



Newsletter of the

BURLEY GRIFFIN CANOE CLUB

Volume 29 Issue 5, March 2019

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- Grants to travel to sporting championships
- Ultra Marathon Special Certificate of Merit
- Race reports—PNSW Sprint Championships and Paddle Victoria Yarrowonga race
- Convenors' reports: Canoe Polo, SUP, Recreational paddlers



*The ACT Government assists this organisation
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Coming Events:

| Dates | Event | Location |
|--------------------------|----------------------------------|---|
| Wed, 13 March | Wetspot Summer Series time trial | Molonglo Reach |
| Wed, 20 March | Wetspot Summer Series time trial | Molonglo Reach |
| Sat, 23 March | PNSW Marathon series Round 2 | Woronora |
| Wed, 27 March | Wetspot Summer Series time trial | Molonglo Reach |
| Sun, 31 March | PNSW Marathon series Round 3 | Tacoma |
| Wed, 3 April | Wetspot Summer Series time trial | Molonglo Reach |
| Sun, 14 April | PNSW Marathon series Round 4 | Lane Cove, including Doubles State Marathon Championships |
| Sun, 27 April | PNSW Marathon series Round 5 | Batemans Bay Paddle Challenge (see p 6) |
| Sat. 1 June | PNSW Marathon series Round 6 | Burrill Lake |
| Sat, Sun & Mon 8–10 June | Riverland Paddling Marathon | Berri to Morgan, South Australia |
| Sat, 23 June | PNSW Marathon series Round 7 | Penrith |
| Sat, 14 July | PNSW Marathon series Round 8 | Davistown |
| Sat, 3 August | PNSW Marathon series Round 9 | Windsor (portage round) Teralba |
| Sat, 24 August | PNSW Marathon series Round 10 | (plus presentation dinner) |

President's Report: Russell Murphy

It's been a massive month in BGCC world. So much news. So without further ado:

Wetspot closing down

First up very sad news that after 15 years Wetspot water sports will be closing it's doors at Easter. Scotty and his crew have been very strong supporters of the club and Canberra paddlers in many different ways, whether that has been boats, advice, sponsorship or friendship. The Wetspot family are very much a part of the BGCC family, and it's loss will be felt in the paddling community. The decision to close can't have been an easy one. All of this kind of sounds like a eulogy and in a lot of ways it is. We're losing something very special to us. Wetspot is the only place in Canberra to go for the kind of equipment and advice that we need.

We wish, Scotty, his family and the Wetspot family all the best for whatever their next adventure brings. I'm sure we will still see them around. In the meantime please go down and see them, spend all your money, buy all the boats and paddles you've been lusting over.

Marathon series race and Burley Griffin Bash

Yet again, BGCC have run a really successful marathon race and bash. More than 150 boats participated on Saturday and another 21 on Sunday. It takes a lot of people to put one of these events together. I want to extend my thanks again to those who put in so much effort before, during and after the event to make it all come together.

There were also excellent results for the club across the weekend. It was interesting to see class based, rather than the usual division based racing. Many people paddled different distances and against different competition, and portaging. Lots of portaging.

There are too many excellent performances to mention here. You'll find more articles later in blazing paddles. Class wins went to Robert Bruce, Trent Birkett, Gabrielle Hurley, Graeme Ison, Richard Fox, Margi Bohm, Allan Newhouse, Ian Castell-Brown, Tammy Ven Dange, Steph Rake and, Liz Muldoon.

A big congratulations must also go to Trent Birkett, as the overall winner of the Burley Griffin Bash.

See you on the water,

Russell

Boat captain's report: Scott Hunter

As your club boat captain I just wanted to let the members know that there are around 5 places left for boat storage.

Also thanks Scott Mac for organizing the shed clean up a few weeks ago.

Shane has busted his butt lately on the shed and is almost done. He will be taking a little break to paddle to Tasmania to get some more timber over the next few weeks. I think you can all agree the shed is a pretty awesome asset to the town and we are lucky to have it.

Hope to see you on the water soon.

Scott, Boat Captain



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

Marathon Series—Event change: PaddleNSW



Due to circumstance beyond our control, we have had to cancel the event scheduled for Mylestom on 4 May 2019. We know this will disappoint some paddlers who were looking forward to a coastal break and a paddle on a great river and we regret the inconvenience.

As a replacement, we have decided to upgrade another race that also enables a coastal break and a paddle on a great river!

The Batemans Bay Paddle Challenge, on 27 April 2019, will be upgraded from a bonus round to a full point-score round with some exciting new features.

Divisions 1-7 will race 26km on a single lap (from Batemans Bay bridge to Nelligen and back)
Divisions 8-12 will race 13km on a single lap (to Big Island and back)
Division 13 will race 6km on a single lap (3km upstream from the Bridge and back).

As the event will be run in conjunction with the Batemans Bay Paddle Challenge, there will be some special features:

- all competitors in the Challenge will receive a finisher's medallion; and
- the event will be conducted in start waves based on our regular racing divisions (enabling easy continuity of our point scoring system) with the potential to attract new participants to our sport by folding them in with divisions based on their estimated paddling speed.

So the short advice is ... don't book accommodation up north ... this time the action will be down south!

Entry fees and process will be the same as for a normal marathon series event. Watch for the entry link to be live on the PNSW Marathon Webscorer page soon.

Club Birthday and Presentation Dinner: Patricia Ashton

The Club Birthday and Presentation dinner is coming up in June. Over the last 6 years or so the presentation dinner has been held at the Hellenic Club Woden and has followed the same format longer than that. Generally because it's the easiest, Woden is central, the Hellenic Club has a good choice of rooms, the food is generally fine, the cost is reasonable – and nobody has come up with an alternative.

Last year we struggled to get 40 people, with many of the members nominated for awards and even several of those receiving awards not coming along. I would hate to see our Presentations go the same way as so many club events – to an end!

The awards showcase the achievements of club members from all disciplines and to thank those members who have put in more than their share of time and effort. There are few speeches, presentations are usually carried out with some humour, and if not, are quite short, so it shouldn't be an onerous event and the awards part probably only takes up about 40mins. A night out with other paddlers, talking about paddling with a few drinks and a nice meal ... why should that be so challenging?

NOW it's YOUR turn.

Come up with some new ideas – should we have a Birthday dinner at a restaurant or somewhere like The Old Canberra Inn. Should we have a separate Presentation?

What would get you and your training group or paddling mates to come along?

Patricia

Club boat additions: Patricia Ashton

The club recently purchased a new boat for our fleet. While its not a brand new boat, it is only 2 years old and has the easy-adjust footplate. We purchased Dom's Vadja Infusion XL in some trendy club colours—yellow with a blue swirly stripe. It was placed in the shed on Wednesday evening and on the water being used by a club member on Thursday 6am. Hopefully it will be a popular addition, although as a high end K1, we acknowledge that it won't appeal to everyone! Now we have several high volume K1s—the Vadja Voyageur, the Mango and now the Infusion XL. This will be the last of the high-end race boats, as we have the Medium Infusion also. We'll be looking at further, more stable, kayak purchases later in the year.



Club boats for sale

We are now in a position to sell off some of our aged fleet.

2 x K1s - older style K1s, Kleavers, reasonable condition, white with blue & yellow stripes - \$400 each

2 x TKs Sladecraft reasonable condition - white with blue & yellow stripes - \$400 each

2 x Junior Guppies – owned by Scotty – great kids TKs, one red, one blue - \$300 each

If anyone is interested in purchasing these boats, please let me know, or if you might know another club that might be interested.

Patricia

SUP Convenor Report: Joanna Nelson

Jervis Bay Stand Up Paddle with the support of the RED Paddle Company provided Dragon ISUPs for a fun morning out on the water at Huskisson to raise funds for the Star Light Children's Foundation. Team Canberra aka 'Thorn amongst the Roses' was formed with Kieran Lomas, Lana Read, Genevieve Philip-Chadima and myself. Thanks to Lara our support crew.

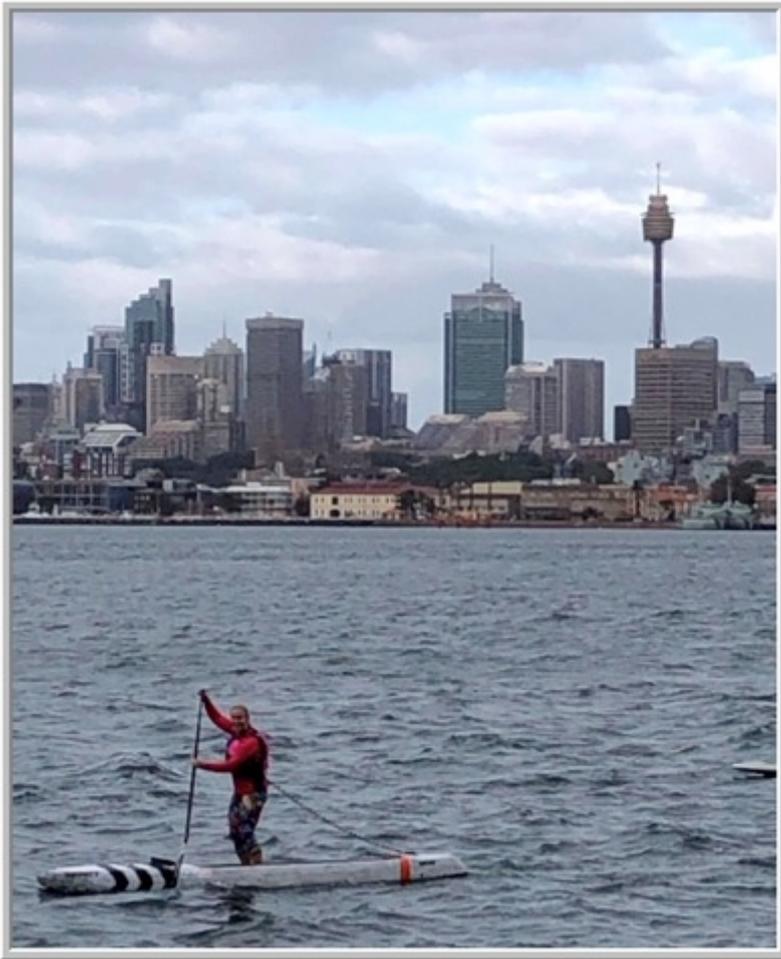


Group shot of Dragon SUPs – Jervis Bay, Huskisson



The Bridge to Beach 2019 event was extremely challenging last Sunday battling a constant side wind, inconsistent chop on the water as well as a 'significant swell' the size of a double decker bus greeting us as we passed Middle Head. Thanks to our support crew Trent Shaw to shuttle us to the start point, shouting words of encouragement from Bradleys Head. Matt Scott and myself got there in the end and just finishing was an achievement as there were many who DNF due to the conditions.

Kieran, Joanna, Genevieve and Lana—Team Canberra Dragon SUP



Jo Nelson passing Bradleys Head only 7km to go

Matt Scott passing Bradleys Head





Matt Scott and Jo Nelson – feeling relieved to have finished the 2019 Bridge to Beach

Cheers,

Joanna

Marathon: Frank Harrison Memorial Races, Albury: Helen Tongway

On Saturday 23rd February, ten BGCC paddlers took part in the 2019 Mitta Mitta Canoe Club's marathon races; eight paddling the full distance of 26 km from the Hume Dam wall, along the Murray River to Albury; and another two opting for the shorter 16 km paddle from the Water Works to Albury. On Sunday 24th February there were only four of us staying on for the second course.

BGCC Paddlers' Results:

Saturday: Single boats

| | | | | | | |
|--------------|-----|-----|--------------|------------------|---------|---------|
| <u>26 km</u> | W | V35 | K1 | Gabrielle Hurley | 2 | 2:05:21 |
| | | V45 | TC1 | Helen Tongway | 2 | 2:43:44 |
| | M | U18 | K1 | Liam Dohnt | 2 | 1:53:46 |
| | | V35 | K1 | Andrew Parkinson | 5 | 1:54:30 |
| | | | | Gary Rake | 7 | 1:57:15 |
| | V35 | OS1 | John Preston | 15 | 2:15:58 | |
| | | | Jeremy Cook | 6 | 2:12:03 | |
| Graeme Ison | | | 14 | 2:13:53 | | |
| <u>16 km</u> | M | V45 | K1 | Dominic Hides | 2 | 1:09:30 |
| | | V70 | TC1 | Allan Newhouse | 2 | 1:26:50 |

Sunday: Double boats

| | | | | | | |
|--------------|---|-----|-----|--|---|---------|
| <u>16 km</u> | W | V45 | K2 | Gabrielle Hurley & Caroline Whittle (MMCC) | 2 | 1:09:05 |
| | M | V55 | TK2 | Graeme Ison & Bruce Simpson (MMCC) | | 1:15:59 |
| | X | V45 | TC2 | Helen Tongway & Allan Newhouse | | 1:23:03 |



Left: Gabrielle Hurley, lining up for her boat number

Saturday's weather was hot and sunny, with quite a bit of wind by the time the race started in mid-afternoon. This year the river was lower than in previous years, so times tended to be a bit slower. I had difficulty in the side-winds along sections of the river, but enjoyed the majority of the paddle where there was shelter from the wind. Part of the interest in paddling this section of the Murray is the prevalence of swirling eddies to negotiate and pebbly races to avoid. I heard more than one horrible scraping sound as people hit the stony sections in the middle of the river. My time in my single touring canoe was about 2 minutes longer than last years'.

Sunday started off quite cool, but warmed up by the time we started at the Water Works. Allan and I had only ever paddled together for about 10 minutes, about three years back, so our teaming-up for 16 km in the TC2 was going to be interesting! After a very short trial paddle, to make sure Allan's foot-rest was set up right for him, we left it to the race to work things out. Allan has a much stronger starting strength than me, but is trained up only for about 10 km, whereas I take 30 or more minutes to get up to full strength, but am then okay for the rest of the day – so we went well together. Allan pulled me along for the first section, then we overlapped for a bit then, Allan started to flag and I was able to keep us going. An interesting race, with hardly any wind but with a river level even lower than the previous day.

For anyone who likes a point-to-point race, this is a lovely one to take on. It does require some car-shuffles, but if you don't have a built-in land-crew (say a non-paddling partner) the MMCC people are good at arranging for boats to go onto trailers and getting boats and paddlers to the start. Medals were presented at the organised dinner on Saturday evening and then in the Mitta Mitta club-house after the Sunday races. Come and join us next year!

Finishing, Day 1



Above: Jeremy Cook

Below: Allan Newhouse



Below: Helen Tongway



The Start, Day 2



Above: Allan Newhouse & Helen Tongway in boat 416

For anyone interested, the late Frank Harrison was a MMCC member who designed many boats - mainly canoes; and his Harrison TC2 and C1 boats are still in use and are quite competitive against other boats in their classes.
Helen

South Coast Paddlers: Allan Newhouse

Late February and early March was a busy time for South Coast Paddlers. Graeme Ison and I paddled on both the singles and doubles day of the Frank Harrison Memorial Canoe Race on 23-24 February.

On Saturday I paddled my TC1 rather than the C1 since Frank Harrison was probably best known for his TC2 and much of the interest in the race is in the touring canoe class. This year only two Vet 70 paddlers completed and I completed the 16km with a time of 1:26:29, about a minute behind the winner in that class.

Graeme competed in the 26km event with the over 35-year-old paddlers and finished with a time of 2:13:53, but that included a few minutes enjoying the cooling effect of a short swim.

I was grateful for Graeme's help in getting my TC1 to Albury. I had spent three weeks in February in Tasmania with two of my wooden kayaks, which I displayed in the Australian Wooden Boat Festival. I couldn't add a third craft to the top of the camper and as I was still on my way home, I was able to go directly to Albury, thus saving just over 1,000km of driving.

On Sunday I joined Helen Tongway in her Gregory TC2 and we were the only canoe in the 16km event. We finished in 1:23:03 with the river level down about 200mm from the previous day. Graeme paddled with one of the Mitta Mitta members in a club TK2 and finished in 1:15:59.

Saturday, 2 March saw three South Coast paddlers competing in the first race of the 2019 Marathon Series, which was also the State Single Championship. All three took home a gold medal.

Graeme Ison paddled his ski in the Vet 65-69 event, completing the 15km in 1:29:05. Ian Castell-Brown paddled K1 as a Vet 80-84 and completed the 10km in 1:10:41. I paddled my C1 as a Vet 65-74 and finished with a time of 1:11:23. As so often happens, it was the only canoe in the whole event.

I stayed on for the 43rd Burley Griffin Bash on Sunday and paddled my C1 in the Mini Bash. The



Graeme Ison on his way to the Vet 65-69 Non-Selection K/Ski Gold medal.

distance is claimed to be 15km, although it was suggested on the day that the distance was 13km. In any case, my GPS measured the distance as 13.77km and my time was 1:37:31. Paddling conditions were very good this year and certainly a huge improvement on 2017 when the wind made controlling a TC1 challenging.

Allan



Allan Newhouse in the only canoe competing in the NSW State Singles Championship.

NSW Marathon Series Race 1 and BGCC Bash: Scott MacWilliam

On the first weekend in March, the Club was host to a feast of paddling competitions. Thanks to the organisational abilities of a group of volunteer members under the guidance of Russell Lutton and club president Russell Murphy, BGCC once again did itself proud. After the Saturday's NSW title races were over the compliments flowed, as club member Gary Rake, Chair of the PaddleNSW Marathon Committee reported. Then on Sunday, senior club officials, including Helen Tongway, sorted out the weather for yet another day of perfect conditions. On top of the racing, there was even a demonstration paddle by four canoeing stalwarts showing off their paces in a C4!

For this correspondent, the most impressive performance of the Saturday's racing was that by Tylor Shorter and Conner Garbutt, both recent additions to the BGCC stable. The two young men competed in a double over 5 kms, showing courage and composure well beyond their average age of 13 years (15 and 11 respectively). The fearlessness of youth was marvellous to behold, particularly when it is recognised that Tylor, the engine in the back, is vision impaired. Tylor and Conner handled difficult conditions with aplomb, not at all phased by lots of sideways chop and no shortage of people aiming to go as fast as possible passing them. They stayed upright and completed the race in a very respectable time, when older and more experienced people took the occasional swim.

After the race, the boys spoke of how impressed and encouraged they were with all the support given by other paddlers who in passing praised their effort. For coach and mother, Fiona Garbutt, the boys' performance made her very proud. Pride was still bubbling a week after the event when Conner was overheard in the shed boasting to a friend: 'Guess what I did last weekend? I raced in a marathon!' Well done, Tylor and Conner—hope to see you on the water racing as often as you can.

Our coverage of the Saturday's races includes two reports and assessments by Helen and Margi Bohm.

Marathon: NSW Singles Championships & 2019 Series Race 1: Helen Tongway

On Saturday, 2nd March, BGCC was host to the NSW Marathon Singles Championships, as well as Round 1 of the 2019 PNSW Series Races. In close to perfect weather 150 boats took to the water at Molonglo Reach. Of this group, 43 paddlers in 37 boats were from BGCC.

Results for BGCC paddlers:

Singles Championships: Open & U18

| | | | | |
|--------------|-----------|--------------------|-----------------|---------|
| <u>25 km</u> | M Open K1 | Michael Hanemaayer | 5 th | 2:07:00 |
| | | Andrew Birkett | 7 th | 2:08:13 |
| <u>20 km</u> | M U18 K1 | Liam Dohnt | 2 nd | 1:42:17 |
| <u>15 km</u> | W U18 K1 | Emily O'Rourke | 1 st | 1:21:55 |

Singles Championships: Masters (Selection)

| | | | | |
|--------------|------------|-------------------|-----------------|---------|
| <u>20 km</u> | M 35-44 K1 | Craig Elliott | 3 rd | 1:43:15 |
| | | Luke Willsmore | 4 th | 1:47:42 |
| | M 45-49 K1 | Gary Rake | 2 nd | 1:44:31 |
| | | Dominic Hides | 5 th | 1:57:37 |
| <u>15 km</u> | W 55-64 K1 | Margi Bohm | 1 st | 1:25:05 |
| | | Patricia Ashton | 3 rd | 1:32:30 |
| | M 65-69 K1 | John Preston | 3 rd | 1:30:27 |
| <u>10 km</u> | M 65-74 C1 | Allan Newhouse | 1 st | 1:11:23 |
| | M 80-84 K1 | Ian Castell-Brown | 1 st | 1:10:41 |

Singles Championships: Masters (Non-Selection)

| | | | | |
|--------------|---------|------------------|-----------------|---------|
| <u>20 km</u> | M 45-49 | Trent Birkett | 1 st | 1:43:30 |
| | | Andrew Parkinson | 2 nd | 1:49:56 |
| | M 50-54 | Andy Bodsworth | 9 th | 1:56:22 |
| | M 55-64 | Rob Wilson | 3 rd | 1:55:44 |
| | | Jeremy Cook | 6 th | 2:06:16 |
| <u>15 km</u> | W 55-64 | Gabrielle Hurley | 1 st | 1:33:25 |
| | M 65-69 | Graeme Ison | 1 st | 1:29:05 |
| | M 75-79 | Robert Bruce | 1 st | 1:01:50 |

Singles Championships: Masters (Recreational)

| | | | | |
|--------------|---------|-------------|-----------------|---------|
| <u>20 km</u> | M 55-64 | Richard Fox | 1 st | 1:51:50 |
|--------------|---------|-------------|-----------------|---------|

Non-Championships:

| | | | | |
|--------------|--|--------------------------------|-----------------|---------|
| <u>20 km</u> | | Danielle Winslow & Bob Collins | 5 th | 2:00:17 |
| | | Dave Abela & Scott MacWilliam | 8 th | 2:03:41 |

| | | | |
|--------------|-----------------------------------|------------------|---------|
| | Emily Stewart-Reed & Michael Reed | 9 th | 2:11:55 |
| | Kiaran Lomas | 10 th | 2:17:27 |
| | Helen Tongway & David Tongway | 11 th | 2:23:08 |
| <u>15 km</u> | Jack Jessen | 4 th | 1:33:26 |
| <u>10 km</u> | Stephanie Rake & Liz Muldoon | 1 st | 0:54:42 |
| | David Pammenter | 3 rd | 0:55:55 |
| | Larissa Cleverly | 7 th | 1:01:26 |
| | Henry Warre | 9 th | 1:02:18 |
| | Mike Iloff | 13 th | 1:12:11 |
| <u>5 km</u> | Tammy Ven Dange | 1 st | 0:31:42 |
| | Barry Marshall | 2 nd | 0:32:30 |
| | Kerri Vaughan | 3 rd | 0:33:56 |
| | Tylor Shorter & Conner Garbutt | 4 th | 0:40:35 |

(Full Results at: <https://www.webscorer.com/race?raceid=171240>)

Initially there was some confusion about what to enter, given the combination of the NSW Single-boat Marathon Championships plus Race 1 of the PNSW Marathon Series.

The instructions were:

- if you want to race a distance similar to your age group race at Nationals or you want to chase a medal ...pick one of the Championship classes
- if you're in a K1 or C1 and happy to portage (where your age group requires it) - enter the ICF Selection class
- if you're in a K1 or C1 but won't portage or you're on an Ocean Ski - enter ICF non-selection
- all other boat types in the Singles Championship enter Rec class
- if you're in a double or want a shorter race than the championship distances...enter the non-championship race of the distance you want to paddle.

Then there were the questions about how club and personal points would be allocated, given that many people would not be paddling in their normal Series Race Divisions.

The information was:

Singles paddlers in any of the Championship races (Selection, Non-Selection or Recreational) will earn points in the normal manner - 50 for 1st, 49 for 2nd etc. - in their age group and will carry those points back to their regular Division.

Anyone (single or double) in the Non-Championship Races will earn a fixed 46 points.

Regular doubles combinations, where BOTH paddlers choose to race Singles at the Championships (regardless of event), will receive a fixed 46 points for their double in their regular Division. This is to ensure regular double combinations are not penalised for racing singles at the Championships.

Marathon: 43rd Burley Griffin Bash

On Sunday, 3rd March, with the best weather conditions for many years, 25 paddlers in 22 boats took to the open Lake Burley Griffin, as far as Springbank Island and return (twice around for the 28 km paddlers). Most paddlers were BGCC members, with just 9 paddlers from other clubs.

BGCC Results:

| | | | | | |
|---------------|----|--------------------|---|-----------------------------|---------|
| <u>28 km:</u> | M | Master (40-59) | 1 | Trent Birkett | 2:36:57 |
| | | | 3 | Robert Peters | 2:58:04 |
| | | | 5 | Jeremy Cook | 3:05:22 |
| <u>13 km:</u> | F | U18 | 1 | Emily O'Rourke | 1:16:30 |
| | M | U18 | 1 | Liam Dohnt | 1:03:43 |
| | M | Open (18-39) | 1 | Michael Hanemaayer | 1:03:37 |
| | M | Grand Master (60+) | 1 | Robert Bruce | 1:25:42 |
| | | | 2 | Allan Newhouse | 1:37:31 |
| | X2 | | 2 | Helen Tongway/Bob Collins | 1:25:49 |
| | M2 | Master (40-59) | 1 | Dave Abela/Scott MacWilliam | 1:29:48 |
| <u>5 km:</u> | | | | | |
| | F | Master (40-59) | 1 | Christine O'Brien | 0:40:40 |
| | M | | 1 | Basil Lau | 0:42:41 |
| | | Grand Master (60+) | 1 | John Lockie | 0:47:46 |

(Full Results at: <https://www.webscorer.com/race?raceid=171403>)

A race report from Saturday: Margi Bohm

Have you ever wondered who turns up for the PNSW winter series? Well, I did some downloading and some excelling and here are some interesting statistics regarding the first of the Winter 2019 races that were held in Canberra on 3rd March.

A total of 145 boats participated in the race representing 19 clubs from around NSW from Brisbane Waters in the north to Wagga Bidgee in the south-west and southwards to Moruya Surf Lifesaving club. And then one fellow drove all the way from Barwon Heads in Victoria to race with us! BGCC fielded just over a quarter of the boats with Manly Warringah the next largest club with 16 %. Of the four biggest clubs, we had the best female representation with 70:30 male-female split, closely followed by Sutherland Shire and slightly better than the race split of 72:28. This remains an interesting statistic – why are women so under-represented in paddling? Especially since these data include all boats in the race, not only the selection or competition classes. But interestingly, the ratios remain similar if we only consider the selection classes so across the board, women are under-represented in the sport.

In terms of age distribution, BGCC paddlers from 15 to 80 years participated. Almost every single age group was represented, and we saw skis, K1s, rec boats, SUPs, singles and doubles migrate from the shed onto the water.

In terms of results, we raced across all distances with average boats speeds ranging from 11.9 km/hr (Michael Hannemeyer over 25 km) to 7.5 km/hr. Generally average boat speeds were slower than usual by about 0.3 km/hr. In the selection classes who had to portage, the top 5 fastest blokes were Michael, Liam Dohnt, Andrew Birkett, Craig Elliot and Gary Rake and the top 3 fastest women were Emily O'Rourke (11.1 km/hr over 15 km), Margi Bohm and Patricia Ashton. In the non-portage classes, Trent Birkett took line honours in the club (11.7 km/hr) followed by Stephanie Rake and Liz Muldoon and Andrew Parkinson. Overall BGCC won 11 gold, 4 silver and 6 bronze. This means that more than half of our team medalled in their classes. WELL DONE. Seven BGCC members are in line to be selected to represent NSW at Nationals later in the year. Not bad for a club of our demographic. When we consider the number of BGCCers not paddling and helping around the course, running the BBQ and sitting in rescue tinnies/duckies, BGCC did herself proud.

The NSW team demographic is also interesting with 9 clubs represented; the big three being MWCC contributing 36%, BGCC 19% and Lane Cove Canoe Club (LCCC) 17% of potential team members. It is nice to see such a diverse mix of clubs and paddlers.

Thanks to everyone who showed up and lent a hand on the days leading up to the event and on Saturday itself. WELL DONE BGCC. Special thanks to Russel Lutton who did all the background work before doing a runner to Japan a few days before the event! Your attention to detail paid off and everything went according to plan, even the geese were well behaved.

Race 1, 2 March



Clockwise from bottom left:

Two Familiar Faces
 Andrew Birkett
 Kiaran Lomas
 Larissa Cleverly
 Luke Willsmore
 Emily Stewart-Reed
 & Michael Reed
 Rob Wilson
 Emily O'Rourke
 Dominic Hides
 Michael Hanemaayer





Left:
Tammy Ven Dange
Below Left:
Jack Jessen
Below Right:
Allan Newhouse



Above: David & Helen Tongway; Below Left: Liam Doherty Below Right (at back): Tylor Shorter & Conner Garbutt



Left: Bob Collins
 & Danielle Winslow



Top Left: **Gary Rake** *Above:* **Trent Birkett**

Top Right: **Jeremy Cook** *Above:* **Craig Elliott**



Above and Right: **Andrew Parkinson** showing that a dip in the river before a race can be quite a good start to the day!

And some of our other medal-winners:



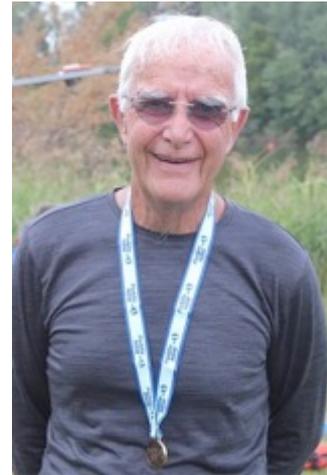
Left:
Graeme Ison



Right:
Gabrielle Hurley



Far right:
Richard Fox



More Medallists: *Above Left:* John Preston

Above Right: Ian Castell-Brown

Left: Patricia Ashton & Margi Bohm

And then, some of the important people running the show:



Left: The timekeepers:
Tony Mee, Bob Turner & Russell Murphy

Below:
Tom Hick & family members, in charge of one of our rescue craft





First this way



take note of these safety precautions
(Russell Murphy and David Gordon)



then that way.

C4 Demonstration

Starting out ...



From bow: Robert Agostino, Colin Calderwood, Nick Hocking and Marcelo Cabezas

... and full steam ahead



Hi-kneeling C4: Nick Hocking



This hi-kneeling C4 was made by Vajda and is the second top build. The top build cost \$15K and so, unusually for me, opted for the next one down (\$10K). It is carbon fibre and is wider and much more stable than the similar C2 that you may have seen me in, or the C1 I usually paddle. I had the C4 made in two halves so that I could transport it on my small car.

This C4 is a lot of fun to paddle and I am hoping that at some time we can get new paddlers into it. We would have an experienced hi-kneeler at the back and

front, to control the boat and have two new paddlers in the middle.

Hi-kneeling paddling was very popular back in the 50s, 60s and 70s but then pretty much died out. It has been experiencing a bit of a resurgence recently, and one of our members (Marcello) is training every day trying to force his way into the Olympics with Sebastian Marczyk (London Olympian).



One thing I would love to see with the C4 is to get some state vs state rivalry going. ACT (that's us), NSW, VIC and SA could all easily get a C4 team together. At the moment we only have half a

women's C4 team but hopefully that may change since women's hi-kneeling (correctly called "Sprint Canoe" or "Canadian Canoe") is now included in the Olympic Games.



My own, personal, long-term goal with hi-kneeling is to attend the World Championships (in my own age group, of course) for sprint canoe, both in sprint races and in marathons. To achieve this, I will first learn how to paddle these things properly, but after four years I think that I'm starting to get fairly close, although I'm certainly not there yet. It is not that hard to balance these boats but the stroke is very technical and difficult to do properly.

Taste of paddling—Soldier On: Gary Bergman

Soldier On offers a range of social connection activities to encourage service personnel and emergency services, and their family members, to reconnect with each other and to build links with the wider community.



On Thursday 14th Feb 19, BGCC conducted a Taste of Paddling as part of these activities, introducing 10 participants to our range of club kayaks and ski's.

Supported by Patricia Ashton, Kai Swoboda, Bob Collins, Gary Bergman, David Gordon and John Lockie, participants were exposed to the essential BGCC paddling skills of Blackberry eating from

the water, rafting-up and getting the biggest paddler to walk the raft, and the most important, how to chat about life and the universe while paddling next to someone.

The session lasted for 3 hours with a break half way for and coffee, biscuits, a change of boats, and a discussion about the social, training and competition aspects of BGCC, and how to become a member.

All participants absolutely loved their Kayaking experience and we have received some really nice feedback. The activity went really well and we are hopeful that some will join us and that Soldier On will provide another 10 participants soon. This is great way for BGCC build links with the wider community.



Further information about Soldier On and its programs can be found at: <https://soldieron.org.au/>.

Gary



Thanks and tears: Patricia Ashton

It's been an emotional month or so. I've been in tears several times for a variety of reasons & while I sometimes think tears are overly dramatic, some of these occasions I believe they were warranted.

Firstly, my tears of frustration. Many of you will have heard me lamenting my K1 experiences but after a particularly difficult session, I was in tears, quite literally—sorry Margi and Russell who had to put up with me. But after 4 months of 4–5 sessions in this boat, which is really only slightly tippier than my previous K1 which I had paddled for over 1½ years, one step forward and 3 steps back just got to me. Well, thanks then to Craig for measuring the boat and finding the seat was out 10mm and to Aiden and Scotty for fixing it and the rudder. Now I'm happier with the more usual 2 steps forward and one step back. I can see the light at the end of the tunnel!

Over the last two weeks, there have been tears of sadness, usually just at home alone (at this stage) ... sadness about the demise of Wetspot. Over the last 11 years or so, I've been proud of the service and product we've supplied and the thought of it no longer being around is quite woeful.

I've come close at work with our long-time customers when they've first heard we are closing ... the stunned looks and the disbelief. Wetspot has been more than a shop to so many people (too many unfortunately as it happens!)

Then there are the fears of what's going to happen next? What am I going to do? Who is going to employ a 59-year-old with no specific qualifications? Well, thanks to the many well-wishers through BGCC and the shop who have made some suggestions and offers and taken time out to give me support. OK, maybe there are other avenues than childcare. Thank you.

Then there was Saturday after our races, Bob and Scott Mac foisted an envelope at me with no ceremony and said, "This is from your friends to replace your GPS." To say I was gobsmacked would be an understatement. The "No, that's silly, you don't have to" was responded to with turned backs and "No, it's not silly and we wanted to." Tears flowed (though I did try to fight them). Neither would tell me who exactly put in, but Thank You so much to those that did. It was and is extremely appreciated. (My newish GPS had fallen overboard when Margi and I capsized in Central Basin the week before).

The other lovely experience on Saturday was the BBQ crew, led by Kerri, giving me a round of applause for completing the 15km and 2 portages without a swim. Many of them paddle regularly with me on Tuesdays or in timetrials and were aware of my concerns, so thank you all so much!

The BGCC community is generally a generous and supportive one. Let's all get behind it and keep it that way.

Thanks all

Patricia

For Sale

Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each Shorts \$25 each



2018–2019 BGCC Membership Fees: Helen Tongway

- A big thank you to those people who have already renewed! Renewals (for everyone) were due on 1st July.
- If you haven't already renewed, nor heard from me to say you are still current, then your fees are **now over-due**.....

The BGCC membership fees have been held at last year's level, while the PNSW fees were changed a little. The Adult fees have increased by \$10, while the Junior fees have been reduced by \$30. The Junior fees are for children between 10 and U18 years as at 1st July 2018. Children under 10 years may join PNSW for free, with the BGCC fee remaining at \$40 for Juniors taking part in regular paddling sessions. **All PNSW & BGCC Memberships are paid via PNSW and Paddle Australia.**

| Label | Category | PNSW fees | BGCC fees | Total |
|-------|---|-----------|-----------|-------|
| 1.1 | Adult – New Member | \$90 | \$130 | \$210 |
| 2.1 | Adult – Renewing Member | \$90 | \$80 | \$170 |
| 1.2 | Junior – New Member | \$30 | \$90 | \$120 |
| 2.2 | Junior – Renewing Member | \$30 | \$40 | \$70 |
| 1.3 | Family – New Members | \$180 | \$300 | \$480 |
| 2.3 | Family – Renewing | \$180 | \$180 | \$360 |
| | Children under 10 years at 1 st July, 2018 | Free | \$40 | \$40 |
| 3 | Non-paddler, volunteers, officials, carers | Free | Free | Free! |
| 4.1 | Adult Single-event Membership | \$20 | | \$20 |
| 4.2 | Junior Single-Event Membership | \$10 | | \$10 |

Club Shed key-hire: Annual Fee: \$75.Plus **Refundable Deposit** of \$50, for new key-hirers.

Private **boat in Club Shed:** Upgrade Membership fee: \$180

Both private boat in **Club Shed + Club Shed key-hire,** Upgrade Membership fee: \$255

Both Key-hire and private boat in shed membership require an approved Application Form for new Membership Upgraders.

Those continuing their upgraded membership do not need to put in a new application each year.

Membership upgrades at: <https://www.registernow.com.au/secure/AccessRegistration.aspx?E=30446>

If your finances are such that you need a little more time to pay – then please contact me, to let us know that you are still in town and want to continue with BGCC, key and boats.

Applications for permission to keep your private boat in the club shed and (after 3 months' BGCC membership) are on-line at <http://www.bgcc.org.au/index.php/administration>

You only need to apply for the first time – after that your approval continues – as long as you pay your annual fees on time!

Club members whose applications come in later in the year pay a pro-rata fee, up to the end of each financial year.

See club website for how-to-pay links

Helen.