 Women. At 2018 Tahiti IVF World Sprints, Team Canada Women (Salish Sea) with Sue

would take Gold while setting a new IVF World Record in V6 500M (1-turn) Masters 70 Women, and take Silver in V6 500M Masters 70 Women. [31] [32] [33] [34] [35] [36] [37] [38] At 2022 London IVF World Sprints, Team Canada Women (Salish Sea) with Sue would take Silver in V6 500M (1-turn) Masters 75 Women, and take Gold in V6 500M Masters 75 Women. [39] At 2023 Samoa IVF World Distance, a Team Canada Womens crew consisting of Helen Robinson, Lynnette Mangan, Ruth Matson, Sue Hanson, Sue Humphries, and Sue would take Gold in V6 Distance Masters 75 Women. [41] [42] [43]

The Canadian Outrigger Racing Association (CORA) Website race results indicate that Suncoast Paddling Club / Powell River Outrigger Canoe Society (PROCS) has fielded crews with Sue as a member and have done very well in the CORA Cup Series events over the course of many years. [45]

## **Coach-Builder Achievements**

Sue has been with Powell River Outrigger Canoe Society as a founding member since the club was formed, and has extensive knowledge of outrigger canoeing history on the Sunshine Coast. The unplanned effort that began in 2020 to collect CORA outrigger canoeing history was a spin-off from the CORA Canoe Registry initiative. Sue agreed to sit for interviews in 2023/2024 that resulted in a vast set of material on Gibsons Paddle Club (GPC) & Spirit Of Aloha Racing (SOAR) & Powell River Outrigger Canoe Society (PROCS) & Club Bon Accueil (CBA). Sue has continued to provide first-hand knowledge of people/places/events from the 1990s through the 2020s that have shaped the history of Canadian outrigger canoeing. Sue provided a wealth of photos/names/dates that has become the "*The Sunshine Coast Legacy*" (1992-2023). Sue then took it upon herself to conduct research to confirm events / dates / places / individuals and diligently proof-read several drafts until the content was factually / politically correct. [51]

Sea Fair was Powell River's beloved summer festival, spanning fifty-two years of the town's history. The 1st Sea Fair held in Powell River took place on August 10, 1963. New activities were added in 2013 where event-goers could explore the coast from the water with boat tours being given by a dragon boat, an outrigger canoe, and the 15-foot wooden Steveston lifeboat. Yet another new activity was added in 2014 by the Sea Fair Society board of directors and Powell River Outrigger Canoe Society (PROCS), a non-profit group that promotes paddling and supports outrigger canoe racers to compete throughout the province. Both organizations actively promoted the Sea Fair Corporate Challenge Outrigger Canoe Race presented as a community challenge for organizations and businesses. The 2014 Sea Fair Corporate Challenge Outrigger Canoe Race event was immensely popular and was brought back 1 more year as the 2015 Sea Fair Corporate Challenge Outrigger Canoe Race. Sue and many Powell River Outrigger Canoe Society members contributed to the success of these outrigger canoeing sprints events. [61] [62] [63] [64]

After Club Bon Accueil members had participated in the Powell River Sea Fair Corporate Races, Powell River Outrigger Canoe Society and Club Bon Accueil collaborated to secure a federal government grant awarded to community projects led or inspired by seniors, and acquired a six-person ultra-light Giblin Vortex outrigger canoe. Sue and Powell River Outrigger Canoe Society members developed an activity program for Club Bon Accueil to address seniors fitness. Sue Milligan, one of the founding members of PROCS, was quoted as saying "*The two things in seniors fitness that I see as important are flexibility and core strength. That's what keeps us healthy as we grow older.*" [66] [67]

CORA records show that Sue has served as a CORA Club Rep for Powell River Outrigger Canoe Society since the club was formed. [71] [72] [73]

## References

Note	Article	Link
[11]	2018 Powell River paddlers capture gold in Tahiti	<a href="https://www.prpeak.com/local-sports/powell-river-paddlers-capture-gold-in-tahiti-3408005">https://www.prpeak.com/local-sports/powell-river-paddlers-capture-gold-in-tahiti-3408005</a>
[12]	2008 FCRCC / NVCC Sprints V6 events	<a href="https://www.jerichooutrigger.com/races2008/NVCC-FCRCCSprints.html">https://www.jerichooutrigger.com/races2008/NVCC-FCRCCSprints.html</a>
[21]	2004 Hilo IVF World Sprints	<a href="https://www.ivfiv.org/2004-hawaii.html">https://www.ivfiv.org/2004-hawaii.html</a>
[22]	2004 Hilo IVF World Sprints Results Sunday	<a href="https://www.wakaama.co.nz/stories/read/1000208">https://www.wakaama.co.nz/stories/read/1000208</a>
[23]	2004 Hilo IVF World Sprints Results Saturday	<a href="https://www.wakaama.co.nz/stories/read/1000207">https://www.wakaama.co.nz/stories/read/1000207</a>
[25]	2008 Sacramento IVF World Sprints	<a href="http://www.ivfiv.org/2008-california.html">http://www.ivfiv.org/2008-california.html</a>
[26]	2008 Sacramento IVF World Sprints Results	<a href="http://www.ivfiv.org/uploads/2/5/3/8/25381158/race_results_2008.pdf">http://www.ivfiv.org/uploads/2/5/3/8/25381158/race_results_2008.pdf</a>
[27]	2008 Sacramento IVF World Sprints Team Canada	<a href="https://www.canadianoutrigger.ca/2008-california/">https://www.canadianoutrigger.ca/2008-california/</a>
[28]	2008 Sacramento IVF World Sprints Dragon Boat West	<a href="https://www.dragonboatwest.net/index.php?topic=5299.msg50792#msg50792">https://www.dragonboatwest.net/index.php?topic=5299.msg50792#msg50792</a>
[31]	2018 Tahiti IVF World Sprints Results	<a href="https://www.ivfiv.org/uploads/2/5/3/8/25381158/results_day_4.pdf">https://www.ivfiv.org/uploads/2/5/3/8/25381158/results_day_4.pdf</a>
[32]	2018 Tahiti IVF World Sprints Results	<a href="http://www.ivfiv.org/uploads/2/5/3/8/25381158/world_sprints_results_all_days_2018.pdf">http://www.ivfiv.org/uploads/2/5/3/8/25381158/world_sprints_results_all_days_2018.pdf</a>
[33]	2018 Tahiti IVF World Sprints Powell River	<a href="https://www.facebook.com/canadianoutrigger/posts/great-article-on-our-amazing-70s-crew-at-the-world-sprintshhttpswwwprpeakcomsport/2013319912019734/">https://www.facebook.com/canadianoutrigger/posts/great-article-on-our-amazing-70s-crew-at-the-world-sprintshhttpswwwprpeakcomsport/2013319912019734/</a>
[34]	2018 Tahiti IVF World Sprints Powell River	<a href="https://www.prpeak.com/local-sports/powell-river-paddlers-capture-gold-in-tahiti-3408005">https://www.prpeak.com/local-sports/powell-river-paddlers-capture-gold-in-tahiti-3408005</a>
[35]	Powell River Paddlers Win Gold 2018 Tahiti	<a href="https://www.mypowellrivernow.com/15558/news/powell-river-paddlers-win-gold/">https://www.mypowellrivernow.com/15558/news/powell-river-paddlers-win-gold/</a>
[36]	City of Powell River Celebrates 2018 Paddling Team	<a href="https://www.prpeak.com/in-the-community/city-of-powell-river-celebrates-paddling-team-3408087">https://www.prpeak.com/in-the-community/city-of-powell-river-celebrates-paddling-team-3408087</a>
[37]	2018 Tahiti: World PRIXnat de va'a: all the results of the 4th day	<a href="https://www.tntv.pf/tntvnews/sports/championnats-du-monde-de-vaa-tous-les-resultats-de-la-4e-journee/">https://www.tntv.pf/tntvnews/sports/championnats-du-monde-de-vaa-tous-les-resultats-de-la-4e-journee/</a>
[38]	2018 Powell River Year In Review: Sports	<a href="https://www.prpeak.com/local-sports/powell-river-year-in-review-sports-3409754">https://www.prpeak.com/local-sports/powell-river-year-in-review-sports-3409754</a>
[39]	2022 London IVF World Sprints Results	<a href="http://www.ivfiv.org/uploads/1/3/7/9/137911945/results_-_all_days.pdf">http://www.ivfiv.org/uploads/1/3/7/9/137911945/results_-_all_days.pdf</a>
[41]	Powell River Paddlers Head to Samoa	<a href="https://www.prpeak.com/in-the-community/paddlers-from-qathet-region-head-to-samoa-for-world-championship-7371704">https://www.prpeak.com/in-the-community/paddlers-from-qathet-region-head-to-samoa-for-world-championship-7371704</a>
[42]	2023 Samoa IVF World Distance Results	<a href="http://www.ivfiv.org/uploads/1/3/7/9/137911945/ivf_world_distance_day_2_race_3_-_v6_j16m_j16w_m70_m75_para_v1_mw60.pdf">http://www.ivfiv.org/uploads/1/3/7/9/137911945/ivf_world_distance_day_2_race_3_-_v6_j16m_j16w_m70_m75_para_v1_mw60.pdf</a>
[43]	Powell River At 2023 Samoa IVF World Distance	<a href="https://www.canadianoutrigger.ca/team-canada-at-2023-samoa-ivf-world-distance/">https://www.canadianoutrigger.ca/team-canada-at-2023-samoa-ivf-world-distance/</a>
[45]	CORA Race Results	<a href="https://www.canadianoutrigger.ca/races/race-results/">https://www.canadianoutrigger.ca/races/race-results/</a>
[51]	The Sunshine Coast Story	<a href="https://www.canadianoutrigger.ca/wp-content/uploads/2024/06/The-Sunshine-Coast-Legacy-Latest.pdf">https://www.canadianoutrigger.ca/wp-content/uploads/2024/06/The-Sunshine-Coast-Legacy-Latest.pdf</a>
[61]	Sea Fair 50 Years	<a href="https://www.prpeak.com/in-the-community/sea-fair-celebrates-50-years-3394950">https://www.prpeak.com/in-the-community/sea-fair-celebrates-50-years-3394950</a>
[62]	2014 Sea Fair Corporate Challenge	<a href="https://www.prpeak.com/local-sports/sea-fair-adds-corporate-challenge-3396187">https://www.prpeak.com/local-sports/sea-fair-adds-corporate-challenge-3396187</a>
[63]	2014 Sea Fair Outrigger Canoe Races	<a href="https://www.facebook.com/photo/?fbid=615921821860769&amp;set=pb.100067410794212_-2207520000">https://www.facebook.com/photo/?fbid=615921821860769&amp;set=pb.100067410794212_-2207520000</a>
[64]	2015 Sea Fair Funding	<a href="https://www.prpeak.com/opinion/salvage-sea-fair-3398199">https://www.prpeak.com/opinion/salvage-sea-fair-3398199</a>
[66]	Club Bon Accueil 2016 Canoe Grant	<a href="https://www.prpeak.com/in-the-community/club-bon-accueil-receives-grant-for-seniors-canoeing-3398766">https://www.prpeak.com/in-the-community/club-bon-accueil-receives-grant-for-seniors-canoeing-3398766</a>
[67]	Club Bon Accueil 2016 Canoe Grant	<a href="https://issuu.com/prpeak/docs/peak_vol_21_issue_28">https://issuu.com/prpeak/docs/peak_vol_21_issue_28</a>
[71]	CORA Club Rep PROCS	<a href="https://www.canadianoutrigger.ca/canadian-outrigger-racing-association/cora-clubs/">https://www.canadianoutrigger.ca/canadian-outrigger-racing-association/cora-clubs/</a>
[72]	CORA 2006 AGM	<a href="https://www.canadianoutrigger.ca/wp-content/uploads/2019/02/2007BoardMinutes.pdf">https://www.canadianoutrigger.ca/wp-content/uploads/2019/02/2007BoardMinutes.pdf</a>
[73]	CORA 2006 Monthly Meetings	<a href="https://www.canadianoutrigger.ca/wp-content/uploads/2019/02/2007AGM.pdf">https://www.canadianoutrigger.ca/wp-content/uploads/2019/02/2007AGM.pdf</a>

