



*Newsletter of the*  
**BURLEY GRIFFIN CANOE CLUB**

Volume 27 Issue 12, August, 2017

**Your Committee:**

**President:** Patricia Ashton

**Vice President:** Russell Murphy

**Secretary:** Robin Robertson

**Treasurer:** Jane Lake

**Safety & Training:** Craig Elliott

**Membership Secretary:** Helen Tongway

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- **Marathon, SUPs, South Coast, WW/Slalom and Canoe Polo Reports**
- **Coming soon: our AGM. Volunteer! 24<sup>th</sup> September, 2017**
- **2017-18 Membership Renewal –Now Over-Due!!**



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



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## Coming Events:

- Saturday 5<sup>th</sup> August, 2017 – Race 9 PNSW Marathon 11 Series: HVPC, Teralba, NSW
- Saturday 12<sup>th</sup> August – Nelligen/Clyde River training paddle; 9 a.m. for 9:30; 20–40 km; Nelligen wharf
- Sunday 20<sup>th</sup> August, 2017 – The Middle Harbour SUP Festival, Sydney
- Saturday 26<sup>th</sup> August, 2017 – race 10 PNSW Marathon 11 Series; CSKC, Grays Point, NSW
- Saturday 16 September, 2017 – Myall Classic, Tea Gardens/Myall Lakes, NSW
- **Sunday 24<sup>th</sup> September, 2017 – BGCC’s AGM; at Molonglo Reach; 10:30 a.m.**
- Saturday 15<sup>th</sup> October, 2017 - Tumut River Race, Tumut, NSW [ Peter McIntyre: [peterm@mpcc.com.au](mailto:peterm@mpcc.com.au) ]
- Saturday 16<sup>th</sup> October, 2017 – Race 11 PNSW Marathon 11 Series; Makai Paddlers, Burrill Lake, NSW
- Saturday 28<sup>th</sup> October, 2017 – Hawkesbury Canoe Classic, Windsor to Mooney Mooney, 111 km
- Monday 20<sup>th</sup> – Friday 25<sup>th</sup> November – Murray River Marathon; Yarrowonga to Swan Hill, 5 days, 404 km
- Friday 8<sup>th</sup> – Sunday 10<sup>th</sup> December, 2017 – Grand Prix 1; West Lakes, SA.
- **Saturday 9<sup>th</sup> – Sunday 10<sup>th</sup> December – 24 hour challenge, Molonglo Reach, ACT**
- Thursday 4<sup>th</sup> – Sunday 7<sup>th</sup> January, 2018 – Junior Slalom Championships; Eildon, Victoria
- Monday 8<sup>th</sup> – Thursday 11<sup>th</sup> January, 2018 – Australian Canoe Slalom Championships; Eildon, Victoria
- Friday 9<sup>th</sup> – Sunday 11<sup>th</sup> February, 2018 – Grand Prix 2; SIRC, NSW
- Friday 30<sup>th</sup> March – Sunday 1<sup>st</sup> April – Canoe Polo National Championships; West Lakes, SA.
- Friday 18<sup>th</sup> – Sunday 20<sup>th</sup> May, 2018 - Australian Marathon Championships; West Lakes? South Australia



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## President's Report: Patricia Ashton

Winter is nearly over – yay, hopefully the temps rise a bit. There has been plenty of ice on the kayaks this season. It's so much easier to get out on the water in winter if you have others to share the experience with – come along to Wetspot for some warm gear and get out and join a training group or get your mates out with you. Wetspot will have some new pogies in stock soon – Sharkskin in the same cut as the Solution ones – just warmer!

There are still a couple of Marathon series races coming up, why not try out the last 2 which are closer to home. Swallow Rock is a lovely location and the last race is at Burrill Lake – almost a local waterway. There is also the sprint series if you want something fast and furious.

The shed extension is progressing, albeit slower than I would have hoped – but it shouldn't be too long. Scott Mac has been asking for expressions of interest in storage racks; make sure you get in early. As we work through the extension we will be needing materials and manpower – if you have any materials which may be useful for the internal build, e.g., insulation, carpet, wood, please let us know. We'll also need people to assist with the racking etc.

The next Big Event for the club will be our **AGM**. It will be held on **Sunday 24<sup>th</sup> Sept at the shed**. We do need people to stand for positions, most don't require a lot of time commitment. If you have enjoyed being part of the club, or if you have benefited through coaching, boat usage, storage etc., etc., maybe it's time to pay back? Remember, we can only do so much with limited resources, the more help we get the more we can offer.

See you on the water (or at the AGM)

*Patricia.*



2<sup>nd</sup> August, 2017



## Boat Captain's Report: Scott MacWilliam

### SHED CLEANUP – A TRIBUTE TO ENTHUSIASM

Thank you very much for the considerable turnout of club members that attended the Shed Clean-up last Sunday morning. While the shed was probably in a more dirty and disorganised state than I have seen it for quite a while, the conditions – and morning brisk, foggy weather didn't dampen the enthusiasm. More than two dozen club members turned out to sweep, vacuum, wipe and collect dirt. Nearly everything was taken out of the shed, cleaned and then returned to a spot in what is an increasingly crowded facility. Great effort by all. The combination of old and new faces in a club which depends so much on volunteering by many people made for an uplifting occasion.

Hopefully this will be the last clean-up in the old shed. On Tuesday, the concrete pour for the foundations of the new extension will take place, and on the following Monday, the erection of the building will begin, weather permitting. On August 16, the next stage of the cleanout and knock down will take place on the eastern end of the building where showers, toilet and change facilities are to be located.

Again, contributions to the morning from so many volunteers much appreciated.

*Scott MacWilliam*

Boat Captain



Where we began  
The toilet block  
in December '96  
First club shed  
about to start

### Car Break-ins around Rowing Sheds

**“Subject:** Security Alert - Boatshed and Carpark

Hi All,

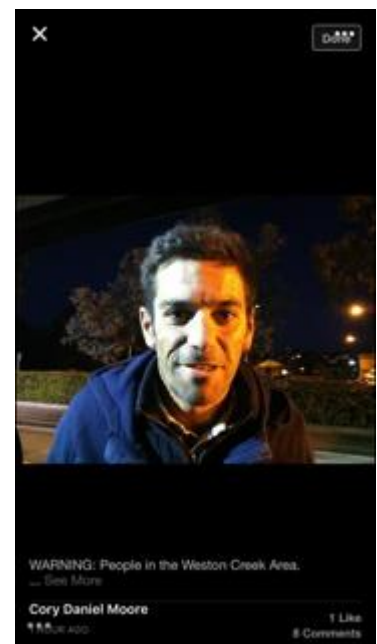
There is a drifter around who is renowned amongst the Yarralumla clubs having broken into several cars and pulled up the roller doors and stolen wallets and money from changing rooms when rowers are out on the water.

He is well known to rowers and police and was spotted near our boatshed earlier this week. Photo captured on CCTV.

Please be vigilant; don't leave valuables in your car; keep the shed back door shut and preferably lock the roller door and shed when out on the water.

This guy has longish unkempt black hair, possibly a broken tooth, trousers and a high-vis green jacket, he was carrying a esky bag. He is really only looking for cash – one of the AUS rower's car was broken into earlier this week, the phone and laptop were not touched but cash was taken.”

Thanks Margi, for forwarding this information to the club. The club shed Committee is working on security for our own shed and area.



## Flatwater Marathon Convener's Report: Russell Lutton

Only one PNSW marathon race to report on this month: race 8 at Narrabeen on Sunday, 23 July.



Above: Richard Fox

Unfortunately—or perhaps fortunately as it turned out—I was unable to make this race. What surprised me, though, when I looked initially at the results was the high number of DNFs. That was until I got a report from Richard Fox on the wind strength and the water conditions. Not pleasant!

Big thanks to Robert Bruce who was at Narrabeen and who kindly provides his beautiful report of the race (below). Well done to all BGCC paddlers who competed in very challenging conditions!

### 2017 PNSW Marathon Series: Narrabeen: Robert Bruce

A bleary eyed bunch of paddling nomads, drawn by the prospect of paddling in a temperature well above the July Canberra norm, hit the road early Sunday morning, 23 July for race 8 of the PNSW marathon series at Narrabeen Lake. Right: Gary Rake



There was a good rollup of over 220 boats at the new venue for the Narrabeen race. It saved the “running of the bulls” across Pittwater Road with a kayak on head. The new location was a sunny sheltered park on the northern shore of the lagoon.



The course's calm start area gradually began to show signs of an increasing wind strength and by the time of the start, the god of gusty westerly's, Farteous Maximus, was happily creating white caps on the bay.

Left: Graeme Bacon

Below: Dominic Hides

The run to the first rounding mark was with

the breeze, after the buoy the first of many challenges—a crosswind accompanied by choppy water. A successful rounding then heading back into the wind; easy! Left rounding and downhill, over into the lee of the aptly named Sanctuary Island.



The next section was a joy. Sheltered from the wind with flat water. Head north, under Pittwater Road bridge, 300 metres then turn 180 deg, back to the island and through the “slot” where reality returns like a slap in the face.

The gusting westerly hadn't abated, so wobble across the bay and upwind to the start/finish. Then do it all over again for as many laps as required. Below: Bob Collins and Patricia Ashton



Our club boats to tame the conditions best were the well-handled ski of Graeme Bacon, 1<sup>st</sup> in Div 6 and the battleship of Bob Collins and Patricia Ashton, 4<sup>th</sup> in Div 4. Richard Fox, Div 4, was busy



practising how fast he could empty out his boat and re-join the race. By the third try he had it nailed and finished 10<sup>th</sup>, still within 10 minutes of the winner.

Left: Robert Bruce

Other BGCC paddlers that made the journey to Narrabeen and completed a challenging race were: Gary Rake 6<sup>th</sup> Div 2; Dominic Hides 9<sup>th</sup> Div 3; Robert Bruce 10<sup>th</sup> Div 10; Ian Castell-Brown 6<sup>th</sup> Div 11; Allan Newhouse 8<sup>th</sup> Div 11.

Well done guys!

*Robert Bruce*

### Club standings for the series after Narrabeen has BGCC in fifth place on 130 points.

LCRK	Lane Cove River Kayakers	290
MWKC	Manly Warringah Kayak Club	224
HVPC	Hunter Valley Paddlesports Club	160
WCC	Windsor Canoe Club	134
<b>BGCC</b>	<b>Burley Griffin Canoe Club</b>	<b>130</b>
SSCC	Sutherland Shire Canoe Club	120
NP	Newy Paddlers	110
CCCC	Central Coast Canoe Club	108
PVC	Penrith Valley Canoeing	94
BWP	Brisbane Water Paddlers	92
CSKC	Cronulla Sutherland Kayak Club	84
Sharks	Shark Island Paddlers	48
AV	Avoca	22
SYDU	Sydney Uni	16
JP	Just Paddlers	14
ACCA	Dragon boats	12
WBCC	Wagga Bidgee Canoe Club	12
POCC	Pittwater Outrigger Canoe Club	8
SSP	Southside Paddlers	8
Makai	Makai Paddlers	6
ICC	Illawarra Canoe Club	2
SNBKCSydney	Northern Beaches Kayak Club2	

### 2017 event calendar

EVENT	DATE	LOCATION
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

### 2017 Wetspot Winter Time-trial Series

The program for the winter time-trials is below. Please note the Sundays when we do not have timekeepers and let me know if you can assist.

### WETSPOT WINTER TIMETRIAL SERIES 2017

DATE	ACTIVITY	Timekeeper
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)	Timekeeper assigned
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	

## Canoe Marathon

Event	Dates	Venue
2018 Canoe Marathon National Championships	18 – 20 May, 2018	South Australia

*Russell*

## Canoe Polo Report: Graham Helson

It's been a quiet month with a short break over the school holidays for paddlers to reacquaint themselves with other sports and family members.

We're back in the swing of things now on Wednesday nights at the pool, 8:30 p.m. - 10:30 p.m. and Sundays from 3 p.m. - 4:30 p.m.

A few upcoming dates to be aware of:

Summer series round 1 - Canberra, 21<sup>st</sup> - 22<sup>nd</sup> October

Summer series round 2 - Penrith, 2<sup>nd</sup> - 3<sup>rd</sup> December

Summer series round 3 - Adelaide, 27<sup>th</sup> - 28<sup>th</sup> January

Summer series round 4 - Melbourne, 24<sup>th</sup> - 25<sup>th</sup> February

2018 National Championships - West Lakes, 30<sup>th</sup> March - 1st April

And finally, if you've got 3 hours to kill, here's a link to the finals of the World Games, (which is like the Olympics for sports that aren't in the Olympics).

<https://www.youtube.com/watch?v=8HgpzSL83OQ>

Spoiler alert; Congratulations to Germany who took out both the women's and men's gold medals.

See you on the water, *Graham*

## Canoe Polo

Event	Dates	Venue
2018 Canoe Polo National Championships	30 March – 1 April, 2018	West Lakes, SA

## Slalom Report: Kai Swoboda

The local rivers remain pretty low and with me not wanting to get wet and cold there hasn't been much action in slalom and wildwater. In days gone by I remember having some informal arrangements for the release of water with the operators of Scrivener Dam for two mornings a week in the late 1980s to enable us to train directly below the dam on fast flowing water.

That said, I have been regularly checking out the water levels and dam levels on various websites, including the [NSW water information website for the Murrumbidgee](#) and levels listed on the [KayakCanberra website](#).

Much to my surprise, the river flow below Burrinjuck was almost at summer levels for a few days in late July, at a perfect level for a trip. It appears that the increased flows, which also occurred from Blowering reservoir near Tumut, were part of an [environmental release](#) 'with the aim to provide a low level fresh in the Murrumbidgee River that will improve the health of wetlands along the Murrumbidgee River'. Pity this paddle is best done on a hot summer's day.

With slalom and wildwater so often relying on rain or scheduled releases for hydroelectricity, the more frequent use of scheduled environmental flows by water managers offers a great opportunity to plan paddling trips ahead of time. Locally, the implementation of annual environmental releases from Lake Jindabyne into the Snowy River, with the calendar of releases made available ahead of time allowing paddlers to target the days of higher water flows required for the day or days to paddle the different sections of the river. Icon manage some environment flows below the cotter dam but these are generally not sufficient for paddling except for a few days each year (usually in August/September).



Photo: Environmental release from Jindabyne dam into the Snowy River. ABC

### Canoe Slalom

Event	Dates	Venue
2018 National Junior Slalom Championships*	4 – 7 January, 2018	Eildon, VIC
2018 Australian Canoe Slalom Championships	8 – 12 January, 2018	Eildon, VIC
Australian Open	16 – 18 February, 2018	Penrith, NSW

\*Formerly known as Australian Schools Championships

([kaiyak@outlook.com](mailto:kaiyak@outlook.com)).

*Kai.*

### 2017 – 2018 BGCC Membership Fees: Helen Tongway

**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**

**See club web-site for how-to-pay links**



## SUP Report: Joanna Nelson



The cooler mornings have limited our time on the water and most of us are getting out over the weekends. Coffee / training paddles on Sunday mornings with a 10km loop from Boat House around the Island via Kingston foreshore.

### -7 Sunday morning paddle

Most of the boys have had some success with a couple of trips to the coast to chase the winter swells.

*Picture below of Trent Shaw and Lincoln Gibson.*



Our weekly gym sessions at the *Unbranded* have been great and we are all starting to see and feel the results during our distance paddle sessions on LBG.

### Dates to remember

- Sun, 20 Aug - The Middle Harbour SUP Festival, Sydney (10 & 5 km distances)

**Reminder** - BGCC Club membership / NSW Paddle registration is due.

- Anyone who would like consideration for SUP storage in the BGCC renovations please make contact through the club or to myself direct.

*Joanna*

## South Coast Paddlers Report: Allan Newhouse

Ian Castell-Brown and Allan Newhouse represented BGCC in Division 11 in challenging conditions at Narrabeen.

The forecast wind arrived on schedule shortly before the first divisions started and it became stronger during the event. While part of the course was quite well sheltered, the section near the start finish was exposed to the full force of the gusting winds. The shape of the course meant that we had to paddle with either a headwind, a tailwind or a crosswind for a significant part of the course.



*Above:* the rescue boats were kept busy on the Narrabeen Lake.

Unlike quite a few of the K1 and ski paddlers, both Ian and Allan survived the testing conditions and finished 6<sup>th</sup> and 8<sup>th</sup> respectively. However, both found that some of outrigger canoes and some other new paddlers were either having difficulty with the conditions or were not accustomed to having to ensure that they completed the course correctly and avoided inconveniencing other paddlers.

Allan had the misfortune to follow an outrigger under the bridge on the first lap. When an outrigger capsizes in a narrow channel like that it takes up a lot of room and there is no option but to wait for the tide to carry the upturned outrigger out the other side.

*Below:* Allan Newhouse – showing the building wave-action



Allan had an extra incentive to make sure he stayed upright. As well as being determined to avoid the embarrassment and the time lost by capsizing, he thought that the temperature related data he was helping Margi Bohm collect might be less useful if he had a cooling dip along the way.

Manly Warringah did an excellent job of adapting to their new assembly area

and ensuring that issues like parking didn't create problems for the roughly 200 paddlers who competed.

*Allan*

*(All photos in Marathon Reports were taken from the PNSW Flickr pics.)*

## Sprint

Event	Dates	Venue
Grand Prix 1	8 – 10 December, 2017	West Lakes, SA
Grand Prix 2	9 – 11 February, 2018	SIRC, NSW
2018 Senior Selection	4 – 5 March, 2018	SIRC, NSW
2018 Canoe Sprint National Championships	6 – 10 March, 2018	SIRC, NSW

*Please note 2018 Senior Selection (4 – 5 March) is an invite only event.*

## Coach's Corner: Margi Bohm

I usually miss the BGCC Birthday Dinner because of my overseas commitments to the Emerging National Marathon Team and research. However, this year I was able to attend and was reminded of why it is one of my favourite events. I just love trying to identify my fellow club members who manage to look so different when not wearing shorts and a wet T-shirt and I really enjoy revelling in the successes of our paddlers. It was so good to see paddlers from all disciplines performing well, confirming that the multi-discipline model that defines BGCC is working well. Congratulations to all trophy winners and if you just missed out ... there are 335 days to the next dinner!

Coaches often ponder on the components necessary for an athlete to be successful, and note that for most club coaches, success is really defined by an athlete reaching their potential or being *the best they can be*. I think that there are three components that allow us to be *the best we can be*. Firstly, we need a healthy dose of attention to detail and commitment to excellence. This allows any innate talent to be realised but also allows talent-like attributes to be learned. Secondly, we need a reliable and consistent support network ... a good coach who supports us and cares about our well-being as well as our performance, professionals who can advise us on key aspects such as nutrition, injury etc., and of course our family, who pick us up when we fall and who love us unconditionally. These two components are well accepted as being part of the recipe of success. The third component to being a successful paddler is less obvious, but is the game changer. It is that we need an environment in which we can reach our potential. If that environment is not there, being *the best you can be* becomes extraordinarily hard.

For flatwater paddlers in Australia, being *the best we can be* has just become a great deal harder thanks to a spate of ill-informed life-jacket laws being introduced by the State Legislatures including NSW that have profound effects on the environment in which we perform. As mammals, we are homeotherms which means that our core is maintained at a constant temperature 35.5–37.5 °C, but there is very little wriggle room. If our core temperature decreases or increases by as little as 2–3 °C, we require immediate medical attention.

Our thermal status is a balance between heat gains through metabolic heat generation and energy absorption from the sun and environment and heat losses through sensible and latent heat losses and radiant heat loss. Sensible heat loss is driven by the temperature gradient between the skin and the environment. When our skin temperature is greater than the air temperature near the skin, we lose heat to the environment but when it is less than the air temperature, we gain heat energy adding to our core temperature. Latent heat is driven by evaporation of water from the surface of the skin and depends on the propensity of sweat glands, hydration status of the body and the relative humidity of the air. It is driven by the gradient in the concentration of water molecules between the surface of the skin and the air. Atmospheric temperature and relative humidity thus play an important role in our thermal comfort as all of us know from trying to do strenuous exercise in a hot and humid climate. Furthermore, wind helps wick heat from the air in contact with the skin and the effect of the wind on our thermal comfort is usually reported as wind chill. Radiant heat losses are proportional to the fourth power of our skin temperature and is an important avenue for heat loss under strenuous exercise.

So how do life jackets interact with these heat processes and how does this affect our paddling environment? Life jackets are constructed of high buoyancy material that is impervious to air and has poor heat conduction characteristics. As a result, life jackets are perfect insulators as they inhibit heat transfer by disconnecting the skin covered by the life jacket from the cooling atmosphere. Sensible heat losses are greatly reduced. Latent heat loss is also greatly reduced because the inside of the life jacket gets wet too so, counter to popular opinion, drinking more water does not counter the effect of wearing a life jacket. In an effort to increase “breathability”, life jackets come in a variety of shapes and sizes, but most life jackets worn by paddlers cover the torso (front and back) from waist to lower neck line. This means that most of the surface area presented by paddlers to the atmosphere for cooling is now covered by an almost perfect insulator. The thermal balance of the body now

primarily depends on the ability of the arms and face to dissipate enough heat to keep cool. This explains why some of us have such red faces when paddling hard!

A recent experiment using paddlers participating in the Narrabeen race showed that when not wearing a life jacket, skin temperature on the torso was 22 °C whereas the paddler in the same boat with a life jacket had a torso skin temperature of 33.5 °C. The wind chill on this day was 20 °C, clearly showing the insulating effects of wearing a life jacket. At the end of this race, at least one paddler presented to the first aid tent with heat stress symptoms. At the Windsor race a month earlier, the air temperature was about 5 °C higher than at Narrabeen. I did not have sensors on paddlers at that race, but several paddlers exhibited heat stress symptoms, one serious. Linearity suggests that these paddlers probably had torso temperatures several degrees higher than 33.5 °C putting them into the realm of serious health risk.

It is important to note that the paddling community is split on the life jacket issue and there are many who claim to have no effect from wearing a life jacket. Of the eight paddlers tested at the Narrabeen race, 4 had torso skin temperatures above 30 °C and 3 had torso skin temperatures less than 25 °C. Paddlers with the lower temperatures are able to lose enough heat from the exposed parts of their bodies to counter the insulating effect of their life jackets. This is most likely related to specific life jacket characteristics but also to the distribution of sweat glands which is genetic and we need to include information metabolic heat production which correlates with effort. More research is needed to nut out why some paddlers can balance their heat energy and others cannot, but the interesting outcome from this pilot study is that HALF of the paddling population is at risk from overheating when wearing a life jacket in flatwater race conditions.

So here is the irony. The life jackets laws are marketed as making our waterways more safe. However, data on drownings in inland NSW waterways shows ONE death in a decade of competitive flatwater paddling events (a fatal heart attack at the World Masters Games in Sydney). The safety program adopted by PNSW (and its predecessor NSW Canoeing) was sensible and worked exceptionally well. We all had life jackets with us for each race and from time-to-time conditions were bad enough for organisers to require us to wear them, and wear them we did with no major complaints. Compare ONE death in a decade with the data from one season of PNSW winter series races - ONE paddler with serious heat exhaustion (and lucky to be alive) and several paddlers presenting with heat stress symptoms together with quite a few paddlers emailing me with tales of having to slow down because they were so hot during racing.

The life jacket law in NSW have created an environment where many paddlers can no longer paddle at the best of their ability because they overheat. This is a death knell for the sport. We cannot *be the best we can* be when we are forced to race in an environment that prevents us from doing our best. And to make it all the more ridiculous, our sprinters have to wear life jackets too – what a wonderful way to prepare for the Olympics!

*Margi*



## **Clyde River - Nelligen, training paddle**

**Saturday 12th August. 9 a.m. meet; 9:30 a.m. on the water.**

If you are looking for a training run for the Myall or the Hawkesbury Classic, or if you just like to paddle somewhere different (warmer), the Clyde offers a wonderful opportunity.

As per previous paddles we will start from Nelligen boat ramp and paddle towards Shallow Crossing – 46 km if you complete the paddle (58 km if you take a wrong turn.....). As it's an up and back type paddle you can also choose to paddle an hour or 2 and turn around, whatever works for you. We usually take about 5 – 5:30 hours; the group splits up and paddles at their own rate, then meet up at the end for lunch at the local cafe. The river is tidal, quite scenic and offers places to pull out for a stretch. Looking at the tides - low tide is at 7 a.m., with high tide at 12:45 p.m., so (un)fortunately, it will be with the tide most of the time. (Not good from a training for worst case scenario!!, but it still could be windy). This trip is weather dependent, so please let me know if you intend to come along so I have your contact details. Patricia (0457 053 520)

# 24 Hour Paddling Challenge 2017

Weekend of 9<sup>th</sup> – 10<sup>th</sup> December

Hosted by BGCC at Molonglo Reach, Campbell, ACT

This year we are planning for a low-key event. BYO: everything. Shelter tents permitted in a limited area, not under trees. We are not trying to raise funds for any charities, but if you feel like donating to the BGCC Club Shed Building Fund – all monies will be gratefully received!

**Entries:** via *Register Now*, by Saturday 2<sup>nd</sup> December, 2017.

**Entry Fee:** \$40

**Course:** 4.5 km loop course on Molonglo River

**Briefing:** 9:00 a.m.

**Start Time:** 9:30 a.m., Saturday 9<sup>th</sup> December, 2017

**Finish Time:** 9:30 a.m., Sunday 10<sup>th</sup> December, 2017



Early Morning Tranquillity, Molonglo Reach, 26<sup>th</sup> November, 2006.

**Paddler Safety:** There will be a safety boat stationed at the start/finish area, but paddler safety is to be by paddlers caring for anyone in need of assistance on or in the water. Paddlers are all to have at all times out on the water: a pea-less whistle, readily available to relay a message along the river that the safety boat is needed – either upstream or downstream of the start. Any time spent in assisting another paddler in difficulties will be allowed for in the distance paddled.

**From Sunset: lap starting at or after 7:45 p.m.:** all paddlers must wear a lifejacket, with a torch attached, along with their readily available whistle. All paddlers must have lights on stem and stern of their craft. Cyalumes will be provided for paddlers use.

**Amenities:** BGCC Club Shed has a warm shower; there are public toilets; a club barbecue will be available and if enough interest is shown, a thick soup can be provided. The club kitchen has a fridge and kettle and pod-coffee drink-maker.

## **BGCC's 2017 will be held at Molonglo Reach on Sunday 24<sup>th</sup> Sept, 10:30 a.m.**

Here is your chance to put something back into your club. Have your say in how the club is run. Take an interest. Take part. Volunteer for a position. Vote on committee and other positions.

- All club positions will be declared vacant.
- All Current BGCC members are eligible to stand for and to vote on all positions.
- Morning Tea, Coffee and Cake! ☺

Most of the current Committee members have completed their maximum 2 years in their current positions. If you would like to know more about what is involved in any of the various club positions, please read the summaries below, or contact a current committee member, discipline convener or other club leader.

### **Duties of Club Committee Positions (abbreviated)**

**Public Officer:** *(An ACT Government-required position, but not a committee member)*

Presents to the ACT Government, a copy of the incoming committee members plus a copy of the audited financial statement for the previous financial year

#### **Officers of the Club:**

##### **President: (The Buck Stops Here.)**

Be a supportive leader of all club members over all disciplines

Be well informed of all club activities, plans and future directions of the club and its members

Manage club committee and other meetings as chairperson – or appoint a replacement to chair

Ensure that planning and budgeting is carried out in accordance with the wishes of club members and within the bounds of the club's Constitution

Delegate to other club members such duties as are needed for the smooth running of the club

##### **Vice-President:**

Acts in the position of the President in periods of his or her absence

Has a good working knowledge of the club's Constitution, club rules and the duties of all Office Holders and Sub-Committees

##### **Secretary:**

Is the chief administrative officer for the club; he or she provides the link between the members, the committee and external organisations

Receives and records all incoming and outgoing correspondence

Provides the agenda for club meetings and records the minutes of all meetings

Possesses definitive copies of all official documents; including Constitution, Club Rules, Letter-head, etc.

##### **Treasurer:**

Is responsible for the financial management of the club

Maintains a record of all current Income and Expenditure, presenting a monthly update to all club meetings

Prepares monthly accounts and presents invoices for approval by the committee

Collects and banks all club monies

Prepares annual financial accounts for auditing.

##### **Boat Captain:**

Keeps a record of all equipment owned by BGCC and suggests any equipment replacement needs

Consults with Committee on who is permitted access to the Club Shed and use to club equipment

Allocates racks for the storage of both club and privately-owned/stored boats

If appropriate, performs minor repairs to club boats and/or arrange for more heavily damaged boats to be repaired off-site

##### **Safety and Training:**

Ensures all events are conducted in a safe manner

Checks club shed, club equipment and grounds around the paddling events for any dangerous conditions

Makes sure club coaches, instructors and guides are fully qualified and when needed, hold WWVP cards

## **Other Committee Members:**

### **Two Ordinary Members:**

Aim to have people from different disciplines to ensure a greater spread of expertise in the Committee  
Club members who can take on some of the tasks of other committee members to lighten their work-loads

### **Other club positions: (Not Committee positions)**

#### **Membership Secretary:**

Keeps an up-to-date record of all club members; along with any payments for club extras  
Up-dates on-line payment systems for club memberships and club extras

#### **Editor:**

Asks for and edits contributions to the monthly publication of *Blazing Paddles* club newsletter  
Publishes newsletter on-line and sends out a club email to let club members know it is available

#### **Triathlon Co-ordinator:**

Liaises with Triathlon ACT and other triathlon events in ACT organisers with regards to fees per swimmer to the club, plus any other requests; where, when, how many waves of swimmer and any other information the organisers can provide to the club

Organises via club emails and/or personal contact, sufficient club members to support the organisers' requests

#### **Coaches' Representative:**

Does not need to be a coach, but takes up any concerns of coaches with the committee  
Coordinates coaches getting their qualifications: courses, first aid qualifications, etc.

#### **Web Maestro:**

Keeps the club's web-site up-to-date by liaising with various club committee members re relevant information

#### **Discipline Conveners:**

Needed for each paddling discipline, to represent their discipline at open meetings or by special request at Committee meetings

Ensures their discipline is able to conduct events and training in a suitable manner

#### **And then .... the rest!**

Throughout the year there are many things which need to be done – some annually, or weekly, or for a special event. Things like washing the boat wipe-down towels, shed clean-ups, canoe polo field maintenance, pontoon maintenance, food preparation and cooking at barbecues, time-keeping at time trials, umpiring at CP games, applying for ACT Government Grants, cleaning the kitchen area, club trailer maintenance, etc. etc.!!

*Helen*

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## **Boats for Sale**

**Vajda supersonic xxi.** River layup with trailing rudder. About 12kg. Excellent condition - but needs a seat.  
\$1000 or make an offer

Contact Michael: 0498 003 121 or [hanemaayerm@gmail.com](mailto:hanemaayerm@gmail.com)



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### **Inflatable SUP - Naish One 12'6"**

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

Minimal use

Listed on Gumtree: **\$1450**

Contact Roger: 0414 375 752



Contact Robin:

0424 832 249 or [r.robertson@adfa.edu.au](mailto:r.robertson@adfa.edu.au)

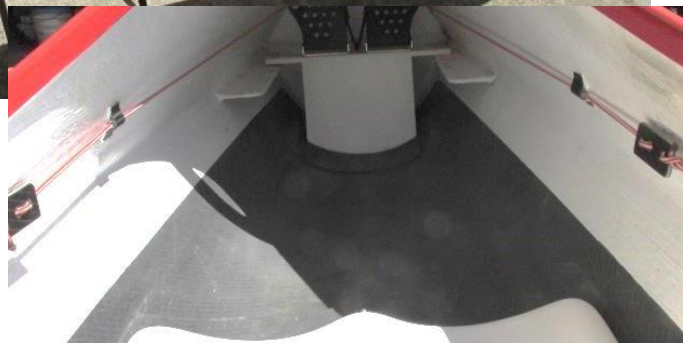
Kaituna \$500 or ono



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



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](tel:0419603119)

Ski for Sale:

"I have a vадja hawx 46 elite lay up for sale (as new)"

[s.okelly@grapevine.com.au](mailto:s.okelly@grapevine.com.au) 0411 602 336

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



**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](mailto:nicolas.jones96@yahoo.co.uk) (Small boy not included!)



**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



**Nelo Vanquish K1 size ML** (would suit paddler 65-80kg). The boat is in pristine condition, with very few cosmetic blemishes. Always washed in fresh water and stored in cover in garage. Comes with full padded cover (+bag), racing weights & 2 rudders (1 anti-weed 1 regular). Only selling as I no longer paddle and the boat is too good to be sitting in my garage.

Full specs here: [http://www.nelo.eu/kayaks/details/k1\\_vanquish\\_iii\\_1](http://www.nelo.eu/kayaks/details/k1_vanquish_iii_1)

Contact Robert Tener:  
[robert.tener@hotmail.com](mailto:robert.tener@hotmail.com)  
0423 361 204



**For Sale: Boat Trailer:** Holds up to 7 boats. \$1,600 (Negotiable)

**Contact Roy: 0408 428 843**



### **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**

**Don't forget: Sunday 24<sup>th</sup> September**  
**BGCC AGM: Vote; Take on a position;**  
**Nominate a friend – or yourself! ☺**



### **BGCC Fleet Renewal Plan**

The new plan for gradual renewal of the BGCC boat-fleet is now available on the club's web-site under "Administration"

### **From Tony Hystek PNSW Chairman – PNSW: June newsletter**

After many meetings and discussions with interest groups within the PaddleNSW community, we have developed a proposal for the creation of club-based 'training zones' for competition paddlers. These will incorporate areas where club paddlers regularly train, and where the conditions are well known.

The proposal would allow for clubs to take responsibility for their own training areas, and determine whether conditions required the wearing of lifejackets or not.

Paddlers would be assessed by qualified club officials for their ability to swim in their training waters (say 100m), and their ability to self-rescue and rescue others.

The winners?

Well, everyone who wishes to train without a lifejacket in their training zone will have been assessed as competent to do so. Those who need to brush up on their skills will be reminded to do so. Those who don't mind wearing lifejackets will still wear them. And clubs will be encouraged to get paddler qualifications so they can perform competency assessments. Clubs officials will also determine whether conditions require lifejackets to be worn, such as during colder months.

The above proposal is just that...we still have to take it to NSW Maritime, so please wait till it has been approved (or rejected!)

NSW Rowing has used a similar management system to enable rowers a lifejacket exemption. They have coach boats attending, whereas we usually have accompanying paddlers who can render assistance. We are hopeful that common sense will prevail and enable our paddlers who are currently training illegally to become legal.

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Margi has s new boat. Christened a few weeks ago with a South African name, something like "don't step in lion's poo" or similar

**Russell L.**

(And not related to Margi, nor her kayak's name.....)



## 2017 – 2018 BGCC Membership Fees: Helen Tongway

Unless you heard differently from me: Your current BGCC finished on 30<sup>th</sup> June, so unless you have already re-joined for 2017-18 you are now uninsured. (A list of current BGCC members is below.)

**Changes:** There is a New Member Fee of \$50. The Coded Levels have gone – now just Standard Membership (paid via PNSW/AC) plus Upgraded Memberships (paid via Register Now)

**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**

Club Members, as at 03/8/2017: David Abela, Nicole Andrews, Patricia Ashton, Paul Atkins, Graeme Bacon, Pam Beesley, Kathryn Bell, Trent Birkett, Andy Bodsworth, Margi Bohm, Leigh Brady, Robert Bruce, Jacinta Buckman, Marcelo Cabezas\*, Ian Castell-Brown, Greg Chesher, Ceara Clark, Larissa Cleverly, Geoff Collett, B0b Collins, Peter Connolly\*, Jeff Cordiner, Anne Cronin, James Deakin, Jonte Deakin, Jason Downey, James Forgie, Craig Elliott, Randall Fitzsimon, James Forgie, Richard Fox, James French, Ian Fry, Emily, Louise, Matthew, Rebecca and Tim Gates, Lincoln Gibson, Theodore Gilbert, David Green, Tom Green, Clive Haggard, Chaya, Kalaa, Megan and Malcolm Hall, Michael Hanemaayer, Ainslie, Anna, Asher & Steve Harmer, John Harmer, Phillip Hayes, David Hearne, Graham Helson, Wendy and Tom Hick, Dominic Hides, Roger Hobbs, Nick Hocking, Marty Holden, David Holmes, Rowan Holt, Tony Hope, Ellie House, Aimee, Kate, Josh & Scott Hunter, Gabrielle Hurley, Jack Jessen, Warren Jolly, Nicolas Jones, Meg Keen, Craig Kentwell, Laura Kleinrahm, Basil Lau, Tom Layton, John Lockie, Kieran Lomas, Clare Lonergan, Tristyn Lowe, Sammy Lucas, Shane Lund, Russell Lutton, Kieran Macdonell, Scott MacWilliam, Liam & Marco Maldoni, Roland Mangos, Greg Manning, Barry Marshall, Stephanie McCaffery, Mark McDonald, Jeanne Mclauchlan, Kate McNamara, Alice McRorie, Tony Mee, Steve Mesaric, Alexis, Kirsten & Natalia Miller, Geoff Molloy, Denby Moylan, Hamish & Russell Murphy, Roger Murray, Allan Newhouse, Kirsten Nicolle, Shane Norenbergs, Christine O'Brien, Carolyn Page, Andrew Parkinson, Sam Pettett, Geoff Pickup, John Preston, Julie Quinn, Ben, Gary & Stephanie Rake, Tacey Ramsay, Mark Raymond, Michael Reed, Breanna Reid, Ella, Aiden & Rohan Reynolds, Lee Rice, Sue Robb, Dane Roberts, Megan Ruth, Trent Shaw, Daniel Smith, Daniel Smith, Frank & Lorraine Stevens, Albert Stewardson, Emily Stewart-Reed, Charlotte, Robert & Zoe Stimson, Kevin Swain, Russell Swinnerton, Kai Swoboda, Heidi Tallarida, Jacob Tapp, Peter Teichmann, Isabella, Kirsty, Mark and Millie Terracini, Michael Thomas, Helen Thompson, David & Helen Tongway, Claire Wallis, Scott Walsh, Norman Warthmann, John Watt, Alexandra Wedutenko, Greg & Jacqueline Wicks, Angus and Keturah Whitford, Carolyn Williams, Don Williams, Roy Willis, Kerrie Wilmot, Rob Wilson, Danielle Winslow, Trudy Witbreuk, Jason Wright, Jason Wright, Michael Young.

\*\*\*\*\*  
**Australian Canoeing Safety Guidelines**

The latest Safety Guidelines are available at:

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



**Photo: Gary Rake; in Wollongong 18/6/17**

## 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>

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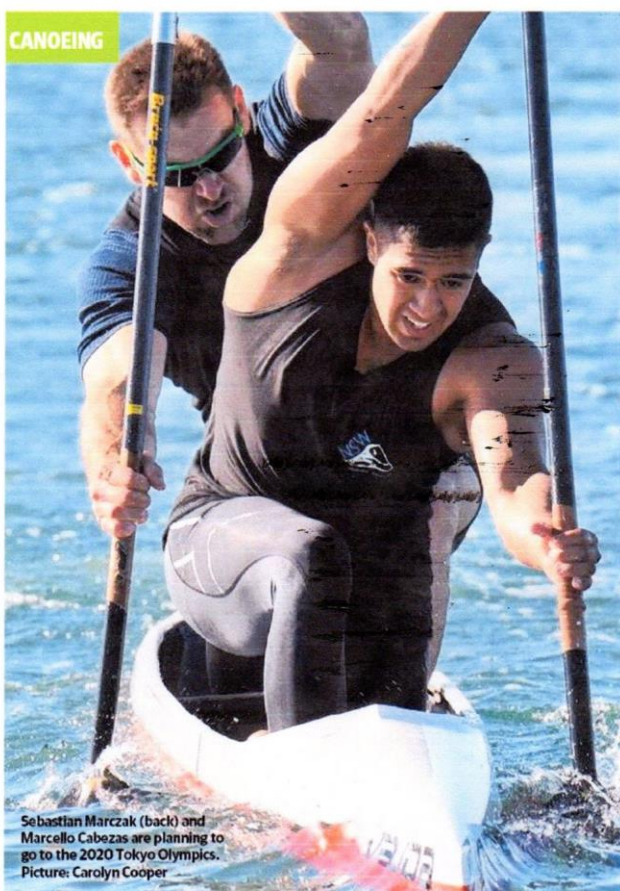
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Sebastian Marczak (back) and Marcello Cabezas are planning to go to the 2020 Tokyo Olympics. Picture: Carolyn Cooper

# Olympic dream still alive

Marczak finds perfect partner

**Matt Jones**

SEBASTIAN Marczak's 2020 Olympic dreams weren't looking good a year ago, but a stranger called Marcello Cabezas may have just revived them.

A 2012 London Olympian in the C1 200m canoe, Marczak was left devastated when the event got cancelled for Rio de Janeiro's 2016 Games.

He decided he'd have a go at the pairs C2 1000m event in Tokyo, but he had to find a left-handed partner.

"I decided to start coaching young guys and try to develop them for a four-year plan so hopefully I would have a few left-handed paddlers to peak for Tokyo, and one of them would partner me," Marczak said.

"Marcello's only been paddling for one year.

"We're the fastest crew in Australia now, but we're still in a four-year plan."

The Jordan Springs resi-

dent, 34, combined with Cabezas to win the C2 1000m and C2 200m Australian titles recently, which not only came as a surprise to Marczak, but confirmed his Olympic dream was alive.

"Based on our results and his one-year progression,

**We're the fastest crew in Australia now, but we're still in a four-year plan.**

Sebastian Marczak

he's the man to partner me towards the Olympics. He's come from nothing to an Australian title," he said.

"I want to put in another good year here this year so by the time next year comes, we can be in the B finals at the world championships, then move into the A finals before the Olympics.

Continued P43

Above: Sebastian Marczak has put Marcel Cabezas into the front of his C2 – aiming for the 2020 Olympics!



Left: Meanwhile, Nick Hocking has taken part in a Canoe Racing meeting in Victoria. Quite a turnout of single-blade paddlers, in singles, Men's doubles, Women's doubles and Mixed doubles – so everyone had a chance to paddle 3x separate races of 6 km each over the day.