



BLAZING PADDLES

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WWW.BGCC.ORG.AU

President: Russell Murphy
president@bgcc.org.au
Vice President: Bob Collins
vicepresident@bgcc.org.au
Secretary: Richard Fox
secretary@bgcc.org.au
Membership Secretary: Helen Tongway
membership@bgcc.org.au
Treasurer: Greg Wicks
treasurer@bgcc.org.au
Editor: Craig Kentwell
editor@bgcc.org.au



**NEWSLETTER OF THE
BURLEY GRIFFIN CANOE
CLUB INC.
PO BOX 341
JAMISON CENTRE
ACT 2614**

The ACT Government assists the BGCC through Sport and Recreation ACT

President's Report

It was great to see so many of you at the birthday dinner last month (or the Clark Family awards as they are now known). Congratulations to all the winners, and everyone this year for their efforts. It's a great opportunity to celebrate the achievements of the year. But perhaps too it should be an opportunity to think about your goals for next year. This year we've seen many people set big goals and accomplish them, none more so than John Preston and his K1. So what are you going to do this year:

- Go on a tour to a new location?
- Try out a new boat?
- Try to learn to roll?
- Turn a few laps at the 24 hour?

There will be plenty of opportunities this year to get out and try new things. One of the next will be at the Hawkesbury Canoe Classic in October. If you have never done the race before, consider joining the BGCC landcrew. It's an excellent way to experience the race before deciding if you want to do it for yourself.

Also don't forget the BGCC AGM on 5 September. Because the club moved from a May to September AGM to better fit with the financial year, all of the current committee have held their position for at least 18 months. Which means that no committee member can keep their current job.

If you've thought you'd like to have a hand in running the club, or if you've got some skills you'd like to share please nominate yourself for a position. Meetings are once a month and most duties can be shared around as you learn what goes on. It helps the club keep building and growing if we have an

enthusiastic committee and the best way to have that is to have new ideas and enthusiastic members. Existing committee members are more than willing to help you settle into your new role. So please check out the role descriptions later in Blazing paddles, and come along to the AGM, have your say and nominate for one of the positions.

See you on the water

Russell

POSITIONS VACANT

Your club needs you!

With the AGM coming up soon, it's time to consider nominating for a position on the committee.

Further details and nomination form at the back of this newsletter.

Boat Captain's Report

Isn't this the most brutal winter ever or am I getting soft – I would really love to heap praise on all of those that are still managing the early mornings and keeping their progress up.

It's fabulous to see the responses to the fleet management email. To this point I have about 25 replies and a clearer idea on what you, as the members of our club, are looking for in boats is emerging. We have been discussing the concepts at great depth in committee meetings and are not too far from making some decisions. If you haven't replied then give it a go now, I'd still like to hear from you and all emails are being considered.

The presentation night was a fabulous night. It was great to see the huge turnout and really impressive to see the social side of our club maturing. Unfortunately someone came to the evening carrying a bit of a lurgy. It was hard to determine the next day as to whether it was the two or three that made most of us feel a bit ordinary or whether it was the bug brought in by the rubbish man. A big thankyou for Patricia and the girls for making the night happen and to those that presented awards.

Another thankyou goes out to James from Wetspot. He is in the process of arranging repairs to our polo and white water fleet. In the next few months we should have repaired some of our more tired and older boats.

Hawkesbury is not too far away either. The information night at Wetspot was well attended and those that made presentations gave out some exceptionally useful advice. About 30 members attended the evening and were rewarded with advice, pizza and beverages. I wish them all well. Watch this space regarding the landcrew and club arrangements for this year's event. We are hoping to cater the event this year so that all of our landcrew feel as valuable and special as they truly are. We should have new club shirts before the event and with the Saturday set up that we are planning everyone will know that BGCC is there in force. Further information will be made available shortly.

Remember your rackage fees are now due. If you haven't paid last year's fees please be considerate and do so at your first available opportunity. There is a waiting list for storage and if you are not a current member or paid up you may be asked to remove your boat from the shed or it may be moved on your behalf. The good news is that we are considering creating more space that should see a few vacancies arise in the future..

See ya on the water (when it warms up a bit!)

Darryl

Club Dinner

This years' dinner was held at the Hellenic Club Woden which turned out to be a really good venue, plenty of room with its own bar, set up and service was great and most people enjoyed the food – apologies to those who didn't!

Thanks to Darryl, this year saw us presenting trophies for our major awards, and some special 'runners up' engraved pens as well as wine for our appreciation awards.

Major Awards included:

Hole in the Paddle Award – Gabrielle Hurley

Swoboda Award for Club member of the year
– The Clark Family

Male Paddler of the year – Alan Clark

Female paddler of the Year – Patricia Ashton

Most Improved Male – Gary Rake

Most Improved Female – Robin Robinson

Junior of the Year – Carra Sheldon

Coach of the Year – Helen Tongway

Recognition Awards went to John Preston and Danielle Winslow

The club presented Trish Clark with an engraved clock in thanks for the Time Keeping over the last 2 years.

Appreciation Awards – wine

Justin and James for the 24 hour

Darryl – for organising: the Hawkesbury land crew, regular Wed evening BBQ's, shed and boats, plus participated in 24 hour, Hawkesbury, Murray, Avon etc.

Bob – Active club member, organising all triathlons, cleanups, liaison with ACT Govt, beginners courses etc etc. + efforts in 24 hour, Murray & Bash

James – White water

Scott – support through Wetspot and being an active club member

Sue – recognising the need for a Women's Paddling Group, & helping build it up

Julie Mangos – for her ongoing support for the management of canoe polo fees

John Lockie – most Triathlons attended

Robin – 2nd most Triathlons attended

Hawkesbury Classic 2010 'Teabag Team Award' – Jessie Flint and Danny Galbraith

We ran a Quizz which Russell Murphy made almost tamper proof – last year the winning team used mobile phones with internet to 'cheat'. Unfortunately the table he was at won this year, though we were assured it was without his help! Congratulations to Robin's team, who also won the guess the photo competition. We had a selection of baby and 21st photos of various committee members

which club members and guests were asked to identify.

Karen won the \$50- Wetspot voucher after a thrilling game of 'heads and tails'.

Thanks to all those who came along and made a good night of it, to the presenters and to Darryl who, as MC, kept the evening rolling along. See you all next year.

Patricia

Flat Water Convenor's Report

Despite the cool weather in Canberra there has still been plenty of paddling going on. Recent races in Narrabeen, Wyong and the State Championships at Penrith have been attended by our members.



Marathon 9

Race 4 Narrabeen Lake

A keen group of marathon paddlers went up to Sydney for this event. The warm weather at Narrabeen was certainly welcomed by us as we had just started to get subzero minimum temperatures in Canberra. The paddle of the day, from our club's perspective, was the effort made by Paul Hartlipp in Division 5. Paul has had a few duals with Lyle Mead from Windsor in recent races. On this occasion Paul was able to wear Lyle down and beat him home. Great work Paul! Richard Fox had his usual strong effort in Division 4. Russell Lutton worked hard on a course he dislikes to finish well up in Division 7. Robin Robertson put in her usual gutsy effort to complete the 15k in Division 7. John Preston got a DNF after developing a sore shoulder on the second lap

after a series of braces as he continued his battle to stay in the K1.

RESULTS

20km Division 4

Richard Fox 13th in 1:51:33

20km Division 5

Paul Hartlipp 5th in 1:53:23

John Preston DNF

15km Division 7

Russell Lutton 5th in 1:26:06

Robin Robertson 22nd in 1:50:37



Richard getting a jump on the Div 5 field

Race 5 Wyong

Only a small group of our paddlers went up to Wyong for this race. Alan Clark had the luxury of a choice of kayaks at the event and based on the predicted increase in the wind he opted for the Tk1. The wind didn't become a problem and Alan wished he'd stuck with the K1. Young Mackayla Clark had a good paddle in unfamiliar waters. Gordon was, as always, very competitive in Division 7 and John Preston actually managed to finish the race unscathed in the K1.

RESULTS

20km- Division 5

John Preston 4th in 1:54:01

Alan Clark 5th in 1:54:06

15km – Division 7

Russell Lutton 7th in 1:27:49

10km – Division 9

Mackayla Clark (Junior) 13th in 1:16:32

2011 STATE MARATHON CHAMPIONSHIPS – OLYMPIC ROWING COURSE PENRITH

A strong contingent of BGCC paddlers made their way up to Penrith on a warm, sunny, winter's day (in Penrith at least). All gained podium places in their respective races. Some had to toil hard to overcome strong opposition others had it a bit easier and cruised to victory.

It would be great to send up an even bigger team next year because we have a number of paddlers who could do well at this level.

RESULTS

Singles

Gabrielle Hurley 1st in K1 V45 Women
18km in 1:47:11

Alan Clark 2nd in TK1 V45 Men 24km in
2:20:23

John Preston 2nd in TK1 V55 Men 24km
in 2:18:19

Russell Lutton 1st in TK1 V60 Men 18km
in 1:44:06

Richard Fox 1st in Long Rec V45 24km in
2:16:01

Craig Kentwell 1st in Ocean Ski V50
24km in 2:21:04

Doubles

Russell Lutton / Steve Ison (BAK) in TK2
V45 24km in 2:09:45

Vajda canoes and kayaks Marathon 9 event dates for 2011.

Race 7 Sat 20th August: **Pt Hacking**,
Swallow Rock Reserve (CSKC)

Race 8 Sun 11th September: **Lane Cove**
River (LCRK)

Race 9 Sat 5th November: Murrumbidgee
River, **Wagga Wagga** (WBCC) plus
presentation on Saturday night.



Pittwater Challenge – Race 6.

Pete Garbutt made the trip up to Pittwater
and put in another great effort.

In a strong field Pete was placed 17th overall
and 6th in the Ocean Ski Men 40plus in 1:17:46

John

NSW Marathon Championships

(thanks to Carolyn for all the shots)



Russell and Steve (BAK)



Russell



Gabrielle



John (sorry mate I couldn't photoshop out that wake in front of you 😊)



Craig



Alan

Full Moon Paddles



There have been 2 full moon paddles conducted and both provided conditions that were challenging but also great fun. On the 15/06/2011 10 paddlers hit the water in cold, windy conditions. The cloud hid the full moon but the artificial light around the city, both direct and reflected off the low cloud, made visibility easy. It became apparent straight away that among the group that turned up there were 3 distinct reasons for braving the elements that night. The first group were those who wanted to paddle as a training run for the Hawkesbury Classic. Richard Fox and Geoff Collett took off and were only sighted again as they returned under the Commonwealth Ave Bridge. The second group were out to paddle at a steady pace but not turn it into a race. This group consisted of Gary and Ben Rake and David Abela. Geoff Molloy and Warren Yates had rudder problems which were solved after some great work from Alan Clark so they brought up the rear. Gordon Lucas was out for a casual paddle and enjoyed a chat with John Preston as they cruised down to the Commonwealth Ave Bridge. The Rakes turned back at the Carillion, Gordon, Geoff and Warren turned at the museum which left Alan, David and John to round the islands before heading back to

the clubhouse. As the trip developed the wind abated and the moon made a welcome appearance. There was enough light to read by had one brought a book. Overall everyone seemed to have a good time and got what they wanted out of the trip.

The second full moon paddle occurred on 13/07/2011. After a week of cold fronts pounding the ACT things were not looking good for a pleasant paddle. Despite a strong breeze still blowing from the NW and intermittent showers 8 paddlers left as a group. Alan, Gary, Ben and John backed up for the second time and were joined by Julie Quinn, Ian Peterson and David Preston. This group generally stayed together in what were choppy conditions. Young Ben has gained a lot of confidence and has learned to push himself out of his comfort zone and kept telling his dad he was right to paddle further than last time. Ben has kept training in his K1 over winter and has shown a lot of resilience and determination in very cold, difficult conditions. The Rakes and Ian headed back at the Commonwealth Ave Bridge which left Julie, Geoff, Alan, David and John to paddle around the islands. The strong NW wind provided some great runners but proved to be a bit more of a challenge on the return to the museum as the waves hit side on. As we headed into East Basin the wind dropped, the light rain ceased and the moon emerged from behind the clouds. Magic conditions now prevailed as we headed home. Once again everyone seemed to have a good time and gained something from the experience.

The next full moon paddle is on the 10th of August, 6:00pm on the water. All you need is a PFD, a light on the rear of your kayak (a glow stick will do) and warm clothes.

Women's Paddling Group

As you've no doubt read or heard previously, BGCC has been holding some 'Women only' activities to boost the retention and widen the interests of our women paddlers. To date we have held social evenings at local cafes and at Wetspot for a look at what's available for winter paddling and instructional DVD's; pool sessions to work on wet exits and assisted and non assisted rescues; some very social canoe polo; the ladies paddles sessions – which despite the cold mornings are still attended by some of our newer paddlers and some mixed recreational paddles.

Last Tuesday we held another social evening with a dinner at the Lemon Grass Thai Restaurant in Woden. We had 12 women attend with ages ranging from 20 to mid 50's and paddling interests ranging from racing and long distance marathons to very social recreational paddles to white water and free-style. After dinner a number of us continued on at the Southern Cross Club for coffee where conversations took many a varied turn, sounding like Secret Womens' Business before getting back to paddling.

Some of the ideas for future activities include Sunday afternoon canoe polo at Tuggeranong, which can also be used to practice re-entries, assisted rescues and rolls; taking a group up to Penrith in late Sept to do the beginner course (while its called beginner flat water it covers white water strokes and techniques such as ferry gliding etc on the moving water at the bottom of the course). We may also have the option of taking out some 2 man inflatables depending on the interest.

We are also going to have another social evening to do a bit of 'show and tell', share some of the paddling experiences you've had, places you might be wanting to try but need paddling partners etc, or if not paddling

stories some adventure you've had in the outdoors. We were going to hold this at Wetspot however it does get really cold during winter so, we'll set a date for late August and hold it at Patricia's home.

All these activities are open to any women members, regardless of your experience, its about sharing knowledge and encouraging each other.

If you have any ideas on other sessions or activities which would interest you or that you'd like to present, let me know. We also need to keep in mind that this came about to get ideas on applying for grant money through Womens Sporting Grants.

See you on the water

Patricia

Riverland Paddling Marathon

Readers who are not familiar with my previous adventure doing the Riverland Paddling Marathon in 2009 can find the report of that race in August 2009 Blazing Paddles. It is well worth a read to get an overall view of the race.

It is my claim that it was the alcohol talking when I decided to tackle the second longest and definitely the coldest race in Australia, the Murray 200. Roslyn Hickson must also have been feeling the ill effects when she agreed to be my partner.

The Murray 200 is held over the three days of the June long weekend, from Berri in South Australia's Riverland, to Morgan, a short drive from Adelaide. Despite the name, it is actually 208km long. There are also shorter Murray

100 (94km), Murray Relay (208km in teams of 2-3 boats) and Mini Marathon (35km) races. Together they make the Riverland Paddling Marathon.

Over the days and weeks before the race we kept a very close eye on the weather. Water levels were higher than usual, after all the summer rain, and it looked like the Murray would have something very unusual. Flow.

Our weapon of choice was my newly acquired Sladecraft Supersonic. I can thoroughly recommend the Supersonic for these long distance races. It is extremely stable, has adequate space for race gear, and is not much slower than a fast boat like a K2. There are really only two downsides. This particular one had uncomfortable seats (until a lot of extra padding was added) and the boat is extremely long. Really long. Ludicrously long. This boat is so long that Sydney Ferries get jealous when one goes past. It's so long that you can be under the kings avenue bridge, and still be sticking out both sides. You get the idea.

So on top of the roof was out of the question. Alan Clark quite generously offered to lend me his trailer. With thoughts of running water, and tailwinds in our minds Roslyn, myself and Roslyn's husband (and our land crew) Danny Robson set off on the almost exactly 1000km journey to our destination, Kingston-on-Murray.

The journey over was apparently uneventful. As anyone who has been west of Wagga Wagga knows, once you have seen the first kilometre, you know what the next 600 look like.

We arrived in good time, and met the other half of our land crew, my father, Tony Murphy. Tony had also brought his trailer, with some boats for me to take back. It was

when Tony drove Alan's trailer to our cabin that the first problem cropped up. I said "that wheel looks a bit funny". And I was right. The long term relationship between the wheel and the rest of the trailer was at best a passing acquaintance. The bearing had been entirely destroyed, but luckily the wheel was still resting on the axle. A 1000km journey, and the trailer failed in the last kilometre.

Day 1

4am is a terrible time to get up. Getting up at 4 am in 3 degree weather know you will be paddling 76km that does not make the process any easier. Nevertheless we managed it. The start was uneventful, except of course for the starting gun, which is actually a very scary antique rifle. Being pointed at you. By someone who looks prepared to use it. Once the initial shock had work off, the race was on.

The first short leg passed uneventfully until we arrived at the first checkpoint, a lock. We had the option of either going through the lock, or getting out and portaging around the lock. Our land crew convinced us that the portage was quite rocky and a fair distance, and that the lock would be opening in five minutes, so we opted for the lock.

Well five minutes clearly takes a bit longer out that way. As five minutes headed towards 30 we were keen to get out the boat and stretch our legs. Finally through the lock, we stopped on the other side to stretch and refuel.

Leaving the lock we felt good. The race was going well, apart from the trailer there were no major hiccups. After another hour we stopped and floated for a quick snack. And that's where we met Bob the safety boat driver. Bob is a lovely guy, and a truly excellent safety boat driver, never too close,

never intrusive, always positive. Bob has a major problem though. He is tail end Charlie. It's his job to follow the last boat in the Murray 200 and keep an eye on them. And he was following us. Surely not. But he was. Our stop waiting for the lock, and then afterwards, had allowed the rest of the field to catch up and pass us.

Getting into Loxton, the next checkpoint, we saw the last of the Murray 100 starts in the distance being shot at, and knew we were fated to spend the rest of the day with Bob. A short refuel with Danny and we were on our way again.

Now might be a good time to mention the scenery. The Murray is a beautiful place. Day 1 consists of lots of willows and gum trees, right up to the edge of the river, separated by sandy beaches, at regular intervals.

The next checkpoint was New Residence. Looking (and smelling) at New Residence, you have to wonder how bad the old residence was in, order to think New Residence was an improvement. Old residence must have been underwater, at least. I think there must also be a new new residence, probably at the sewage works, based on their previous choices. New residence was extremely windy, covered in black sticky mud, and smelt of effluent. It had the distinction of being the only place we were grateful to arrive at, and just as grateful to leave as quickly as we could afterwards.

The leg from New Residence to the day 1 finish at Moorook was a breeze. Quite literally, with a long stretch with a reasonable tailwind. Despite already having come 65km, it was the fastest leg of the day.

We arrived in Moorook at 4:30. Last. More than an hour in front of the cut-off, when in

most years there are some people that only just make the cut-off. The official had "graciously" waited until our arrival before taking down anything that would be blown away by the wind overnight.

Our landcrew met us at the finish, and we were keen to know how Tony's efforts to inspect and repair the trailer had gone. But he made us wait until we arrived back at the campsite to take us through it.

"Those things there"

"You mean the plastic bag full of metal shavings?"

"Yes. They're the bearings."

The axle faired no better. In places it was starting to resemble a toothpick more than an axle.



Finding a replacement axle in country South Australia on the Saturday of a long weekend is as difficult as you would expect it to be. That is, impossible.



So what do you do with a trailer that has no wheels, that can't stay where it is? How do you move it? Why, on top of another trailer of course. By this time Tony was channelling the spirit of the Bush mechanics. So we borrow the caravan park owners trailer, and his ATV, and with much manhandling, and one near miss with a drawbar and a set of family jewels we managed to get the front of Alan's trailer resting on the back of the other trailer. But Alan's trailer was still resting at least partially on the ground. So we used Newton's laws and decide to weigh the front of the trailer down, to lift the back off the ground.

Two people who have paddled 76km that day and whose hands have seen better days do not make the best ballast. Especially when they are relying on each other for balance. So with the camp owner on his ATV, Danny on the drawbar of that Trailer to provide traction to the back wheels, and Tony, Roslyn and I on the drawbar of Alan's trailer, we set off. Or at least we sat there, wobbled a bit and made ruts in the ground.

Onto plan B, and we swap the ATV for Tony's Falcon ute. What followed was simultaneously the scariest and most farcical situation in my life. The 300m to a quiet corner of the campground felt longer than the 1000km from Canberra. I felt every tiny bump in the road, as I hung on, with my nearly useless hand to Roslyn, who was hanging onto me with one useless hand and onto the trailer with the other.



Day 2

Day two started with jokes from the race director that they thought we had just kept going at the end of last night. It's lucky our hands were getting strapped by the lovely first aid ladies. The first leg was uneventful enough, as we chatted to the other racers, went under the only bridge for the day, and arrived at the next lock. There was no doubt that we would portage this lock. We were very happy with our progress, out from the lock, when we saw a familiar boat in our peripheral vision. Bob. Again. At least we are consistent.

10km further on, and we are on a long left hand bend, when we see this boat coming towards us. We turn away to give them plenty of room to pass by us, when they turn to aim at us again. I had expected idiots in powerboats on the river, but none quite this bad.

It's then they turned the blue and red flashing lights on us. Cops. The Fuzz. Water Rats. I was still looking around for anyone else on the river they were interested in when they pulled up alongside.

"Do you realise you are meant to keep to the right"

Roslyn: "I hadn't really thought about it"
Great answer. Love it.

"You could both get a \$600 dollar fine for not keeping to the right. Don't do it again."

"Ok. Thanks"

Bugger. Our 208km just had a few extra added to it.

The scenery on day 2 started to change, with small and medium sized cliffs common. Paddling alongside the cliffs was very fun, but frustrating, because corners would end when the cliffs ended, and they never seemed to end.

The final leg of the Day from Devlin's pound was physically hard. Muscles were starting to hurting and our hands had blisters on top of blisters, on top of calluses. But we made it to the end of day two, 145km down, 63 to go.

Day 3

Day three was another early start. 4am get up, an hour in the car. Race start at 6am. The starts had been staggered so that everyone arrived at the first checkpoint, lock 2, in time to all go through the lock at the same time, since the portage was closed. There would be a lead safety boat, with a massive glowstick on it. It was the largest glowstick I have ever seen, about as 5cm thick and 50cm long. Unfortunately it was laid horizontally on the boat, so the effect was less nightclub rave party, and more Blair Witch Project.

We made good time in the dark, and had a good opportunity for a rest before getting in the lock, and rafting up with the other boats. As the lock cycled (quite a relaxing experience) we got to see the camaraderie of the race.

Unfortunately the safety boat drivers did not share the same sense of humour, in demanding to go out of the lock first (and at speed). The bigger boats did well to restrain themselves.

Coming out of the lock, between 20 boats and an overflowing dam it looked like the inside of my Fisher & Paykel. Roslyn did an excellent job of keeping us upright, and picking the right lines. One C2 had the right idea and just didn't stop the rafting up. They physically held onto the back of a six person outrigger for more than a kilometre.

In the main pack again, and despite our increasing degrading bodies, we made good time to the Murray 100 start.

And we saw a sight unique to our trip so far. Boats, tens and hundreds of boats. We had made it in time for the first Murray 100 start. We stopped for a short ten minute rest, just as the first start left. Refuelled, we walked back to the boat, when we noticed our old friend Bob. He informed us that the rest of the Murray 200 field has slipped past during our short rest, so that he would be escorting us to the finish again.

We got underway just before the second Murray 100 start. And Roslyn made spectacular use of faster boats coming past us at regular intervals. Anything resembling a boat or paddle, even the occasional passing duck, had its wash ridden.

It was really getting tough the paddle now. Hands were in agony. My right shoulder had given out. Every stroke was pain.

The small and medium sized cliffs had given way to larger cliffs, often topping 40 metres, with sheer drops down to the water. The cliffs were bright red, like Uluru.

We ran out of boats to washride (the last being a dragonboat) a few kilometres from the final checkpoint, Cadell. The final checkpoint was marked by a tight left hand bend, and a small cable ferry.

Timing your run to the ferry is important, to avoid the cables giving your boat a new underwater profile. Roslyn saw the ferry stop on the left hand bank to drop off and pick up cars, when we were about 200m away. I thought our best opportunity would be to wait until the ferry crossed back to the other bank. Roslyn saw an earlier opportunity and picked up the pace.

Sprinting after 196km is not recommended. Or easy. But we beat the ferry, and pulled into Cadell, half dead.

But we noticed something. Another boat. A Murray 100 relay competitor in a double sea kayak, waiting for their team to finish to change over. We weren't last.

The relay team changed over while we were refuelling for the final leg. But they were still in sight, about a kilometre ahead. But they were fresh, doing their first kilometres for the day, while we had already done 50.

The following 90 minutes were the physically hardest of my life. My limbs were giving out one by one, first the shoulders, then the elbows. Over the last 10km, only my left elbow could impart any power. Roslyn was suffering a similar fate.

We were slowly catching the double, but not fast enough, when Roslyn said she spotted another boat. I could see a safety boat, but not another paddler. Clearly her mind was going. We battled on.

We turned the final corner, into a 3km long straight. Massive cliffs on our right, and we

new that a gap in the cliffs, and a ferry, would signify the finish.

And Roslyn's imaginary boat turned out to be a real one. A ski paddler on her own, in the distance.

The red mist descended on Roslyn, and she picked up the pace. And kept picking up the pace. With 1km to go and 500m to the ski paddler we were sprinting. And we kept sprinting. How I'll never know.

With 200m to go we caught her, and encouraged her to keep going. You could see the despondency in her face. These guys have done 200km and they are sprinting like it's the first kilometre.

We passed the finish line, and drifted 200m before we stopped. We heard the gun go off behind us, and knew we were not the last finishers for the day.

A few days later, when the final results came out, we would discover that despite our tail-end Charlie experience, we actually beat the existing record (only for it to be broken by our competition.)

The Murray 200 is without doubt the hardest race I have ever done. Without the amazing landcrew of Danny Robson and Tony Murphy, finishing would not have been possible.

If you have done the Murray Marathon and the Hawkesbury, you really need to complete the set and do the Murray 200. It's worth it. If only once.

Russell

South Coast Winter Sojourn

Any trip that ends in an emergency ward watching your mate getting stitched back together is bound to be an interesting one!

To celebrate the winter solstice I headed off to the south coast with regular sea kayaking buddy, Craig, for a short blast from Denham's Beach up to Ulladulla. We set aside four days including travel to and from Canberra and car shuttles from the Bay to Ulladulla. So we certainly weren't going to be looking at long days – just a pleasant mid winter escape.

On day one we drove to Denham's and then up to Ulladulla where we found a friendly local who let us leave a car in his yard. After a quick shuttle back to Denham's we launched at lunchtime and were joined by a pod of whales and had a very pleasant paddle past the Tollgates and on to Myrtle Beach where we stopped for the night.



Myrtle Beach – about as good as it gets!



Calm seas and warm winter sun

Day two and our cetacean friends joined us again and we enjoyed perfect conditions for the short run to the Kioloa boat ramp for a

lunch stop and then a very short hop to our next overnight stop at Bull Pup Beach.

We enjoyed more calm seas and beautiful winter weather on our third day and had a leisurely morning enjoying the crystal clear water on the run up to our lunch break at Tabourie Point.



Lunch at Tabourie Point

From Tabourie the plan was to camp at the northern end of Wairo Beach, but we thought that it may be a bit difficult to get out if a predicted southerly arrived overnight, so we continued north to check out the commercial camping site at Burrill Lake. The entrance to Burrill was a bit tricky but we both managed to stay upright (more good luck than skill) and soon found a commercial van park who had a flat spot available for us to camp.

It was here that things went downhill rather quickly! Craig managed to walk straight into a protruding piece of copper pipe that had been left uncapped (part of a new plumbing connection for an on site van). The gnarly end of the pipe tore a rather large hole in Craig's shin – lots of blood!

I managed to grab a lift with the only sober park resident into Ulladulla to pick up our car then back to Craig and a hasty pack then off to Milton Hospital for some stitches and jabs.

Fortunately no permanent damage done and Craig's back on the water and we're planning our next trip (Mornington Peninsula)

Craig

Hawkesbury Wisdom

There is no doubt the Hawkesbury is a great event and in recent years there have been a growing number of BGCC paddlers pitting themselves against the river. No two paddlers are the same (phew!) and no two Hawkesbury experiences are the same. What works for one person may not work for someone else. Here are some thoughts from club members who between them have contested 74 Classics – that's the equivalent of paddling from the Molonglo River to Tokyo!

1. How many Hawkesbury's have you competed in?

Helen - 7

Nobby - 1

Patricia - 1

John and Steve – 57 (no that not a misprint!)

Richard - 4

Craig- 4

2. What was the most enjoyable boat to be in and why?

Helen – C4 (more comfortable position than a kayak)

Nobby – TK1 (fast and stable enough)

Patricia – Flyer (fast, comfortable and stable)

John and Steve – C2 (fastest and most stable boat in the family fleet)

Richard – Mirage 580 (comfortable but not as fast as the Time Traveller)

Craig – JKK Eclipse (comfortable and stable NZ multi sport boat)

3. What do you eat during the race?

Helen - In the C4 I survived on Sustagen, Iso-sport and water. Since then I've thrown up with all the foods I've tried, including Sustagen, Iso-sport, nuts, dried fruits, cheese and buns, sports bars....

Nobby - Sandwiches, muesli bars, bananas, mars bars, jellies.

Patricia - I trained with Gu's , and practiced eating creamed rice and cold spaghetti which all went down well in training, but didn't work during the race. Next time I'll stick to banana, jam sandwich and Gu. During the main stop I'll have a selection of chicken, soup, sweet tea and maybe some Nutrigrain. Light and sweetish and easy to digest.

John and Steve - Baked beans, dark chocolate, dried fruit and glucose lollies. Never eat anything you are not used to.

Richard - In my first race I ate bananas and mars bars and goos. Since then I've gone to a two-tube system of endura and endure –opti with water accessible when needed (very important!) I have rice cream mixed with goos in a plastic tube as well. At Wisemans I have a cheesymite scroll, a banana and lots of water.

Craig – A few gus, some bananas and peanut butter sandwiches on white bread. Chicken noodle soup and a hot chocolate at Wisemans.

4. What do you drink during the race?

Helen – Water.

Nobby - Water, sustagen, and a couple of powerades.

Patricia – Water.

John and Steve - Orange juice with ice. As the ice melts the juice becomes diluted. Never drink anything you are not used to.

Richard - Endura is a liquid meal. I tend not to eat while in the boat. Up n Go mixed with Endura-opti is my experiment in the lead up to this year's race.

Craig – Water with 600mls of 50/50 sports drink at Wisemans.

5. What was the best piece of advice you received about the race?

Helen - Lubricate all areas which might even have a chance of rubbing. I use Vaseline.

Nobby - Study the maps and know where you are.

Patricia - Don't take off too quickly (did I listen – no!), lots of Vaseline & Whats the worst that can happen??

John and Steve - I can't recall any positive advice about this race except that I shouldn't be doing it.

Richard - Best advice was to break the race into 5 KM increments – it sounds more achievable than 111 increments!

Craig – Pain is inevitable, suffering is optional.

6. What is the best advice you could give a first timer?

Helen - Set out with the aim of finishing the distance.

Nobby - Ask lots of questions. Be comfortable in your boat and get lots of paddling time up in it.

Patricia - make sure you look at your maps and directions regularly and don't get hung up about what time you're going to do – the first time it is really just about finishing. (the next one you can plan more)

John and Steve – Follow the map closely and know where you are at any time. Set easy and achievable goals such as the next bend or the next checkpoint, but do not forget you are there to paddle 111km.

Richard - Look for opportunities to mentally challenge yourself as you prepare. The HCC is as much a mental challenge as it a physical one. Learn to overcome the demons that will strike when you least expect them. Music can certainly help to pass the time.

Craig – Put in some decent training paddles and test your set up and food, and on the night chunk the course up into manageable pieces – eg every checkpoint.

7. What was your most memorable moment?

Helen - Being told at the end of the 200 race that the helper had “seen dead things looking fitter”.

Nobby - Best - crossing the last bay and past the finish line. Worst - thinking that I had circumnavigated an island

Patricia - Definitely the finish. Half the race I'd been cursing, saying never again, but even before the land crew had the boat off the water I was saying, 'next time...' just felt like I could conquer anything. And for the wrong reasons – getting stuck on a reef, yelling for help, feeling like I'd holed the boat and only 5km to the finish.

John and Steve - There are many memorable moments from paddling in brilliant moonlight on a calm river to paddling through atrocious weather with no visibility. But no other experience beats rounding the last bend to see the finish line come into sight

Richard - My most memorable moment was coming into sight of the Brooklyn bridge the first time. I thought it would never come. But I was on top of the world to the finish line and for days afterwards

Craig – Coming around the last corner on my first event and watching the sunrise through Brooklyn Bridge.

Time for another trip?

Last year a few of us headed to Western Australia to tackle the mighty Avon River.

I can still remember the trip and the race quite vividly.

The river we found quite tame. You could not say the same for the race. The race is held in August - usually after lots of rain.

On the fourth day of travelling Tom and I were looking for signs of recent rain. Patches of water along the roadside heightened our spirits. However on reaching Northam, the start of the Avon Descent and checking out the first obstacle there was water flowing over the weir, but not much. We both looked at each other and started praying for rain. There was still over a week to go before the great race, so if it rained throughout the week we would be fine.

The 'Descent' as it is known to the locals is a two day race unlike any other in Australia. It is 134 kms long with many rapids and a lot of flat water in between them.

Throughout the week we met up with Darryl, studied the guide books, paddled sections where we could and spent some time surfing our kayaks and skis at some of my local haunts.

In Perth there were grey skies throughout the week but not much rain. We hoped that the valley and beyond were at least getting something.'

Well come the day of the race we checked the levels at the Northam Weir and our worst fears were met. Even less water than last week. How are we going to go with all these paddlers trying to get down a one lane stream? Well we came all the way across Australia to do this race so we had better knuckle down and do it.

The start was horrendous. Get to the weir, get out of the kayak (easy for the skis) carry over the rocks and then get back in, wait your turn

in the trickle and try to move forward. I spent most of my time in the first couple of hours getting in and out of the kayak, dragging it along the river and getting back in only to paddle a few hundred metres before getting out again. The coffee rock is like sandpaper so when you fall into a hole your skin gets ripped off.

Anyway, day one was over and it took over 8 hours to do 57kms. Not a very quick time but within the cutoff. The next day we were to be given extra time due to the low water levels. It should help!

Well, I know I did a bit of portaging over the rapids and rocks that I usually paddle over. This was not going to be a fun day. It felt like a long way to Walyunga. It is just above the last set of rapids, Bells. I was doing well in the body but my times were a bit slow. I was hoping that the cutoff times were increased enough so that we could all make it through. Got to Bells Rapid and did not take the right line. I hit the rock at the bottom and flipped upside down. It was the first time I had actually got my head wet from the river. I rolled back up and headed for the next section of rapids. Normally there are a couple of drops. Today there was but a rocky chute and then more rocks to content with. I ripped the front of my kayak on the last set of rapids but not enough to put a hole in it trying to make sure that I could slide down the rocks and not have to get out again. Continue on and round the next bend only to be told that my race was over. I was but a few minutes off the cutoff time. Bugger. Tom followed behind and fell to the same consequence. At least Darryl had got through in front of us and was on his way to the finish line.

It is a lot to remember but having not made it though the whole course I made sure that my training for the next couple of races were better.

The Hawkesbury Classic has been conquered in my little TK1. Even battling the waves and wind.

The Murray Marathon has been sort of conquered in my little TK1. Four days out of five. Not my fault that they cancelled the last day.

I have been paddling the marathon series', Nationals and State Championships and trying to do some white water. Not much white water over this side of the country either since the start of the year.

Well, as I started with it is time for another trip. I wasn't going to head back to the west until the end of the year but things have changed. One of my children is heading over early so Trish and I are going to travel over with him to move some of his furniture for him. A good enough reason to do the Avon Descent again.

Checking the water levels they are not much better than last year but talking with some of the locals on Facebook they say that they paddled the valley on the weekend and it was good enough for the race.

I now have to decide which kayak to use. I am going to take the Fluid Druid which I used last year but also one of my old touring kayaks. Maybe I should use Mikki's Guppy. It is light enough to pick up and run with.

The Fluid Druid is the faster kayak out of the plastics so I guess it is the one to use. Plastic is certainly robust but kevlar is the way to go. Easy to get out of and pick up and carry over the portages.

Maybe my next kayak will be a kevlar K1 with a trailing rudder. Next year.

So we are off in a couple of weeks. Heading west for a four day trip across to the other side of the country. Spend a day training and

then race two days before heading back home. Anyone want to join Trish and myself for a paddle?

Trish is a great support crew. I just have to be a better paddler and spend less time at the checkpoints.

Wish me luck and let's see how this year goes.

I'll send a report on our progress.

Nobby

Polo Action

Not phased by the sub zero temperatures of late – the polo crowd are keeping busy with regular Wednesday night sessions at Tuggeranong.



Rolling Clinic

A few club members are taking advantage of Nobby and James – our qualified white water instructors – and using the winter months to learn to roll, or just polish up their skills in readiness for warmer weather.



Paul – rolling after one session!



Patricia - You'd think that working in a kayaking shop she'd own a paddle.



Robin – Setting up for a quick roll.

Family Race Day

There will be a family race day at Burrill Lake on Sunday, 14 August 2011. Information on the event is available at <http://www.stride4stroke.org.au> It is being organized to raise funds for the Shoalhaven Hospital acute stroke unit.

The paddling distances are 6km or 12km, and there are lots of prizes and lucky draws, as well as face painting and kids activities during the day.

Damo, who is a BAK member, will be happy to take any questions, contact him damos@hotmail.com.au

For Sale

Omnius kayak for sale from the renowned Elliott Kayak range. Full carbon construction, 10.3kg making it light, responsive, fast yet stable. Some surface scratches but overall kayak is in good condition. Price \$1200 ono.

Contact Roy Willis Batemans Bay Phone 0408 428843 (There is a photo in the shed)

For Sale

For Sale: Glide-action walker/cross trainer - "Spirit" XE 200 Elliptical. It is Professional rather than Domestic quality and is excellent for keeping up the fitness of anyone who can't get out for a paddle on these cold windy days. It has an inbuilt pulse monitor handgrips and a series of different settings for Quick Start, Hill, Fat Burn, Cardio, Strength and Interval.

It is as new (cost us \$1850 new) but we will sell for \$1000 or near offer.

The machine is reasonably quiet when you are running it, but you will need a box trailer or ute-back to take it away!

Contact Helen on 0418 861 613 or 6254 7162,
or email dtongway@inet.net.au



Nominating for a committee position – you know you want to!

Duties of Club Committee Positions.

President (The Buck Stops Here.)

Duties - Manage club committees and meetings and be the chairperson – or appoint another as chairperson.

Manage the Annual General Meeting, this includes ensuring the agenda is followed, all business is completed, presentations are made and guest speakers welcomed.

Have a good working knowledge of the club constitution, club rules and the duties of all office holders and sub-committees.

Be well informed of club activities.

Be aware of the future directions and plans of club members.

Act as a facilitator of club activities.

Ensure that planning and budgeting is carried out in accordance with the wishes of the club members.

Be responsible for decisions made on behalf of the club.

Represent the club at local, regional and national levels as required. (The person who is the “face” of the club.) This does not mean that this person must talk to the media or attend every conference that the club should attend, but they will appoint another club member who is able to more easily present the club’s position at such meetings.

Be the supportive leader of all club members.

Delegate to other club members such duties as are needed for the smooth running of the club.

Vice-President

Acts in the position of the President in periods of his or her absence.

Duties - Has a good working knowledge of the club constitution, club rules and the duties of all office holders and sub-committees.

Be well informed of club activities.

Be aware of the future directions and plans of club members.

Secretary

The Secretary is the chief administrative officer of the club. He or she provides the link between members, the committee, and external organisations. Duties -

Receive inward correspondence and assist in checking PO Box.

Write and disseminate outgoing correspondence.

Write up and distributes agenda for the meetings.

Record minutes of meetings.

Keep and distribute minutes of club meetings.

Hold copies of records maintained by other office bearers or sub-committees.

Maintain membership records.

Possess definitive copy of official documents, e.g., Letter-head, constitution, etc.

Maintain correspondence lists (email, mail etc)

Treasurer

The Treasurer is responsible for the financial management of the club.

Duties -

Attend to the banking

Maintain records of current income and expenditure.

Prepare budgets forecasting annual income and expenditure.

Prepare monthly accounts and present invoices for approval by the committee - and pay bills.

Prepare annual financial accounts for auditing.

Ensure annual financial returns are lodged with the ACT Government ..?XX?

Be a signatory on club cheques (conjointly with President or Secretary.)

Collects and banks all club monies.

Keep records of all payments made by the club.

Present to club meetings an up-to-date statement of club finances.

Deal with tax returns and income tax payments - paperwork from ATO – BAS and GST invoices.

Present to an Auditor the annual financial dealings of the club so that an audited report can be presented to the club's AGM in April.

Make sure of the paperwork for the Bank for the changeover of committee members for the signatories to the cheque book.

Editor

Duties – Aim to produce a bi monthly issue of *Blazing Paddles*

Obtain and print the results of club members' entries from as many competitions as possible.

Persuade as many club members as possible to contribute articles for *Blazing Paddles*.

Public Officer

Presents to the ACT Government (?X?) a copy of the incoming committee members plus a copy of the audited financial statement for the previous financial year.

Social Convener

Duties – Arranges a venue, menu and costings for the Club's Birthday Party in each June – in consultation with the committee and other club members.

Co-ordinate the food and/or Santa and/or games for the annual Club Christmas Party.

Assists with arrangements/food etc. for 'Triathlon Thank You Barbecue' 'Mothers' Day Mayhem' and 'Fathers' Day Frolic' race days.

Event/Discipline Conveners

Duties – Flatwater, Canoe Polo, Touring,
White water

Consult with club committee about budgets and dates for events sponsored by the club.

Arrange all the permissions needed to run the event.

Make sure a copy of the club's current Certificate of Insurance goes to any interested parties.

Organise people to complete any tasks needed for the smooth running of the event.

Collect any money and sign it over the Club Treasurer, with a Payment Collection Record Form.

Present any invoices and/or receipts, with a Cheque Requisition Form, to the club Treasurer.

Keep any records of competitions and presents them to the Web-master, Editor, any other club requesting the results and if possible, to the Canberra Times, for publication.

Property Manager (Boat Captain) and Assistant Property manager

Duties - Keep a record of all equipment owned by BGCC.

Consult with other committee members on who has access to the Club Shed.

Consult with other committee members on who has the use of spare racks in the Club Shed.

Arrange for invoices to be sent to those storing their boats in their Club Shed.

Performs minor mends on damaged boats and arranges for more heavily damaged boats to

be taken to a commercial repairer for major repairs.

Make suggestions as to what boats are past their best and need replacing. (And advertise which boats are for sale to club members.)

Triathlon Co-ordinator

This can be one person, or with the help of one or more assistants.

Duties – In consultation with the BGCC Committee, ensure that Triathlon ACT and any other group running triathlon events agree to the fee structure for the coming season.

Liaise with Triathlon ACT to receive notice of all the triathlons for which BGCC help is requested. Information needed includes – date, time and place of swim start; distance of swim; ability of the majority of swimmers; expected number of swimmers; approximate time of swim finish; any expected number of assisting boats.

Produce a list of triathlons with places, dates, times, swim distances and any other relevant information for inclusion in Blazing Paddles and website.

Make sure each club member assisting at a triathlon is in a suitably stable boat, is wearing a PFD and has received instructions on how to assist swimmers in need of help.

Just prior to the event, introduce yourself to the Triathlon Organisers and obtain any last minute news and information.

Collect signatures of each club member helping at a triathlon event, before they get out on the water.

After each event, collect any data on number and type of assistances needed, and thank each club member for their help.

Report any incidents to the Triathlon Organisers after the swim is finished.

When the total number of swimmers in an event can be ascertained, consult with the BGCC Treasurer to ensure an Invoice is sent promptly to the appropriate triathlon body.

Keep a data base of those club members who have assisted at which triathlon events so they can become eligible for assistance with money for travel to National competitions.

At the end of the triathlon season, consult with the social convener about holding a Triathlon Helpers barbecue.

At the annual Club Birthday Party, arrange for prizes for the club member who has helped at the most events; and for a luck-dip prize for one of those who have helped at any number of events (one chance for each time they help.)

Other (new) Positions and/or Tasks

There are numerous other tasks to be done to keep the BGCC running smoothly. For example:

Shed cleaning – each member with no other specific position or task to be give their own week to be responsible for the cleaning of the Club Shed

Kitchen duties – to make sure the kitchen area of the shed is kept clean and relatively hygienic. Wipe around the sink, wash tea towels, ensure supplies of detergent, tea, coffee, sugar, etc are sufficient. Weekly roster.

Trailer maintenance – make sure the trailer's registration has been paid and the new registration label attached in October each year. At the same time, take the trailer to be serviced to make sure it is safe to use.

Government Grants – to attend ACT Govt. Sport and Recreation talks (June?) on who is eligible for what amount of money, fill in the application forms, ensure the forms are presented on time (end July?), follow-up on receipt of grants, buying of equipment or other spending of grant money, keeping tabs on the receipts, making sure the grant is acquitted (March) each year. A two person job.

AGM preparation – confer with committee to choose a suitable date in April. Make sure the meeting date and nomination forms get to each club member at least three weeks before the meeting date. Book a meeting room at Sports House and make arrangements to pick up a key and learn the security code. Buy cakes, biscuits, milk, etc for a supper after the meeting. Make sure any nomination forms get to the Public Officer at the meeting.

And many more tasks!

Membership Secretary

This is an ongoing, continuous task. Membership Secretary. Each Financial Year a new payment collection web-page is set up (either by the Membership Secretary or by Register Now) with the appropriate fees and data collection directions. The Club's membership database needs to be kept up-to-date, with the current membership list on the BGCC website and available to committee members who have a need to see it; BGCC membership cards written out and given to the new/re-newing club member; any cash or cheques collected to be receipted and the proceeds and total list given to the BGCC Treasurer; making sure the BGCC member's email is on the club's subscriber's list for mass e-mailings. Remind those whose membership has or is about to lapse. Check that BGCC members are also Paddle NSW members – very important for insurance cover.



If you're looking for a new touring boat this season Wetspot can help you out,

we currently have \$1000-

YES, THATS \$1000- OFF, our stock of Tahe's.

if you're looking for a full on sea kayak that is fast, great to handle, can take a weeks' worth of gear (and Scotty guarantees that its faster than the Mirage), maybe your ideal boat for the Hawkesbury? then look at the Tahe Wind 585 now only \$1995.

YES, \$1995- FOR A EUROPEAN MADE, GLASS SEA KAYAK.

Other models in also in stock.



Our range of Prijon's are currently 15% off, this includes stock of the prilite 505, a prilite Marlin and the HPT Marlin and Kodiak.

If you're not paddling in winter because 'its too cold', you only need to get the right gear, see us for a range of pogies, booties and everything in between to make cold weather paddling enjoyable.

Come along and see what's in store and take advantage of Scottys'

HOLY CRAP ITS WINTER SALE!

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



NOMINATE.

VOTE.

ELECT YOUR NEW COMMITTEE.

At the bottom of this page is a nomination form. Please use it to nominate a club member (yourself even) for a position on the committee. Make sure your nominee is willing to take on the position then get the form seconded by another club member. Not too hard, is it? Just three signatures!

In September each year, all committee positions are declared vacant and all club members are eligible to stand for and vote on, all positions.

The positions include:

**President Vice President Secretary Treasurer Editor Web Master
Membership Secretary Social convener Public Officer Property Manager
plus several discipline conveners.**

The first five listed positions may be held by a club member for no more than two consecutive years. The other positions can be held indefinitely, but it is much better for all concerned if these jobs are also shared around.

This coming year you will also have the opportunity to help your club in many small ways. The ongoing, everyday jobs are to be spread throughout the membership so that no longer will the few be responsible for everything getting done. Everyone can do their own small bit to lighten the overall load.

Burley Griffin Canoe Club Inc 2011 Annual General Meeting

September 5th

At Sports House, 100 Maitland Street, Hackett, starting at 7:30 p.m.

Supper will be provided.

NOMINATION FORM

I: _____ (nominator)

Wish to nominate: _____ (nominee)

For the position of: _____ (position)

Signed: _____ (nominator)

I second this nomination _____ (secondor)

(signature)

I accept this nomination: _____ (nominee)

(signature)

Post nomination form to:

BGCC

PO Box 341

Jamison Centre ACT 2614
AGM

or: Hand the nomination form to a
committee member

or: Bring nomination form to the