



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 26 Issue 10 July 2016

Your Committee:

President: Patricia Ashton

Vice President: Russell Murphy

Secretary: Jane Lake

Treasurer: Tom Hick

Safety & Training: Craig Elliott

Membership Secretary: Helen Tongway

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 **SPORT & RECREATION ACT**

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Coming Events:

- Sunday 17th July, 2016: Race 6, PNSW Marathon 9 Series; BWP, Davistown, NSW
- Saturday 6th August, 2016: Race 7, PNSW Marathon Series 9; HVPC, Cockle Creek, Teralba
- Saturday 3rd September, 2016: Race8, PNSW Marathon Series 9; Makai Paddlers, Burrill Lake
- Saturday 17th September, 2016: PNSW Myall Classic; Tea Gardens; 12 km, 27 km or 47 km.
- Saturday 1st October, 2016: Race 9, PNSW Marathon Series 9; WBCC, Wagga Wagga, + Presentation Dinner
- **Saturday 29th October, 2016: Hawkesbury Canoe Classic; 65 km Windsor to Wisemans or 111 km Windsor to Mooney Mooney. Make this a big event for BGCC! Can we get 40 participants for the 40th HCC?**
- Monday 21st to Friday 25th November, 2016: Massive Murray Paddle, 404 km, Yarrowonga to Swan Hill, 5 days
- **Saturday 3rd - Sunday 4th December, 2016; 24 Hour Paddling Challenge, Molonglo Reach, ACT.**



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

President's Report: Patricia Ashton

Things have been moving faster than usual on the river lately! With all the rain the river has been up and flowing, bringing along with it trees and other debris and taking buoys and canoe polo goals in its wake. Luckily the goals were found in one piece and many of the buoys have been collected, with or without their weights.

Many thanks to Russell L, Tom, James H, and Shane for their work on retrieval and tidying up. As you will have noticed there is a large tree in front of the beach area. TAMS will be towing it and other large branches out of the river over the next few weeks. They will also collect any buoys they find for us. It will be a while before the time trial course is in place again.

The club celebrated its 26th Birthday and Presentation Dinner on Friday 17th. We had a good turnout and there is a summary of awards later in Blazing Paddles. Congratulations to all those who won awards and to those who were nominated. There is quite a lot of talent across all disciplines and it's sometimes quite hard to choose. Thanks also to Litsa for organising the venue, decorations and entertainment.

With the cold miserable weather and low water temperatures, please remember to wear a life jacket - even if you're not involved in a club event - and wear appropriate clothing. Will what you're wearing be good enough if you fell in? And had to paddle back to your car?

Members should now be renewing their memberships. Don't forget - if you're not paid up by the end of July you could be required to hand back your boat space and/or keys, your times will not be recorded for time trials, you won't be insured and will forfeit the clubs' insurance if you take part in canoe polo or training groups.

The next thing members will need to start thinking about is the AGM; it's coming up in September. All positions on the committee will be open for nominations, as will convener positions.

Don't forget to come along and take part in the Sunday morning time trials, 9:30 a.m. start. It's a great start to your day. You can then really enjoy sitting on the couch in front of the fire!

See you on the water

Patricia.



BGCC's 26th Birthday Party and Presentation Dinner: Awards 2016!

Patricia: Welcome.

There are so many people who should get awards tonight, but we can't give one to everyone. However, I would like to thank the following people in particular:



The committee:

Helen Tongway, the font of all knowledge
Scott MacWilliam – Boat Captain and shed organiser
Jane Lake – new to the committee but a life saver
Tom Hick – our treasurer but more importantly our devil's advocate
Russell Murphy – our calming influence
Anne Cronin our *Gofer*, and
Craig Elliott– an ideas man

The Conveners: Russell Lutton has done so much work with regards to flatwater time trails, the river and marathon racing

Kai Swoboda and the Canoe Polo members who are wonderfully self sufficient

Kate Miller, Kiaran Lomas, Litsa Polygerinos, Bob Collins and more....

The Coaches: Kiaran, Margi, Gary, Helen, Russell

And all the others who help out regularly and for special events

To Scott Hunter and Wetspot for the support over the years for the club and for individuals.

I'd also like to acknowledge our two club Life Members: Helen Tongway and John Harmer.

Thanks to you all for coming along tonight. **Enjoy!**

SUP Awards

Jo Nelson - most enthusiastic paddler and also might be most improved time trial - for a ripper of a season and also recognition of her superior organising skills

Lana Reed - most successful first season

Pete Garbutt - might be fastest time trial and sprint champion

Greg Cockerill - most boards purchased during the season

Rohan Evans - most prolific competitor

Scott Hunter and Aiden Lewis - sharing the 'what gets you wet award' for SUP encouragement, paddling tips and organising a down-winder and surf day out.

Canoe Polo Awards

Polo Male Paddler of the Year – Rowan Holt. National squad member

Polo Female Paddler of the Year – Carley Goodwin

Polo Volunteer of the Year – Louise Gates for her efforts with junior polo.

A Mixed Bunch of Awards

“BGCC television star paddler of the year”: Ben Rake, who featured prominently in the Win News television report of the PNSW Canberra race portaging and – oops, swimming. Thanks to John Preston and Facebook, the world was aware of this almost as soon as it was broadcast!!

Karma Award: John Preston; as soon as he portaged at NSW marathon championships and - oops, went swimming, Ben Rake had the images on Facebook and broadcast to the world.

What?! Another Boat?? - Most prolific club craft purchaser of the year: Nick Hocking, who single headedly is keeping the world's canoe manufacturing industry humming and in profit.

Also, many thanks to Nick for all the effort he has put into the expansion and interest in kneeling C1's, C2's and C4's, all from his own fleet.

Bob the Builder Award – we have 3

Can We Fix It? David Gordon for the wonderful job of keeping the club boats in good working order. Each Taste of Paddling or beginners course we've had everything adjusting as it should, the ski's, TK's and K's all have timely repairs done. Thank You very much for this.

Can We Fix It? Shane – for all types of building jobs, fixing the pontoon, doors, benches, dismantling toilets - anything that needs doing

Can We Build It? - Bob Collins – for the endless letters, meetings, reminders, phone-calls, updates etc., etc., regarding the shed extension. Bob is on first name basis with all involved and will often send them an email, or make a phone call just to see how things are progressing, or letting them know the latest, from some other department, section, authority..... and has done now for 3 and a half years! In his own words - we began our battle with the NCA, TAMS, Jerrabomberra Wetlands, TAMS (again, different section), EPA, TAMS (again different section), Water Police, TAMS (again, Design Approval different section), Sport & Rec. and finally TAMS, over 3 years ago.

BGCC BBQ Queen – Litsa Polygerinos – thanks for all the wonderful dining we've had after TT's as well as the excellent catering for Christmas and Mother's Days

This was a big job, with a lot of preparation before the TT's and then a heap of cleaning up afterwards. All done at the expense of paddling, though Litsa did come equal 1st in the TT point score – having only paddled once!

ENCOURAGEMENT AWARDS

Nominations: we could mention that we are spoilt for choice here, which reflects the strength of our distance racing brigade: Mark Terracini, Geoff Collett (he did very well in TT series); Tom Layton, Allan Newhouse; Robert Stimson; Graeme Bacon

Encouragement awards to: Zoe and Charlotte Stimson, and Elizabeth Diedricks and James Forgie.

Rebecca Gates – a member of the junior canoe polo team, who is performing well in flatwater and who has taken up Flatwater coaching.

Dana Atkins – for her improvement in paddling going from a TK to an older-style K1 to her own K1 and racing in the Marathon Series and taking on State Championships.

Thanks to Wetspot for sponsoring the BGCC Time Trials

Winter TT Trophy - 60 pts: Scott MacWilliam (equal points to Kiaran for time keeping)

Summer TT Trophy - Greg Chesher, (equal points with Litsa)

COACH OF THE YEAR: Gary Rake, who coaches a steady stream of paddlers - some who performed well at Nationals and even Worlds. Gary also coaches newer paddlers wanting to improve their technique or race skills.

GRAND MASTERS' GRAND MASTER AWARD: for members over 70

At first this was just going to be a one off award – but once we started to look at who was involved..... We currently have 8 gentlemen in this age group and all of them are contenders, with another 2 by the end of the year and several more coming up next year!

Thanks to Jane for the donation of the walking stick. This will be a perpetual award to recognise the efforts and contributions to paddling made by some of our more mature members. And although, when I was asking for nominations there was the reply of "the winner is ... whoever's still standing on the awards night."

There are some remarkable achievements within this group which puts many of the rest of us to shame:

Robert Bruce - Hawkesbury and regular TT's and Marathon Series – often placing

John Lockie - Hawkesbury

Scott MacWilliam - Hawkesbury plus TT's and Marathon Series -

David Tongway – Hawkesbury, Murray, Murray 200, Marathon Series

Basil Yule – paddles regularly, TT's, learning to roll

Kerry Bell

Roger Hobbs

And the Winner is: Ian Castell-Brown National Championships: 1st in age group, singles + doubles

Sprint Titles

Masters Games

State Championships

Marathon Series



Junior of the Year Mirco-Junior Canoe Polo team – made up of:

Daniel Harmer	8	Jessica Harmer	10
Jackson Smith	10	Jonte Deakin	12
Matthew Gates	12		



Matthew and Jonte have been playing canoe polo for about 2.5 years, Jess and Jackson about 1.5 and Daniel about 6 months. With Jess and Daniel playing the club has 3 generations of Harmers competing.

The micro junior competition is for under 14 year olds on 1st January. This means that our average age was considerably less than the other states at the Nationals. However, the team really held their own; coming close to getting a place in the Grand Final. And keen to get back on the water to train for the next comp.

Most Improved Male **Marcelo Cabezas** From short circles in front of the beach to being able to do several laps of the river, taking part in time trials, getting coaching from the Australian Olympic coach, NSW Sprint Titles plus the GP2 in Adelaide in February and Sprint Nationals at Champion Lakes Perth WA 2-6 March 2016;

Most Improved Female **Jo Nelson** - is a regular at the summer time trials and has improved her times considerably, took part in the NISCO races coming in 1st and 2nd in the various races, she also took part – after a gory looking head injury, in the Saucy Jack ocean race – performing well.

Hole in the Paddle Award **Margi Bohm** - she has won just about everything she has entered at state, national and international level. Who can catch her??

Club Member of the Year: **Kiaran Lomas**

Kiaran has been heavily involved in many aspects of the club for a number of years. While he was President, he also was extremely busy with the website, training, coaching, juniors, the 24 Hour, time keeping etc.; however, as President you are expected to do a bit! Over the last year and more though, Kiaran has still been busy, mainly with coaching - juniors especially - but he is always available to any others, new or existing paddlers. Last year he organised the 24 Hour Relay and has volunteered to do it again.



From Paul Atkins: "I would somehow like to include the following message in the presentations -

"I was so disappointed when I learned that I was going to miss the annual dinner. I am in Seattle now but I am thinking of you all. Thank you to the committee for keeping everything running so well and supporting this sport I love. You do a tremendous job.

And I wanted to say a particular thank you to Kiaran. Dana and I came to the club at the end of 2014 with no idea how to paddle. We were immediately welcomed into Kiaran's training group and he has since spent countless hours helping us both become halfway decent paddlers. I am pretty sure that Dana would not still be paddling were it not for you. In all weathers and circumstances, your kind support and encouragement has made a tremendous difference for us both. Thank you Kiaran!"

Female Paddler of the Year Breanna Reid

We had a couple of nominees for this award – Margi, with her Nationals and World Titles, Sue Robb with the Free-Style titles, the Burley Babes canoe polo team, however, we decided the winner had to be Breanna Reid.

Paddle NSW Paddler with Disability 2015, being National Elite Development Program Holder 2015-2016. Her medal tally this season was nine gold, nine silver and one bronze.

At the Australian Grand Prix 1 Regatta on December 2015: won gold in the Paracanoe Women's K1 1000m Open, silver in the 500m and gold in the 200m, Under 18s.

In the Paddle NSW State Championships in January, Breanna placed second in the Paracanoe Women's K1 1000m, 500m and 200m. She was also second in women's C1 500m and 200m.

In February at the Australian Grand Prix 2 and Oceania Championships: 2nd In the Paracanoe Women's K1 1000m open, first in the 500m open and first in the 500m U18 making **her the Oceania Champion in both the latter two events**. In the Women's K4 the crew, placed fifth in the 500m Under 18 final. She also won the Oceania Championship in the Women's C1 200m Under 18s.

In Perth from March 2-6 Breanna competed in the Australian National Championships and Olympic Qualifiers . In the Women's Paracanoe K1 she placed second in the open 100m and 500m and won the U18 200m. In the Women's K4 the crew she was a member of, was placed sixth in the final of the Under18s 200, 500 and 1000m events. She was the Canoe Women's C1 gold medallist in both 500m and 200m under 18s finals. Reid and her paddling mate were also gold medallists in the Canoe Women's C2 200m Under 18 final. The first ever all female Australian C4 team were bronze medallists in the C4 1000m Open. She had only been in a C1 about 8 hours before competing!

Male Paddler of the Year - Graeme Ison

Won PNSW overall point score, attending every race. Not just this year but for several years Won Division 8, 15 km overall and continues to place well this season.

1st place in Men's Veteran 60+ ORS1 in a time of 11:53:51 in his first Hawkesbury Classic

We also considered **Gary Rake**: 2nd in his age group at Nationals and now paddling Division 1 in M9 series, which is a huge achievement.

However the tipping point had to be for dedication. The story goes Graeme cut off the toes on his left foot so they would fit under the deck of a K1 he was trying to master. Of course, it was the toes on his wooden leg but that's commitment!



Below: Old-time party animals; Helen, John, David, Robert, Scott and Bob. Photos thanks to Rhonda Collins



Flatwater Marathon Convener's Report: Russell Lutton

There has been a fair bit happening since last month's newsletter report: two rounds of the PNSW marathon series and local flooding that caused significant damage to our Molonglo River course infrastructure. Here's the news on this month's events.

2016 PNSW Marathon Series, Round 4, Lane Cove

Lane Cove River Kayakers hosted round 4 of the marathon series on Sunday, 29 May. It was a well-run event conducted in excellent paddling conditions—this year with the added bonus of the race courses measuring close to the requisite distances (last year's 20 km course was consistently measured at 21.5 km+ on participants' GPS's).

Getting on and off the water via a floating jetty/ pontoon set up is a bit of a challenge, both for paddlers who are unaccustomed to this type of arrangement and for the organisers who had to get a lot of paddlers on and off the water quickly. However, full marks to LCRK; the organisation was first class and despite the number of paddlers, things went smoothly.



Above Left: Mark Terracini (807); Below Left: Graeme Bacon;

Above Right: John Preston; Below Right: David & Helen Tongway



Left: the dreaded pontoon!

Photos from PNSW web-site

As can be seen from the table below, our paddlers achieved some great results, moving us up the points table to equal second with LKRC after this race.

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Division 1		
5 th	Ben Rake	1.34.49
10 th	Gary Rake	1.43.34
Division 2		
4 th	Russell Lutton/Richard Fox	1.39.24 (2 club points)
Division 3		
4 th	Sam Wellings-Booth	1.40.43 (2 club points)
Division 4		
3 rd	Dominic Hides	1.47.26 (4 club points)
Division 5		
10 th	John Preston	1.54.56
12 th	Graeme Bacon	1.57.14
Division 6		
1 st	Andy Bodsworth	1.54.03 (8 club points)
Division 7		
5 TH	Helen and David Tongway	2.19.42
Division 8		
3 RD	Mark Terracini	1.19.57 (4 club points)
5 th	Graeme Ison	1.24.07
Division 9		
1 st	Clifford Hall	50.44 (8 club points)
3 rd	Jack Jesson	53.45 (blocked 4 club points)
Division 10		
1 st	Robert Bruce	1.02.26 (8 club points)
5 th	Ian Castell-Brown	1.05.46
Division 11		
7 th	Allan Newhouse	1.12.15
Division 12		
	No BGCC paddlers	

2016 PNSW Marathon Series, Round 5, Woronora

Chilly and windy conditions greeted paddlers for last Sunday's round 5 race of the 2016 PNSW marathon series. Woronora's southern Sydney location usually attracts big fields from the south coast and wider Sydney region and this year was no exception, with 195 competitors in 175 craft on the water.

It was great to see the Ashton-Collins combo back on the water in division 8 after Bob's enforced layoff, as it was Kieran Lomas on his SUP in Division 7. And congratulations to Pam Beesley for undertaking her first PNSW event!

Travelling the long distances we do to participate in these events always presents risks of mechanical failure or worse. Unfortunately, Ben Rake's truck, with Mark Terracini aboard, suffered terminal engine damage on route to Woronora. A day in Goulbourn in -1 degrees was not what they planned for their day. Commiserations, Ben!

Photo: Front – Randall Fitzsimon; Following - Bob Collins & Patricia Ashton.



Division 1		
11 th	Gary Rake	1.41.55
Division 2		
5 th	Russell Lutton/Richard Fox	1.44.14
Division 3		
	No BGCC paddlers	
Division 4		
1 st	Dominic Hides	1.48.52 (8 club points)
DNF	Gabrielle Hurley	
Division 5		
4 th	Andy Bosworth	1.57.53 (2 club points)
6 th	John Preston	1.59.16
9 th	Graeme Bacon	2.03.35
Division 6		
	No BGCC paddlers	
Division 7		
3 rd	Kieran Lomas	2.10.50 (4 club points)
Division 8		
5 th	Randall Fitzsimon	1.24.59
6 th	Patricia Ashton/Bob Collins	1.25.05
8 th	Graeme Ison	1.27.23
Division 9		
	No BGCC paddlers	
Division 10		
5 th	Roger Murray	1.02.21
9 th	Robert Bruce	1.03.45
15 th	Kirsten Nicole	1.07.34
16 th	Ian Castell-Brown	1.09.46
Division 11		
8 th	Allan Newhouse	1.12.40
9 th	Carolyn Williams	1.14.10
Division 12		
4 th	Litsa Polygerinos	34.58 (2 club points)
RNK	Pam Beesley	38.50



Above Left: Kieran Lomas; Above Right: Roger Murray; Lower Right: Andy Bodsworth;

Thanks to PaddleNSW for the great images. There are lots more of the marathon events at <https://www.flickr.com/photos/123301968@N08/sets>

With four races to go in the series, the club point-score remains close. MWKC has forfeited the lead to LCRK—166 points to 160 points—with our club third on 148 points. Can we make it back from this position? It is really up to us. Please send your entries to Locked Bag

Next race is at a new venue, Davistown, on the NSW Central Coast on Sunday, 17 July. Well, at least it should be warm.

Molonglo River course—flood damage

Those of you who paddle regularly on the Molonglo River will be well aware of the damage to our course infrastructure and the amount of debris, fixed and floating, in the river. We have been given an undertaking from ACT government that the large logs/trees that are stuck around our start-finish area will be removed.

Thanks to Tom Hick and his boat for helping to retrieve the canoe polo goals, one of which ended up 100 metres downstream from our (former) start-finish line and to Shane Lund and his boat for helping to retrieve our errant course buoys, most of which ended up at various places in East Basin.

We have decided not to reset the time trial course buoys for a few weeks until the debris and dust settles. There is still a lot of rubbish floating down the river that can snag buoy ropes. Apologies for any inconvenience this causes.

While we were able to retrieve most of the buoys, in many cases we could not retrieve the bricks that once anchored them on the course. So if you have any spare concrete or masonry bricks you can donate, they would be much appreciated. Let me know, please.



Our heap of retrieved buoys, so far.....

Wetspot BGCC Winter Series and National Time Trial Series

Don't forget to check the website for the dates of these events. You really wouldn't want to turn up at the river in winter and find that you were there on the wrong date. Sincere thanks to those of you who have volunteered to time-keep during winter. I am still missing volunteer timekeepers for a couple of weeks. Let me know if you can help, please.

Russell Lutton

Calendar of events:

- [2016 PNSW Marathon Series Round 6 BWP Davistown](#) Sun, 17/07/2016 - 11:00
- [2016 PNSW Marathon Series Round 7 HVPC Cockle Creek](#) Sat, 06/08/2016 - 11:00
- [2016 PNSW Marathon Series Round 8 Makai, Burrill Lake](#) Sat, 03/09/2016 - 11:00
- [2016 Myall Classic Ultramarathon](#) Sat, 17/09/2016 - 06:00
- [2016 PNSW Marathon Series Round 9 & Series Presentations WBCC Wagga Wagga](#)
Sat, 01/10/2016 - 13:00 Presentation Dinner 18:30

National Time Trial Series

Note that local time trials are not held on weekends that coincide with PNSW marathon races. The calendar for the remainder of the winter is below, with NTTS events marked as well. Big thanks to those of you who have volunteered to assist with time keeping during the winter.

2016 BGCC WINTER TIME TRIAL/NTTS SERIES

DATE	ACTIVITY
Sunday, 3 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 10 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 17 July 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 24 July 2016	NTTS + Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 31 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 7 August 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 14 August 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 21 August 2016	NTTS + Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 28 August 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 4 September 2016	Coaching/other activity day, TBA, start time 9 a.m.
Sunday, 11 September 2016	NTTS + Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Wednesday, 12 October 2016	Wetspot summer time trials 2016-17 commence

Canoe Polo Report: Kai Swoboda



The big news in canoe polo this month was the selection of BGCC paddlers James Deakin (left) and Rowan Holt (below) in the National team to compete in the World Championship in Syracuse, Italy, in August/September 2016. This is the 2nd time James Deakin has been in the team and the first for Rowan. They will depart in about a month for a series of competitions in Europe leading into the world championships. Good luck!

Left: Rowan Holt; Below: James Deakin.



Also congratulations to the micro junior team, which took out the club's major junior award this year. The juniors are continuing to develop their skills in the pool on Sunday afternoons and are looking forward to more competitions over the next season.

Canoe polo will continue in Tuggeranong pool on Wednesday nights until the start of daylight savings time.

Kai

SUP Convener's Report: Joanna Nelson

As the new SUP Convener I would like to thank Kate Miller for her contribution to the BGCC over the past 12 months. I look forward to being your SUP Convener and keeping you posted with upcoming events.

Last month, the Wetspot Water Sports held a **SUP Surf Day** at Moruya Heads. A big thank you to Scotty and Aidan for organising this day out. A great success and enjoyed by all with warm waves and mild weather. Check out the footage on You Tube – *A Magic day at Moruya!*

There hasn't been too much movement on the water this month by the CAP SUP crew. Pete Garbutt has posted some frosty board pictures whilst paddling in -4 degrees. Most other paddlers have been keeping warm indoors undertaking their own 'winter training'. A small group have been attending specifically designed SUP fitness/mobility training sessions with 'Unbranded Sport Preparation' at Fyshwick. I can speak for most of us - we are definitely all feeling the effects of the strength work (particularly the next day).

I would like to further include some results from events attended in February – April that rate a definite mention.

Forster Island Challenge - February

BOP

21st Pete Garbutt

23rd Rohan Evans

29th Shane Lund

12km Ski Paddle

5th Shane Lund

10km SUP

15th Pete Garbutt (3rd 40-49 Div)

5km SUP

7th Shane Lund

7th Lana Reid (*Lana's first SUP event*)

Noosa Surf Festival - March

BOP 40-49

4th Pete Garbutt

5th Rohan Evans

13th Greg Cockerill

Distance 8km (40-49 Div)

5th Rohan Evans

20th Greg Cockerill

Distance 11km

9th Pete Garbutt

Rose Bay - Harbour Series - April

8km

3rd Rohan Evans



Noosa – Picture provided by Rohan Evans



Harbour/Rose Bay – Pictures provided by Rohan Evans

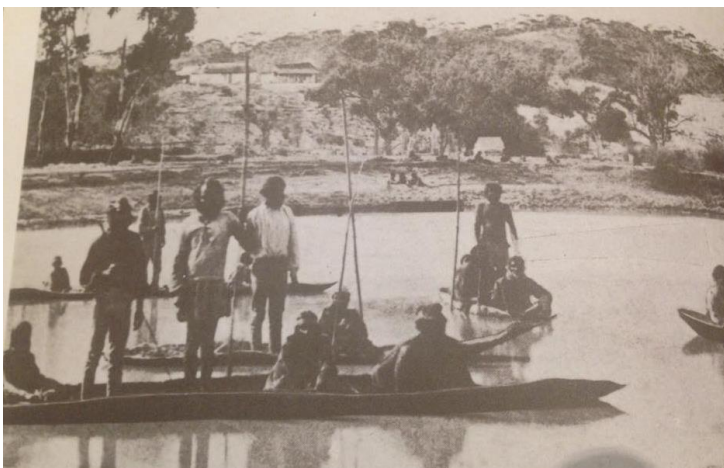


Noosa drinks (Garbs & Roh) - Picture provided by Rohan Evans

Finally, a big thank you to those who attended the BGCC 26th Birthday/ Presentation Dinner at the Hellenic Club on 17 June - a great turn out by our SUP community.

Joanna

Group of bark canoes on the lower Murray River, about 1860



Modern fibre-glass version of the bark canoe



South Coast Convener's Report: Carolyn Williams

Congratulations to our two South Coast paddlers who took away awards from the recent BGCC birthday dinner, Graeme Ison and Ian Castell-Brown.



Graeme deservedly took out the Male Paddler of the Year award in recognition of his fabulous achievements on the water last year, which included being the overall top point scorer in the PNSW Marathon 10 series, the winner of Division 8 in the same series and successfully completing the Hawkesbury Classis in his first attempt. Graeme joins fellow South Coast paddler Nick Ziviani as a winner of this award.

Left: Graeme Ison, Carolyn Williams, Russell Lutton, Cheryl Ison & Ian Castell-Brown. Below: Ian C-B & Patricia Ashton

Ian C-B was the inaugural recipient of the Grandmasters' Grandmaster award, which has been created to recognise the achievements of the club's paddlers over 70 years of age. Ian had wonderfully successful year at state and national level winning gold medals in the singles and with Allan Newhouse – one of the nominees for the award – in the TK2 class. The Grandmaster's Grandmaster award is a beautifully crafted walking stick from India generously donated by Jane Lake. Ian is a fitting first winner of an award that will continue to be closely contested in the future.

Carolyn



Not all dangerous animals are swimming IN the water, as Scotty's injuries show – fins from other boards are rather dangerous too!

2016 Riverland Paddling Marathon: David Tongway

The Tongways Paddle the 2016 RPM 100 km

This was the third year in a row that the Helen and David travelled over to South Australia to participate in the Riverland Murray Marathon. Helen paddled solo in 2014 when Bob Collins and Kieran Lomas also paddled the 200 km event. Last year we started in the 200 but I had sciatic nerve compression and we pulled out after 67 km. This year, with expert land-crew member Patricia Ashton, we decided to paddle the 100, which has a very civilised start time of 10:30 a.m. There are some very long straight stretches of river, which, when head-winds are blowing are very hard slogs.

Day 1 was from Loxton to Moorook, a distance of 37 km. The organisers had planned 5 starts, based on the average speeds paddlers confessed to in their registration. This put us in the first start. The weather was bright and sunny, but the wind increased steadily throughout the day with up to 40 cm waves to be pushed through in the head-wind sections. The last 15 km was a very steady tail-wind which increased the average speed very nicely to 8.6 km/hr.



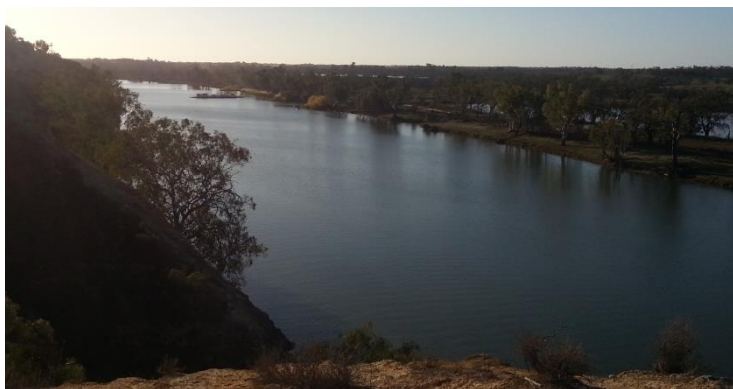
Day 2 was only 26 km from Devlin Pound to Waikerie and began with a light mist still on the river, meaning a blissful calm. There were some rearrangements of paddlers into different start times to reflect actual speeds. We, still being in the first start got to watch faster paddlers going by, though did overtake a few boats which took off ahead of us. After a hard first day, the shorter distance was most appreciated and we averaged 8.7 km/hr.

Day 3 was a "new" course starting at Caudo Winery, having an initial 800m upstream section and finishing at Morgan. The weather was calm at the start and because the river at these places is a series of weir ponds because of the locks, the stream speed was not a problem. Other competitors whom we had beaten home on previous days managed to do some serious wash-riding and stayed ahead of us all day. The wind was light all day but with more head winds than other days. The finishing



stretch is a long gentle curve and a following wind allowed us to maintain a decent speed at the finish. The average on day 3 was only 8.3 km/hr.

We were happy with a whole event average speed of 8.52 km/hr and being the first Mixed Vet 65 LR2 competitors to complete the RPM 100, we now have a record. A number of other records were broken too, including mixed Open TC2 and Mixed Vet 45 OC2, indicating that this year's weather was pretty good.



It is a long way to go (about 2,500 km round trip from Canberra), but the Murray is very picturesque, with vertical limestone cliffs on one side and riverine woodland on the other. Olive, grape and citrus orchards frequently cover the limestone plateaux and pelicans gliding and soaring provide constant entertainment. We would warmly recommend participation, as there are a number of events of different length, including relays embedded in the main event.

David

History of Canoeing and Canoe Clubs in Canberra: Kai Swoboda

After reading some interesting history of canoe clubs such as the [River Canoe Club of NSW](#), the Mitta [Mitta Canoe Club](#) and the [Sutherland Shire Canoe Club](#), I've often wondered about the history of canoe clubs in Canberra and surrounds.

My own history of canoe clubs in Canberra recalls the operation of two clubs in the early 1980s (Canberra Canoe Club and the ACT Canoeing Association), which amalgamated into the Canberra Canoe Club. This club then split again with [the formation of the BGCC in 1990](#) by '6 families who were committed to club paddling, rather than club politics'. There is probably a longer version of events surrounding this to be told at some stage.

A really fascinating [history of the Black Mountain Rowing Club and rowing in the ACT](#)—with interesting tales of how the filling of Lake Burley Griffin provided some stimulus to the development of rowing in the region (amongst other things)—also provides some insight into how sporting clubs emerged in Canberra. My own suspicions were that a Canberra-based canoe club was also around before the filling of the lake (April 1964). But what did it do? And how did it operate? Did any particular paddlers emerge in competition or in recreational pursuits?

Articles in the Canberra Times (and available via the National Library of Australia's digitised newspaper collection) provide some snippets of information on canoe clubs in Canberra. A more detailed history project will probably involve some oral history from current and former club elders and others as well possibly a review of club archives (assuming these are available somewhere—in Helen's or John's bottom draw?).

The following provides a short summary of my understanding of this history, based purely on articles from the Canberra Times. I've included some references for interest. I've also posed some further questions which some members might have further information on.

Early years

The Canberra Canoe Club was formed in 1959. The club held events on the Molonglo River at the same time as design work and construction commenced on Lake Burley Griffin (Did the lake provide the impetus for the formation of the club?). It also held white water events on the Cotter and Murrumbidgee Rivers—the 'first ever white water canoeing carnival ever held in Australia'. Not long after the formation of the Canberra Canoe Club, a second club, the White Water Club, was formed. This club, with the Canberra Canoe Club and the Australian

Forestry School Canoe Club formed the ACT Canoe Association in 1962, planning to conduct regular races and carnivals on Lake Burley Griffin. At this time, there was an objective to build a clubhouse on the shores of the lake. Members of the Canberra Canoe Club won medals at the flat water (Sprint?) championships in Wagga.

In 1964, the Canberra Canoe Club was re-formed as the YMCA Canoe Club. Members of this club won medals at the Australian Slalom Canoe Championships, held at Talbingo on the Tumut River. The YMCA Canoe Club hosted white water events on the Murrumbidgee over these years and a 'carnival for canoes' on the lake.

1970s and 1980s

In the mid-1970s the ACT Canoe Association was formed (had this entity been previously dissolved?) and this club was running slalom events on the Cotter River. The ANU Canoe Club hosted an intervarsity slalom and downriver event at the junction of the Cotter and Murrumbidgee Rivers. At the end of the decade the Canberra Canoe Club still existed, along with the ACT Canoe Association.

Through the early 1980s the ACT Canoe Association held the Burley Griffin Bash, which was first held in 1977. By 1987, the Bash was being organised by the Canberra Canoe Club, the ACT Canoe Association by this stage have merged with this club.

Source material

1959 – [Inaugural meeting](#) (Canberra?) Canoe Club, 27 July, Manuka Hockey Pavilion. A meeting of the Canberra Canoe Club was then held at the [YWCA](#) in August.

1959 – Canberra Canoe Club [held first event for the season](#) (Duntroon Road Bridge to Kings Crossing Weir) - 8 canoes competed! [Second race held towards the end of the year](#) from Queanbeyan to Kings Avenue Bridge) – 7 canoes competed.

1960 – Canberra Canoe Club noted that it [would not merge to become a joint body](#) with the ACT Rowing Association

1960 – Canberra Canoe Club hosts '[first ever white water canoeing carnival](#) ever held in Australia' over a two mile stretch of the Cotter River.

1961- [formation of the second canoe club](#) in Canberra, the White Water Club

1962 – ACT [whitewater championships held on Cotter River](#). Course set up 'below the Cotter River swimming pool'. Three members of the Foy family competed. Article mentions that 'the ACT Canoe Association are organising the championships for the first time. The Canberra Canoe Club has organised events in past years'.

1962 – [three canoe clubs form the ACT Canoe Association](#): Canberra Canoe Club, Whitewater Canoe Club and Australian Forestry School Canoe Club. Clubs were to build a clubhouse on the shores of the lake. Article also notes that the original club, the Canberra Canoe Club, was formed about 'three years ago and has about 25 active members' and that the Australian Forestry Canoe Club was formed that year. [Office bears of the new association](#) included members of each club. 'The Purpose of the Association is to make use of the facilities of the three clubs for competitions and trips and to put a united effort into obtaining Club facilities on Canberra Lakes. The Association will probably seek State status from the Australian Canoe Federation, which would mean that next season all A.C.T. titles would be the equivalent of State titles.'

1962 – Three Canberra Canoe Club paddlers [win medals at Australian Flat Water Championships](#) at Lake Albert, Wagga.

1964 – Canberra Canoe Club [decided to dissolve and re-form](#) as the YMCA Canoe Club

1965 – members of YMCA Canoe Club [fill places at the Australian Slalom Canoe Championships](#), held at Talbingo on the Tumut River.

1966 – YMCA Canoe Club holds 'carnival for canoes' at Yarralumla Bay on Lake Burley Griffin.

1969 – ACT white water championships [hosted by YMCA Canoe Club](#) downstream of Kambah Pool.

1975 – Murrumbidgee slalom event near cotter reserve [being run by the ACT Canoe Association](#) which was formed in June last year and has about 40 members'

1975 – ANU Canoe Club host inter-varsity canoe slalom and down river race at junction of Cotter and Murrumbidgee Rivers.

1979 – ACT Canoe Association hosts the third annual slalom and downriver competition. Slalom held above the junction of the Cotter and Murrumbidge Rivers and the down river race from Casuarina Sands to Uriarra Crossing.

1979 – Two clubs in Canberra catering for canoeing: Canberra Canoe Club and ACT Canoe Association. Canberra Canoe Club 'promotes mainly whitewater and touring canoeing and regularly organises half-day and regularly organises half-day and day trips'.

1981 – Two canoe clubs in Canberra, Canberra Canoe Club and ACT Canoe Association.

1982 – John Harmer from the ACT Canoe Association competes in his sixth Hawkesbury. Article notes that a member of the RMC Canoe Club would also compete.

1982 – ACT Canoe Association holds 'canoe fun day' at Casuarina Sands.

1984 – 8th Burley Griffin Bash held.

1987 – Canberra Canoe Club holds 11th Burley Griffin Bash

Beats Training in sub-zero temperatures!

While fishing for the club's buoys which had been washed out to the lake in our recent downpours of rain, those intrepid boatmen, Shane Lund and Jason Rantall, were rewarded with a buoyant bike!



ICF Canoe Marathon World Cup II Bulletin is now available for all National Federations.

Check it now in documents area at canoemarathonportugal.com

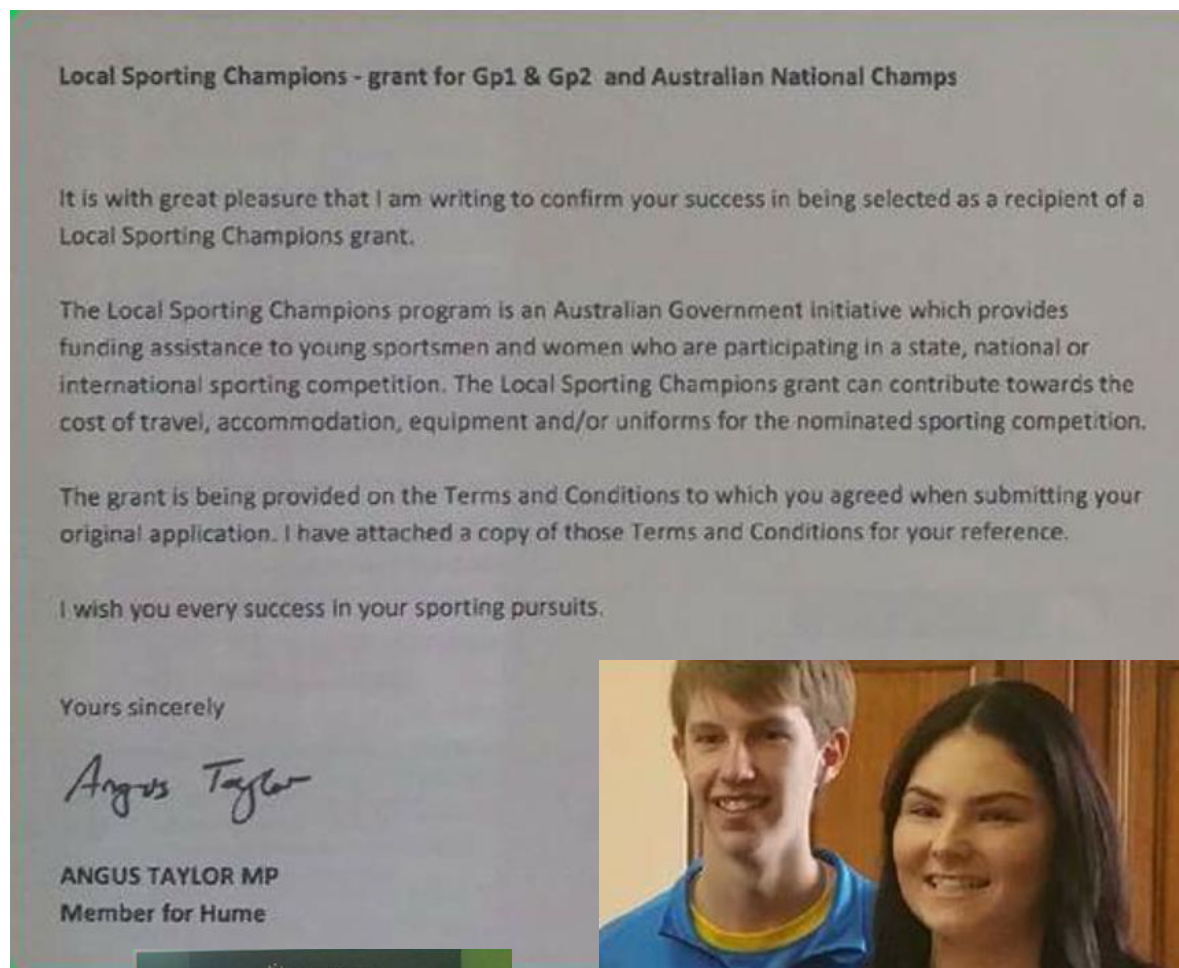
29th to 31st July, 2016; Vila Verde, Portugal

From the *Goulburn Post* (June, 2016) by Cherie Reid

Breanna Reid has received a Local Government Sport Grant of \$500, towards her next season. This is the last time she will be able to apply for it and it is the 3rd time she has been granted one. I encourage any athlete between the age of 12 - 18 years to apply see link below for further information.

http://www.ausport.gov.au/participating/local_sporting_champions

Breanna Reid was awarded with a Local Sporting Champions Grant, along with six other sporting champions



Boats for Sale

Contact Cherie-Anne on 0413 605 518 for the Nelo below:



Nelo Quattro Vintage K2.

Very Stable. Great for beginners.
 A1 Construction Large 10-18 kg
 Regretful sale: True Blue's deck has bodyguard (protective layer) installed professionally so you will not scratch or chip it with paddle blades. Signage done in reflective material – it glows in the dark.
 Boat is in near new condition.
 Paid \$6,800. **Sell for \$4,000 ono (reduced)**
 Located at Gundar near Goulburn.



Mirage 730 for sale

Helen and David have put their up their "spare" Mirage 730 for sale. It has a slightly lighter build than the standard expedition model and carries a few minor scars from a Murray and three Hawkesbury CCs.

\$2,500 negotiable 0418 861 613 or dtongway@iinet.net.au

Ex demo and stock OS1's since exiting Carbonology:

Model: Zest - great beginner's boat. Similar stability to original V10 sport.

1x Glass Epoxy ~14kgs -\$1000

Model: Flash- racing ski great in ocean and flat water

1x Glass Epoxy ~14kgs -\$1200

1x Carbon/glass epoxy ~12.5kgs \$2000

Model: Vault - intermediate boat

1x Glass Epoxy ~14kgs -\$1000

Model: Pulse - lower volume racing boat, very fast racing boat best for <85kgs

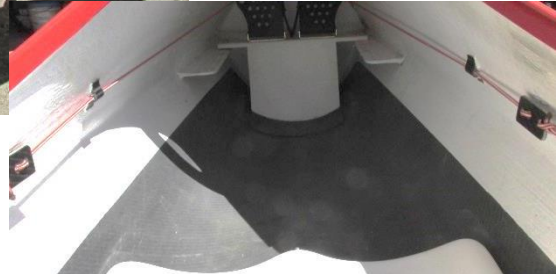
1x Carbon/glass epoxy ~12.5kgs \$2200

Happy to bring to winter time trials for try-out
Malcolm 0459 824 315
Mally.hall@bigpond.com

Sladecraft Sonic for sale:



5.8m long. 46cm wide. Underslung rudder with foot pedals.
Good to excellent condition. Always stored under cover.
\$2000 Or offer. Contact Barry: 0419 603 119



Vajda Wildfire 60

Made of thermoform plastic; 62cm wide and 4.8m long; fairly light (17kg) and very stable. Been in the water 4 times; can throw in a high quality carbon fibre paddle (Werner) and a life jacket (Ultra Canoeing Down Under) and even a set of roof racks (suit Honda Accord Euro or Volkswagen Golf - both sets available)



\$1200 for the lot (approx. value: \$3,000) and I can bring it to Canberra. Phone Tony: 0412 216 919.
(Tony will be leaving for WA on about 9th July – so get in quick!)

Other Items for Sale

- Latest design BGCC long-sleeved paddling top, Medium size - \$45 (unused)

Phone Cherie on 0413 605 513

Club Uniforms for Sale: Get yours for the racing season!



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!

Waterwatch – Helium Balloons

Deb Kellock wished to remind LUG (Lake Users Group) of the harmful effects of helium balloons on native wildlife and the environment.

Many helium balloons are released or escape, mostly from the hands of children. Those balloons must end up somewhere, including in Lake Burley Griffin or one of Canberra's Nature Parks and may be ingested by wildlife and ribbons or string can be caught around an animal's beak or legs.

A 2014 issue of the Australian Platypus Conservancy newsletter has an article on balloons and platypus http://www.platypus.asn.au/E_PNV_57.pdf and the APC supports a ban on the release of balloons. The presence of platypus in Lake Burley Griffin and surrounding waterways makes this especially concerning.

The US Fish and Wildlife Service published an article in August 2015 '[Balloons and Wildlife: Please Don't Release Your Balloons](#)' which pointed out the danger posed to wildlife from the strings attached to balloons, saying "many animals can become entangled in balloon strings, which can strangle them or hurt their feet and hands".

Escaped helium balloons are highly likely to end up in waterways in the ACT or further afield. According to a BBC News report, a balloon released as part of a school experiment in the UK was found in a tree in Sydney in 2013 (<http://www.bbc.com/news/uk-england-derbyshire-21642695>). According to a 2015 article in the Canberra Times, '[Ban balloons to save birds, say scientists](#)', the Australian Marine Conservation Society says "Balloons are a huge threat, not only to birds, but turtles and other marine life, and Dr Jenn Lavers, a biologist at the Institute of Marine and Antarctic Studies, finds balloons "in about one in 20 of every seabirds I examine".

Lance Ferris from Australian Seabird Rescue has also written in detail about helium balloons and the harms they cause to wildlife: <http://www.fourthcrossingwildlife.com/WhatGoesUp-LanceFerris.htm>. There are dozens of articles from around the world about the harmful effects of balloons on wildlife and the environment. Balloons Blow, an organisation dedicated to education about these harmful effects, has a long list of articles <http://balloonsblow.org/the-ugly-truth/> on the subject. Latex balloons are not considered any safer than conventional balloons and contrary to popular belief, helium balloons that explode into smaller pieces as they gain altitude still pose a considerable risk to wildlife: <https://www.wageningenur.nl/en/Expertise/Services/Research-Institutes/imares/Dossiers/5-Small-facts-about-balloon-debris.htm>

Alternatives to helium balloons

There are many great alternatives to helium balloons that are enjoyable for children, encourage play, and can be used to promote an organisation or event. Some suggestions are ribbon dancers and pinwheels.

You can find many more suggestions at: <http://balloonsblow.org/environmentally-friendly-alternatives/>

NCA update – Peter Beutel

Grevillea Park update – The Boatshed facility to replace the original boatshed at Kingston Harbour for Capital Lake Rowing Club was approved on 24 March 2016. LDA are still intending to complete the construction of this facility by the end of 2016.

The Paddlers' Guide to New South Wales

Now in its 2nd edition, this 479-page guide is the ultimate companion for seeing this amazing part of the world from the water. This is the most up-to-date paddling guidebook for Australia's "first state". It includes 140 paddling trips, descriptions, maps, GPS coordinates, trip locator maps, historic information, local points of interest, recommended places to eat, drink and stay overnight and expert equipment advice.

It comes complete with over 420 full-colour photos.

Price is \$39.95, available from BOATBOOKSAUSTRALIA, freecall 1300 boat books or at www.boatbooks-aust.com.au

Working with Vulnerable People (WWVP) Cards

A letter from ACT Government, Access Canberra –

The Working with Vulnerable People (Background Checking) Act 2011 (the Act) required that coaches and volunteers in sporting clubs to register by November 2015. This means that people who coach or volunteer with a child's sporting team must now be registered.

Access Canberra (formerly the Office of Regulatory Services) is responsible for ensuring compliance with the Act. Accordingly, **during July and August 2016**, Access Canberra Inspectors will be visiting game days and training sessions at a number of Junior sporting venues. They will be ensuring that coaches/managers are registered and will be asking them and volunteers, to show their Working with Vulnerable People (WWVP) card. They will also be taking advantage of this opportunity to engage with participants to provide information on registration and answer questions relating to the scheme.

All inspections will be conducted in a manner to cause as little disruption as possible to schedules and coaches/managers will not be approached during actual competition, games or events.

I am sure you will agree that the WWVP scheme serves as a valuable mechanism in ensuring the safety and well-being of, not only our young people, but vulnerable people in general. As the scheme is an important component of overall community safety, I hope you will support the upcoming inspection program as we strive towards a fully compliant activity.

Should you require any further information about the WWVP scheme, please visit www.act.gov.au/accessCBR or contact Peter Budworth, Manager WWVP Compliance at:

peter.budworth@act.gov.au or phone 02 6207 7245

Yours sincerely,

Derise Cubin

Deputy Director

Compliance and Enforcement

Community, Business, Transport Division

Access Canberra.

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>

“How to Paddle” technique sessions by Epic's Clint Robinson and Greg Barton

<http://www.epickayaks.com/article/article/epic-technique-series>

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!

Phone: 0418 861 613

Helen.

BGCC Fees for 2016-2017

It is several years since we have changed the BGCC membership fees, but this year there will be an increase to all categories (except non-paddling volunteers who are still welcome at \$0 😊)

New fees are:

Adult/Individual	\$70
Junior (under 18 years)	\$35
Family (up to 2 adults + Juniors living at the same address)	\$175
Adult/Individual: 5 years	\$350

The PNSW fees have increased a little this year:

Adult:	\$72
Junior (8 – 17):	\$58
Family:	\$170
5 year Adult:	\$300
Volunteers/Carers	\$0
Single Event	\$20

To re-join BGCC, go to either the PNSW Membership or the Australian Canoeing Membership and log-in with your membership number and password and pay the combined PNSW/BGCC fee. This is Standard Level BGCC membership.

For those who have a higher level of BGCC membership, there is a link to Register Now, to pay the fees for *Key Hire*, *Any Club Boat* use or *Platinum Level* (own boat in shed). These fees have been held at the same level as the past year.

A reminder to those who currently have Platinum Level BGCC Membership: you are required to use your stored, private boat at least 25 times per year. This will be checked in the log-sheets which you are to sign when you enter the club shed. The Club Shed is not for the storage of unused private boats! To remind you of the usage requirement, all current Platinum Level members have been asked to complete and sign the latest Application Form to continue your BGCC Platinum Level membership. Please read the Club Rules at <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>

Particularly Section 8: Private Equipment Storage.

Helen.

