



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 27 Issue 10, June, 2017

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- Marathon, SUPs, South Coast, Sprint and Canoe Polo Reports
- 27th Birthday Party and Presentation Dinner – Friday 16th June



*The ACT Government assists this organisation
through Active Canberra, ACT*



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Coming Events:

- 27th & 28th May, 2017 – Flatwater Guide/Instructor Training Course; Lake Parramatta, NSW
- Saturday 3rd June, 2017 – Race 6 PNSW Marathon 11 Series: Pacifica, Coffs Harbour, NSW
- 10, 11, 12 June, 2017 – Riverland Paddling Marathon; Berri to Morgan, SA
- **Friday 16th June, 2017 – BGCC 27th Birthday Party and Presentation Dinner; Hellenic Club, Wodaen.**
- Saturday 24th June, 2017 – Race 7 PNSW Marathon 11 Series: BWP, Davistown, NSW
- Saturday 22nd July, 2017 0 Sprint Series Round 1; SIRC, Penrith, NSW
- Sunday 23rd July, 2017 – Race 8 PNSW Marathon 11 Series: MWKC, Narrabeen, NSW
- Saturday 5th August, 2017 – Race 9 PNSW Marathon 11 Series: HVPC, Teralba, NSW
- Saturday 5th – Sunday 6th August, 2017 – Avon Decent, Avon River, WA
- 18 – 20 May, 2018 - Australian Marathon Championships; West Lakes? South Australia



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

President's Report: Patricia Ashton

Things are relatively quiet at the present time. The club committee is gearing up for the Presentation Dinner; hopefully we'll see you all at the Hellenic Club on Friday 16th June. See details on the website or elsewhere in *Blazing Paddles*. There are so many members who deserve a pat on the back and acknowledgement of their achievements or their assistance within the club.

I did stick invitations on the boats in the shed, however, must not have proof read my cut and paste too well – cost for the dinner is \$40- per person, not \$35 as per the invite.

We are still looking for someone with the skills and a laptop to show the photos on the night too. We'll have a screen and a projector. Let me know if you can help out.

Seems that most of us have settled into a winter training program – for the Marathon series or, for some, the Hawkesbury or Murray races. Let me know if you want to know who else is going so you can trade notes. We'll also run a long distance training paddle on the Clyde sometime in late July/early August. For those interested in improvement, Margi has just started a new TrainSmart program, this is well worth being a part of if you want to improve technique and fitness.

Those who go to the shed in the dark will have noticed the sensor lights. Hopefully they will provide some security and safety. We'll let you know what decisions the committee makes regarding further safety measures after our June meeting.

There will also be some movement on the shed extension, don't have a start date at this time but it will be soon.....

Please be aware that life jackets are compulsory for winter time trials; and as of the 1st of June, for all training groups and club paddles and as always, if you are using a club boat. If there is any chance of you falling in – dress for the water temperature. All paddlers should be aware of the signs and symptoms of Hypothermia and the risk of cold shock.

July sees a new membership year – renewing members should re-join asap especially if you have a key or storage space:

Boat Shed Rules: 8.5. The boat Captain can ask a member to remove their private boat from the Club Shed if the following is not completed. 8.5.1. The member is not a financial member at Platinum level as at 31 July of the new season, 8.5.2. The member has not used a boat at least 25 times during the course of a year.

See you on the water, *Patricia.*



2017 – 2018 BGCC Membership Fees: Helen Tongway

Unless you hear differently from me: Your current BGCC finishes on 30th June, so you will be uninsured on 1st July, unless you jump in and renew before the end of this financial year. There is a New Member Fee of \$50.

Adult BGCC membership: \$80 + PNSW Adult Membership: \$80. Total = \$160

Junior BGCC Membership: \$40 + PNSW Junior Membership: \$60. Total = \$100

Family BGCC Membership: \$200 + PNSW Family Membership: \$180. Total = \$380

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

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

Both Key-hire and private boat in shed membership require an approved Application Form



The Burley Griffin Canoe Club's 27th Birthday and Annual Presentation Dinner



Date: Friday 16th June 2017

Where: Hellenic Club Matilda Street Woden

Time: 6:30 p.m. for a 7 p.m. start

Cost: \$40- per person

RSVP: via payment on-line by 10th June



<https://www.registernow.com.au/secure/Register.aspx?E=25336>



Menu



Entree

Roasted pumpkin and ricotta lasagne with herb tomato sauce

or

Thai Beef Salad: tender beef strips marinated in Thai spices

Mains

Baked Wild Caught Barramundi Fillet, with Parisian potato puree, sautéed prawns & cream saffron sauce

or

Grilled Scotch Fillet of Beef with seasonal vegetables & potatoes, with forest mushroom sauce

Dessert

Birthday Cake (including gluten free)

Tea and Coffee



If you have any special dietary needs please notify us ASAP

Any memorabilia, trophies, or stories will be welcome, also club photos on a USB drive or DVD (by 9th June please)

If you would like to book a table of 8 please let us know via

info@bgcc.org.au OR

Helen on 0418 861 613 or Patricia on 0457 053 520



Flatwater Marathon Convener's Report: Russell Lutton

It's been another busy four weeks of distance paddling, what with two races in the PNSW marathon series, the Batemans Bay Bridge to Bridge Paddle Challenge and our winter time-trial series getting off to a great start.

2017 PNSW Marathon Series: Lane Cove

Lane Cove River Kayakers hosted race 4 of the series on Sunday, 30 April in beautiful racing conditions. Well done to LCRK for their super organisation of the event. Getting on and off the water via the ramp and pontoon is a bit of a challenge for the uninitiated, but efficient organisation and the assistance provided made it all relatively straightforward.



Left: John Preston, with a significant Bridge



Above: Nick Hocking

Thanks to a great turn out by BGCC paddlers, we climbed to third place on the club-points ladder; a pretty outstanding achievement given the start to our marathon year. Well done to all who participated, particularly to the constantly improving Sam Wellings-Booth, who won division 3 (now a division 2 paddler!) and that doubles paddling machine of David Abela/Scott MacWilliam who won division 6 (now promoted to division 5).



Above Left: Peter Connolly & Denby Moylan



Above Right: Litsa Polygerinos

Right: Paul Atkins



Results for BGCC paddlers at Lane Cove are below.

Division 1	20km	
	NO BGCC PADDLERS	
Division 2	20km	
3 rd	Craig Elliott/Russell Lutton	1:40:42 (4 club points)
5 th	Gary Rake	1:42:12
Division 3	20km	
1 st	Sam Wellings Booth	1:40:14 (8 club points)
RNK	Daniel Smith	1:50:08
Division 4	20km	
2 nd	Dominic Hides	1:46:27 (6 club points)
6 th	Patricia Ashton/Bob Collins	1:50:16
Division 5	20km	
	NO BGCC PADDLERS	
Division 6	20km	
1 st	David Abela/Scott MacWilliam	1:56:54 (8 club points)
3 rd	Graeme Bacon	1:59:56 (blocked 4 club points)
RNK	Peter Connolly/Denby Moylan	2:00:51
DNF	Paul Atkins	
Division 7	20km	
5 th	Tom Hick	2:11:14
Division 8	15km	
2 nd	Larissa Cleverly	1:22:59 (6 club points)
7 th	Jack Jessen	1:30:51
Division 9	10km	
10 th	John Preston	1:05:37
Division 10	10km	
7 th	Robert Bruce	1:09:41
9 th	Peter Teichmann	1:02:51
Division 11	10km	
8 th	Allan Newhouse	1:16:18
9 th	Litsa Polygerinos	1:11:08
11 th	Helen and David Tongway	1:14:07
Division 12	5km	
DNF	Nick Hocking	

2017 PNSW Marathon Series: Windsor

Race 5 of the series was hosted by Windsor Canoe Club on the Hawkesbury River on Saturday, 20 May. Competitor numbers were down a bit on the usual roll up, perhaps due to the very unfavourable weather forecast. But the weather gods smiled on the event. Despite the forecast of heavy rain on Saturday, the conditions were clear, cool and dry.



Above: Ian Castell-Brown



Above Front: **Scott MacWilliam & Dave Abela**

Above (Chasing): **Graeme Bacon**



Left: **Allan Newhouse**

Above: **Stephanie Rake**

There were lots of smiles and surprises at the end of the race from the many competitors who set new marathon PBs. And the times overall were generally fast. Certainly the tidal flow and water runoff from the rain made for very quick paddling with the current, but it was also a hard slog on the return legs.



Above Left: **Dominic Hides**

Above Right: **Tom Hick**

Photos by: **Jana Osvald, Oscar Cahill, Tom Holloway, Nigel Colless, Ian Wrenford**

Perhaps the real surprise was how, in an age of satellite mapping and measuring, it is possible to set a course over 400 metres short of the requisite 20 kilometre distance. Equating to about two to three minutes paddling time over 2 km course; which really skews the results and no doubt set a bit of a challenge for the Marathon Technical Committee in assessing re-rankings.

Results for BGCC paddlers at Windsor are below.

Division 1	20km	
	NO BGCC PADDLERS	
Division 2	20km	
2 nd	Craig Elliott/Russell Lutton	1:38:53 (6 club points)
4 th	Gary Rake	1:39:12 (blocked 2 points)
6 th	Sam Wellings Booth	1:41:19
Division 3	20km	
9 th	Dominic Hides	1:47:19
Division 4	20km	
8 th	Patricia Ashton/Bob Collins	1:48:29
Division 5	20km	
11 th	David Abela/Scott MacWilliam	1:55:48
Division 6	20km	
10 th	Graeme Bacon	2:02:11
Division 7	20km	
3 rd	Tom Hick	2:03:59 (4 club points)
4 th	Kieran Lomas	2:07:11 (blocked 2 club points)
Division 8	15km	
DSQ	Margi Bohm	
Division 9	10km	
	NO BGCC PADDLERS	
Division 10	10km	
11 th	Robert Bruce	1:01:02
12 th	John Preston	1:01:08
13 th	Stephanie Rake	1:02:20
Division 11	10km	
5 th	Helen & David Tongway	1:06:21
7 th	Ian Castell-Brown	1:08:55
8 th	Litsa Polygerinos	1:09:09
Division 12	5km	
3 rd	Carolyn Williams	0:33:41 (4 club points)

Provisional club standings for the series after Race 5 at Wyong have BGCC hanging on to third place in the overall point-score.

Lane Cove River Kayakers	176
Manly Warringah Kayak Club	134
Burley Griffin Canoe Club	98
Windsor Canoe Club	96
Hunter Valley Paddlesports Club	80
Penrith Valley Canoeing	76
Sutherland Shire Canoe Club	76
Central Coast Canoe Club	64
Brisbane Water Paddlers	60
Newy Paddlers	52
Cronulla Sutherland Kayak Club	52
Shark Island Paddlers	28
Pittwater Paddling Club	16
Wagga Bidgee Canoe Club	12
Sydney Uni	12
Southside Paddlers	8

Dragon boats	8
Pittwater Outrigger Canoe Club	6
Avoca	4
Illawarra Canoe Club	2

After the recent Windsor race, the ICF Club Trophy point-score for club competitors paddling International Canoe Federation canoe types also places BGCC a close third place in that competition.

LCRK 44	MWKC 41
BGCC 40	HVPC 18
NP 17	CSKC 14
WCC 10	BWP 9
CCCC 6	SSCC 6
WBCC 5	PNSW Direct 4
PVC 3	ICC 2

How time flies when you are having fun; we're almost half way through the 2017 marathon season. Next race, hosted by Pacifica Ocean Paddlers Canoe Club, is on the Bellinger River at Coffs Harbour on Saturday, 3 June.

The good news is the start times have been pushed back to give competitors more time to get to the venue. The race briefing is 12 noon; division 7 start at 12.45pm; and the division 1 start at 1pm. The bad news for remote travelling paddlers is that Coffs Harbour is 806 km/8hours 30 minutes travel time from Canberra.

2017 event calendar

EVENT	DATE	LOCATION
Race 6	Saturday, 3 June	Coffs Harbour (Pacifica)
Race 7	Saturday, 24 June	Davistown (BWP)
Race 8	Sunday, 23 July	Narrabeen (MWKC)
Race 9	Saturday, 5 August	Teralba (HVPC)
Race 10	Saturday, 26 August	Grays Point (CSKC)
Myall Classic	Saturday, 16 September	Tea Gardens
Race 11 (and presentations)	Saturday, 14 October	Burrill Lake (Makai)
Hawkesbury Canoe Classic	Saturday, 28 October	Windsor – Mooney Mooney

Batemans Bay Bridge-to-Bridge Paddle Challenge 2017

The inaugural running of this event took place on the beautiful Clyde River on 6 May. Organisers were pleased with the turn-out for the first Challenge, which offered a variety of course distances. I can't glean much from the published results, but well done to Julia Bowett, who won the open female category in the half marathon event and to Trent Birkett and Nick Ziviani, who finished 2nd and 3rd respectively, also in the half marathon, and to Alan Newhouse who also competed.



2017 Wetspot Winter Time-trial Series

The series kicked off on 7 May with a healthy number of paddlers for a winter time-trial. Racing once a week in winter is a great way to maintain paddle fitness. And it's fun! We have organised the start times earlier in the morning this year so it gives you time to paddle and get on with your Sunday commitments. We hope to see you at the river soon on a Sunday morning. The two lap start is at 9:00 a.m., one lap at 9:05 a.m. All the details, including the series rules, are available on the club website.

Don't forget that that we don't have time-trials on weekends when there are PNSW races. We have also changed the format a little this year. Paddlers' cumulative point scores will be taken from their best nine results (of the 12 events in the series). So if you sleep in on a cold winter Sunday morning, you still have a chance to redeem yourself and accumulate points the next Sunday.

Thanks to Carolyn Williams, who compiles the results, to Geoff Collett, our club webmaster who publishes them, and to club members who have done the timekeeping. However, as you can see from the roster below, there are still many Sundays when we don't have a timekeeper. If you are able to assist, contact Russell Lutton via the club website or talk to me at the river.

WETSPOT WINTER TIMETRIAL SERIES 2017

DATE	ACTIVITY	Timekeeper
Sun, 28 May 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	Timekeeper assigned
Sun, 4 June 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 11 June 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	Timekeeper assigned
Sun, 18 June 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	Timekeeper assigned
Sun, 25 June 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 2 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 9 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 16 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 23 July 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 30 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 6 August 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 13 August 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 20 August 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 27 August 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 3 Sept 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Wed, 4 Oct 2017	Wetspot summer time trials 2017-18 commence	

Riverland Paddling Marathon

The Riverland Paddling Marathon, hosted by the Marathon Canoe Club of South Australia since 1988, is held over the three days of the June long weekend—this year 10 to 12 June. It consists of a series of events in which paddlers compete on the Murray River in South Australia's Riverland. The main event is the Murray 200, a 208 km continuous paddle over three days from Berri to Morgan.

As anyone who leave the club shed late in the day can attest to, **Kiaran Lomas** will still be out there in the cold and dark training hard for the event. Best of luck, Kiaran, and we look forward to a report on the marathon in a future edition of *Blazing Paddles*.

Russell



SUP Convener's Report: Joanna Nelson

Greetings paddlers,

NSW Ocean & Earth Southern Cross SUP Festival 2017 (29 -30 April)

Congratulations to both Trent Shaw and Rohan Evans in qualifying for Nationals in the Marathon distance event at the **NSW State SUP titles** held at Jervis Bay last month.

Trent Shaw 3rd – Men's Over 40s div

Rohan Evans 4th Men's Over 40s div

Joanna Nelson 5th Women's Over 40s div



Left: Rohan Evans, Trent Shaw and Joanna Nelson



Right: Trent Shaw, Jervis Bay

Paddle NSW Ocean Series

Race 4 – Seacliff Challenge – 6 May 2017 (9km Downwind)

The last of four Ocean Series races ended with a sprint to the finish with Rohan just getting over the line in front of Trent. The overall ranking for Over 40 Men's for this series placed Trent Shaw 1st and Rohan Evans 2nd. Congratulations to both.

Right: Rohan Evans and Trent Shaw



Winter Gym Sessions

A number of us are off the water during the week and have started dry-land fitness sessions with Matt Scott, aka SUPping Caveman at Unbranded Gym in Fyshwick. We will post some pics in the coming weeks.

Dates to remember

- **Sun, 7 May - Winter Time Trials** have commenced from 9 a.m.
- **Sundays** – Coffee paddle (depart 8 a.m. from Molonglo Reach)
- **Fri, 16 June – BGCC Presentation Night** (6:30 p.m. for 7 p.m. start) \$40pp (Hellenic Club, Woden)

Bookings to be made by Sat, 10 June via link <https://www.registernow.com.au/secure/Register.aspx?E=25336>

- Message or email me once you have paid so I can arrange tables
- Send me your contribution for SUP awards (e.g.: recognition of SUP excellence, 'having a go' or 'just for fun' awards) via messenger or email joannagnelson@gmail.com

Joanna

Canoe Polo Report

Canoe Polo is still on every Wednesday night at the Tuggeranong pool between 8:30PM and 10:30PM for those who want to brave the mad dash to the car afterwards. Numbers are strong but additional paddlers are always welcome.

Juniors are training most Sundays between 3:00PM and 4:30PM

Some of the more dedicated paddlers are also training on the river Monday nights in the increasingly fresh conditions.

We recently sent a number of players to represent Australia in the Oceania Competition, (See James Deakins report for more on that), but I'd like to add a quick "Thank You" to the club for the support offered to the representative players on behalf of all the Canoe Polo fraternity. I think this was truly appreciated by all who received it.

See you on the water somewhere,

Graham



PNSW Canoe Polo News:

"We are pleased to announce that the 2018 Australian Canoe Polo Championships will be held in South Australia.

Date: 30 March - 2 April 2018

Place: West Lakes, South Australia

Further details will be sent out as they become available."

Canoe Polo Oceania Championships, New Zealand, Report: James Deakin

In the week before Easter a number of BGCC members travelled to Palmerston North in New Zealand to take part in the biennial Oceania Canoe Polo Championships. For most, it was the first time they had been part of a national squad. These first-timers included: Michael Young (Men's B), Rebecca and Emily Gates, Sami Raymond, and Jacinta Buckman (all playing for the Girls under 18). Mark Raymond coached the Girls Under 18 as well as played on the Men's Veteran's (over 30) team. James Deakin played for the Men's A team and Carley Goodwin for the Women's team.

New Zealand polo is currently very strong, with their women's team reigning world champions and their men's team ranked 5th in the world at the last world championships. Both teams were preparing for the World Games in Poland (which takes the top 6 teams from the previous worlds). Apart from the Australian Veterans, all other teams found the competition from New Zealand a bit too strong, with the Men's A team finishing third and Men's B team fifth. The Women's and Girls Under 18 both finished third. In the competition that really mattered though, Australia won the Men's Veterans division! While the results weren't what we were hoping for, it was a very enjoyable trip and very valuable learning experience.



ACT members of the 2017 Australian Oceania's Squad: **Michael Lawrence-Taylor** (Snr Men's B), **Mark Raymond** (O30 Men's), **James Deakin** (Snr Men's A), **Alexis Miller** (U18 Women's), **Samantha McAlister** (U18 Women's), **Jacinta Buckman** (U18 Women's), **Rebecca Gates** (U18 Women's), (Kneeling): **Michael Young** (Snr Men's B), **Emily Gates** (U18 Women's) and **Carley Goodwin** (Snr Women's)

On behalf of all of the BGCC athletes who travelled to NZ, I'd like to thank the club for their generous financial assistance - every bit helps in this expensive and self-funded sport. Personally, I would also like to thank the club for supporting me in traveling to Sicily in August last year to represent Australia at the World Championships. This was a come-back trip for me, after last representing Australia in Brazil in 2000. I've had to work hard to get back into the team, but I'm loving every minute of it - a second chance I thought I'd never get!

[See: <https://www.facebook.com/thevictoriaesplanade/videos/480613775663356/>]

James

The Joys of Surf Kayaking: Kai Swoboda

I do love it every time I get in a kayak or canoe. Sometimes it is just to enjoy the feeling of pushing the nose of a kayak through the waves in east basin, or to glide through the glassy surface on the Molonglo river, or to experience the isolation and excitement on the rapids in a river.

Once or twice a year I head down to the south coast with a few kayaking buddies and experience the joy of kayak surfing in modern high performance surf kayaks. For me surf kayaking requires almost every bit of experience and skill that I have accumulated during my paddling career. It's often breathtaking to be carving down the face of a steep wave, but to get to experience this feeling requires the fitness, skill and confidence that can only really be gained by doing a lot of paddling (with a few swims!) to lower the risks and overcome the apprehension of putting yourself and kayak in a position you'd rather not be in.



Photo: Australian Canoeing

My first experience in surf kayaking was actually on a canoe club trip to Tomakin, south of Batemans Bay. While the focus of the trip was a flatwater cruise on the Tomago River, we ended up paddling out the river mouth to surf (and for me to swim) the small waves running into the river. This included several marathon paddlers taking their sprint boats out to try their surfing skills!

Since that first time kayak surfing, I have pretty much paddled every type of kayak in the surf (except my sprint boat), down river racer, polo boat, whitewater play boat, slalom kayak and slalom C2. My first fibreglass kayak (and 2nd kayak overall) was an old style 'slipper' surf kayak – probably the worst kayak I have ever had but the one I was able to do my first live roll in! I have pursued surf kayaking as a recreation but also as part of a training regime with my partner Andrew Farrance in slalom C2 – there is no better way to work on the subconscious communication and understanding of your paddling partner when you are upside down or flying down sideways on a wave!



Photo: Yves Prigent: Surfing a slalom C2.

Surf kayaking offers an opportunity to practice and explore a wide range of paddling skills, often in a repeatable environment that allows for learning by doing (or failing). These include:

- Edging – rolling hips to angle boat so as to slide through oncoming waves
- Balance – keeping the boat flat despite that wall of whitewater hitting you side on, practicing various combinations of support through paddle, hand or better still, nothing!
- Power – accelerating the boat to get on the wave or to get over the wave on the way out. How to effectively transfer force through the paddle in aerated water
- Pressure – that feeling of being upside down or getting smashed provides a great opportunity to practice eskimo rolling with an oxygen deficit
- Fun – this isn't a skill but surf kayaking offers the ability to enjoy pretty much every part of paddling that you can identify, or take for granted.



Above: BGCC members **Jason Downey** (right) and **James Harmer** (centre) waiting for the next big wave. Photo: **Kai Swoboda**



Flat spin while surfing the whitewater backwards.

Photo: **Kai Swoboda**



Confronting that wall of water and the way back to the break. Just made it (I think). Photo: **Kai Swoboda**

Surf kayaking needn't be done in surf kayaks and it is probably best first approached using a robust canoe polo kayak or white water boat. Ideally when starting, try to pick out small non-dumping waves, or waves that break into a channel to give you an escape option. While I have surfed by myself, I've decided it is something better shared with friends, which also makes it a fair bit safer. (kaikayak@outlook.com).

Kai.

A Reminder about Club Rules

This is a reminder that a lifejacket must be worn whenever a club member is paddling a club boat.

Also a reminder to those club members who have the privilege of having your own boat residing in the club shed, that you have agreed to use your boat at least 25 times per year – or you may be asked to remove it.

The full set of **Club Rules** can be viewed at:

<http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>

Dangerous kayaking near a bridge!

<https://www.facebook.com/Whitewaterporn/videos/1118740461470326/>

Perth's Annual Avon Descent, 5/6 August 2017

Visit <https://www.avondescent.com.au> or download:

https://www.avondescent.com.au/wp-content/uploads/2016/07/AD-EVENT-GUIDE-2016_lowres.pdf

Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

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



As you will have read, the Birthday Party and Club Presentation dinner will be held on the 16th June. All members are welcome to nominate others for the following awards as well as any other worthy awards – tales which should be shared, stories which can be stretched slightly using poetic licence, embarrassing moments as well as pats on the back for your fellow paddlers are all welcome.

Don't forget photos too, if you can put your collection of photos onto a USB and get them to me the week before we can all share the memories.

Coaches and Conveners particularly are asked to nominate paddlers for the official awards below.

Encouragement Awards

Junior of the Year

Most Improved Male

Most Improved Female

Coach of the Year

Grand masters, grand master - Award for members over 70.

Hole in the Paddle Award

Club Member of the Year

Female Paddler of the Year

Male Paddler of the Year



South Coast Paddlers Report: Allan Newhouse

With Ian Castell-Brown and Nick Ziviani in New Zealand competing in the World Masters Games and with Graeme Ison waiting for surgery on an injured shoulder, it was left to Allan Newhouse to represent South Coast paddlers at Race 3 of the NSW Marathon Series at Lane Cove.

It was Allan's first outing in a new C1 even though there was still some finishing off to be done on the canoe. Fortunately conditions were quite good on the water as there had been no time to test the canoe or fine tune the trim and the seating position.

One advantage for BGCC of Allan paddling the C1 rather than his TC1 is that the C1 complies with ICF specification for that class, so it adds one point to BGCC tally for the ICF club trophy.

The move from TC1 to C1 seems to have taken three or four minutes off Allan's time for 10 km, earning him an eight place finish from the 21 starters in Division 11.



Above: The new C1, surrounded by skis, sea kayaks and outriggers at the start of the Lane Cove race.

On 6th May, Allan and Nick Ziviani took part in the inaugural Bateman's Bay Paddle Challenge. While half the participants entered the 26 km full marathon from the Bay to Nelligen and back, Allan and Nick paddled in the 13 km half marathon to Big Island and return. Nick was either 3rd or 4th depending on whether the K4, which was first over the line, was eligible to win what was an event for single craft. Allan finished in the middle of the field.

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Paul Jurak - Kayakcameraman
Above: Lining up to start the Batemans Bay Paddle Challenge. *Photo by Paul Jurak* and while masters were not entered as a designated class, the published results had Allan as the fastest masters paddler.



Above: Nick Ziviani, on the left of photo.

The business houses of Bateman's Bay and the many volunteers put a lot of effort into the planning and organisation on the day, resulting in a well-run, enjoyable event. The one thing the organisers didn't have control over was the weather and the wind that developed during the race made conditions tricky, especially in the run down to the finish line at the Bay Bridge.

In spite of the BOM forecast of a deluge at Windsor on Saturday, conditions were fine, calm and warm. Ian Castel-Brown was back from his very successful campaign in NZ and finished 7th out of 20 starters in Div 11. Allan was a bit further back in 12th place and is still deciding whether he should blame the 4 a.m. start, the four and a half hour drive or the unwise decision to try a different, untested setting for the seat and footrest.

Allan

CEO GREG DOYLE STEPS DOWN AS CEO OF AUSTRALIAN CANOEING

24th May, 2017: Australian Canoeing (AC) CEO Greg Doyle has stepped down from his role after nine years leading the organisation.

Greg Doyle said: "I have enjoyed my time at Australian Canoeing after almost a decade, working with a great Board and management team to achieve success both on and off the water.

"To be able to take the organisation from \$1.1million to \$8million turn over as well as setting up new branding position that is set to assist the organisation reach more than 3.5 million recreational paddlers, are some of what we've achieved over the years.

"The results our athletes have achieved in recent Olympic and Paralympic Games as well as on the international stage, has established Australia as one of top nations in canoeing internationally."

Greg will finish in the role in on 14 July 2017. The role will be advertised early next week.

See: <http://canoe.org.au/2017/05/24/ceo-greg-doyle-steps-down-as-ceo-of-australian-canoeing/>

2016-2017 Sprint Season Results: Cherie Van Baardwyck

BGCC Canoeists have been very busy this year, dipping the single blades to make waves at a State and National level and are becoming noticed. BGCC Canoe Crew as we call ourselves is made of the following members - and the all have smashed there PB's this season;

Time improved by distance	C1 200m	C1 500m
Nick Hocking	01:07.5	00:03.5
Marcelo Cabezas	00:03.5	
Louise Yabsley	00:26.4	00:21.4
Breanna Reid	01:19.3	02:50.5

Louise Yabsley will have some big news with pics from her overseas trip in the July edition.

Breanna Reid will be working at a Canadian Sports Camp Ak-O-Mak during the summer and leaves mid-July and will return end of September. She will be coaching Swimming/ Kayaking and working as a fitness Instructor/Lifeguard and they will be coaching her in C1 and War Canoe. Can't wait to receive a report and some pics on her return.

Right: Nick Hocking, Marcelo Cabezas, Louise Yabsley & Breanna Reid

Full Results of each of the Sprint, State and National Events are listed below:



GP1

Date: Fri 9th - Sun 11th December , 2016

Venue: West Lakes, SA

Results for *Burley Griffin*

Crew	Event/Race	Lane	Place	Time
16. MC1 1000	Mens Open C1 1000			
Marcelo Cabezas	Race 23 Direct Final	7	3rd	4:45.30
19. MC2 1000	Mens Open C2 1000			
Marcelo Cabezas /Sebastian Marczak	Race 52 Direct Final	2	1st	4:12.49
37. MC1 500	Mens Open C1 500			
Nick Hocking	Race 63 Direct Final	2	6th	7:31.42
Marcelo Cabezas	Race 63 Direct Final	7	3rd	2:23.39
43. WC1 500	Womens Open C1 500			
Louise Yabsley	Race 62 Direct Final	5	4th	3:40.44
Breanna Reid	Race 62 Direct Final	7	7th	5:03.36
59. MC1 200	Mens Open C1 200			
Nick Hocking	Race 130 Direct Final	9	9th	2:56.62
Marcelo Cabezas	Race 130 Direct Final	8	5th	0:50.92
62. C2 200	Open C2 200			
Marcelo Cabezas /C Keenbone-Ellis	Race 141 Direct Final	8	2nd	0:45.08
68. WC1 200	Womens Open C1 200			
Louise Yabsley	Race 129 Direct Final	5	5th	1:21.66
Breanna Reid	Race 129 Direct Final	2	7th	1:49.33
80. PC WK1 1000 MC	Para Canoe Womens K1 1000m Open Multi-Class			
Breanna Reid	Race 16 Direct Final	6	3rd	5:53.99
84. PC WK1 500 MC	Para Canoe Womens K1 500m Open Multi-Class			
Breanna Reid	Race 65 Direct Final	6	3rd	3:09.70
90. PC WK1 500 MC 2	Para Canoe Womens K1 500m Open Multi Class 2			
Breanna Reid	Race 94 Direct Final	6	3rd	2:45.96
92. PC WK1 200 MC 2	Para Canoe Womens K1 200m Open Multi Class			
Breanna Reid	Race 143 Direct Final	6	3rd	1:04.40
93. MC2 500	Mens C2 500m			
Marcelo Cabezas /C Keenbone-Ellis	Race 90 Direct Final	2	2nd	1:56.70

GP2

Date: Fri 3rd - Sun 5th February , 2017

Venue: Sydney International Regatta Centre, NSW

Crew	Event/Race	Lane	Place	Time
18. MC1/18 1000	Mens Open/U18 C1 1000			
Marcelo Cabezas	Race 39 Direct Final	3	3rd	4:44.51
Nick Hocking	Race 39 Direct Final	1	6th	8:14.49
21. MC2 1000	Mens Open C2 1000			
Marcelo Cabezas/Sebastian Marczak	Race 139 Direct Final	1	1st	4:12.74
39. MC1/18 500	Mens Open/U18 C1 500			
Nick Hocking	Race 125 Direct Final	8	-	DNF
60. MC1/18 200	Mens Open/U18 C1 200			
Marcelo Cabezas	Race 106 Direct Final	3	4th	0:47.42
Nick Hocking	Race 106 Direct Final	1	7th	1:49.07
63. MXC2 200	Mixed Open C2 200			
Marcelo Cabezas/Sebastian Marczak	Race 88 Direct Final	4	1st	0:42.91



Above: Breanna Reid

2017 NSW Sprint Championships 21-22 January

	Event/Race	Lane	Place	Time	
49. WC1 200 23	Womens Under 23 C1 200				
Breanna Reid	Race 59A Direct Final	4	1st	1:56.89	G
50. WC1 500 23	Womens Under 23 C1 500				
Breanna Reid	Race 40A	5	1st	4:41.97	G
	Race 101A Non Champions	5	-	Race Cancelled	

67. WC1 200	Womens Open C1 200					
Louise Yabsley	Race 59B	Direct Final	5	1st	1:05.10	
69. MC1 200	Mens Open C1 200					
Nick Hocking	Race 132	Direct Final	3	6th	1:47.30	
Marcelo Cabezas	Race 132	Direct Final	5	1st	0:54.04	G
70. MC2 200	Mens Open C2 200					
Jason Han/Nick Hocking	Race 116	Direct Final	4	3rd	1:24.94	B
Marcelo Cabezas/Pete Repeti	Race 116	Direct Final	6	1st	0:48.90	G
Lousie Yabsley	Race 116	Direct Final	3	2nd	1:09.92	S
72. PC WK1 200 MC	Para Canoe Womens K1 200m Open Multi-Class					
Breanna Reid	Race 119	Direct Final	5	2nd	1:04.29	S
84. WC1 500	Womens Open C1 500					
Louise Yabsley	Race 40B		6	1st	3:00.06	G
	Race 101B	Non Champions	6	1st	3:13.15	
87. MC1 500	Mens Open C1 500					
Nick Hocking	Race 87	Direct Final	3	-	DNF	
Marcelo Cabezas/Pete Repeti	Race 87	Direct Final	8	1st	2:18.22	G
88. MC2 500	Mens Open C2 500					
Nick Hocking/Jason Han	Race 35	Direct Final	4	2nd	3:01.05	G
Marcelo Cabezas/Pete Repeti	Race 35	Direct Final	5	1st	2:44.70	
91. PC WK1 500 MC	Para Canoe Womens K1 500m Open Multi-Class					
Breanna Reid	Race 31B	Direct Final	6	2nd	2:50.66	S
105. MC1 1000	Mens Open C1 1000					
Nick Hocking	Race 8	Direct Final	3	-	DNF	
Marcelo Cabezas	Race 8	Direct Final	5	1st	4:47.77	G
106. MC2 1000	Mens Open C2 1000					
Jason Han/Nick Hocking	Race 20	Direct Final	4	2nd	6:18.08	S
Marcelo Cabezas/Pete Repeti	Race 20	Direct Final	5	1st	4:27.99	G
108. PC WK1 1000 MC	Para Canoe Womens K1 1000m Open Multi-Class					
Breanna Reid	Race 21	Direct Final	5	2nd	5:52.00	S



Left: Louise Yabsley in BGCC Club top

Australian National Sprint Championships

Results for *Burley Griffin*

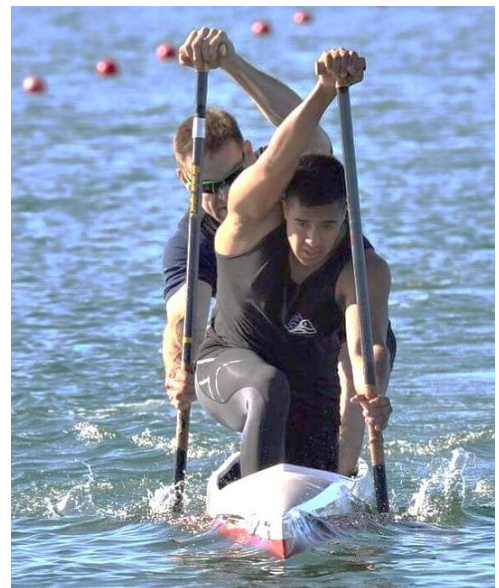
Crew	Event/Race	Lane	Place	Time
52. MC1/U18 1000	Mens Open/U18 C1 1000			
Burley Griffin	Race 251 Direct Final	3	3rd	4:36.18
53. MC1 1000 35+	Mens Over 35 C1 1000			
Nick Hocking	Race 252 Direct Final	5	-	DNF
57. MC2 1000	Mens Open C2 1000			
Jason Han/Nick Hocking	Race 274 Direct Final	3	5th	5:54.87
Marcelo Cabezas/Sebastian Marczak	Race 274 Direct Final	5	1st	4:03.21
115. MC1 500	Mens Open C1 500			
Burley Griffin	Race 303 Direct Final	4	4th	2:12.23
116. MC1 500 35+	Mens Over 35 C1 500			
Nick Hocking	Race 305 Direct Final	5	3rd	4:44.07
120. WC1 500	Womens Open C1 500			
Breanna Reid	Race 311 Direct Final	2	5th	4:27.28
Louise Yabsley	Race 311 Direct Final	3	4th	3:12.09
125. MC2 500	Mens Open C2 500			
Nick Hocking /Jason Han	Race 318 Direct Final	5	4th	3:01.68
188. MC1 200	Mens Open C1 200			
Marcelo Cabezas	Race 85 Direct Final	4	5th	0:50.30
189. MC1 200 35+	Mens Over 35 C1 200			
Nick Hocking	Race 87 Direct Final	5	3rd	1:54.92
193. WC1 200	Womens Open C1 200			
Breanna Reid	Race 93 Direct Final	1	5th	1:40.84
Louise Yabsley	Race 93 Direct Final	3	4th	1:12.49
198. MC2 200	Mens Open C2 200			
Marcelo Cabezas/Sebastian Marczak	Race 129 Direct Final	4	1st	0:42.96
Jason Han/Nick Hocking	Race 129 Direct Final	7	5th	1:05.84
214. PC WK1 200 R2MC	Para Canoe Womens K1 200m Race 2 Multi-Class			
Breanna Reid	Race 163 Direct Final	4	-	DSQ
215. PC WK1 200 MC	Para Canoe Womens K1 200m Open Multi-Class			
Breanna Reid	Race 140 Direct Final	4	4th	1:04.98
222. PC WK1 500 MC	Para Canoe Womens K1 500m Open Multi-Class			
Breanna Reid	Race 309 Direct Final	3	-	SCR

Breanna Reid

Race 253 [Direct Final](#) 3 4th 6:01.67



Above: Marcelo Cabezas & ??



Above (Top): Nick Hocking *Above (Lower):* Louise Yabsley

Above: Marcelo Cabezas & Sebastian Marczak

Right: Breanna Reid



Below: ?? & Nick Hocking



Coaching Corner: Margi Bohm

We have been blessed with an Indian summer the last few months – beautiful training weather. It has been good to see so many people out on the water at participating in the Sunday Time Trials.

TrainSmart has started again with 7 keen new members and the summer TS group has progressed to TrainSmart2. TrainSmart continues to develop paddlers' technique and lactate thresholds towards improving their boat speed and efficiency and TrainSmart2 is focussed on improving lactate tolerance and high end speed. Everyone in the program is working hard and I am really looking forward to seeing the improvements in 10 weeks' time.

Kieran and the C-boat paddlers have been busy working with coach Sebastian Marczak, with really good results. BGCC is building a consistent fleet of C-boaters ... we may even be the biggest group at a club in NSW.

A small but successful group continues to show up at the PNSW Marathon Series, but our point score is looking a bit sad. So if you are interested in racing, please talk with one of the coaches about being part of the series. It is a great deal of fun and provides a great opportunity to race against people your speed, as well as learn important skills that are hard to get in our small environment.

I have a sneaking suspicion that winter is just round the corner but hope that you all continue to paddle as much as you can. It is not too bad if dressed properly and please do not forget to warm up properly and wear a life-jacket; especially if you are alone on the lake. By the end of June, the lake will be down to temperatures low enough to cause hyperthermia if you fall out.

See you out there!

Margi

For Sale: Boat Trailer: Holds up to 7 boats. \$1,800 (Negotiable)

Contact Roy: 0408 428 843



New Boat on the Water: Allan Newhouse

After paddling my TC1 for about 18 months, I thought it would be nice to go a bit faster in the hope of gaining a few positions in some of the races in Division 11 in the NSW Marathon Series.

I could think of four ways I might do that. I could go back to paddling my K1 Masters; but I'm enjoying single blade paddling, so I decided against that. I could do some training, but I have convinced myself that too much training will just wear out parts of my body that I would like to have still in working order for a few more years. A third option was to improve my technique, but that raises the problem of trying to teach an old dog new tricks.

That left just one option; build a faster canoe. I had recently sold two of my strip built sea kayaks, so I had permission to build another craft. I had been working for some time on a design for an ICF compliant C1.

ICF specifications for a C1 no longer have a width restriction, so the width was determined by my ability to stay upright and be relaxed enough to enjoy paddling it. The prospect of kneeling for long periods of time didn't appeal to me so I designed it to be a Sit & Switch C1.

As usual, I built the canoe from Paulownia strips and glassed the inside and outside. The strips were 4.5 mm thick and 24 mm wide and the glass was 85 gsm.

After preparing some of the items needed for the build, construction started towards the end of March. With the usual interruptions, I was able to get it finished enough to paddle in the Lane Cove race at the end of April. It was structurally complete, but still needed a few hours of sanding in preparation for the polyurethane coating which protects the epoxy from the effects of UV light.

The construction process involves setting up forms on a strong-back and gluing the strips together around those forms. The strips are then sanded and the whole thing is covered outside and inside with glass cloth and epoxy resin. A few extra coats of epoxy fill the weave before it is sanded smooth and several coats of polyurethane are applied. This canoe was a slightly simpler build than a kayak or my TC1, so I think it was completed in about 150 hours.

The canoe is just under 5.2 metres long, 56 cm maximum beam and about 51 cm maximum waterline beam with a 60kg paddler. At Lane Cove, I had the seat just 65 mm above the keel because I hadn't had time to determine what seat height would suit me best and I didn't want my first race in my C1 to result in a swim. I think I can manage with the seat a bit higher; 80 mm should be OK, but I would like to get it up to 100 mm. A paddler with a good sense of balance would easily manage with the seat at that height, but that doesn't mean that I can.

The performance is very close to what the design software predicted. It seems to be roughly 0.5 km/h faster than my TC1, so it is about 4 minutes quicker over 10 km.



The forms around which the strips were glued show the cross-section of the hull.

The forms aligned on the strongback and the first strip in place.



Strips held in place with clamps and masking tape till the glue dries.

Just a few more strips to complete the hull.



The finished canoe. A sit & Switch ICF C1

I thought this one deserved a name.
"Diamond" seemed an obvious choice.



On the water at Lane Cove for its first race in April.

Local Paddler Brings Home World Masters Gold: *from the Eurobodalla press*

The World Masters Games are held every four years and for 2017 the host city was Auckland, where the wonderful Kiwis organised events for 28,000 athletes from 100 countries. 21,000 medals were awarded to athletes.



The Games were held from 24-30 April, with individual sporting disciplines scattered across the city and suburbs. A local Bay paddler, Ian Castell-Brown, contested kayaking events. These were held on a suburban crater waterway, Lake Pupuke; a picturesque and at times a challenging venue.

On the morning of Ian's first paddle the lake ran true to local form and blew at 15-20 knots with extremely disturbed water caused by offshore wind and wave rebound. The capsizing rate for competitors in this marathon event was reported at 60%.

Ian was lucky enough to return with his share of "brass" being two gold and six silver from eight kayaking events.

While athletes normally contest events in their own age group, Ian did four at age 75+ in a K1 for a gold and three silver and also four against kayakers aged 65-69 in a K2 for the same medal outcome. At times racing was close, with three of Ian's silver medals from margins of 0.145sec, two seconds and four seconds across events with distances of 17 km, 9 km, 1,000m, 500m and 200m.

While in Auckland, Ian enjoyed his membership the Waitemata Canoe and Multisport Club and the warmth and friendship of its kayaking fraternity. His partner for K2 events was Waitemata paddler, Michael Famularo, aged 65, who he says was a real "powerhouse". Michael gave up his entries as a ski paddler and Ian hopes he thought that worthwhile given the outcome. Michael had done a Games marathon just before the paddling and Ian said he was a "pretty sore lad"! Ian himself went into the Games "underdone" not having trained for a month after his two gold in the Australian Titles, owing to sickness.

Prior to the Games Ian and another local paddler, Allan Newhouse, enjoyed success at State and National levels combining for a gold and a silver medal. Both paddlers also won individual medals. Both Allan and Ian race as members of the Burley Griffin Canoe Club, based in Canberra and together with another "local lad", Graeme Ison, drove a combined distance of 27,000 km to compete in Paddle NSW and title events last season.



Signs and Symptoms of Hypothermia: <http://www.mayoclinic.org>

Signs and symptoms of hypothermia usually develop slowly and may include:

Shivering, though this may stop as body temperature drops
Slow, shallow breathing
Clumsiness or lack of coordination
Confusion or memory loss
Bright red, cold skin (in infants)

Weak pulse
Slurred speech or mumbling
Drowsiness or very low energy
Loss of consciousness

Someone with hypothermia usually isn't aware of his or her condition because the symptoms often begin gradually. Also, the confused thinking associated with hypothermia prevents self-awareness. The confused thinking can also lead to risk-taking behaviour.

Seek emergency medical care

Then immediately take these steps:

Gently move the person out of the cold. If going indoors isn't possible, protect the person from the wind, especially around the neck and head. Insulate the individual from the cold ground.

Gently remove wet clothing. Replace wet things with warm, dry coats or blankets.

If further warming is needed, do so gradually. For example, apply warm, dry compresses to the centre of the body — neck, chest and groin. The CDC says another option is using an electric blanket, if available. If you use hot water bottles or a chemical hot pack, first wrap it in a towel before applying.

If conscious, offer the person warm, sweet, non-alcoholic drinks.

Begin CPR if the person shows no signs of life, such as breathing, coughing or movement.

Caution

Do not rewarm the person too quickly, such as with a heating lamp or hot bath.

Don't attempt to warm the arms and legs. Heating or massaging the limbs of someone in this condition can stress the heart and lungs.

Don't give the person alcohol or cigarettes. Alcohol hinders the rewarming process, and tobacco products interfere with circulation that is needed for rewarming.

Some (on-line) tips for Recovery After Training

<http://sportsscene.tv/training-equipment/training/2017/05/10-top-tips-for-recovery-after-training/>

Boats for Sale

Contact Robin:

0424 832 249 or

r.robertson@adfa.edu.au

Kaituna \$500 or ono



Sea Kayak \$1200 or ono (set up for the Hawkesbury and has done it)



For sale at Wetspot: 8kg Competition Kayak Vector:
Kevlar hull. Excellent condition \$890



Sladecraft Sonic for sale:

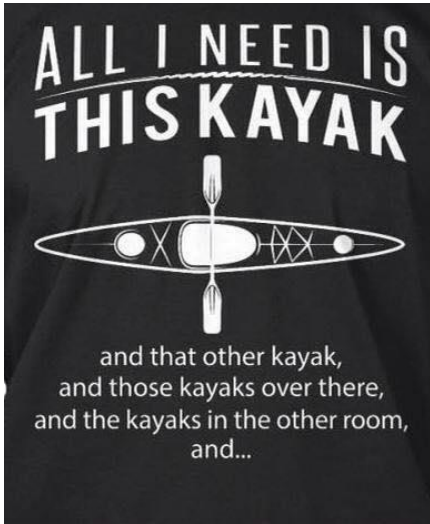


5.8m long. 46cm wide. Underslung rudder with foot pedals. Good to excellent condition. Always stored under cover. **\$1,500** Or offer. Contact Barry: 0419 603 119

Swap, or For Sale:

V-10 bought in January new. Has been in storage since Anzac Day. Excellent condition. I am Looking to swap for a K1 or sell for \$2400. Phone Nic: 0466 287 898; or email at: nicolas.jones96@yahoo.co.uk *(Small boy not included!)*





Inflatable SUP - Naish One 12'6"

Includes lightweight Makani 8 adjustable carbon/glass paddle plus heavy-duty leg leash. Minimal use

Listed on Gumtree: **\$1650**
Contact Roger: 0414 375 752



Stellar S18 Excel Touring Kayak

Length: 5.46 m
Width: 54 cm
Weight: 15.5 kg
With cockpit cover
In excellent condition \$2900:00
Contact Colin: 6238 1060



Ski for Sale:

Stephen O'Kelly: "I have a vадja hawx 46 elite lay up for sale (as new)"

<mailto:s.okelly@grapevine.com.au> 0411 602 336

(Sorry folks – Stephen didn't leave any other details – like a photo or a price!)

Other Item 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 \$25 each Shorts \$25 each

