



BLAZING PADDLES

Newsletter of the **BURLEY GRIFFIN CANOE CLUB**

Winners of the Brian Norman Trophy 2012, 2013, 2014

Volume 25 Issue 1 October 2014

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Looking Back and Forward

 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT



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President's Report: Kiaran Lomas

Well another month has come and gone, and with the weather warming up it makes for ideal paddling conditions.

Burley Griffin has once again won the Marathon Series and I had the pleasure of accepting the trophy at the presentation in Wagga on behalf of all the club's Marathon paddlers. There is enough coverage of the event in this issue of Blazing Paddles that I'm not going to go through the details of performances in this message. I will note that Graham Ison, Alan Newhouse and Helen Tongway received a 10/10 award for competing in all 10 races of the series and all the people who paddled international class boats and portaged through the season. It is the spirit demonstrated by these members that set the foundation for another victory in the Marathon Series.

PaddleNSW have noted that they are going to review the points-scoring system for the Club Trophy for next year's Marathon Series. It may be more difficult to win the trophy for a fourth time. But the other clubs aren't the only ones who can offer ideas for the point score. If there are any members who have ideas to make the point scoring system provide a more competitive outcome, feel free to contact me with the details of your proposal and I will compile a submission to the PaddleNSW marathon committee which will include all proposals passed to me.

With the end of the Marathon Series, we now welcome the start of the Sprint Series. On 5 Oct, five K1 and two SUP paddlers represented the club at this event. The event is organised to allow people of the same speed to compete against each other and this made for some exciting racing for the day. I strongly recommend this format to anyone who wants to test race skills on an international course.

The Winter Time Trial series is over and we look forward to the Wednesday afternoon Summer time trial format. Congratulations to Helen Tongway who scored the most points in the winter series. The course for the Summer series has undergone some minor changes so please arrive a little earlier to familiarise yourself with the course.

Each year PaddleNSW recognises 12 winners for their efforts in paddling. With 6 nominations, BGCC paddlers and volunteers won two awards this year both relating to Canoe Polo. Firstly they won the event of the year award for the National Canoe Polo Championships. On top of that the award for the best team went to the ACT Polo Veterans Number 1 team. So please congratulate them when you see them on the water.

To start things off on a serious note, the danger to paddlers has changed from hypothermia to overexposure to UV rays. It is important that all club members take the necessary precautions with clothing, hats and block-out to protect themselves from damage resulting from the sun's harmful rays. I recently stumbled across a mobile app on the Sun Smart Page which identifies the time periods where exposure risk to UV rays is the greatest. It is well worth a look at doing a little research on skin cancer and taking the necessary precautions to avoid it. [Ed. See below on skin cancer.]

Finally, don't forget the Reel Film Festival on 18th of October.

Enjoy your paddling.



From the Editor's Desk: Scott MacWilliam

I am constantly asked when will the shed extension be completed? While there is no immediate answer to the question, the Club has now taken three major steps toward that goal. Firstly, at the recent AGM the Club made an important decision; to appoint Mike Liff convenor responsible for Sponsorship. Secondly, at the next monthly meeting the Club confirmed the importance of this move by committing \$30,000 from reserves to the Extension Building Fund and agreeing to make further additions to this fund as and when finances permit. Lastly, under Bob Collins' leadership, the shed extension sub-committee is working through the necessary steps to change the current tenancy terms for the shed from renting to leasing of the building and the surrounding land. While this will involve payment of an as-yet-unknown amount, the outcome when completed will allow the Club to plan for the future with much greater certainty and on better terms than now exist. Hopefully all members will appreciate the importance of these steps and **contribute ideas, labour and money** to the Club to help the Committee realise a long-held ambition to have premises appropriate to the Club's size and importance in ACT water-sports.

The first opportunity to assist fund-raising is the Film Night, details below. \$15 for three hours of entertainment is an absolute steal and WE NEED YOU TO TURN UP with as many friends, acquaintances, enemies and others as possible. Wetspot is generously assisting the club with some of the fixed costs: now it is UP TO YOU to come along to what should be a very enjoyable evening.

Later in this issue of *Blazing Paddles* you will read of the Club's success in the recently completed PaddleNSW Marathon series. The Brian Norman Trophy has been awarded since 2003 and in that time only one other club, Manly Warringah Kayak Club, has ever won on three consecutive years. Between 2003 and 2006, MWKC won each year, four times in succession. While three times in a row is something special, BGCC 2012-2015 would look pretty cool on the Trophy! What makes the triple achievement of BGCC even better is that the rules were regularly changed and for reasons which seemed strange. However, as Allan Newhouse notes below, PaddleNSW have calculated that no matter how points were scored BGCC would have won. The Club President and others who did so much to boost the numbers of club members who paddled international class boats this year deserve a special credit for adding even more arrows to the Club's quiver.

FUND RAISING FILM NIGHT: Patricia Ashton

The Burley Griffin Canoe Club and Wetspot Watersports will be hosting a **Reel Paddling Film Festival** on Saturday 18th October from 5:30 p.m. till 8:30 p.m. at the Eternity Church Kambah, corner of Sulwood and Drakeford drives.

These short films will showcase a range of **paddling experiences**, from epic canoe journeys through snow and ice, to travelling 100's of kilometres with 2 young children, women's freestyle championships, fishing in New Zealand, Stand Up Paddling down rapids, an innovative paddling style without a kayak and more. Films range from 1.5 minutes to 25 minutes.

Cost will be \$15pp (children 0 -12 free, 13 -15years \$5). Money raised will go to the BGCC building fund.

There will be an intermission with hot food and beverages available to purchase.

We'd love to see all of you there and so we can cater better, we'd like to have an idea on numbers; so, if you could book online within the next week or so, that would help us enormously. Payment can be made online

at: <https://www.registernow.com.au/secure/Register.aspx?E=14334>

For more information, Ph. Wetspot on 6239 1323.

The club will also require a couple of people to help out with BBQing on the night. If you'd like to help please let me know.

We also have some posters you could put up in your workplace – either I can leave them at the shed for you, or you could pick them up from Wetspot.

BGCC MEMBERSHIP NOW OVER-DUE! Helen Tongway

The sun is shining, the frosts have gone and it's 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, NOW is the time to do it.

Everyone needs **Standard Level Membership** (\$50 Adult, \$75 Family or \$25 Junior).

Plus: If you already have a club shed key, then the annual hire-fee is \$50. **Bronze Level Membership.** (Adult Total = \$100)

(If you wish to hire a Club Shed key, you need to put in your Application, plus a refundable \$30 deposit.)

Plus: If you want to use more than the Robust Club Boats, the boat use fee is \$125. **Silver Level Membership.** (Adult Total = \$175)

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).

And: For the next 3 months only, you have the option of **one, three or five** years' membership, at **one, three or five** times the above sums of the fees.

Confused? Don't be! Just ask and I will let you know what you owe ☺

membership@bgcc.org.au

Helen.

MEMBERSHIP – Some Statistics

The Good News: Some wonderful club members did what we are all supposed to do - re-joined BGCC (and PNSW) before the end of June.

With the approach of more benign weather and the start of the summer time trials, there has been a recent resurgence in membership renewals, as well as quite a few new members. As of now, membership is at 252 people (though some of the little people are perhaps a bit too little to paddle yet!)

Now the not-so-good news: One recalcitrant member who is always late paying his membership/key-hire/own boat (Platinum Level) fees; one moving-cities former member who won't get his boat out of the shed (to be moved elsewhere) and one who hasn't replied about his need to keep his boat in the shed – or not - since he has moved home. **Next 1st July, these people will not be able to access their boats or enter the shed at all as the current shed key will no longer open the shed doors! All locks will be changed and new keys issued for the 2015-2016 year.**

There are also those people who have a club shed key, but haven't re-joined. They too are reminded that they signed a piece of paper to say they must be current BGCC members in order to retain their shed key. If you don't need your shed key – please return it for your \$30 refund. According to my records there are more than 20 of you!

We have plenty of current club members who are waiting for keys.

With the offer of three years' or five years', as well as the normal one year's membership, there has been a bit of confusion about just how much you needed to pay, but, those who have made their way through the maze have perhaps made a saving in \$ by paying ahead of any increases in club fees and we have 15X (plus 3X confused wanna-be's) three-years members and 18X five-years members.

SHED WORKING-BEE

There will be a shed clean-up next Saturday, 18th October, commencing at 10 a.m.

Many hands make light work - and volunteering is fun 😊

Who knows, perhaps Lincoln can unearth another lost boat or two!

CONVENERS' REPORTS

Canoe Polo Convener's Report: Rowan Holt

In late September the Australian Men's Canoe Polo Team competed in the 2014 ICF Canoe Polo World Championships in Thury-Harcourt, France. The teams fought very hard against some truly impressive teams and, in many respects, demonstrated that Australia still punches above its weight in a sport that is rivalling the dominant paddle sports in Europe. Over 50,000 spectators who attended the venue and many more viewing the championships online via the ICF YouTube channel witnessed some truly excellent polo.

The Australians finished 13th overall. Although not the result the team was after, they played very well and did their country proud. A number of the Australian Team members will be present at the Canberra Invitational, so you'll be able to see their skills for yourself.

Over the past couple of months and in the remaining weeks before the first event of the Australian Summer Series, the Canberra Invitational (Molonglo Reach, Nov. 1 & 2), our games training has intensified as we work toward improving upon our previous Summer Series performances. The Burley Babes, the BGCC Women's Canoe Polo team and all BGCC polo players have been pushing themselves at training over winter at the Tuggeranong Pool, with a brave few taking on the cold water and air temps to train on Monday nights at the Molonglo Reach. Thankfully, October marks Canoe Polo Wednesday Games nights returning to Molonglo Reach (Games commence at 6 p.m. sharp) and reintroduces us to our full length pitch. Juniors and beginners sessions will also move to the Molonglo River.

With the 2015 Oceania Championships being tagged on to the Australian Nationals at Victoria's Nagambie Lakes Regatta Centre over Easter, there is greater incentive for a number of BGCC players to increase their training and seek to out-perform other teams in the coming Summer Series, which serves as a group of selection events for the Australian Teams competing at the Oceania Championships. (Nominations for the Australian Squad are due on October 24: if you wish to nominate go to polo.canoe.org.au/2015Oceania-nationals (and follow the links to the Oceania Championships Nominations).

Members of the current Australian Championship title holding teams, the ACT Women's and ACT Veteran's 1 teams as well as other keen BGCC polo players will be seeking selection on the Australian Teams for the 2015 Oceania Championships. Australian Canoe Polo is also seeking nominations for officials and coaches at the Oceania Championships, which can be lodged online via polo.canoe.org.au/2015Oceania-nationals (follow the Nominations link on the page).

Recently, the PaddleNSW annual awards were announced with BGCC Canoe Polo receiving an award for the Best Team (2013/14) going to the ACT Veteran's 1 Canoe Polo team after their gold medal winning performance at the 2014 Australian National Championships. The 2014 Australian Canoe Polo National Championships, which was hosted and organized by members of the BGCC over Easter was awarded the best event for 2013/14. The ACT Women's Team was also nominated for the Best Team award following their gold medal win at the 2014 Nationals. This is a great result for Canoe Polo and our club. Thanks and well done to all involved!

Flatwater Convener's Report: John Preston

It's been a very busy month for our marathon paddlers. We had a representative at both the World Championships and the Marathon Masters World Cup in Oklahoma, USA; the PNSW Marathon 10 Series wound up in Wagga Wagga; the winner of the Winter Wetspot Time Trial series was decided in the very last race and the Wetspot Summer Time Trials kicked off.



Ben Rake and Alex Neilson (Vic) competed in the Junior Men's K2 race at the World Championships in Oklahoma, USA. The boys had a great race, overcoming an awkward start where their kayak slewed sideways as the churning wash from the big field grabbed them and sent them off course. Once settled the boys fought hard and kept the viewers on Youtube cheering them on every time they came into view. Eventually the more experienced crews were able to break away but the boys fought hard to earn 15th place out of 21 crews. It was a wonderful experience for Ben and hopefully will only be the first of many paddling experiences at this elite level.



Ben in the back and Alex up front



Margi Bohm added 2 gold medals to her impressive list of paddling achievements when she represented Australia in the ICF Canoe Marathon Masters World Cup event in Oklahoma, USA. Competing in the 50-54 year age group Margi led from the start and won convincingly. A day later Margi teamed up with Hilde Lapere (South Africa) to take out the 50-54 Women's K2 event.



Margi and Hilde portaging in their K2 event.

At the point of compiling this report Ben and Margi have just arrived back in Australia. Perhaps in the next issue of BP we will have a more substantial report of events in Oklahoma.



The PNSW Marathon 10 Series ended in the flowing water of the Murrumbidgee River at Wagga Wagga. The Brian Norman Trophy for the team point score was once again won by BGCC. This year we set up a big lead early in the series and were never seriously challenged for the title. A feature of our club's effort was the attitude of some of our competitors who sacrificed individual glory for team points. They did this by paddling K1s and doing portages which gained extra team points. It seems every year we have new paddlers who step up and do well in the series and this year was no different. Thank you to all who competed in the events. The final point score is available below.

The presentation after the Wagga race saw a number of our paddlers gain recognition from PNSW for their efforts during the year:

Most Outstanding paddler

Gary Rake

3rd place in Division 2 Shane Lund
 2nd place in Division 4 Graeme Ison
 3rd place in Division 6 Allan Newhouse
 1st place in Division 7 Kiaran Lomas
 1st place in Division 8 Stephen Ison
 1st place in Division 9 Julia Bowett
 2nd place in Division 11 Mike Iliff

10/10 Award for attending all 10 Marathon series races - Graeme Ison, Allan Newhouse, Helen Tongway.

Lucky Draw Prizes from Gill - Graeme Ison

Brian Norman Trophy Marathon Series Final Results

BGCC	Burley Griffin Canoe Club	520
LCRK	Lane Cove River Kayakers	390
MWKC	Manly Warringah Kayak Club	356
CCCC	Central Coast Canoe Club	274
WCC	Windsor Canoe Club	244
CSKC	Cronulla Sutherland Kayak Club	212
PVC	Penrith Valley Canoeing	100
SSCC	Sutherland Shire Canoe Club	86
SSP	Southside Paddlers	80
HVCC	Hunter Valley Canoe Club	44
JP	Just Paddlers	32
WBCC	Wagga Bidgee Canoe Club	28
ICC	Illawarra Canoe Club	18
SYDU	Sydney Uni	14
StGKC	St George Kayak Club	14
ACCA	Dragon boats	12
SDOP	Sydney Ocean Paddler	6
PDDBOCC	Pacific Dragons	4
MMCC		4
GLCC	Great Lakes Canoe Club	2

BGCC results RACE 10 – Wagga Wagga

Division 1 – 25k

Pos	Boat	Paddler	Club	Time
3	106	James French	BGCC	02:08:30

Division 2 – 20k

Pos	Boat	Paddler	Club	Time
2	229	Shane Lund	BGCC	01:44:42

Division 3 – 20k

Pos	Boat	Paddler	Club	Time
5	304	Paul O'Neill	BGCC	01:50:58

Division 4 – 20k

Pos	Boat	Paddler	Club	Time
4	426	Patricia Ashton Bob Collins	BGCC	01:55:01
8	422	Graeme Ison	BGCC	01:59:56

Division 6 – 20k

Pos	Boat	Paddler	Club	Time
4	626	Paul Hartlipp	BGCC	02:10:31
7	606	Allan Newhouse	BGCC	02:15:23

Division 7 – 20k

Pos	Boat	Paddler	Club	Time
2	720	Helen & David Tongway	BGCC	02:16:24
3	711	Kiaran Lomas	BGCC	02:33:30
DNF	739	John Lockie	BGCC	-

Division 8 – 15k

Pos	Boat	Paddler	Club	Time
1	836	Stephen Ison	BGCC	01:25:02
5	805	Graeme Bacon	BGCC	01:43:44

Division 10 – 10k

Pos	Boat	Paddler	Club	Time
1	1009	Gerard O'Dea	BGCC	00:55:30

Division 11 – 10k

Pos	Boat	Paddler	Club	Time
1	1118	Russell Murphy Melissa Hartlipp	BGCC	01:03:07
2	1104	Robert Bruce	BGCC	01:04:23
6	1113	Litsa Polygerinos	BGCC	01:12:24

Race 10, Wagga Wagga: BGCC's three first-placing boats



Stephen Ison starting as he finished – in front!



Gerard O'Dea going into his second lap, in first position, with Allan Newhouse in background



Melissa Hartlipp and Russell Murphy also starting as they will finish – in front



The Wetspot Winter Time Trials were finalised in the penultimate week of September. The time trials were somewhat disrupted due mainly to a crowded marathon 10 series. Despite this the competition was very close with Helen Tongway finally coming out on top. Julia Bowett and Kieran Lomas came equal second with Mike Iliff 4th. A full point score is available on the club webpage. Thanks to all who competed and a big thankyou to those who helped with the timing and organisation of events.



Helen Tongway in action on the Molonglo River



Thanks Nick Grey for compiling the time trial point score over the last 12 months.

Summer Time Trials

The Wetspot Summer Time Trials kicked off on Wednesday 8th of October. The course has been extended beyond the first bridge and has been tightened towards the far bank (from the club beach perspective) in order to get as much distance within the river confines as possible.

This time trial course is basically the one that will be used for next year's Nationals. Over the coming months the course will be fine-tuned with more buoys added and a new portage arrangement configured. In the meantime the portage is around the trees as it has been in the past.

The river remains closed beyond our 3 buoy turn in the direction of the new bridge work. Please don't go beyond this point as we have made an agreement with the relevant authorities that our club members will comply with this request.

Racing begins at 5:45 every Wednesday evening please try to sign on at 5:30. Depending on numbers of competitors there will be 3 starts at 5 minute intervals. There are 3 options – 1 lap (no portage option); 2 laps (1 portage option); 3 laps (2 portage options). There is also a junior course which has a turn-around buoy near the barber's pole. Those doing 3 laps are asked to go off in the first start. Those doing 1 lap should go in the 3rd start. Stick to the right side of the course and remember there are paddlers of various standards participating and care should be taken when near anyone who is inexperienced. Paddlers are asked to go to the aid of anyone who has a problem on the water.

A paddler's first race over a particular distance, in a particular type of kayak/ski/canoe/sup will be deemed to have a PB. 6 points will then be allocated in subsequent time trials on the basis of the paddler getting within 2% of that PB. Outside the 2%, 3 points are allocated; a new PB earns 9 points and a DNF earns 1 point. The updated time trial rules are on the club website.



The Hawkesbury Classic – 25/10 -26/10

<http://www.canoeclassic.asn.au/my/events/750>

2014/15 Sprint Season: The 2014 -15 sprint season has commenced (see the program and results for Round 2 below). PNSW have developed a fantastic ½ day of sprint events in a series format which take place over the next few months. The format ensures that you don't sit around all day waiting to do just one race. Everyone gets to race over 1000m, 500m and 200m. You don't have to paddle a K1. SUP's, canoes, skis, outriggers and kayaks are all welcome. See PNSW website for more information. sprint%40paddlensw.org.au

2014/15 Sprint Season Program

- Sprint Series Round 3: Sun 2 Nov 2014
- Sprint Series Round 4: Sun 30 Nov 2014 2015
- NSW Sprint Championships: Sat 17-Sun 18 Jan 2015

Up-coming events:

- 2015 Australian Canoe Marathon Championships – Canberra
- 2015 Masters Games - Adelaide
- 2015 ICF World Canoe Marathon Championships - Gyor, Hungary
- 2017 World Masters Games Auckland, New Zealand <http://go.ogilvy.co.nz/f00hs0r0WF000W2KcDwl00>

Sprint season springs off! Round 2 of NSW Sprint Series: Kiaran Lomas

When the wheels started rolling just after 4 a.m. and minus an hour's sleep from daylight saving, conversation tended to an explanation of how we weren't really get an extra hour each day as a result of daylight savings. After an exhilarating debate on this subject we were all fired up for a morning of sprint paddling.

With 7 paddlers representing the club we were one of the largest contingents from any clubs, only being out-numbered by Manly. We had five K1's on the water with Erik and Kiara Chen, Madeline Hanks, Litsa Polygerinos and Gerard O'Dea. On the SUPs were Greg Cockerill and myself.

The day presented an interesting battle between siblings with the Chens trying to out-do each other. Kiara showed dominance in the 1000m and Erik shone through in the shorter races.

The E-200m final saw Greg, Kiaran, Litsa, Kiara and Erik all lining up together. The race saw BGCC taking 1st, 2nd, 4th 5th and 6th spread by only just over 2 seconds. Madeline performed consistently with less than a second between her heat and final's times. Madeline was also the fastest Female Paddler from BGCC. Gerard O'Dea had his debut in sprint racing and learned from his heats to perform better in the finals for all distances.

So at the end of the day we were all happy with our performances and looking forward to the next round. As Greg Cockerill put it, it's a great format and a good event in which to compete. The next round is on 2nd of November and we love to have even more BGCC paddlers racing.

Greg Cockerill



Erik Chen



Litsa Polygerinos



Kiara Chen



Madeline Chard



Gerard O'Dea



SUP Convener's Report: Lincoln Gibson



Capital SUP Club Calendar of Events, Summer 2014/2015

Club members event Club event open to public Other SUP event



Like Capital SUP on Facebook and check the events pages for details

- 4 Oct. Club to Pub Open Ocean Paddle, Merimbula NSW
- 5 Oct. Penrith Sprint Races (PNSW), Penrith NSW
- 4-6 Oct. SUP'ing Caveman SUP school launches in Canberra
- 8 Oct. BGCC Wetspot Weekly Summer Time Trials begin every Wednesday
- 12 Oct. Floriade Sunday social coffee paddle, LBG ACT
- 18 Oct. BGCC Film Night, ACT
- 25 Oct. Shoalhaven River Festival, Shoalhaven NSW
- 1 Nov. Sea Cliff Ocean Challenge, Wollongong NSW
- 9 Nov. Wetspot Watersports Demo Day, Yarralumla ACT
- 16 Nov. Capital SUP ISUP Race #1. Canberra ACT
- 27-30 Nov. Merimbula Classic, NSW
- 6-7 Dec. BGCC 24 Hour Challenge, ACT
- 10 Dec. BGCC Wetspot Time Trial and Christmas Party, Molonglo Reach ACT
- 1 Feb. Capital SUP ISUP Race #2. Tomakin, NSW
- 14-15 Feb. The Forsters Island Paddle Challenge, Forster NSW
- 22 Feb. Naish N1sco Canberra ISUP race/Capital SUP ISUP Race #3. ACT
- 21-22 Mar. Harry's Paddle, Stockton NSW



Capital SUP is a chapter of the Burley Griffin Canoe Club



Club to Pub Event – Pambula NSW

In early October 3 Capital SUP members made the trip down to the south coast for the Pambula to Merimbula Club to Pub Challenge. The ~10 km course ran from Pambula out to sea to the south-east, then back north-west up to the Merimbula bar and up to the Pub Jetty. Registration saw paddlers (ski, surf boat and us 3 SUP'ers) decked out in some very bright high visibility gear (which may make a re-appearance this summer) and then paddle out past the break for a water start.



With SLSC boats, jet-skis and water police staggered along the route we set off and quickly discovered that we were definitely not paddling on LBG anymore! With a cross swell, rising north-east wind and backwash off the coastline there were some early swims (purely to cool off!). With the skis far ahead and the surf boats quickly catching up, the course organisers turned us north early and we started a long slog into the wind.

After way to much paddling on one side of the board against the cross-wind, we reached the Merimbula bar and remembered something from the race brief about a 6-8 foot swell that was pushing through. Based purely on luck we paddled in through the bar between set waves and paddled up the river to the Pub, finishing in around 1hr 40min.



Pambula SLSC put on a fantastic ocean race that tested us Canberra flat-water paddlers while providing a great level of safety and boat support on the water.

If you are interested in paddling down at the south coast the Merimbula Classic will be held on the 27-30 November.



South Coast Convener's Report: Allan Newhouse

Three South Coast members of BGCC competed in the last of the 2014 Marathon Series races at Wagga on 27th September. River conditions were better than last year, but paddling at Wagga is always a challenge with upstream legs taking considerably longer than going downstream. One of the few people to take a swim was the paddler who has finished first in Division 1 in almost every race, Matt Blundell

Stephen Ison finished first yet again in Division 8 with a time of 1:25:02, over five minutes ahead of a double from MWKC. Graeme Ison was back up in Division 4 after his quick time at Lane Cove and finished eighth in just under two hours. Allan Newhouse was seventh in Division 6 in 2:15:23.

At the presentation dinner, the three South Coast paddlers picked up one trophy, four medals and a lucky draw prize.

Steve Ison took home the trophy for first in Division 8 with an impressive total of 342 out of a possible 350. It seemed that as long as he stayed upright, then he was first across the line.

Graeme Ison was second in Division 4 with 329 points. If he had been able to restrain himself at a couple of events and stayed in Division 5, he could have been first in that division.

Allan Newhouse was third in Division 6 with 315 points. It seems that consistency and persistence can be enough to get you on the podium at the end of the year.

As well as their place medals, Graeme and Allan collected a medal awarded to recognise the efforts of the dozen or so paddlers who completed all ten of the races in this year's series. Graeme also won one of the minor prizes in the lucky draw.

As I am sure is now common knowledge, BGCC has won the Club Championship for a third consecutive year. Our lead was 108 coming into the last round and grew to 130. The Marathon Committee was interested in the effect of the changes to the way the club points were awarded. They used four different methods for calculating the results and BGCC came out on top in every case.

A quick perusal of the points accumulated by South Coast members shows that it is very nearly the case that BGCC would not have won without the South Coast paddlers. The lead was 130 points and South Coast members of BGCC contributed 128 points. On the other hand, maybe there was a portage at one of the races that would have added another two points, in which case we could claim that South Coast paddlers gave BGCC their winning margin.

Coaches' Corner: Gary Rake

Attention all BGCC members,

Multiple Olympic and world champion paddler Clint Robinson will be in Canberra over the weekend of 14-16 November 2014 to run coaching clinics.

Please see the link below for information about sessions, timing and prices.

www.clintrobinson.com.au/clinics/act/

While the 1 on 2 sessions are now all sold out, there are still places available in both group clinics.

The group clinic includes two short sessions on water and an off water video session including analysis of each paddlers technique (Videoed during the first water session).

This is the third time Clint has run these sessions in Canberra and the feedback has been positive every time.

Please book early to avoid disappointment! If you'd like more info, please email me at rakedover@gmail.com

BGCC New Member Induction sessions and Introduction to Paddling courses: Patricia Ashton.

The club's 'education committee' has been looking at minimising risk during our Introduction to Kayaking courses and our New Member induction sessions.

Below is an outline of both the Intro course which we were running as a one-off - now called 'A Taste of Paddling', and Induction sessions which we hope to put in place for ALL new members.

If you know of people wanting to join the club - please note that ALL NEW MEMBERS WILL NEED TO COME TO THE INDUCTION SESSIONS ON THE 1ST SUNDAY OF THE MONTH. They will then be required to attend 2 follow on sessions.

PLEASE DON'T TAKE OUT NEW MEMBERS (whether they are FRIENDS or FAMILY) until they have completed the Induction course. (There will be separate arrangements made for experienced paddlers).

As you can see below, we'll be offering 3 compulsory sessions before they are able to take out club boats unescorted, or apply for a shed key. It will also be compulsory for all new members to prove they can do a wet exit and swim their boat to shore.

Existing members will need to demonstrate the ability to roll, re-enter or wet exit and swim their boats to shore during this membership year. More to come on this later.

As you can see there is quite a lot of work to be put into these sessions - over the last 2 years our Introduction to Paddling courses have made the club approximately \$8,000- so the courses are well worth keeping up. Our new members often feel unsure of what and how to do things, so hopefully offering them 6 hours of structured lessons will increase their boat skills, club knowledge and confidence.

Most of these sessions will be run by and/or assisted by Helen Tongway, Russell Murphy, Patricia Ashton, Bob Collins, John Lockie and Tom Hick, but we'd love more people to help out. If you are able to assist with any of these sessions, or if you would be interested in doing an Instructors course, please let me know.

'A Taste of Paddling'

The Burley Griffin Canoe Club will hold 'A Taste of Paddling' sessions for those people who would like to try out kayaking. The sessions will be held on the Molonglo River in calm conditions close to shore. Participants will be able to try out a variety of boats, learn about equipment, boat handling, entry and exit techniques, basic paddling techniques and basic capsize procedures. Participants are expected to be able to swim 50m.

Sessions will be run over 3 hours and cost \$95-. All boats, life jackets and paddles are provided.

Sunday 19th October 1pm - 4pm

Sunday 16th November 1pm - 4pm

Sunday 14th December 1pm - 4pm

Contact Patricia for more information.

Maybe BGCC Membership is better for you?

Alternatively, you may already know you like paddling - if so, just join the BGCC! Costs for both BGCC and PaddleNSW (our insurance component) are about \$120- till the end of June 2015. Membership details are on our website. Payment is made on-line and should be made before attending Induction sessions.

New member induction sessions will be held from **11am till 1pm** on the first Sunday of each month. With follow-up sessions the following weekend. Please note that all new members will need to attend the 3 x 2-hour sessions before being able to take out a club boat unescorted, or before applying for a shed key. (Members transferring from other clubs or experienced paddlers may need to make separate arrangements).

Your first session will introduce you to the club, the shed, the boats and THE RULES! We'll do some technique both on shore and on the water.

Session 2 will be mainly on the water practicing your paddling technique.

Session 3 will involve a bit more paddling as well as doing a wet exit and swimming your boat to shore.

Over the 3 sessions we aim to give you the skills necessary to for the safe, unsupervised use of a (stable) club boat in calm to moderate conditions on Lake Burley Griffin.

New members will only be able to attend the following session times: 11am till 1pm please make sure you come about 10mins early; and preferably let us know if you intend on coming along.

Induction	2nd session	3rd session
5th October	11th October	12th October (swim to be done in Nov)
2nd November	8th November	9th November
4th January	10th January	11th January

Recreational Tour: Patricia Ashton

Kangaroo Valley

The BGCC recreational paddle group will be heading to Kangaroo Valley on Saturday & Sunday 29th & 30th November. On both days the group will cover approximately 15 km and while the trips are leisurely, often stopping for photo opportunities, morning tea and lunch, or even a swim, we do require participants to be able to paddle 10 km without a rest in no more than 1.5hours. This ensures the group can keep up if required, e.g., due to bad weather.

Accommodation will be booked depending on numbers at the Tourist Park at Kangaroo Valley, for Friday and Saturday nights. There is also a camping option if you prefer. We will probably car pool to Tallawa Dam both days and paddle from there.

Let me know if you're interested in coming along - and if you require a club boat, please e-mail boatcaptain@bgcc.org.au to organise.

Adventure canoe/willow control day on the upper Murrumbidgee River

18th and 19th October, 2014 (All day)



Experience little-travelled sections of the upper Murrumbidgee River, by canoe!

The Upper Murrumbidgee Demonstration Reach (UMDR) project is looking for adventurous canoeists to help control in-stream willows on the upper Murrumbidgee River between Bredbo and Angle Crossing (Williamsdale).

Small groups of volunteers will be canoeing the river and controlling willows along the way. Groups will be guided by trained and experienced river guides. All canoeing equipment, river safety gear and tools are provided. Prior canoeing experience is desirable but not essential. A medium-good level fitness is required. This is a day-long trip, starting at 8am and finishing at 5:30 p.m..

To register your interest please contact:

Antia Brademann (UMDR Facilitator)- 0429 778 633 or facilitator@upperbidgeereach.org.au

Boat Insurance: David Hearne

I haven't made it out on the Burley Griffin Lake very much lately, as things have been a little busy. However my office has recently moved to Bruce and I've begun paddling one day a week during my lunch break on Lake Ginninderra.

However not everything goes as planned! As it turns out, Epic skis and ride on lawn mowers don't get along that well!

My ski was damaged considerably and following assessment from Scott Hunter at Wetspot it was considered a write off, due to severe damage to the hull.

After such an unusual incident I was glad the boat was insured. Thankfully the guys at OAMPS (PaddleNSW) were fantastic!

I contacted them on Monday to request the claim form, which I returned with the letter of assessment and photos of the damage that day. I had expected the turn around to take a couple of weeks. While waiting, I had another chat to Scotty about getting a replacement boat and started to work out what I would get.

By early Friday morning the claim had been assessed, approved and the money was already in the bank! Less than 5 days and I had already been paid out, and was able to head back to Wetspot and buy my new boat!

All in all, very impressed at how the insurance process worked, and the turn around that I had. Great people to deal with also! **Highly recommend OAMPS (PaddleNSW)!**

Boats for Sale:

Epic Legend XL, Elite construction. \$2500 OBO, inspect at Wetspot.



Mirage 580:
fibreglass construction.
Used, but still good for plenty
of trips.
Includes PFD and trolley.
\$1799 - view at Wetspot



Fenn Mako Millennium double ocean ski

Winner of Keen Adventure Race, 2010
Hawkesbury category winner & 2010 Burley Griffin
Bash winner.

Good condition, just not being used. \$1800

Contact :

Alex 0430 078 827 or,
Randall 0408 733 139



Ocean Racing Ski (Spirit Fury) 5.7m.



Brand new Spirit Fury Ocean Racing Ski. Moulded plastic construction with both the under-slung and trailing rudder options included. Light green all over. Has single foot well with adjustable foot rest and dual venturi bailers. Being plastic it is heavier than composite construction craft weighing 18Kg however it is virtually indestructible making it an ideal boat for adventure races such as the Avon Descent, Gregory Canoe Race, Baron 50 or Gloucester Mountain Man Tri. Bought new in July this year (2014) and paddled once only on flat water. Call Frank on 0408 149 760 for look/trial. **Asking: \$1450 ono.**

Ocean Kayak Sprinter Sit-on-top 5.2m.



Plastic Sprinter sit-on-top ski with trailing rudder in very good condition. Has large fore and aft hatch covers providing excellent storage space and options for trimming the boat. Closed cell foam attached to seat area for extra comfort and it also improves the paddling position without reducing stability too much. It is very stable while still being quite fast. It weighs approx 22 kg, however being plastic it is virtually indestructible. It is an ideal boat for adventure races such as the Avon Descent, Gregory Canoe Race, Baron 50 and the Gloucester Mountain Man Tri or for recreation in the ocean or rivers. Call Frank on 0408 149 760 for look/trial. **Asking: \$800 ono.**

One Man Touring Canoe (TC1) 5m.



Racing style TC1 that was designed and built by Tony Bond at Echuca on the mighty Murray. This boat is one of the fastest designs for the TC1 class in Australia. Note that when competing you use a single blade (Canadian) paddle but a double (kayak) blade paddle could be used for recreational use. I hold the veteran 50 record in the Hawkesbury Canoe Classic for TC1 in this boat. It is constructed of fibreglass weighing about 16 kg. It has a unique sliding seat and footrest system that allows adjustment while paddling to adjust the trim of the boat over shallow water. I bought it in 2004 and have always had it covered in a sock and under cover. There are normal signs of wear you would expect of a 10 year old racing boat but still in very good condition. While it is designed for racing and is relatively fast (8.5 - 9 km/hr), it is also very stable. Much more stable than a C1, K1, or even a TK1 so if you prefer it could be used happily as a recreational boat on flatwater for unsupported trips or that day of lazy fishing. Call Frank on 0408 149 760 for look/ trial. **Asking: \$500 ono.**

K1 - Clever Max1.



A stable racing K1 that is still quite competitive. Good for someone moving up to K1 from TK1 or when conditions require greater stability than the modern sprint K1s offer. South African design with river/trailing rudder and pedal steering that is ideally suited to adventure racing in such events as the Avon Descent, Baron 50, Gregory Canoe Race or Gloucester Mountain Man Tri. Fibreglass construction with dark green deck and natural hull. Weighs about 14kg and is in excellent condition.

Call Frank on 0408 149 760 for inspection and/or trial. **Asking: \$500 ono. [Frank Kingma is an ex-BGCC member who now lives at Grafton, NSW. He is racing in the Hawkesbury Classic and will bring any boat purchased to Windsor. To arrange possible transportation from Windsor to Canberra contact the Editor.**

SALE OF THE CENTURY: One small recreational sit-on-top has been left behind by its original owner and moved from one spot to another within the shed, where it was uncovered from amidst the spider webs and leaves. If you'd like to take it home, you can have it for a \$100- donation to the shed building fund.

Contact Boat Captain, Patricia Ashton or Editor



STOP PRESS: Courtesy Canberra Times October 5, 2014

Crew rescued after Dragon Boat swamped

Choppy conditions and a brisk wind put a sudden and watery end to a day's practice for one Dragon Boat crew on Lake Burley Griffin on Sunday morning.

The boat, with 11 crew on board, capsized in East Basin but the crew were unable to get the swamped dragon boat back without a helping hand.

ACT Policing said water police, AFP SRG Maritime, were quickly on the scene to assist and helped most of the wet crew board their vessel.

A few remained in the Dragon Boat to "bail and monitor the tow line", a spokesman said.

"It was a slow tow for safety's sake but by around noon, the crew and the Dragon Boat were back at the yacht club. Another good save by our officers . . . and with the busy summer period on the way, probably the first of many," he said.

Spot the difference



SKIN CANCERS

See your doctor immediately if you see anything unusual or notice any changes to your skin

Melanoma



Nodular melanoma



Basal cell carcinoma



Squamous cell carcinoma



WARNING SIGNS

Solar keratoses or sunspots



HARMLESS SPOTS

Moles



Seborrhoeic keratoses



CHECKING YOUR SKIN

Most skin cancers are detected by people themselves or by a family member.

If found early, most skin cancers can be successfully treated.

Make sure you check your entire body as skin cancers can occur on parts of the body not exposed to the sun. Ask a friend or family member to check areas you cannot see, such as your scalp and back.

See your doctor immediately if you see anything unusual or notice any changes to your skin.

PREVENTION IS BETTER THAN CURE

During sun protection times (when the UV is 3 or above), use a combination of:

- Slip on sun-protective clothing.
- Slop on SPF 30 or higher broad-spectrum sunscreen.
- Slap on a hat.
- Seek shade.
- Slide on some sunglasses.

Check the sun protection times daily at sunsmart.com.au, in daily newspapers or on the SunSmart app.

Call 13 11 20 or visit sunsmart.com.au



SKIN CANCERS

Melanoma

- Most deadly form of skin cancer.
- If left untreated can spread to other parts of the body.
- Appears as a new spot or an existing spot that changes in colour, size or shape.
- Can appear on skin not normally exposed to the sun.

Common features of melanoma include:

- One half of the spot does not match the other.
- Edges are irregular, ragged, notched or blurred.
- Colour is not the same all over.
- Larger than 6mm across (about ¼ inch) or is growing larger.

Nodular melanoma

- Grows quickly.
- Looks different from common melanomas. Raised and even in colour.
- Many are red or pink and some are brown or black.
- They are firm to touch and dome-shaped.
- After a while they begin to bleed and crust.

Basal cell carcinoma

- Most common, least dangerous form of skin cancer.
- Red, pale or pearly in colour, appears as a lump or dry, scaly area.
- May ulcerate or fail to completely heal.
- Grows slowly, usually on areas that are often exposed to the sun.

Squamous cell carcinoma

- A thickened, red scaly spot that may bleed easily, crust or ulcerate.
- Grows over some months, usually on areas often exposed to the sun.
- More likely to occur in people over 50 years of age.

WARNING SIGNS

Solar keratoses or sunspots

- A warning sign that you are prone to skin cancer.
- Red, flattish scaling dry skin that may sting if scratched.
- Appears on areas of skin most often exposed to the sun, like hands and face.
- Most common in people over 40 years of age.

HARMLESS SPOTS

Moles

- Harmless coloured spots that range from 1mm to 10mm.
- Uniform in shape and even coloured. May be raised.
- The more moles or freckles you have the higher your risk of skin cancer.
- May have uneven borders and multiple colours like brown and black.
- Observe moles carefully for any sign of change.

Seborrhoeic keratoses

- Spot with a very discrete edge that looks like it sits on top of the skin.
- Colour varies from pale brown to orange or black.
- Size varies from a few millimetres to two centimetres.
- Most people have at least one or two of these spots by the age of 60.

*Some images gratefully provided by the Skin & Cancer Foundation Victoria
April 2013*

SunSmart UV Alert

a guide for when to use sun protection



Think UV not heat!

Check the SunSmart UV Alert daily for local sun protection times anywhere in Australia.

The sun's ultraviolet (UV) radiation is the major cause of skin cancer and the best natural source of vitamin D.

UV can't be seen or felt and can be damaging even on cool or cloudy days.

The sun protection times indicate when the UV is forecast to reach 3 and above – the level that can damage skin and eyes and increase your risk of skin cancer.



SunSmart app for Android and iPhone

Find the SunSmart UV Alert online, in newspapers or on the free SunSmart iPhone and Android apps.

Protect yourself in 5 ways



Sun protection at any age is important

When the UV is below 3, sun protection is not usually required unless you are near highly reflective surfaces such as snow or spending most of the day in the sun.

For further information call **13 11 20** or visit sunsmart.com.au



Website widget

