



BLAZING PADDLES

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Newsletter of the
BURLEY GRIFFIN CANOE CLUB INC.
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www.bgcc.org.au

Welcome to the 2008 kayaking season.

There are lots of places to go and paddle, lots of competition, time trials, coaching, and whatever else you'd like to organise!!!!

It won't be long till the Annual General Meeting (April) so members should start thinking about how they can help out. All positions will be open, however our constitution only allows members to hold a position for 2 years—therefore we'll really need a new President, Secretary and (sadly, for me) a new Editor.

Also, the Burley Griffin Bash is coming up, we'll have the Marathon Series race 1 on the Saturday and the Bash on Sunday—see inside for details.

Start training!

Or be ready to volunteer your services.



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24 Hour:

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Upcoming Events

Feb 2 Maximum Adventure Paddle - see details

Feb 9 NSW 500m 1000m Sprint Championships Penrith

Feb 9—10 Hay races - see details

Feb 23—24 Nelligen Challenge and
NSW marathon Championships - see details

March 8—9 Race 1 & Burley Griffin Bash - see details

March 21—24 Australian Marathon Championships

March 22 Tollgate Challenge

March 30 LifeStart Sydney Harbour - see details

April 5/6 Race 2 ?

May 3 Race 3 Berry

Wednesday Twilight Time Trails

BBQ after the race. First boats away 5.45pm

*We still need people to volunteer for the time keeping and
BBQ roster for the rest of the season.*

Maximum Adventure Paddle

By Steve Cooper - SleepMonsters Aus

Sat 2nd Feb Start time 8am Finish 1pm

Paddling on Sydney Harbour is a must for any body with a love of the water and the outdoors, and what better way to do it than with over 100 other paddlers.

The event is set to run over a 5hr period starting and finishing at Tunks Park - Cammeray, competitors have no set course but will have to navigate themselves around middle harbour collecting as many check-points as possible and returning to the finish before the time limit runs out.

Competitors may use their own craft and you will need to be confident that should you fall out you can re-enter you craft in open water.

Some checkpoints may involve leaving your craft behind. Some basic navigation is required but rest assured if you can read a street directory you are more than halfway there.

For more info click on:

[http://www.maxadventure.com.au/
AdventurePaddle/News.htm](http://www.maxadventure.com.au/AdventurePaddle/News.htm)

Touring Trip

Our touring trip to Durras has had to be **postponed**—as there was very little interest from members and the convenors are fully booked for Feb and most of March!

There will be a trip away in March, not quite sure on the date—Karen will be travelling up to Sydney for the 'last leg of the Hawkesbury'. Saturday will be paddling from Spencer, and staying overnight at a camping area nearby. Sunday will be paddling around the local area.

If you are interested in going along, contact Karen on 6288 2059 for further details.

If you're going on a trip, or would like to go and need some company, let me know and I can advertise it to other members.

NSW Marathon State Championships 2008

Nelligen, NSW South Coast

Saturday and Sunday Feb 23 and 24

(in conjunction with the Nelligen Challenge)

Regatta details <http://www.straightupkayaks.com.au/BAK/BAK-nc.html>

Volunteers needed for NSW State Marathon Champs.


All Marathon Clubs. Safety Boat operators (need Maritime licence), Course Umpires, raft marshals, portage umpires, registrations, merchandising, time keepers, etc, can be filled by any willing volunteers. On one day or both.

Saturday February 23

- 11.00 a.m. Nelligen Challenge
- 3.00 p.m. NSW Marathon Champs, team boats


Sunday February 24

- 10.00 a.m. NSW Marathon Champs, K1's and other single classes
- 2.00 p.m. NSW Marathon, K4's



Wetspot now has EPIC ocean racing skis in stock, these things are so much fun to paddle, and fast. Call in and see the crew if you would like to demo a boat or a paddle. See you on the water. Scotty."

Paddlers serving paddlers at 13/68 Wollongong Street, Fyshwick.



1. **Welcome:** 7:35 p.m. - Welcome to all present.
2. **Present:** Helen Tongway, Jacqueline Wicks, Mike Wootten, Andy McNeice, John Harmer, Danny Galbraith and Anthony Buykx.
3. **Apologies:** Lyn Langer, Carolyn Williams, Russell Lutton, Patricia Ashton, Renee Todd, Barry Marshall and Steve Harmer.
4. **President's report:** It has been a good month. The organisers, coaches and assistants have done a great job with our 26 new paddlers enrolled in the Beginners' course. Yesterday was the final day, with 16 there to receive their Certificates. With Margi in charge of the coaching, the new paddlers showed great improvement over the course of the four weeks.
5. **Treasurers report:** Accounts paid: Lakeside Leisure Centre, \$498.15, Oct. pool hire; Road Transport Authority, \$55.10, trailer registration; Helen Tongway, \$155.46, inks + various; Jacqueline Wicks, \$45.51, stamps, storage crates; Patricia Ashton, \$57.55, TT BBQ, drinks, etc.
Accounts payable: Possibly owe Cathy Jenkins for Pair, \$US200.83, ISP (already paid to 1st June 2008?) Total deposits of \$4,219.20 and pay outs of \$811.77. Danny moved that the accounts be accepted. Seconded by Anthony. Carried
6. **Minutes** from previous meeting: Mike moved that they be accepted. Seconded by Jacqueline. Carried
7. **Business arising** from minutes:
 - i) Update on LUG, NCA, water-skiers, etc. John H will be going to the next meeting on 12th Dec. Of interest is the "Wakeboard proposal" on the agenda. Ongoing
 - ii) Beginners' Course – The Spring '07 course had 26 enrolled in it, with 16 receiving their Certificates of Achievement yesterday, at the completion of the course. The Beginners were enthusiastic about the course and coaches and assistants worked hard at teaching the finer points of paddling. Two 2x Sundays courses are planned for January and February 2008. Helen and Patricia (plus helpers) to do. Ongoing.
 - iii) Rash shirts – 14 rashies still left to sell. The remaining 29 club caps have been collected and are for sale.
 - iv) Increasing the number of qualified Club Coaches. Patricia and Karen are just about qualified, while Brendan still has his assessment to complete. Others still to complete their coaching courses. Ongoing
 - v) K1 hanging from Club Shed roof. Mike has contacted Pipa O'Shea's family, about removing her K1. If the phone calls are not able to get the boat moved, then we will revert to writing a letter. Ongoing
 - vi) Jacqueline has drafted a letter to GIO to find out the details of the insurance for the club boats on the club trailer being towed by non-club vehicle. Also to find out what our excess might be. Ongoing
 - vii) Mike has considered using a pole to raise the power cord above the parking area, draping the line across to a tree, etc. Anthony suggested buying an electrician's extension-pole/tower but both these ideas were rejected because of safety issues with people being up ladders to secure the lines. Danny will check out "Blackwood" safety company, re a secure "hump" for the lines for cars to drive over. Ongoing
 - viii) Steve H to get some of the Club Shed fluorescent lights replaced and safety check and tag all the portable electrical equipment in the shed. Ongoing
 - ix) John H has contacted Ursula Swoboda about the club instigating a memorial award in memory of Rainer's lifetime contribution to the club and she was very pleased with this idea. The Award would replace the annual club member of the year award at the club's Birthday Party. We will run a competition for a design for the perpetual trophy for this award. Ong..
 - x) This year's 24 Hour Relay Challenge was sadly cancelled due to ... the election-induced lack of interest. We will try again for next year, with the dates to be investigated. With the Hawkesbury CC on 1st/2nd November, 2008, 18th/19th October might be a suitable date. Danny to check moon phases and local temperatures. Ongoing
 - xi) Danny to confer with Brendan & others, re suitability of movie cameras for coaching purposes. Ongoing
 - xii) Steve (or John) - some more sand on our beach. Leave to Feb, may have to get our own load. Ongoing
 - xiii) Jacqueline has handed in Steve H's paperwork to have his travel grant acquitted. Finished
 - xiv) Too late to change the club's listed phone number in the local phone book for this new book, but need to organise a new system by this time next year. (Renee?) Ongoing
 - xv) Helen moved that we buy a new Seiko printer-Stopwatch plus a protective case, up to the cost of \$700. Seconded by Danny. Carried. Danny to order and purchase. Ongoing
 - xvi) Danny moved that we buy a new Mirage 730 (double sea-kayak) decked in club colours, to the cost of (about) \$3,000. Seconded by Helen. Carried. Boat to be in the fleet in time for the 2008 Bash. But, the shed needs some cleaning up before this boat can move in – meaning that possums have to move (and stay) outside and a current boat might need to be removed from the shed. Potential paddlers of this boat – see what you can do to help with the possum-proofing of the shed and the cleaning up of the mess. Ongoing
 - xvii) Andy presented to the meeting the prices of various combinations of Canoe Polo boats and necessary equipment. Danny moved that we buy 2x "Option 1 – Package" of Dagger (plastic) Vampire boat, Shotover paddle with alloy shaft, Neoprene spray deck, Focus polo PFD, helmet and facemask at \$1,400 (total \$2,800). Seconded by John. Carried. Andy to organise the order. Ongoing
 - xviii) Jacqueline has priced second-hand filing cabinets at \$40 each – for storage of club records. Decided to leave this until Steve H returns from his honeymoon and the Club Shed is free of it's furry inhabitants. Ongoing
 - xix) Helen has sent emails to the Canberra Times about the change from Sunday morning to Wednesday evening for the handicap races, but they still have the wrong day! Will have to phone them. Ongoing
 - xx) Margi has word that the Sprint Grand Prix will be held on the buoyed course at Yarramundi Reach on Saturday 19th January, 2008. The Sprint committee will provide all the necessary organising of and for the race, but they would like some assistance on the day from BGCC members. Please. Ongoing

8. Correspondence In:

* CBA Bank Statement, 2nd Nov, balance \$21,748.43* Sladecraft Invoice, \$88.00, 3x rudder cables, etc. * Trailer registration sticker * Notice of WCC hosting of Sprints at Penrith, 23rd Nov, 6:30 p.m. – for their club members! * ACT Sport and Rec letter, saying they had received our application for a Grant – SROP/08/021 * Survey from Entertainment books * Southern Sea Ventures, blurb * ACTSport invitation to Christmas drinks, 13th Dec, 3 p.m. * Seton catalogue * Citizens Advice Bureau ACT – offer to buy their CD, etc * YHA blurb * Email from SES re payment/donation for their help at the 2007 Bash * Pancake Parlour movie/meal deal * Weird iiNet Invoices, again

9. **Correspondence Out:** * 2008 ACT Government Grants application * Email to SES re donation/payment for their help at the 2007 Bash Mike moved that the correspondence In and Out be accepted. Seconded by Jacqueline – Carried

10. **Business arising:** i) Payment of Accounts? Mike moved that cheques be written for NSWCI, \$1,100, Memberships; SES, \$200.00, boat assistance at 2007 BG Bash; Sladecraft, \$88.00, 3x rudder cables & fittings; Helen T, \$43.50, Beginners' eats & certificate card; Sladecraft, \$55.00, repairs to Barry O's TK1. Seconded by Danny – Carried

11. **Conveners Reports:** Canoe Polo – To compliment the new (to be ordered) CP equipment, Andy will go through the current equipment stored at the Lakeside Leisure Centre with a view to completing an inventory of what is there; selling off old boats to B-graders; making a list of “needs” so that each boat comes with a full set of safety equipment (helmet, PFD, etc). BGCC needs to employ “due diligence” in this matter. Andy is to present a list of CP needs to the next meeting – in February 2008. There is one more Wednesday evening comp to go, to be followed by a barbecue on 12th December. BGCC didn't win the Kangaroo Valley Mudcake Challenge, but enjoyed the mudcake anyway!

Flat water racing – Good news on the NSWCI Marathon Series races – BGCC has been included as a race venue/host.

Nelligen were eliminated from the automatic inclusion (as a new club) because they didn't have paddlers at any but their own race. That left BGCC and SCCC to toss (or volunteer) for either the race or to be the race computer operators – and luckily for us, CSCC volunteered to do the computing stuff! Here's how it works (from Roger Aspinall): “The non-hosting Club in any year must provide a volunteer or team of volunteers to run the computer system at every race for the season, ie, do my job. For this you receive 10% of the takings from the whole event which will come out of the NSWCI Marathon Committee share (so it doesn't affect the income to the host club). This will provide you with at least the amount you would normally collect, possibly even more, over the entire season. It will also get me back on the water!!!” Lots of club members competed in the last race of the 2007 series, at Wagga, (with only Patricia and Helen seeming to enjoy the race in the shallow water conditions) and many also stayed on to enjoy the dinner and presentation afterwards. “Well done” to NSWCI Marathon Committee. 4 BGCC members entering the Red Cross Murray River Marathon this year will be – Renee, with her father and Jason Slade in TK1 relay and John Lockie, Bob Collins and Hans van Haalen in single Sea Kayaks.

Social – Jacqueline has volunteered to look after the catering for the club Christmas Party, next Sunday, 9th December. She has extended the RSVP to 7th December. Only a small number of people have replied so far. Santa is ready. A SOCIAL CONVENER is needed. White Water – No report

Touring – “Our touring trip to Kangaroo Valley was very successful. Six of us went to Tallowa Dam. We had a little rain but not much and no wind. The scenery is stunning and a variety of camp sites are available, probably only 12 km paddle. This time the river was quite busy and if anyone is interested in going (and its well worth it) they'd be advised to start out early to get a camp site (hopefully you'd have a site to yourself, as its not one flat area, but there are about 6 or 7 sites (for between 4 - 10 tents?) over the last 4 km. Evening paddle on 24th November was great.

Next one from Black Mt Peninsula at 6.30 p.m. on Friday 21st Dec. Please note that you will need to have car roof-racks and boat cradles if you wish to transport a club boat to Black Mt Peninsular to take part. Patricia.

Property Manager – **The newly re-hung door swings and closes beautifully!! Thank you Steve H** However, the “saw-horses”/boat holders for boat washing are too unstable to use and have caused the crashes of several club and private boats. We still need to hold a working bee to make the shed possum-proof, making sure they have been moved outside to use their newly-installed possum shelters up the adjacent trees. Date??? The tree situation is still to be looked into.

Membership Secretary – Now have 144 members. Going well

Triathlon – The triathlon on 25th November went well, with the next one on 9th Dec and a big one (28 boats) on 16th Dec.

12. General Business:

i) After some discussion, Danny moved that Barry M order 40x BGCC labels of 2x sizes, to the cost of \$150, to be put onto the club boats and paddles. Seconded by Mike. Carried

ii) Mike moved that the club have up to \$150 worth of adjustable paddle-joiners (hopefully 5x paddles) installed into club paddle shafts – probably at Wetspot. Seconded by Anthony. Carried. Anthony and Danny to do.

iii) Discussed the need to make a roster of Club Shed key-holders to do their turn at opening the shed on Sunday mornings. Probably need to have a club coach on duty as well. Ask Patricia to do this. Ongoing

13. **Next Meeting:** 7:30 p.m. Monday 4th February, 2008, at the Club Shed. Phone 0418 861 613

14. **Blazing Paddles deadlines:** 21st January and then 17th February, 2008

15. **Anything else?** * Because damage was caused to Barry Owers TK1 when it was on the new saw-horses (and they fell over) when a new club member used his boat and was washing it down, Helen proposed that the damage to the boat be repaired at the club's expense. Seconded by Mike. Cost about \$55.

* We still need a **Social Convener**. Anyone out there who would like to take this on?

* Entertainment books – leave the last one in the Club Shed for members to use the coupons, with a gold coin donation for the front tickets and 50 cents for the pink ones. Need to ask Patricia to bring it to the shed.

16. **Meeting Closed:** 9:26 p.m.

Murray Marathon—there were 4 club members taking part in the Marathon this year—Renee, along with her Dad and Jay Slade took part as a relay team and came 2nd in their class with lots of competition and much discussion on splits and times; John Lockie competed for the 2nd time, taking about 3 hours off his previous time; Bob Collins completed his first Murray Marathon in a number of years and found fame with 2 articles and a photo in the Canberra Times. Hans van Haalen did the half marathon and sent in the following:

I am new to the club and paddle in a sea kayak. I have done a few Wed. 10 km races and undertook to complete the Murray Marathon in the recreational craft over 50 category. Wisely I competed in the Murray 40 miler on Dec 1st as a warm-up and river familiarisation and after 7 hours and 15 minutes in 33 degree heat with just a 5 minute rest stop, decided that perhaps I had bitten off more than I realised. Although I had trained consistently for the past 6 months. Hurried communication with Red Cross in Melbourne saw me change to the Half Marathon, still a daunting challenge. It proved to be a major challenge, with the temperature on the first 2 days in the high 30's and the final 3 days over 42 deg.celsius....!

Lack of shade, flies, dust, thirst, heat all presented themselves as obstacles but the enthusiasm, encouragement and wonderful organisation of participants and volunteers alike made for a fantastic event. It was a memorable challenge...I learnt heaps about myself, the river, my craft and met many wonderful people with similar interests. Most were there to participate. Competition was fierce amongst some but overall it was the sense of achievement that pervaded the event.

I was asked at the completion if I would do it again...my immediate response in the heat and feeling of utter exhaustion was no! But ask me again in 6 months and with a different craft...probably!!

I would encourage all members who have not undertaken this event but perhaps in the back of their minds have contemplated it to have a think, train regularly and i am happy to talk to them about my experiences.

Best wishes!

Hans

MOMENT ON THE MURRAY 2007

It was basically carelessness.

About 15 km into Day 2, I was paddling beside a TK1, leading a group of others who were happy to hang around with an old SK for the first 20-30 km. It was a beautiful cool morning, good flow, great scenery, pleasant company. The TK1 was an AFL umpire from Swan Hill; so we were talking footy.

We both saw the large snags in the middle of the river ahead, but there was a gap easily wide enough for two boats; so we went on talking footy.

It was only at the last minute that I saw the partially submerged log that made the gap MUCH smaller. Too late to avoid, the current pushed me side on into the log, and I was promptly T-boned from the other side by a TK2 that was on my wash. It could only end one way, and it did; suddenly upside down in 2 m of muddy water, trying not to be dragged under the log.

Current adds an interesting dimension to still-water recovery techniques, so I had to improvise a bit.

Step 1: grab the boat, it's the best floatation around

Step 2: point the bows into the current to reduce drag

Step 3: get some purchase on one of the submerged logs to avoid being swept onto other snags immediately downstream.

A few cuts and bruises later, this was achieved, so the situation was stable.

There were no obvious holes in the boat, so with the assistance of another SK, we righted the boat, sloshed some of the water out of the cockpit, and I eventually managed to get back in. It wasn't elegant, but I didn't care. Paddling with my hands, I could just stem the current, and then the TK2 came past having recovered my paddle.

Then it was just a case of paddling an unstable boat carefully to the bank, emptying it, checking for damage (to me and the boat), and remembering the numbers of the boats that helped so I could make sure they got a time allowance for stopping (36 and 70, I love you).

It probably cost me 20 minutes, but it was my own silly fault; and I PB'd the day anyway. But were there any lessons to be got? I wasn't wearing a PFD, and I am happy with that under the conditions; unrestricted movement and reduced chance of hyperthermia, against the chances of needing the extra buoyancy. A paddle leash might have been good, particularly if there hadn't been other boats around; provided it didn't get tangled in the snags.

But the main problem was lack of attention. Things can go wrong on the water, unexpectedly and very quickly. It is great to relax and enjoy the moment; but it doesn't pay to relax too much.

John Lockie

14th November,

2 km: LJTK1 - Karen Owers, 18:35;
5 km: LTK1 - Nicole Danaher, 33:15;
MTK1 - Bill Danaher, 41:05;
10 km: MK1 - Barry Owers, 49:30, Jason Chen, 49:45;
MTK1 - John Preston, 51:07, Steve Hanley, 54:32
(PB), Mike Wootten,
54:38;
MLR1 - Barry Marshall, 54:35, Richard Fox, 54:50;
LLR1 - Helen Tongway, 67:27.

Winner of the Smarty Pants "closest to nominated time" was Bill Danaher at plus 5 seconds.

28th November,

5 km: MTK1 - Damian Woods, 29:44;
MLR1 - Hans van Haalen, 34:05;
LTK1 - Robin Robertson, 35:42;
10 km: MK1 - Simon Stenhouse, 42:49, Brendan
Cowled, 45:07, Jason
Kendall, 45:09, Barry Owers, 50:36, Jason Chen,
51:42, Paul Hartlipp, 62:02;
LK1 - Renee Todd, 51:04;
MTK1 - Trent Birkett, 51:45, John Preston, 53:03,
Mike Wootten, 55:11;
XTK2 - Randall Fitzsimon & Julie Quinn, 52:02;
SS1 - Shane Lund, 52:43;
MLR1 - Russell Lutton, 52:19, Barry Marshall 6:39;
LTK1 - Hayley Sakkara, 61:32;
LSS1 - Carolyn Atkinson, 63:32;
LLR1 - Carolyn Williams, 67:12;
LTC1 - Helen Tongway, 77:27.

Winner of the Smarty Pants "closest to nominated time" was Russell Lutton at plus 4 seconds.

12th December,

5 km: XTK2 - Amanda Brian & Mike Peedom, 28:40;
LTK1 - Danielle Winslow, 30:40;
10 km: MK1 - Simon Stenhouse, 44:20, Brendan
Cowled, 44:32, Jason Chen, 51:35, Trent Birkett,
51:38;
XTK2 - Renee Todd & Jason Slade, 47:55, Barry
Owers & Karen Owers, 54:06;
LK2 - Gabrielle Hurley & Lynette Woodburn, 50:16
(PB);
MUR1 - Steve Hanley, 50:45;
MSS1 - Shane Lund, 51:40, Craig Kentwell,
56:10;
MTK1 - John Preston, 52:25, Mark Gawler, 63:15;
MLR1 - Russell Lutton, 52:40, Barry Marshall,
55:58, Richard Fox, 56:15;
LTK1 - Julie Quinn, 59:02, Patricia Ashton, 59:40;
LLR1 - Helen Tongway 65:25(PB) Carolyn Wil-
liams 66:20

Winner of the Smarty Pants "closest to nominated time" was Barry Marshall at minus 2 seconds.

21st November,

2 km: LTC1 - Helen Tongway, 14:03;
5 km: MTK1 - Trent Birkett, 25:42;
LTK1 - Brooke Rowllins, 35:16, Jane Fisher, 36:02;
MTC1 - Clive Richardson, 46:14;
LTC1 - Margaret Tayar, 46:20;
10 km: MK1 - Mark Halpin, 44:41, Brendan Cowled,
44:42, Jason Chen,
51:57;
MTK1 - Barry Owers, 50:24, John Preston, 54:10,
Mike Wootten, 55:26;
LK1 - Renee Todd, 50:25;
SS1 - Shane Lund, 52:28;
MLR1 - Barry Marshall, 55:29, Richard Fox, 55:39;
LTK1 - Patricia Ashton, 60:10.

Winner of the Smarty Pants "closest to nominated time" was John Preston at plus 10 seconds.

5th December,

5 km: MTK1 - Danny Robson, 35:18, Ben Kennedy,
35:53;
LTK1 - Roslyn Hickson, 37:27, Joy McDermid, 41:26;
10 km: MK1 - Simon Stenhouse, 42:59, Trent Birkett 52:23
XK2 - Renee Todd & Barry Owers, 47:53;
MLR1 - Russell Lutton, 52:11, Richard Fox, 55:47,
Danny Galbraith, 62:38;
LK2 - Gabrielle Hurley & Lynette Woodburn, 52:18;
MTK1 - John Preston, 53:12, Mike Wootten, 55:14;
LTK1 - Patricia Ashton, 59:48, Julie Quinn, 61:31,
Robin Robertson, 74:50;
LLR1 - Helen Tongway, 69:41.

Winner of the Smarty Pants "closest to nominated time" was Patricia Ashton at spot on time.

19th December,

5 km: K2 - Jason Kendall & Trent Birkett, 23:03;
XTK2 - Amanda Brian & Mike Peedom, 27:24;
LK1 - Julie Quinn, 29:30;
MTK1 - Ben Kennedy, 36:08;
LTK1 - Joy McDermid, 38:48;
10 km: MSS1 - Simon Stenhouse, 44:57, Shane Lund,
48:33, Craig Kentwell, 55:48;
MK1 - Steve Harmer, 45:12;
MLR1 - Jason Baldwin, 49:25, Dan Smith, 55:27, Russell
Lutton, 53:33, Barry Marshall, 55:28;
XTK2 - Barry Owers & Patricia Ashton, 49:34;

Winner of the Smarty Pants "closest to nominated time" was John Preston at plus 1 second.

16th January,

5 km: K1 - Scott McDermid, 23:03;
LTK1 - Danielle Winslow, 30:25, Joy McDermid,
34:18, Roslyn Hickson, 36:13, Robin Robertson, 38:40;
MTK1 - Danny Robson, 35:25;
10 km: MK1 - Trent Birkett, 48:51, Shane Lund, 57:38;
MLR1 - Russell Lutton, 52:22, Barry Marshall, 56:54,
Danny Galbraith, 62:52;
MUR1 - Steve Hanley, 52:38;
MTK1 - John Preston, 53:05;
XTK2 - G & B Foster, 57:06;
LTK1 - Hayley Sakkara, 60:58;
LLR1 - Helen Tongway, 68:52.

Winner of the Smarty Pants "closest to nominated time" was John Preston at plus 5 second.

2008 NSW Marathon Series Race 1 Canberra

- DATE:** Saturday 8th March 2008
RACE: Divisional Races over 20 km, 15 km and 10 km
ENTRIES: 9:00 to 10:30 a.m. (Entries on the day, only.)
BRIEFING: 10:30 a.m.
START: 11:00 a.m.
COURSES: 20 km – Molonglo Reach to Scrivener Dam and return
15 km – Molonglo Reach to Weston Park and return
10 km – Molonglo Reach to Australian Museum and return
CONTACTS: Helen Tongway dtongway@inet.net.au 0418 861 613
John Harmer jjharmer@bigpond.com 0417 480 950



SATURDAY DINNER: BGCC will be hosting a Spit Roast by the River. Choice of meats, salads, roast vegetables and desserts. \$20 per person. **Book ahead of the race, or on Saturday morning.**

32nd Burley Griffin Bash

- DATE:** Sunday 9th March 2008
RACE: Traditional distances - 30 km & 14 km - class categories
ENTRIES: 7:30 to 8:30 a.m. (Prior entries welcome. Download form from www.bgcc.org.au)
BRIEFING: 8:30am
START: 9:00 a.m.
COURSES: 30 km – Molonglo Reach to Scrivener Dam, to Grevillia Park, to Black mountain Peninsular and return to Molonglo Reach.
14 km – Molonglo Reach to Black mountain Peninsular & return.
5 km – Loop on Molonglo River for Under 14 yrs.
2 km – On Molonglo River for Under 12 yrs.

BGCC Food Stall in operation for morning and afternoon tea and lunches on both days of racing at Canberra. A goodly selection of cool drinks, tea, coffee, cakes, barbecued meats and vegetarian dishes and salads will be available.

We will be asking for volunteers to help out with a variety of jobs closer to the date!



EUONONY BRIDGE SPRINT

Conducted by the Wagga Bidgee Canoe Club the Eunony Bridge Sprint is a 7 km “sprint” down the Murrumbidgee River. John Preston was our only club member to participate this year. The temperature was in the high 30’s and thunder was rumbling around at race start at 3:00 p.m. Luckily the river was about 1 metre higher than it was back in November for race 10 of the Winter Series. The higher water meant less snags and shallow sections to negotiate. Some of the swirls were a little disconcerting but once one ‘had a feel for the movement’ there was little to worry about.

The paddlers were sent off at 30 second intervals based on gender, boat type and age. John paddled his TK and was 3rd to leave. He quickly passed the paddlers in front of him and stayed in front of the pursuants for about 10 minutes when a K1 went past. With about 1 km to go another K1 paddler went past and some 100metres from the finish a K4 got past him so he was 4th over the line. John’s natural mathematical instincts told him there was some chance of a top 10 position since there were only 11 kayaks in the race and he had overtaken 2 of them! As it turned out he was right with 8th overall he won the race on handicap and combined with an unknown team member also pulled off first in the team handicap event and was thus awarded a cash prize. The surprises continued because John was then interviewed by WIN and appeared on the local Wagga Wagga news during the week.

OURA to WAGGA BEACH MARATHON

The day after the Eunony Bridge sprint was the blue ribbon event, a 26 km downstream race on the Murrumbidgee from Oura to Wagga. Brendan Cowled joined club member John Preston for this race. The heat started to build up as tension mounted for a 9:30 start. The race briefing warned of various dangers on this section of the river. Gravel races and snags were mentioned and those of us unfamiliar with the river hoped we’d be able to follow someone else through the difficult sections. Once again we left at 30 second intervals John leaving second and Brendan leaving second-last, some 6.5 minutes later. John soon wished he’d paid more attention to the briefing as he overtook the leader after a couple of minutes and was soon leading the race into the unknown. Having nervously dodged snags and surviving being swept sideways at times John got himself into a very sticky spot when the river narrowed considerably and he was forced to paddle across the flow to avoid a fast approaching tree that was wedged across the river. The gap to go for was about the width of a road and he was in grave danger of being swept into the snag broadside. Just to add to the fun the K4 with Brendan and 2 others hanging onto its wake made an appearance and were going for the same gap albeit they were at least going straight. With heart rate approaching the red line and with the sort of language one might expect at a bikies convention John managed to avoid both the snag and the other kayaks and with Mr Magoo like aplomb straightened up to ride the current through the gap to safety.

Brendan was the only paddler with the strength and skill to stick with the K4, the other paddlers dropped off after their near death experience with John. Brendan fought hard to stay with the 4 and was able to out-manoeuvre them when they tried to rub him off by directing him towards snags and shallows. With a couple of hundred metres to go they finally managed to shake him off and took out line honours. Second overall Brendan was placed 4th on handicap and was awarded a bottle of wine for sticking with the K4 for as long as he did.

John had a few more wobbly moments but settled down and actually concentrated on the racing rather than survival for the final 12 km. Coming home in 10th place out of 16 competitors John was placed second on handicap and was rewarded with 2 bottles of wine which pleased Wendy who was once again there supporting him on his quest for glory.

It was a shame that so few competitors turned up but it’s a bad time of year being just after the Murray Marathon and during holiday season. Despite this the locals are enthusiastic and provided 2 days of very good, well organised and friendly competition. Perhaps we could get a bigger contingent to go over next year apparently they don’t mind giving us prize money and bottles of wine.

Thanks to our Property Manager

Many thanks to Steve Harmer who has been busy in the shed over the last few months—we now have a beautifully swinging door which opens without heaving and straining, (on our part).

While the shed is not completely possum proof—its getting close with most of the gaps covered and the offenders chased out by various means (many of you may have read Danielle’s adventures on the white board!), and just this week Steve paddled the time trials with an unwilling doubles partner (the possum was subsequently relocated).

Steve was also quite excited about one of his other jobs—fixing the shower so that it does make the loud screeching noises anymore. And there’ve also been adjustments made to the boats racks Steve had designed earlier.

Congratulations to Amanda and Anthony, the proud parents and to Danny and Kristine, the proud grandparents.

This is Anthony and me, and our little girl, Amelia. Oh, and Chloe, of course.

Anthony looks forward to the day he can get her in a kayak down on the river.

Amanda.



Please let him know we appreciate his work when you see him around!

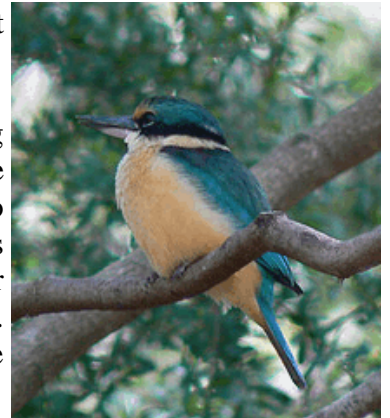
(also thanks to Anna for putting up with his coming to the shed at all hours of the day or night!!)

AVIAN FAUNA

Whilst participating in one of the Wednesday night time trials I noticed a turquoise coloured bird touch the water in front of me and then dart into the trees. Thinking I'd spotted an Azure Kingfisher I made a mental note to check my bird book when I got home. While I got the kingfisher part correct it turned out to be a Sacred Kingfisher not an Azure. It occurred to me that we are lucky to be able to paddle in an environment that contains so many beautiful birds and animals all coexisting in relative harmony.

The Sacred Kingfisher spotted on this occasion was about 200metres from the hospice buoy on the north bank. Since then I've seen more on the Molonglo River out past Fyshwick and between the 2 bridges on our 10 km course.

Sacred Kingfisher



Many other species are easier to spot and are more common. The overhanging branches in spring and summer are loaded with the nests of the Darter. Darters are easily distinguished from other water birds by its snake-like neck. Often they slip into the water as a kayaker approaches. Others stand their ground and wave their heads back and forth as they contemplate our intentions. Amazingly the adults feed their young seemingly oblivious to the presence of people on the water only metres away. The parents must be good providers and the river must have plenty of fish because the babies grow rapidly and appear to be as big as the parents within weeks of hatching.

Often sharing the branches with the Darter are the various members of the cormorant family. The Great Cormorant, Little Black Cormorant and the Little Pied Cormorant are often seen drying their wings on branches and snags on the banks of the river. These birds often pop up in front of us as we paddle along and quickly dive back down or fly off seeking a safer location. On a number of occasions I have seen cormorants surface with a fish clenched in its beak. Providing the kayak doesn't spook the bird it will flip the fish around so it can swallow it head first. Imagine doing that with no hands! Sometimes the river gets a visit from a large flock of Little Pied Cormorants which make their way up and down the river surfacing and diving for fish on masse this is quite a spectacular sight.



The Black Swan is so common we barely give it a second glance. Nevertheless they are beautiful birds which can be observed casually floating around and turning upside down to feed on weed in the shallows. They are quick to defend their young so be careful not to get between a young bird and the adults. One morning near the rowing course I ventured too close and got attacked by a male swan defending his baby. An irate swan flapping its wings in your face and snapping its beak close to your nose is more than slightly disconcerting. In the same area I saw some weekend paddlers tipped out of their canoe by a similarly incensed swan.

White-bellied Sea Eagle

The most common ducks we see in the river are the Pacific Black Duck and the Maned Duck. It's these birds that scare the living daylights out of you when they land on the water in small flocks at night. They've raised the odd heart rate at other times at night by suddenly taking flight right from in front of you as you paddle along in your own little world.

The Eurasian Coot seemingly dares you to run it over and when you think that might just occur it "runs" across the surface for a few metres seeking safety. This bird is often seen in the same area as the Eurasian Coot as are the Purple Swamp Hen and the Dusky Swamp Hen. These birds live in and on the edges of the reed beds particularly around the lake. Also in the reeds are a variety of brown birds which are difficult to distinguish. The most common is the Clamorous Reed-Warbler which, as its name suggests, has a strident but not unpleasant sound. I've seen many of these near Black Mountain Peninsula and on the islands.

In November a flock of Short Billed Corellas arrived and have been noisily feeding in the trees around the club house. They seem to coexist with the resident Sulphur-Crested Cockatoos quite happily. Also around the club house but more particularly in the grass area around Grevillia Park are small flocks of Red-Rumped Parrots. These pretty little parrots often go to the edge of the lake to drink. The male is the brightest in colour and bears the red rump.

Keep an eye out for the White-bellied Sea Eagle which I've seen up near the dam, on the islands and near the mouth of the Molonglo on the southern shore. This is a beautiful white and grey eagle which will sit quietly watching for prey from high branches. If you venture too close it will move away but land again only 50 metres away where you can get another look at it.

John Preston

The Lifestart "Kayak for Kids" Challenge

Lifestart and AROC Sport are joining together to make miracles happen for special kids who need your help. On Sunday 30 March 2008, hundreds of paddling crafts will line up next to Manly Wharf, getting ready to dash towards Sydney Harbour!

The course meanders along the North shore of the Sydney Harbour, leaving from Manly and heading to Lavender Bay past the Harbour Bridge, after a dip towards Spit Bridge in Middle Harbour. There are 2 ways to participate in this event which makes it accessible to anyone:

- Solo paddlers can bring their own craft and paddle the full course (21km).
- Teams of 3 can complete the whole distance while teams from 6 to 15 can relay each other and only paddle one section in very stable 3-person sit-on-top kayaks (provided).

Established in 1996, Lifestart is a not-for-profit organization which provides a community based program managed by families, for families working with professionals such as speech pathologists, occupational therapists and special educators. This is one great opportunity to help a vital cause while having a great time on the water paddling in an iconic location with views on the Opera House and the Sydney Harbour Bridge.

For course details and registration, log on to: www.kayakforkids.com.au

Paddle Around the Islands ~ Hay Kayak Competition

A full weekend of Kayaking Fun

Sat, 9th Feb 2008 - Sun, 10th Feb 2008

Held at the picturesque Sandy Point Beach 700m west of Hay main bridge. \$30 will buy you a weekend full of fun, food & hilarity.

Marathon Events, doubles, singles, juniors & assorted other events.

Novelty Races include bridge to beach swim (500m+), Kayak rescue race.

Accumulated points from all races go towards the "Iron Person" award.

It is a great weekend to enjoy the fantastic and very popular Murrumbidgee River. Saturday evening everyone is welcome to enjoy a BBQ.

For more details & entry forms check out www.sals.com.au/kayak

or phone Sharon 02 69931104, Elizabeth 02 65514612

Bernie 02 49481465 0488981465

Email: kayak@sals.com.au



Red Cross Murray Marathon

To mark this year's 40th RCMM, David Rizolli (142 Haywoods Rd, LAL LAL Vic 3352; davidjrizolli@bigpond.com; (03) 5341 7870) is putting together brief anecdotes to complement a history of the event.

Factual, dramatic, sad or funny; all contributions will be acknowledged.

I am sure some BGCC members would have something to offer.

Cheers John



Club Caps club caps available in a quick dry material, royal blue with a yellow logo, \$15 each

Club Rashies Long sleeve rashies are \$55 and short sleeve rashies are \$50.

Club Singlets The club is thinking about purchasing singlets at a cost of \$35 each. **We need a minimum of 30 before we'll order them, unless we reach this target by mid Feb we'll have to leave them, so please contact Renee.** We do have a sample shirt in medium if people need a rough idea of size.

My contact number is 0414 637 208.
renee@webone.com.au

TRIATHLONS

Date	Time	Location	Swim distance	Boats Req
Thursday, 7 February 2008	1830	TBC	300/500	12
Friday, 8 February 2008	1800	Black Mountain	40/80	1
Sunday, 10 February 2008	800	Black Mountain	200	10
Thursday, 21 February 2008	1830	TBC	300/600	10
Friday, 22 February 2008	1800	Black Mountain	40/80	1
Friday, 29 February 2008	TBC	TBC	200	8
Sunday, 2 March 2008	800	Acton	400/1000	15



Please notify me if you can help out—I will also be sending out regular e-mail reminders asking for assistance.

Thank you to all those who have helped out so far—we're about half way through and after the Australia Day weekend, over the 'biggest events'.

Last Thursday evening saw some rough water crossing over Lake Ginninderra, some foul smells emanating from the Lake, and travel times for some participants of an hour to get to the triathlon from Queanbeyan and other parts south during peak hour traffic.

Australian Canoeing Grand Prix 1, Weston Park, Canberra, 19-20 January, 2008.

Saturday 19th January, 2008

1000m: WK1 - 1, Chantal Meek, 04:12.48, 2, Lyndsie Fogarty, 04:14.62, 3, Joanne Brigden Jones, 04:16.59, 4, Paula Harvey, 04:17.73, 5, Rachel Simper, 04:22.45, 6, Hannah Davis, 04:24.65, 7, Amanda Rankin, 04:24.90, 8, Kristina Jenkins, 04:30.60;

MK1 - 1, Ken Wallace, 03:45.92, 2, David Smith, 03:46.55, 3, Jacob Clear, 03:51.08, 4, Reece Baker, 03:51.38, 5, Simon Martin, 03:51.60, 6, Luke Michael, 03:52.55, 7, David Rhodes, 03:57.82, 8, Jake Michael, 03:58.84, 9, Luke Morrison, 03:59.51;

MK2 - 1, Reece Baker/Clint Robinson, 03:27.40, 2, Jacob Clear/Michael Baker, 03:30.32, 3, Justin Needham/Chad Alston, 03:32.22, 4, Luke Michael/Jacob Michael, 03:33.39, 5, Steve Burns/Tony Schumacher, 03:33.99, 6, David Smith/Luke Morrison, 03:35.15, 7, Simon Stenhouse/Paul Smith, 03:35.21, 8, Gavin James/Alex Buckton, 03:59.25;

MK4 - 1, Luke Michael/Tony Schumacher/Clint Robinson/David Smith, 03:03.62, 2, Ken Wallace/Tate Smith/David Rhodes/Simon Martin, 03:04.54, 3, Jacob Michael/Jacob Clear/Reece Baker/Michael Baker, 03:11.17;

Sunday 20th January, 2008

500m: WK1 - 1, Chantal Meek, 02:05.63, 2, Shelley Oates-Wilding, 02:08.52, 3, Joanne Brigden Jones, 02:08.53, 4, Hannah Davis, 02:08.66, 5, Rachel Simper, 02:09.64, 6, Andrea Wood, 02:12.41, 7, Lyndsie Fogarty, 02:15.77, 8, Paula Harvey, 02:33.58;

WK2 - 1, Hannah Davis/Lyndsie Fogarty, 01:54.78, 2, Jo Brigden Jones/Amanda Rankin, 01:57.08, 3, Yanda Nossiter/Shelley Oates-Wilding, 01:57.14, 4, Paula Harvey/Andrea Wood, 01:57.19, 5, Chantal Meek/Lisa Oldenhof, 01:59.38;

WK4 - 1, Hannah Davis/Lyndsie Fogarty/Lisa Oldenhof/Chantal Meek, 01:42.65, 2, Paula Harvey/Shelley Oates Wilding/Yanda Nossiter/Rachel Simper, 01:45.10;

MK1 - 1, Tony Schumacher, 01:46.51, 2, Ken Wallace, 01:46.54, 3, Jacob Clear, 01:47.80, 4, Tate Smith, 01:48.22, 5, Luke Michael, 01:50.71, 6, Simon Martin, 01:51.23, 7, Reece Baker, 01:51.30, 8, Luke Morrison, 01:55.61;

MK2 - 1, Luke Morrison/David Smith, 01:43.27, 2, Nigel Hoschke/Piers Christiansen, 01:43.55, 3, Chad Alston/Justin Needham, 01:44.57, 4, Michael Baker/Jacob Clear, 01:46.48, 5, Nicholas Dawe/Mitchell Thomson, 01:50.46, 6, Alex Buckton/Gavin James, 01:55.03;

MC1 - 1, Ferenc Szekszardi, 02:09.89, 2, Istvan Domonkos, 02:14.48.

You are invited to attend the **ASADA Pure Performance Seminar** on Tuesday 19th February, 2008.

RSVP: http://www.asada.gov.au/pure/seminar_form.php by Mon 18th Feb. **Further Information:** education@asada.gov.au

The Australian Sports Anti-Doping Authority's (ASADA) mission is to protect Australia's sporting integrity through the elimination of doping. As Australia's driving force for Pure Performance in Sport, ASADA aims to develop a sporting culture in which performance is purely dependent on an athlete's talent, determination, courage and honesty. A culture motivated by a commitment to the true spirit of sport and what it represents. The ASADA Pure Performance Seminar will be delivered by: ASADA, a representative from the Medical Profession and an Elite Australian Athlete. Presenters will draw on their own anti-doping experience and knowledge to deter Australia's athletes and support personnel from engaging in prohibited doping practices.

Agenda BGCC General Meeting 7:30 p.m. Monday 3rd December, 2007,

Club Shed, Molonglo Reach, Morshead Drive, Campbell. Phone 0418 861 613

1. **Welcome:** 2. **Present:** 3. **Apologies:** 4. **President's report:**

5. **Treasurers report:** Accounts paid: ACT SES, \$200, rescue boats for 2007 Bash; Sladecraft, \$88.00, 3x rudder cables, etc, \$55, repairs to Barry O's TK1; NSWCI, \$1,100.00, memberships; Lakeside Leisure Centre, \$664.20, Nov pool hire.

Payable: Danny Galbraith, \$650?, Sieko Stopwatch Deposits:\$ Approx balance: \$28k Grants: ?

6. **Minutes** from previous meeting: (See last *Blazing Paddles*)

7. **Business arising** from minutes:

- i) Water-skiers & LUG, etc., Any new info from 12th Dec meeting? (John H)
- ii) Beginners' Courses – January and February 2x week courses, plus others (Helen, Patricia)
- iii) Rash shirts and club caps – progress report. (Renee)
- iv) Progress on Qualifying some Coaches – news on our 3x flatwater trainees? And the 2x canoe polo trainees? Plus other volunteers? (Patricia, Andy)
- v) Mike - Pippa O'Shea's K1 hanging Club Shed – is no longer hanging in the shed?
- vi) Any news on the level of insurance cover we have on club boats, traveling, etc. (Jacqueline)
- vii) Any further progress on making/buying safe crossing covers the electrical cord over the car-park & bike-path? (Mike, Danny, others)
- viii) Club Shed light replacements & safety tags for electrical equipment in shed? (Steve)
- ix) Any progress re a design comp for memorial award in memory of Rainer Swoboda? (John H)
- x) 24 hour relay – what next? Try for 18th/19th October. (Helen)
- xi) Prices and suitability of "movie cameras" to assist with coaching (Brendan)
- xii) Any news on getting some more sand for the boat-launching beach? (Steve/John)
- xiii) Acquittal of ACT Govt Sports grant – world champs? (Jacqueline/Steve) and application for 2008 grants?
- xiv) Any progress re a club phone number (Renee)
- xv) Replacement of Seiko timer/printer + protective case? (Danny)
- xvi) Quotation/price on a new Mirage 730 to join the club's fleet? (Danny)
- xvii) Progress re buying Canoe Polo batts and other equipment + audit of "old" gear (Andy)
- xviii) Any news on somewhere/something to keep the club records? (Jacqueline)
- xix) Notice to Canberra time re time of Wednesday evening handicap races (Helen)
- xx) Sprint race on LBG 19th & 20th January? (Margi)
- xxi) Christmas drinks with ACTSport, 13th Dec. (Danny)
- xxii) Printed BGCC "labels" for club boats & paddles - \$150 for 40 each of two sizes

8. **Correspondence In:**

- * CBA Bank Statement, 2nd Dec, balance \$24,499.51; 2nd January, balance \$28,040.01
- * Lakeside Leisure Centre, November Invoice, \$664.20
- * TACT, cheque for 25th November, \$324.00
- * Straight Up Kayaks/Eurobodalla advertising booklets
- * Mysportsclub Aust Pty Ltd, offer to run on-line registration payments - \$11/m' ship, 1.1% credit card fee
- * NSWCI notice of Special General Meeting, Homebush, 2 p.m., Saturday 15th March
- * NSWCI – Invoice of \$150, for club affiliation - paid.
- * TACT cheque, \$216.00, for 8/1/08, T7802
- * Aust Canoeing - 15 more membership cards
- * Christmas card from ACTSport
- * Returned membership cheque
- * Seton catalogues
- * CIT booklet of their short courses
- * Entertainment books order form
- * Weird iiNet Invoices, again

9. **Correspondence Out:**

- * Advertising pages for NSWCI Marathon Race Series book
- * Map to NSWCI for marathon races

10. **Business arising:**

i) Payment of Accounts: NSWCI, memberships \$?;

11. **Conveners Reports:** Canoe Polo – Kangaroo Valley CC Annual Mudcake Challenge
Flat-water racing – Winter Series Race in 2008 – 8th & 9th March, in ACT; Red Cross Murray River Marathon; Oura Beach to Wagga beach, 16th Jan; Hay races, 9th & 10th Feb; NSWCI Marathon Champs, 23rd & 24th Feb

Social: Club Christmas Party, 9th Dec? White Water Touring – Durras trip, evening paddles

Property Manager Membership Secretary – now have 150? members.

Triathlon – Big series over Aust Day long weekend

11. **General Business:**

Constitution changes? Do people want to change anything? Number of meetings per year? If so, we need to start the motions to have it advertised and ready by the AGM

Roster of key holders and coaches for Sunday mornings – times?

Duty of care, re juniors, coaching, general paddling—police clearance?

12. **Next Meeting:** 3rd March, 2008, at Club Shed

13. **Blazing Paddles deadlines:** 17th February and then 16th March, 2008.

14. **Anything else?**

15. **Meeting Closed:**