



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 26 Issue 3 [very late] November 2015

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 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT

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Coming Events:

- **Saturday 5th/Sunday 6th December: 24 hour Challenge, Molonglo Reach**
- Saturday 5th/Sunday 6th December: River Canoe Club has a beginners' white water event either on the Deua or Shoalhaven River. If interested in WW it will not be far to travel. *Robert Walker River Canoe Club*
See link: <http://rivercanoeclub.org/content/whitewater-introductory-weekend>
- YMACC – Yarrowonga – 17th January, 2016: 5 km loop course with portages, 5 or 4 lap-events; Canoes 3 or 2 laps; Juniors 2 or 4 km. Tim Roadley: email timroadley@gmail.com Mob: 0417 373 376
- Rapid Ascent - Falls Creek Mountain Raid: 13 – 14 February, 2016 www.MountainRaid.com.au
- Saturday 20th & Sunday 21st February, 2016: Frank Harrison Memorial Races; MMCC, Albury
- **Saturday 27th February, 2016: Race 1, PNSW Marathon 9 Series, at Molonglo Reach**
- Sunday 3rd March, 2016: Yarrowonga to Tocumwal: 3.2 km swim, 21.1 km run, 91.5 km bike ride, 25 km paddle. Enter as Solo, full event; Relay of 2 to 8 people; or Enter any of the four Single Discipline races: Contact Tim Roadley, 0417 373 376; www.murrayquad.com.au

President's Report: Patricia Ashton

It's great to have some warm conditions to paddle in. Welcome to summer!!

The club has been getting a steady flow of new paddlers, with varying degrees of experience. Please make sure you make all new members welcome and if you see someone struggling with a boat, please lend a hand.

Things on the river have been ramping up, time trials are becoming more popular each week, canoe polo training looks to be enthusiastic as usual, SUP's are out in force for some 6 a.m. training sessions, triathlon sessions are starting to come thick and fast.

Further afield, club members have helped out with a fundraising BBQ at the Wetspot Demo Day; thanks to all those who came along to either help out Wetspot or to assist on the BBQ.

Many of our SUP'ers spent several days at the Merimbula Classic – kiting and SUP'ing, surf, downwinders, technique sessions and product demos, as well as some socialising.

We also had some of our regulars down at the Murray Marathon, where Adam and Richard took line honours – Congratulations! Total time elapsed time of 23:38:44 over four days; they beat the rest of the field by almost two hours. Helen and David took part and by all accounts had a brilliant last day. Kit also took part and finished well and I'm sure we'll get details either in this issue or next of Blazing Paddles. But well done to all.

The committee has been working on a Business Plan and updating the Strategic Plan and the Constitution as well as the day to day decisions for running the club. Fire protection for the shed, sponsorship for club members being selected for national teams, fleet management, etc.

Thanks to Russell L, our Publicity Officer, who was responsible for getting a journalist and photographer out to time trials one Wednesday evening – which resulted in a front page photo and another photo and a story on the club generally on the back page. We also had a film crew on our beach for a Tourism Australia advertisement for Canberra. They also donated \$250- to the club for the assistance given by the Canoe Polo guys in moving the goals with very little warning.

Next weekend is the 24 hour Challenge – there is still time to get a team in. This is always a fun event and paddling at night under the stars is something quite lovely. It's also a fundraiser for Autism Spectrum this year.

See you on the water

Patricia.



Triathlon Report: Bob Collins

Saturday 12th December I only have 3 boats for the 1st swim (6 needed), 2 for the 2nd (6 needed) and 1 for the 3rd (8 needed). ***This could get embarrassing for the Club if we can't get some more volunteers.***

I have 9 boats for the long swim on **Sunday 13th December** (22 boats needed) though Shift 1 of the Drink Station is filled. **Shift 2 does not have any volunteers yet!**

[Bob will not be able to coordinate for these triathlons.. PLEASE VOLUNTEER for one or many of these jobs!]

2015 24 Hour Paddle Challenge



The Burley Griffin Canoe Club (BGCC) will once again be hosting its annual 24Hr Paddle Challenge, on 5th-6th December. Each year the event becomes bigger and better, bringing together like-minded people in a fun-filled environment to raise money for a worthy cause. Last year the event saw 100 paddlers participate to raise approximately \$10,000 for ACT/Eden Monaro Cancer Support Group. The event also saw a Guinness book of record for solo female (Angie Lee) paddling for 24 hours. This year the BGCC is working towards bringing the event to a new level with more paddlers competing.

This year's nominated charity is Autism Spectrum Australia. Autism Spectrum Australia is Australia's leading service provider for autism and other disabilities. Many of you will know of children and families who face the challenges of autism, which is a lifelong disability that affects about one in 100 Australians, or 230,000 people. The word 'spectrum' reflects the different challenges that people with autism face and the degree to which they may be affected. Autism Spectrum Australia provides services to people with autism and gives them the opportunity to realise their unique potential, as well as providing much needed support to their families, carers, friends and colleagues.

The event will be open to all paddle crafts with the key aim of raising much needed funds for Autism Spectrum Australia. Paddlers can enter as solo, or as part of a competitive or social team at Molonglo Reach in Canberra. Teams and the occasional solo paddler will complete a 4.35 km loop for 24 hours and endeavour to paddle further than their nearest rival, raise more money for Autism Spectrum and/or compete in the fancy dress competition of either the 'Creatures of the Night' or 'Superhero' theme. Awards will be presented for the various categories registered. <http://www.24hrpaddlechallenge.org.au/index.php/rules>

<http://www.24hrpaddlechallenge.org.au/index.php/rules>

Race details are being finalised at: <http://www.24hrpaddlechallenge.org.au>.

The date for the 24Hr Paddle Challenge: 5th-6th December, 2015.

Registration: from 7:30 a.m., 5th December

Race brief: 9:00 a.m., 5th December

Start: 10:00 a.m., 5th December

Finish: 10:00 a.m., 6th December

Presentation: 11:00 a.m., 6th December

For further information or if you have any questions please contact the race organisers on ad.bgcc@gmail.com

Photo of Kieran Macdonell, by prize-winning photographer, Paul Jurak, AKA Kayakcameraman., 7th December, 2014.



Boat Captain's Report: Scott MacWilliam

This Report contains information on important events past and future regarding the club's facilities and use by members.

Firstly, I would like to thank the following for their assistance in the recent clean-up of the shed, in preparation for the forthcoming 24 Hour Challenge. Their enthusiastic help meant that within two hours the shed was transformed. Thanks again: Bob Collins, David Gordon, Jacque Gutterson, Helen King, Russl Lutton, David Pammenter, Litsa Polygerinos, Kevin Swain, Elien Vingerhoets, Keturah Whitford and Basil Yule.

The second matter which should be of interest is that at a recent committee meeting, a decision was made to begin selling off some old club boats and replacing them with new, more suitable craft. The first four boats which the club will be selling are the two Sprinters, followed by two yellow and blue(ish)Daggers. For anyone interested in obtaining recently serviced, well maintained boats for their own personal use, please keep an eye on *Blazing Paddles* as well as the club's website for further information on the sale of these boats.

Thirdly, one of the important means by which the club can pay for new boats is through providing support for the triathlons which are held under the auspices of various organisations on Lake Burley Griffin. A particularly busy weekend is coming up on December 12-13, which providing the club meets its commitments will net \$2000. For any club members who regularly paddle K1 or TK craft that may not be suitable for the unpredictable weather on the lake or supporting sometimes uncertain swimmers, the club's v10, two V8s, two Daggers and other boats will be available, quarantined from usage by other club members on that weekend. If you are not confident about acting as an escort/rescuer, there are also 'shore duties' to be performed at a drink station which may be more suitable. Regardless of your particular paddling discipline, volunteering to help on this weekend will be a great way of assisting your club.

Lastly, it has come to my notice that club boats are being used by non-club members, and some private boats are being used by people who are not their owners. Please observe the signs regarding boat usage which are prominent in the shed. Relatives and friends are not entitled to use club boats even if accompanied by a highly skilled, experienced club member/parent/relative. These rules are in place because there are safety, insurance and potential club costs involved so if in doubt, please contact the Boat Captain: (scottmac69@grapevine.com.au and 0408 404 548).



Thank you.

Scott

TRIATHLON VOLUNTEERS WANTED

On Saturday 12th and Sunday 13th December 2015, we have agreed to help out Triple Edge Triathlon with their inaugural Triathlons on Lake Burley Griffin, at Rond Terrace.

Saturday 12th:	300m, Novice,	6:30 for 7:00 a.m. swim start	3 takers, but need another 3 boats
	400m, Youth #1 & #2,	8:30 for 9:00 a.m. swim start	2 takers, but need another 4 boats
	750m, Juniors #1 & #2	10:00 for 10:30 a.m. swim start	1 taker, but need another 5 boats
Sunday 13th	4000m swim	6:30 a.m. for 7:00 swim start	9 takers, but need another 13 boats
	Drink Station	Shift 1, 9:00 to 12:30 p.m.	4 - 5 people (filled ☺)
	Drink Station	Shift 2, 12:30 to 3:00 p.m. (approx.)	4 - 5 people wanted

NOTE: It is important that we continue to help out the triathlon fraternity as they readily lend us their tinny and equipment when we need it and by supporting them, they can continue to run events – they could be in real trouble if we were not on the water. Without our help, some of their swimmers could get into real difficulties.

Volunteer at: bobcollins@grapevine.com.au or 0406 376 804

Marathon Convener's Report: Russell Lutton

The BGCC flatwater marathon contingent is finishing the year pretty much as it commenced: with a bang! The 2015 Mighty Murray Marathon ended last Sunday and the BGCC 24-hour challenge is this weekend, 5-6 December.

Congratulations to Adam Scott & Richard Fox, Helen & David Tongway and Kirsten "Kit" Nicolle for undertaking the 2015 Murray Marathon. Adam



and Richard were fastest boat overall and fifth on handicap; Kit placed an outstanding 14th on handicap and the "Geriatric Express" team – Helen and David – placed a well-deserved 23rd on handicap. Full results are available at:

<http://my6.raceresult.com/46335/results?lang=en>



As so often seems to be the case, the event was dogged by high winds, huge temperature variations and a bush fire alert that saw the cancellation of the first day's leg. Apparently,

Mirage Kayaks is to take over the running of the event from next year with the promise of a "fresh vision" for this iconic Australian ultra-marathon event. Richard has provided a separate report on the event for this edition's edition of *Blazing Paddles*.

While there have been some outstanding performances by BGCC marathon paddlers this year, I would like to take this opportunity to mention those of one of our contingent, Graeme Ison, from Moruya on the NSW south coast. Graeme accumulated the most individual points in the 2015 M10 series (479 points out of a possible 500 points); he finished second overall in his division; and won the men's veteran 60-plus ocean racing ski class in his first attempt of the Hawkesbury Classic. And he does all of this with an artificial lower left leg.

I will never forget an early encounter with Graeme. He told me how he had chopped the toes on his left leg to fit them under the deck of a K1 he was trying out. Even if it was his wooden leg, not many of us could lay claim to such dedication to our sport.



As a club, we will start 2016 pretty much as we ended this year: flat(water marathon)out! At least one BGCC paddler, Nick Ziviani will enter 190 km 7-day George Bass Marathon, commencing 3rd January 2016 and BGCC hosts the first of the 2016 PNSW Marathon series on Saturday, 27th February. I will soon be asking for volunteers to assist with the staging of this major event that has garnered so much kudos for Canberra and BGCC in past years.

And on Sunday, 28th February we have the 40th Burley Griffin Bash. How many clubs can lay claim to staging a marathon event for so many consecutive years!

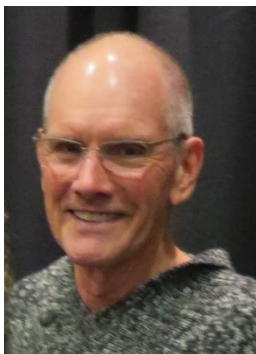
The dates for the 2016 PNSW marathon series and other major marathon events have now been confirmed and are below:

- 27th February Round 1 - Burley Griffin Canoe Club (Canberra)
- 13th March PNSW Marathon State Championships - Manly Warringah Kayak Club
- 25-27 March AC Marathon National Championships (Gold Coast)
- 10th April Round 2 - Central Coast Canoe Club
- 30th April Round 3 - Windsor Canoe Club
- 29th May Round 4 - Lane Cove River Kayakers
- 25th June Round 5 - Sutherland Shire Canoe Club
- 17th July Round 6 - Brisbane Waters Paddlers
- 06th August Round 7 - Hunter Valley Paddle Club
- 3rd Sept Round 8 - Makai Paddlers
- 17th Sept Myall Classic (Tea Gardens)
- 1st October Round 9 - Wagga Bidgee Canoe Club (Awards Presentation & Dinner)
- 29th October Hawkesbury Classic

Can't find the rules published yet, but the changes will be important for us to note as individual and club paddlers.

Finally, a corrigendum to last month's report. Scott Mac tells me that he and Tony Mee placed second in their Division 11 race at Burrill Lake, not third as reported. Apologies to Tony and Scott.

I would like to take the opportunity to wish all BGCC paddlers a safe and happy Christmas break, and I hope that 2016 is as rewarding and successful for us as individual paddlers and a club as 2015 was.



Russell



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

BEST WISHES- RECOVER QUICKLY!

Club stalwart, Bob Collins, will be in hospital next week for some medical procedures – so I am sure all club members wish Bob a successful operation followed by a speedy recovery.



Canoe Polo Report: Kai Swoboda

Canberra invitational

On the weekend of 31st October/1st November 2015, BGCC hosted the annual Canberra Canoe Polo Invitational on the floating field at Molonglo Reach. Six open teams and four restricted teams competed over the two days. Congratulations to the BGCC Open A team, Kanusport, who took out the 2015 Canberra Invitational canoe polo open!



L to R: Rowan Holt, Mikey Lawrence-Taylor, James Harmer, Jason Downey, James Deakin, Carley Goodwin.

The Burley Babes women's team, the current national champions, had to settle for 3rd place in the restricted division. Our other men's open team finished in 6th position.

Thanks to all the people who helped run another successful polo event in Canberra!

Mudcake challenge

On 17th November a number of BGCC paddlers, including juniors, travelled to Bomaderry for the annual 'mud cake challenge' canoe polo event. This event is more for the up and comers, who compete for the honour of a grand mud cake as the 1st prize! One of our teams, which included James Harmer, Mikey Young, Antonia Harmer and Stacey Goodwin got the first pieces of the cake.

Sydney invitational

BGCC will be sending two open teams and a restricted team to the Sydney invitational event on 5th and 6th December, 2015, to be held at Penrith. This is the 2nd major event over the summer with more events to be held in Adelaide (January) and Nagambie (February).

A couple of BGCC members, including Carley and Stacey Goodwin, James Deakin, Michael Young and Rowan Holt will be aiming to impress the selectors for the Australian team to compete at the 2016 World Championships.

Kai

Come and Try Canoe Polo Day

BGCC will be holding a junior Canoe Polo 'come and try' day on Saturday 12th December from 2:30 p.m. This will be held at the canoe polo field at Molonglo Reach. Any junior paddlers 8 and over are welcome to attend. No experience is necessary.



Please contact Louise Gates, gates.in.spain@gmail.com or 0406 195 089 to RSVP, or if you have any questions.

SUP Report: Kate Miller

SUP has kicked off for the season, with the time trial on Wednesday's and training with SUPing Caveman on Tuesday and Thursday mornings. There have been some day trips to the coast and the Wetspot Demo Day on 22nd November was a great success, with opportunity to try out lots of new boards before summer. The regular 8 a.m. Sunday coffee-paddle is on if there aren't other events.

The Canberra crew went to the Merimbula Classic for a week of paddling, board demos and a great time. One team got first place in the 12"6 category, based in the combined results of the 'beach to bar' and the 'battle of the paddle' races. Everyone found time for a Kelly Margetts Paddling Clinic - watch our time trial results improve!

Kate



Ocean Convener's Report: Nick Ziviani

Hello all Ocean adventure junkies.

I have another exclusive update on the progress of the new Epic V12 Ocean ski set to enter the market early to mid-2016.

Mr Greg Barton has spent a week on the sunshine coast in Queensland with our own Clint Robinson discussing the new V12 which is set to fill the gap in the Epic Ocean Ski range.

They have been testing a prototype ski that is to be purposely built for downwind conditions. Two great minds at work, with Greg's background in structural/mechanical engineering and Clint's years of Ocean Prowess, both with Olympic kayaking medals in their corners.



These two men have listened to the general public and have come together to produce a fast yet stable platform with comfort and Epic's outstanding quality.

This is an exciting time for ocean ski as Fenn has been having great success with its new model the Elite S.

Epic has always delivered a great all-round ski but there was always a compromise and just like the Fenn brand which has always promoted their skis as Ocean skis, Not flat water racers, Epic has provided good flat water speed in all there elite models. Unlike the rest, the new model V12 is a purpose-built downwind/ocean ski. By this we will see more rocker (banana shape) in the hull giving this more drag on the flat but superior performance in the ocean. The rest we will have to wait and see.

On the Ocean Racing side of things, the Perth Doctor Race was held in the last weekend of November with great downwind conditions enjoyed by all. There was a constant 20 to 30 knots south west wind blowing for the start of the race, from Rottnest Island to Sorrento Beach. 25 kilometres of downwind bliss with Australia's Cory Hill Winning the Open Single Ski, Clint Robinson and David Rhodes winning the double ski and Teneale Hatton winning the women's single ski.

The next major race is the 20 Beaches Ocean Classic to be held on 12th December, starting from Palm Beach in Sydney and finishing at Freshwater Beach. Or reverse - wind dependant. This is a tough race as there are several headlands to pass with constant backwash for the total of 27 kilometres.

Stay safe all and enjoy Christmas, Especially if it includes any new paddling goodies!!!

Nick



South Coast Convener's Report: Carolyn Williams

Coming up to the end of the year and I can report on some outstanding results for a couple of South Coast paddlers in recent times. In the first week of October Ian Castell-Brown headed over to Adelaide to compete in the Australian Masters Games. Ian competed in eight kayaking events, winning gold in each event – a wonderful achievement. Ian's exploits were reported in last month's Blazing Paddles but we can include his photo and some notes again!

Eurobodalla kayaker and BGCC member, Ian Castell-Brown raced at the Australian Masters Games in Adelaide, where he collected 11 medals across kayaking and indoor rowing events.

"I've never contested indoor rowing before," he said,

"I managed to bring home three indoor rowing silver medals and eight gold kayaking medals from eleven events overall," he said.

Luckily 76-year-old Castell-Brown survived his 10 km race without incident. The conditions improved for day two's sprint events of 200, 500 and 1000 metres in both singles and doubles divisions.

For Ian the most challenging event was the 2000m indoor rowing event. He lined up against an opponent who had never been beaten, but he dug in and drew on his anaerobic capacity for the final 250 metres to finish second.

In 2017 the games move to Tasmania where Castell-Brown said competitors will combine sport and tourism for an overall enjoyable experience.



The next result of note was that of Graeme Ison. Graeme has had an astonishingly good season with reward for his huge efforts. Graeme not only won his division in the M10 series but was the highest point scorer in the competition. Graeme followed that up by competing a week later in his first Hawkesbury challenge. Below is a copy of an article that appeared in the local South Coast newspapers:

Ison rises out of the Hawkesbury darkness

By Sam Strong

Nov. 18, 2015, 7 a.m.



There are sports out there for kids with artificial legs: Graeme Ison

A Moruya man (and BGC member) tested his resilience and paddled through the dead of the night to score second place at one of NSW's largest canoe marathons.

MIDNIGHT RIDE: At left: Graeme Ison paddles against the current on his regular training circuit on the Clyde River near Nelligen wharf.

Marathon paddler Graeme Ison finished first* in the men's veterans 60-plus ocean racing ski (OS1) class in his first attempt of the 111 km Hawkesbury Canoe Classic.

He completed the overnight paddle in 11 hours 53 minutes and 51 seconds.

"The race is pretty darn good actually, you find out a lot about yourself," Ison said. Ison, who has an artificial lower left-leg, knew of one other amputee paddler among the open field and wanted leg amputees to know that the sport was inclusive. "There are sports out there for kids with artificial legs," Ison said. The paddle was also a major fundraiser for the Arrow Bone Marrow Transplant Foundation.

"It's a good thing to know you're helping someone out," he said.

His paddle started in fading daylight at 5:30 p.m. and he “put his head down” to cover about 20 kilometres before the sun set. For the next 10 kilometres, darkness began to blur the river bank and the water. Ison, like many marathon competitors could attest to, began to think ‘was this a good idea?’

He then powered to the half-way mark and organised himself to finish the race.

However, his toughest challenge was still ahead and for the final quarter of the race Ison paddled in the complete darkness of the early morning. “I actually felt better when I finished than when I was three parts through it,” he said. “Until then there was a little bit of moonlight, but in some places the Hawkesbury is very narrow and it was hard to distinguish the banks from the river. “You had to dig deep in a few places and get your mind into gear.”

When Ison finished he said he heard a number of people had faced their “doubting times” throughout the paddle.

“It would be like any marathon, running or bike riding,” he said. Ison is a member of the Burley Griffin Canoe Club and praised members for their support. “I had a really good land crew,” Ison said.

The result capped a good year on the water for Ison, who also finished first in his division of the PaddleNSW 10-round marathon series. He was also the top point-scorer and tallied 479 of a possible 500 points to win the award against entrants across all divisions.

And to events ahead – BGCC’s ocean convener, Nick Ziviani, will be competing in the George Bass Marathon early next year – the “toughest, longest surfboat race in the world.” Nick will be paddling his ocean ski, and we wish him all the best.

Carolyn Williams

Au revoir Elien Vingerhoets!

It is with regret that our club says au revoir to Elien Vingerhoets, who in a short time has made a great contribution to our club. Elien, who soon completes her posting with the Belgium Embassy in Canberra, will take a well-deserved holiday in Australia before most probably returning home to Belgium.

Thanks, Elien, for your contributions as a Wednesday evening “Barbeque Boss” (undoubtedly the best kayak club barbeques in Australia), for throwing yourself into all aspects of BGCC activities and for your always cheery disposition on and off the river.



Lost GoPro: Craig Tregear

Hi, I went for a paddle 18th October, 2015; 7:25 p.m. and lost my GoPro off the back of the Kayak, somewhere between the beach and the first corner. Pretty sure it fell where it was a bit too deep and is now sitting at the bottom of the river, never to be seen again.

It's a 3+ Black Edition with a suction cup mount and 32 Gb memory card. (Learnt the valuable lesson to tie them on as a backup in the future)

Contacted Craig through the club face book page, if you magically find it for him!

Checkpoint M: by Robert Bruce

"Coffee, tea, hot scones with butter and jam"

Rounding a bend in the dark river, confronted by a surreal fairy-land of noise, shouts, lights flashing, boats milling about

Must be Low Tide pit stop.

I paddle by, can't stop now! Just getting into the rhythm.

The noise fades. I am alone. Green sentinel to my left. Quietly guiding the river users along their way.

Another new-found friend, Red Sentinel glimmers a long way down river. Beckoning and encouraging me to keep the pace.

Faintly in the centre of the river yellow lights appear dimly.

Could it be a check point? Too early to tell. Too far away. No sign of a flashing letter. May be a light on the bank.

Moonlight reflects off the ripples. Phosphorous from the paddle and bow. Southern Cross over the mountains.

A night birds call pierces the velvet solitude.

Suspended in time and space, autonomous arms rotating independently. Dip, ..pull, ..rotate, ..dip, ..pull.....

Red Sentinel approaches on starboard. Shouldn't starboard be green? It's all relative I guess.

A line of murmuring lights winds its way along the river's edge.

Must have been a ferry. At 3:00 a.m.?

The yellow lights seem to be in the river. Is this "M"

Did I see a white flash?

Getting darker, moon dropping below the hills

A faint line of glow-lights extends back up the river behind me.

Flashing white light is confirmed

Spirits rising with expectation.

The light becomes a screen.

Flash, flash.....flash, flash....."M", "M"

A large dark shape looms under the flashing letter. The only sound my dipping paddle and the electrical sputter of "M"

Gliding quietly up to the ghost I break the spell. "one nine one."

From the darken hulk, "Thank you one nine one"

On to "N"

Robert

[**M**emories of the 2015 Hawkesbury Canoe Classic]

Massive Murray Paddle: Richard Fox

25th – 29th November, 2015

Thank you *Neurofen* for helping me rise from bed this morning, pour myself into the car and enjoy the magic scenery of the Hay Plains that we are crossing as I type. So, what adjectives do I use to describe the preparation phase and the last five days? Exhilarating, exhausting, character-testing, mateship-bonding, painful, pleasurable and challenging but, most of all, hugely satisfying.

Wikipedia describes the Murray Marathon (as it was previously known) as one of the big three canoe/kayak marathons in Australia, along with the Hawkesbury Canoe Classic and the Myall Classic. Adam Scott, my paddle buddy and I have together completed the latter two so it was only logical that we go for the trifecta.

My training really started in January as I commenced preparations for the Marathon 10 series. The long hours in a double with Russell Lutton helped me emotionally prepare for this event. I now know double kayaking like the back of Russell's and Adam's heads!!! The Hawkesbury Classic is also a great preparation event to work out nutrition and hydration as well as how to get yourself off mud-banks. Adam's preparation started closer to the Hawkesbury, but he was pumping out long kilometres as anyone who knows Adam knows he's very capable of doing.

This was Adam's 5th Murray and his previous experience and insights were invaluable. Motels booked in advance and Rowen, our land-crew with previous experience, headed to Yarrowonga the day before the scheduled start ...

... which never actually happened. Forecast high winds and temperatures in the high 30's combined with the parched countryside meant fire danger was upgraded from High to Extreme, late on the eve of Day 1, leaving the organisers with no choice but to cancel the first leg. Fully carbo-loaded and nowhere to go! Rest and an olive grove visit instead.

Day 2 was a 91 km slog into gusting winds, upwards of 50 kph with our start at 8:30 a.m. At about the three km mark I was asking myself what I had got myself into. But metres become kilometres and kilometres convert to passing earlier starters and the cheering crowds at checkpoints and the self-belief grows. Day 2 we finished in 7:05 at Picnic Point.



Post-race routine: ice bath in blow-up pool, refuel, change, load the Red 7 double ski onto the car, motel, shower, relax, more refuelling, *Neurofen*, bed.

Day 3 was a twisting, turning, two-paced 76 km affair. It was thirsty work and my three litres were gone, with 10 km to go. Self-doubt crept in, but Adam was great at coaxing and encouraging. We were over the line in Echuca in a time of 5:54.

Day 4 is notorious. While it is the shortest distance for any single day, it's also the slowest moving water due to a downstream weir. At times we felt we were paddling upstream. Paddling alone with gum trees and the back of Adam's head to look at does funny things to your mental state! Which is why it was always nice to have contact with other paddlers along the way. Pleasantries and encouragement exchanged, a bit of a chat and on with the

show. The Murray River is an impressive river with so many changing faces. I had a bad case of tunnel vision so need to go back one day to take it in properly.

Adam ran out of water on this day but we soldered on and reached Torrumbarry in a time of 4:56. One day to go.

Day 5 to the final finish line at Swan Hill was 74 km of eddy-riddled waters that saw our 8.3 metre ski tossed and swung with little or no warning. It was physically demanding and mentally exhausting. But nothing was going to dampen our enthusiasm and excitement knowing we were the fastest boat on the river by over an hour and a half, through the four days of paddling. It was a euphoric feeling finishing at Swan Hill in 5:43. Lots of back-slapping, posing for the official cameraman – and then we stood back to soak it all up for a bit. A very proud achievement just to finish the event. And great to share the enjoyment with the Tongways and Kit from BGCC too.!

Again next year? Too early! I'm content just soaking up the Hay Plains for now.

Richard



Massive Murray Paddle 2015 – the bronze land crew experience

The Murray River is iconic in Australia historically and environmentally. The 404 kilometres of river country, through which the YMCA's 'Massive Murray Paddle' event is conducted annually, are varied and beautiful. The event comprises one, three and five day paddles and from my experience this year over seven days, the land-crewing experience is a rewarding one.

Massive Murray paddlers soon appreciate the heat and the winds and the many twists and turns along this cherished, though not always well-loved, river over the course of their paddle. Their land crews soon appreciate the cool, very early mornings, the dry, hard-worked country, the pale sandy beaches and deep muddy edges, the steep grey or red clay vertical banks and the magnificent river red gums that line that bit of the Murray.



The Massive Murray Paddle is a fun and worthwhile activity, requiring of land-crews more a time commitment than a great deal of physical effort. As some readers may know, very little about me could be said to be 'bronzed' – being of Irish ancestry, very pale skinned and sun-sensitive. But after the Massive Murray Paddle 2015 land-crew experience, I felt I had participated in a special Australian experience: spending time in the country of the people of the Murray River area between Yarrowonga and Swan Hill, (the Yorta Yorta, the Baraba Baraba and Wemba Wemba peoples); seeing towns and farms with a strong, though sometimes problematic pastoral history, but with an enduring spirit; assisting in an event with a community focus raising funds for a youth support program; and sharing in the endeavours and achievements of my very tough paddlers, Helen and David Tongway, and indeed many of the other paddlers and volunteers for the event.

As land-crew for Helen and David's double sea kayak team, my event was largely land-based and dry except for a couple of wet feet at the final day's muddy 'put-in' point and the finish in Swan Hill.



The land-crew's duties are to assist the paddler(s) at put-in, at the various checkpoints along the river and at the end of the day. I enjoyed my light duties – helping Helen and David with their boat and gear at the start of the day, then driving on to the series of checkpoints along the river to be ready to assist them if required - but mostly chatting to other helpers and cheering encouragement to all and sundry on the river as I waited for Team Tongway to arrive - then assisting them off the water at the end of their day.

Fortunately, as experienced and well-prepared paddlers, David and Helen did not need much help and they had all contingencies covered. Stocks for the days packed in hatches or at hands' reach included: water, electrolyte mixes, pre-packed vegemite and peanut paste sandwiches served fairy-sized for quick and easy consumption on the move, varied energy gels, sun cream, spare tapes for blistered fingers, anti-inflammatory pain meds and crepe bandages in case of snake bite. Aside from getting their boat from the finishing point and back to their car and cleaned up, ready for the next day, my other main daily 'recovery' routine was to hand them very promptly their favourite, chilled chocolate milk.

In contrast, Rowen, the land crew for BGCC's Adam Scott and Richard Fox, was not required to attend the checkpoints throughout the day, but having helped Adam and Richard at the start, would drive on to the finishing point and have a portable swimming pool filled with ice cubes and water waiting for them at the end of each day.

Scotty and Foxy took line honours in the Massive Murray Paddle 2015. Perhaps the message is to sign up for a Platinum Level land-crew!



Anne Cronin

Bronze Level land-crew, Massive Murray Paddle, 2015

Taste of Paddling Courses

Taste of Paddling

This is a pre-paid course held on Sunday afternoons, 1 p.m. till 4 p.m., so as to not use club boats when the majority of club members want to use them. There is usually 1 course per month over the warmer months, so that members of the general public can be given a "taste" of a sport/recreation which we, as club members, already enjoy.

The next course will be on Sunday 13th December, (a very busy weekend for our volunteers!) then 17th January and 14th February. A club coach or instructor leads each course with one or two other, experienced-paddler club members helping out.

(Another) New Boat: Allan Newhouse

My latest craft is a TC1. Like the rest of my fleet, it is wooden strip construction and like my K1, it uses mostly Paulownia with a single layer of 85 gsm glass cloth inside and out and weighs about 10kg. As a TC1, is just under 5.03 metres long and 712mm wide 102mm above the keel. With 5mm thick strips on the bottom of the hull and 4mm thick strips on the sides, the hull is stiff enough that it doesn't need the stiffening rib that fibreglass canoes generally need in the bottom of the hull.



I was inspired by the shape of the Wenonah Advantage canoe and the principle behind the shape of J-203. I didn't like the idea of building something like so many of the modern TC1s, that look like a kayak with a bump at each end. To me they looked like something distorted to comply with the specifications for the TC1 class. I wanted something that still looked like a canoe.

Naturally it is considerable slower than my K1, but there is something quite satisfying about paddling a canoe with a single bladed paddle and without the benefit of a rudder or even a skeg. It does mean however, that on social paddles, I have to endure questions about whether I am still saving up to buy the other half of my paddle. As is normal in TC1s, the seat is up more or less level with the gunwales, about 180mm above the keel. I like to tell kayak paddlers how much better the view from up there.

I finished construction in time to paddle it at the last Marathon Series race at Burrill Lake. Unfortunately, the only other TC1 paddler was Steve Dawson, who is almost 30 years younger than I am and who is fit enough to set a record a few weeks later in the Hawkesbury Canoe Classic. So I don't yet have a clear idea of whether my design is a match for other TC1s such as the River Rat. I am hoping that given the width requirements of the TC1 class there won't be much difference between my canoe and others.



Allan

BGCC Christmas Party: Saturday 12th December, 2015

WHERE: At Molonglo Reach

TIME: 12 NOON START

Christmas

Freestyle Report - Sue Robb in 2015 World Team

For the first time in a while the Freestyle team included senior and junior women, including BGCC's Sue Robb. This year the World Championships were on the Ottawa River in Canada In September.

Below: Sue in action!



Sprint News

Upcoming events:

4 -6 December 2015	Grand Prix 1	West Lakes, SA
15 – 17 January 2016	2016 NSW Sprint Championships	Sydney – SIRC
12 – 14 February 2016	Grand Prix 2	West Lake, SA
2 – 6 March 2016	2016 National Sprint Championships	Champion Lakes, WA

Despite a flying start in Round 1, (2,319 points), BGCC finished the year in 5th place with 4,478 points, behind MWKC with 32,861; AKC, 23,312; SNBKC, 13,226; and PPC, 5,605, on the PNSW Sprint Series score-board.

Latest Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

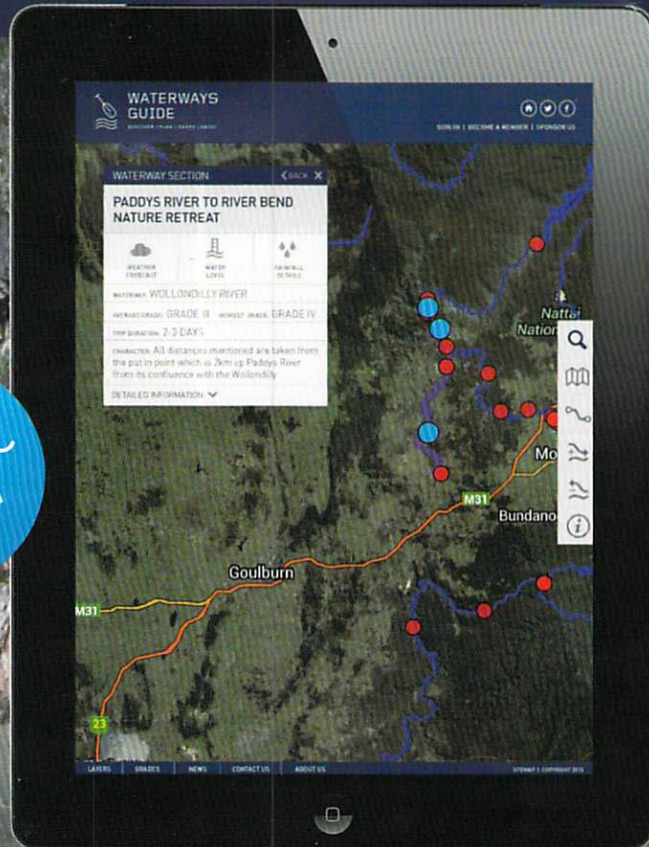
<http://canoe.org.au/wp-content/uploads/2015/06/Safety-Guidelines-2015.pdf>



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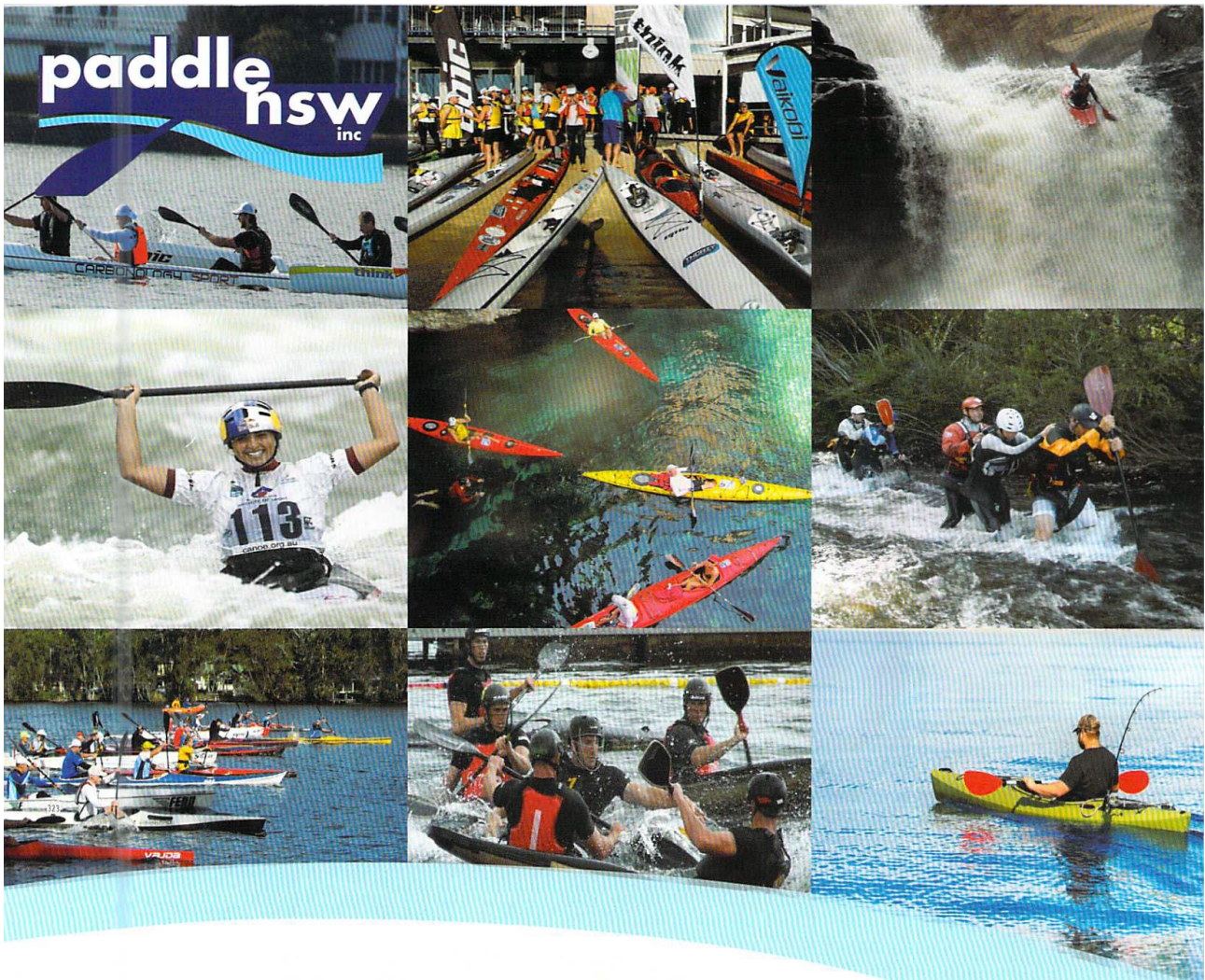
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waterwaysguide.org.au





Paddle NSW is the State Sporting Organisation for Paddling in NSW

PaddleNSW provides many benefits for its members, including:

- Information and resources for paddlers to get more from our sport
- Insurance for members while you train for and participate in paddling activities
- Capacity to achieve greater paddling skills, techniques and enjoyment
- Organised State Championship and State Series competitions and other non-competitive events purely for fun and fitness
- Recreational activities to meet other paddlers and discover new places
- The WaterwaysGuide.org.au—built by the paddling community to help you explore our waterways, share trip information, view alerts and be inspired

There's a wide range of paddling activities available, known as Paddlesports.

- **Slalom and Sprint** (Olympic paddle-sports)
- **Ocean Ski racing** (part of many surf lifesaving and ocean carnivals)
- **Sea Kayaking** (made famous by our Cross-Tasman expeditioners)
- **Marathon Paddling** (inc Hawkesbury Classic and Murray Marathon)
- **Canoe Polo and Freestyle**
- **Whitewater**
- **Recreational Paddles** (organised by Paddle Clubs and commercial operators)
- And many more—see the Paddlesports page of the PaddleNSW website

Check out the **PaddleNSW Event Calendar** and **clubs** page, on the PaddleNSW website. Paddle Clubs or specialised paddlesports retailers can provide excellent advice on equipment and technique.

There are many stores that support PaddleNSW and we recommend that you introduce yourself and receive great help choosing the best gear for you.



www.waterwaysguide.org.au

Download the FREE Mobile App to plan, share and enjoy safer paddling activities.



Why not introduce a friend or family member to paddling today?

Go online to find out more—www.paddlensw.org.au or email admin@paddlensw.org.au

PNSW State Awards

On 10th October, the following PNSW people were awarded for their efforts over the previous 12 months:

Male Paddler of the Year:	Lachie Tame
Female Paddler of the Year:	Jessica Fox
Young Paddler of the Year:	Ella Beere
Paddler with a Disability:	Breanna Reid
Masters Paddler of the Year:	Anjie Lees
Team of the Year:	Burley Babes Canoe Polo
Coach of the Year:	Brian Trouville
Official of the Year:	Bob Turner
Administrator of the Year:	Lynn Parker
Volunteer of the Year:	John Preston
Event of the Year:	National Marathon Championships
Distinguished Long Service Award:	Brian Trouville

Congratulations to all of this year's NSW superstars!! 🏆

And congratulations to our own club members: Breanna, John, the Burley Babes and all those who made the National Marathon Championships happen!



So proud of my daughter Breanna,. It has been a long journey with many twists and new directions, but with a passion – to paddle. This award was such a surprise, when asked to speak at the presentation about her journey, she had a mental blank and was embarrassed, as she sees herself as ordinary. This is the start of her first season of Sprint Racing in both K1 Para canoe, and C1, and hopefully getting to be part of a K4 crew. *Cherie-Anne van Baardwyk. The Burley Babes.*

John Preston & other helpers at the Marathon Championships.



Ceara Clark with SUP & Sup-Pup!



Flooded drive through of the McDonalds at Port Lincoln Tamara Barker took her kayak to McDonald's to grab some cheeseburgers.

Club Uniforms for Sale



Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$50 each Shorts \$59 each

However you can buy both the shorts and a top for \$70!



Level 1 Flatwater Coaching Course in Canberra POSTPONED TO FEBRUARY

Flatwater course in Canberra previously scheduled for 7th & 8th November, 2015, has now been postponed to the same venue in February 2016.

All registrants will be advised and offered full refund or a front row seat in February. We apologise for any inconvenience.

Costs - Non-member \$260 for weekend

Members \$195 for weekend

\$90 for Assessment additional

Option available for people who have already completed coaching Level 1 course wishing to do continuing professional development on Sunday \$50.

http://www.ausport.gov.au/participating/coachofficial/generalprinciples/community_coaching_general_principles

For registration go to the Australian Canoeing event registration pages....

<http://auscanoe.sportingdna.com/events/register/807>

For further information, please contact Margi Bohm - margi.bohm@gmail.com

Swiftwater Safety Course

Jeffe Aronson (Australian instructor trainer for Swiftwater Safety Institute) and Desert Mountain Medicine (USA) are also putting on an internationally recognised Wilderness First Responder course from 18th – 22nd January, 2016, in the Bundara Valley, next to the Mitta Mitta river at Anglers Rest Victoria.

The on-line material must be completed by 17th January, 2016.

The course involves 30 online hours to be completed first, then only 5 days on site for AUS \$650. See the following link for details and registration: <http://www.desertmountainmedicine.com/.../wfr-mitta-mittabun.../>

Sea Kayaking Trip: Joe Roach

A BGCC member, Joe Roach, has organised a private, ten-day sea kayak tour of Port Davey and Bathurst Harbour in south-west Tasmania for 14th to 23rd March, 2016. The trip will be equipped and led by *Roaring 40s Sea Kayaking*, who have been escorting trips in Port Davey for some years. He is looking for three or four additional paddlers to join the six already in the group. All food and most equipment (including boats) will be provided by *Roaring 40s*. Cost is \$3,300 per person. If you have any interest in coming along please contact Joe on 0450 961 049 or at: joeroach@grapevine.com.au

Newsletter Contributions Wanted!

Please send in your contributions – as soon as your paddling happenings happen. That way I have lots of lovely news to publish and don't have to chase you at the last minute!

Helen.

Membership Now Over-Due: Helen Tongway

Summer has arrived and it is time to be back out on the water!

But – if you want to take part in club events, use club equipment or you have a club shed key and you haven't already renewed, (and there are about five of you!) NOW is the time to do it.

Everyone needs **Standard Level Membership** (\$50 Adult, \$75 Family or \$25 Junior.) This is now paid in combination with your PNSW Membership, via Australian Canoeing, at:

➤ http://auscanoe.sportingdna.com/users/register/organisation_id:1/language:en

As this is a new system you will need new passwords, log-ins, etc., which can be checked at:

➤ <http://canoe.org.au/member-number.php>

Plus: If you have a club shed key, then the annual hire fee is \$50. **Bronze Level Membership** (If you wish to hire a Club Shed key, you need to put in an Application Form, plus a refundable \$50 deposit.)

Plus: If you want to use more than just the Robust Club Boats, the boat use fee is \$125. **Silver Level Membership**

Or: Key-hire plus Boat Use = **Gold Level Membership** (Adult Total = \$225)

Or: You already have a shed key and approval to have your own boat in the Club Shed, \$150 **Platinum Level Membership** (Adult Total = \$250)

Confused? Don't be! Just ask and I will let you know what you owe ☺ membership@bgcc.org.au

All Extras at: <https://www.registernow.com.au/secure/Register.aspx?E=17978>

Helen

U-Turn Permitted.....

Many of us who travel to the boatshed/river along Morshead Drive have been bewildered and inconvenienced by the removal of the roundabout at the first bridge. However, in case you are not aware, there is a "U TURN PERMITTED" sign at the next intersection (second bridge) under the new overpass. *[thanks Russell]*

