



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 27 Issue 03 October 2016

Your Committee:

President: Patricia Ashton

Vice President: Russell Murphy

Secretary: Robin Robertson

Treasurer: Jane Lake

Safety & Training: Craig Elliott

Membership Secretary: Helen Tongway

Public Officer: Bob Collins

Editor: Helen Tongway

Burley Griffin Canoe Club Inc.

PO Box 341

Jamison Centre ACT 2614

www.bgcc.org.au

In this Issue:

- Spring is sprung – with occasional beautiful paddling weather!
- Discipline Reports: Canoe Polo, SUP, Marathon, Ocean Racing
- Coming Events, Boats for Sale, Happenings....**Membership Renewal!**

 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT

Contents

Coming Events:.....	2
President's Report: Patricia Ashton.....	3
Flatwater Marathon Convener's Report: Russell Lutton.....	4
South Coast Conveners Report: Allan Newhouse	8
SUP Convener's Report: Joanna Nelson	9
Canoe Polo Report: Graham Helson.....	9
Ocean Racing Convener's Report: Nick Ziviani.....	10
Coaches Corner: Margi Bohm.....	11
Tumut River Race Report: Adele Walker (Footscray Canoe Club).....	14
Boats for Sale.....	18
BGCC Fees for 2016-2017	20

Coming Events:

- **Saturday 29th October, 2016: Hawkesbury Canoe Classic; 65 km Windsor to Wisemans or 111 km Windsor to Mooney Mooney. Make this a big event for BGCC! Can we get 40 participants for the 40th HCC?**
- Saturday – Sunday 5th & 6th November, 2016: Canoe Polo Invitational; Molonglo Reach, ACT
- Saturday 19th November, 2016: Murray Quad: 3.2 km swim, 21.1 km run, 91.5 km bike, 25 km paddle; with Peaches & Cream paddle:
- Monday 21st to Friday 25th November, 2016: Massive Murray Paddle, 404 km, Yarrowonga to Swan Hill, 5 days
- **Saturday 3rd - Sunday 4th December, 2016; 24 Hour Paddling Challenge, Molonglo Reach, ACT.**
- Friday 9th - Sunday 11th December, 2016 – Sprint Grand Prix 1 - West Lakes, SA
- Friday 3rd - Sunday 5th February, 2017 – Sprint Grand Prix 2 - SIRC, NSW
- Saturday 11th – Sunday 12th February – Frank Harrison Races – MMCC, Albury, NSW
- Sunday 5th - Thursday 9th March, 2017 - Canoe Sprint National Championships - SIRC, NSW
- Saturday 11th March, 2017: Australian Marathon Championships, SIRC, Penrith, NSW



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

President's Report: Patricia Ashton

So much for our taste of spring! However, we're lucky we live in Canberra so we do miss much of the havoc of flooding that other towns and cities suffer from.

Many thanks to Russell Lutton, Scott Hunter and Shane Lund for resetting the time trial course; on a very cold, wet and windy Thursday. Kiaran and Steve M have added stabilizing chains so the buoys will float upright to hold the lights 'up' for the 24 hour event; Russell spent several hours with the paint brush, not to mention the physical labour of getting them, chain and concrete to the beach and onto the boat, then from the boat in the correct position. So again, these things don't 'just happen'. Hopefully the river will be kind to us and not flush them away too quickly!

Congratulations go to Gabrielle Hurley who took out a 3rd place in Women's V50-54 and 4th in the mixed doubles at the Worlds – she will let you know more about that hopefully in this edition and to Gary Rake who put up a good fight. Also to all those who came along to the Wagga Marathon race in what was looking like extremely ordinary conditions! At the presentation dinner, while the BGCC came 3rd in the Brian Norman Club trophy (after 4 years of winning it!) and 2nd for the ICF trophy, many of our regular paddlers placed in the individual points scores and the divisional placings, especially the intrepid trio from the Bay, Graeme Ison, Allan Newhouse and Ian Castell- Brown, as did Robert Bruce and Jack Jesson. The Club was also awarded the honour of hosting the NSW State Championships (instead of a Divisional race) on the 25th February, 2017.

The new committee met for the first time last week with much to discuss. Minutes of the meetings can be found on the club website under 'Administration', please take time to read them each month. Last meeting mainly centred on financial procedures and reporting, nominating a sub-committee to look at the Strategic Plan – Russell Murphy and Kai Swoboda will be asking for one other to join them. Canoe Polo have won 2 x \$3000- grants for emerging sports, we'll hear more about these later.

Anyway, I don't believe we've had our 'quiet' time; from now on its all go!

I hope teams are being organised for the 24 Hour Challenge coming up soon?

See you all on the water, in the sunshine, ready for Wednesday evening time trials and canoe polo training back on the river.

Patricia.



Comin Up, on 3rd/4th December: Our own



24 Hour PaddleChallenge



So, get your teams together, take part, have fun, donate to our worthy cause for 2016

Flatwater Marathon Convener's Report: Russell Lutton

Here's the rap on what's happening with marathon stuff. As usual, September was a busy month.

2016 ICF Canoe Marathon World Championships

Congratulations to Gabrielle Hurley and Gary Rake who have returned home after competing in the ICF Canoe Marathon World Championships at Brandenburg, Germany in September. These two BGCC paddlers have put in an enormous training effort during the winter and just to compete at this international level is a great tribute to them both.

Gabrielle finished third in her event after being pipped on the line for second place; and Gary reports that he was just pleased to finish his event in what were very challenging paddling conditions. Have a look at the water conditions in some of the webstream videos at <http://www.canoeicf.com/canoe-marathon-world-championships/>! (The editor is awaiting personal reports for the next edition of *Blazing Paddles*.)

2017 Australian Marathon Championships

In a break from the traditional timing, Australian Canoeing has announced that the 2017 Australian Marathon Championships will not be held on the Easter long weekend. Instead they will be held on 10 to 12 March 2017 (a long weekend in most of Australia).

The championships will be held in conjunction with the sprint series with all marathon events held following the conclusion of the sprint events. The championships will be held at the Sydney International Regatta Centre. More information is available on the Australian Canoeing website at <http://canoe.org.au/2016/09/19/2017-australian-championships/>

PNSW Myall Classic

Congratulations to BGCC paddlers Richard Fox, Bob Collins and Robert Bruce who participated in this year's Myall Classic, which was held on the NSW central coast on 17 September. Richard and Bob competed in the masters 50+ LREC1 class over the 47 km distance and finished in 4:27:45 and 5:30:03 respectively, while Robert (masters 50+ OS1) completed the 27 km event in 2:53:36.

As always seems to be the case in the Myall, wind and tide changes over such long distances and paddling time make this a challenging event, and this year was no exception. Full results are available at <https://regattas.canoe.org.au/?results=1132>

2016 PNSW Marathon Series, Race 8, Burrill Lake, Saturday 3rd September

Makai Paddlers hosted Round 8 of the series at Burrill Lake on the NSW south coast. The start of the race was delayed by about an hour and the course changed because of an approaching weather front, but in the end the conditions were no worse or better than we have come to expect at Burrill: wind and waves on the exposed lake made for pretty rough racing.



Another day, another new ski. Andy Bodsworth: testing, testing...

Paul Atkins finishing





Good to see the Patricia Ashton/Bob Collins team back on the water:



Graeme Ison takes the final turn



Some of the BGCC Burrill team soak up the sunny beach weather: (L to R): Paul Atkins, Richard Fox, Patricia Ashton, Bob Collins, Russell Lutton, John Lockie, Dom Hides, Craig Elliott, Graeme Ison, Andy Bodsworth and Nick Ziviani

Congratulations to the large BGCC contingent who made the trip to Burrill. We had a great turn out. It was beaut to see the Ashton/Collins doubles combo racing again, along with the Dave Abela/Scott MacWilliam double boat doing their div 6 ranking race, perhaps in preparation for next year's series?

BGCC retains third place on the 2016 club standings, 22 points behind second placed MWKC, with Lane Cove River Kayakers holding a well-earned and seemingly unassailable lead on 292 points.

The results achieved by BGCC paddlers at Burrill Lake are below:

Division 1		
DNF	Ben Rake	(lost rudder on oyster rocks)
Division 2		
1 st	Gary Rake	1:39:47 (8 club points)
5 th	Russell Lutton/Richard Fox	1:41:17
RNK	Simon Stenhouse	1:39:29
Division 3		
6 th	Dominic Hides	1:52:57
Division 4		
9 th	Patricia Ashton/Bob Collins	1:51:33
Division 5		
8 th	Andy Bodsworth	1:57:16
Division 6		
RNK	David Abela/Scott MacWilliam	2:00:14
DNF	Graeme Bacon	
Division 7		
	No BGCC paddlers	
Division 8		
4 th	Mark Terracini	1:22:28 (2 club points)
9 th	Graeme Ison	1:26:12
11 th	Paul Atkins	1:31:18
13 th	John Lockie	1:45:15
Division 9		
1 st	Craig Elliott	51:34 (8 club points)
Division 10		
3 rd	Robert Bruce	1:0:36
8 th	Ian Castell-Brown	1:07:51
DNF	Geoff Collett	
Division 11		
3 rd	Allan Newhouse	1:04:55
Division 12		
	No BGCC paddlers	

BGCC winter time trial series

The winter time trial series wound up on 11 September. Congratulations to Kieran Lomas who, on 81 points, was a clear winner of the 2016 winter series, from second placed Gabrielle Hurley (60 points) and Helen Tongway (51 points) in third.

I want to thank all who assisted with time keeping during the series and in particular Jane Lake, who scrupulously maintained/updated the results and webmaster Geoff Collett, who always promptly published the results on our club website. Thank you all!

We placed a caveat on this year's winter series: if we did not get sufficient competitors or adequate support to run the series, we would review the viability of continuing it in 2017, given what appears to be an

understandable propensity for our paddlers not to be on the water on cold Canberra Sunday mornings. While the support to run the time trials was terrific, the participation level was pretty consistently low. Food for thought for 2017?

2016-17 Wetspot summer time trial series and National Time Trial Series

The popular Wetspot summer time trials kick off again on 19th October. Thanks to Scotty and the Wetspot crew for supporting this series. The format and rules for the cumulative point-score series are on the BGCC website, but basically you have the choice of paddling one, two or three laps of the river course. Look forward to seeing you there Wednesday twilight.

And while on the time trials, we need timekeepers for the events AND as Litsa is taking a well-earned break from Barbeque Queen duties at every time trial (she will still do some for us), we need barbeque queens/kings too. Contact Russl at rql4762@bigpond.net.au as to when you can help.

We will continue to run the 2016-17 summer time trials in conjunction with the National Time Trial Series. Thanks to Gabrielle Hurley for coordinating this component of the scoring.

Molonglo River time trial course

We reset it last Thursday. Many thanks to Shane Lund and Scotty Hunter who fronted on a cold and windy arvo to help do this. It just would not have been possible without Shane's tinny and their muscle.



Shane Lund and Scott Hunter: "The busy buoy boys" Photo: Russell Lutton

Thanks too to Kieran Lomas and the 24-hour crew for setting up the buoys to accommodate their requirements for that event on 3-4 December. Unfortunately, we ran out of bricks (weights) and this precluded our being able to set the last couple of buoys, but it is mostly there—assuming it doesn't get washed away again with the most recent rains.

As TAMS steadfastly and unreasonably refuses to relocate the Monaro Highway bridge about 100 metres to the east into the water ski area, we are stuck with an untidy 4.7-4.8km distance. We aimed to set the course as close as possible to the old one but I would appreciate your measuring it and advising so we can get a new consensus distance for timing et cetera.

40th Anniversary Hawkesbury Canoe Classic

The fact that John and Steve Harmer paddling their C2 and I passed on the river last week can mean only one thing: the Hawkesbury Canoe Classic is getting close AND that John looks set to try to achieve something no-one else has: to be the only paddler to have completed ALL 40 classics. What a legend!



Paddling Precision: Preparing for the 40th HCC: Scott MacWilliam & Dave Abela Photo Russell Lutton

Apologies to anyone I have missed, but some other BGCC paddlers who I understand are tackling the 111 km event, or part thereof, are Richard Fox/Adam Scott, Scott MacWilliam/Dave Abela, Denby Moylan/Peter Connolly, Robert Bruce, Geoff Molloy, Helen Tongway—perhaps in a single or in a double with Geoff Pickup—and Paul Hartlipp and perhaps Robin Robertson. The tides look quite favourable this year and together with the possible earlier start times this could be a record breaking year. We wish all paddlers good weather and water for this year's 29th October classic.

Russell Lutton

Ed: The Start times for the Hawkesbury are now available, with the first start back to the 4 p.m. slot. And for the PNSW Marathon 11 Series of races in 2017, Wagga Bidgee will hold the first race, while BGCC will host the NSW State Marathon Championships

South Coast Conveners Report: Allan Newhouse

As we head towards the final race of the 2016 Marathon Series, the small band of South Coast paddlers can be proud of their performance throughout the year.

With so many points on offer at Wagga, there could be some changes, but at present it looks as if all three of the regular South Coast paddlers could take out a place in their respective divisions. Graeme Ison has a handy lead in Division 8 while Ian Castell-Brown and Allan Newhouse have a good chance of filling the minor places in Division 10 and Division 11 respectively.

While Canberra based paddlers will hopefully take advantage of their proximity to Wagga and turn up in huge numbers, those of us based on the South Coast will still be travelling roughly the same distance as we do to the Sydney races.

Allan.



SUP Convener's Report: Joanna Nelson

Due to the recent rain and LBG closures this has impacted the return to the lake for most of us. No doubt, the coming weeks we will see more activity of SUPs back on the water.

Events for October - Lion Island at Pittwater, BGCC Time trials recommence.

I've attached some memorable photos of a winter's SUP at Moruya enjoying the sun and waves.



Look forward to seeing you all back out on the water soon.

Joanna

Canoe Polo Report: Graham Helson

Greetings Everyone,

The winter season in the pool is drawing to an end. Wednesday the 5th October will be our last night there before we return to the river at Molonglo Reach.

Because of the school holidays we'll be starting at 7 p.m. at the pool once again next Wednesday. Last week saw a number of juniors join us who are normally at home on weeknights studying. (Right, kids?)

Weather, flooding and water quality permitting, we'll be at the river from Wednesday the 12th October.

The Annual Canberra Invitational Competition is coming up on the 5th & 6th of November, which is a great spectator event, for those in the club who wonder what we get up to in the pool.

Finally, Congratulations to James Deakin and Rowan Holt who recently represented Australia at the ICF Canoe Polo World Championship in Syracuse, Italy.

The Australian team finished a credible 15th.

Cheers,

Graham.



direttamente dal Mondo di Titò....

DINO

(erede di Archimede)

Mascotte ufficiale



Ocean Racing Convener's Report: Nick Ziviani

Hello all fellow ocean paddlers

The temperature is rising the water is warming up and daylight savings is here again. YEE HAA

New Ocean ski update: Vajda have released a new model ski called the Vajda Next. This new edition to the Vajda fleet has all the bells and whistles we have grown to expect from an Elite model ocean ski, including a flatter hull with stability chimes; a two-stage nose that provides downwind lift and for paddling upwind; and a sleek knife-like edge to pierce through the chop without stalling the ski. The cockpit has also been redesigned with an almost K1 feel allowing good rotation with an adjustable bailer. The designers have also provided an optional sealed storage area on the ski that is perfect for any safety equipment or just a set of keys. Vajda have put a lot of thought into this new design as they have produced an elite ski with the intermediate paddler in mind with European quality to boot.

Last weekend saw the annual Club to Pub event held at Pambula beach with three south coast BGCC paddlers taking part: Steve Bunney, Ian Castel Brown and myself. It was a perfect day with very little to no wind for most of the race. The swell was also small which made getting off the beach relatively easy for most. The race started with us heading south to Haycocks point then rounding a buoy, then heading north towards Merimbula point where there were some good runs left over from the southerly winds from the previous day. We rounded a buoy at Merimbula point and headed through the bar and up the channel finishing in the Merimbula township. Luckily the tide was going with us in the channel assisting us all over the line.

The presentation was held at the local hotel where everyone who attended the presentation was eligible for a prize with most people walking away with something.

This year saw the SUP division introduced to the race, with only one brave sole completing the race. Hopefully next year we can see more BGCC paddlers enter this division.

There is an event on the 22nd of October starting from Broulee surf club and finishing at Moruya town wharf. The event length is 14 km with a mix of Ocean and flat water if anyone is thinking of entering please contact me and I can add you to the start list. The cost to enter is \$20 per person.

Please note you must have a ski for this event. Sea kayaks are not allowed to enter. The Moruya Bar crossing is sometimes dangerous and you will definitely catch waves through this section of the race.



See you all on the water.

Cheers,

Nick

nickziv13@hotmail.com

Sprint Convener's Report: Cherrie Reid

NATIONAL SPRINT EVENTS

The national event dates have now been confirmed and are available via the calendar on the AC web-site:

<http://canoe.org.au/calendar/>

Dates and locations are as follows:

Friday 9 th – Sunday 11 th December, 2016	Grand Prix 1	West Lakes, SA
Friday 3 rd – Sunday 5 th February, 2017	Grand Prix 2	SIRC, NSW
Sunday 5 th – Thursday 9 th March, 2017	Canoe Sprint National Championships	SIRC, NSW

* Please note the change in days of competition for Sprint Nationals, now running from Sunday to Thursday.

This will be followed the weekend after by the Marathon Oceania Championships, also at SIRC (11th – 12th March)

Entry details for the events will be available in due course.

Coaches Corner: Margi Böhm

The last few years have been hectic for BGCC with several of our members performing well on the international, national and state stage and with us winning the PNSW Winter Marathon Series of races four years in a row (2012-2015). We have successfully hosted Canoe Polo and Marathon National Championships and we have graduated quite a few club members to Instructors and Coaches. What is most pleasing about our successes is that they have resulted from paddlers at all levels and it is this that prompted me to put my hand up as Coaching Convenor for 2016-2017.

So ... what have I in mind? I have learned two lessons during my paddling and coaching career that I think are appropriate to managing our coaches and delivery of our coaching programs. The first is that we have to protect our coaches from burn-out and the second is that the success of a coaching program depends on the ability of the coaches involved to work towards a common goal, preferably geared at club rather than personal performance. I have learned a third lesson that is relevant here. I learned this as an elite paddler but it applies to all levels of sport participation. I learned that it takes time to find out how to program a body to perform on a given day and this means that successful athletes have long-term commitment to their coaches. If BGCC is to also provide her members with pathways to being the best they can be, we need to develop a coaching program that is sound, scientifically based and up-to-date, so that our paddlers can get the best preparation possible. We have the expertise to do this, at least for the flatwater disciplines, what I need to your help – as paddlers and coaches/instructors.

So ... where to now? If you are interested in being part of an exciting coaching program designed to help you achieve your goals, then I need to hear from you. Can you please email me on margi.bohm@gmail.com with details on what you think you would like our coaching team to provide; what you want out of the coaching program and where you would to go with your paddling. Please do not think that this is only for the racing community. I am interested in hearing from **all BGCC paddlers** who feel that they would benefit or would like to be part of our coaching program. I need to hear from you SOON so get onto those keyboards – I would like to take your feedback to our first coaches meeting that will be held by 15th October.

Secondly, if you have a relevant Instructor or Coaching qualification please email me on: margi.bohm@gmail.com so that we can update our database. If you are presently undergoing training for a relevant Instructor or Coaching qualification, please email me as well, so that I and the rest of the BGCC coaching team can help you get qualified. I am an Australian Canoeing certified assessor for flatwater coaches so we can assess you in house which is a huge bonus!

Thirdly, I would like all qualified Instructors and Coaches to meet together SOON – preferably before 15th October.

Preliminary agenda items may include:

- Three-year BGCC Coaching Plan.
- Discussion around budgets. The club is getting too big for the way we used to do business and I think it would be good for each discipline to submit a budget to the committee in the near future. This will also help each discipline think through its goals for the next few years and provide us all opportunities to learn from what other disciplines in the club are doing.
- Discussion about applying for grants to help fund coaching activities. Canoe polo has been proactive here – would love for the rest of us to learn from you.
- Discussion around coaching sessions so that we can provide a more comprehensive service to our members.
- Discussion around nature of our clients from recreational to high performance and how we can provide appropriate coaching with appropriate pathways.
- Other items that you think are important.

Finally, I would like suggest that BGCC to run a talent identification session at the Queanbeyan River Festival this year on 29th October, 11:00-16:00 (Hawkesbury weekend unfortunately but hopefully there will be enough of us at home to make a showing at the festival). The Festival is held every year and attracts a large number of entries into the "Build your own Boat" Inflatables and Kayak races. We have had BGCC members participate (and win Russ?) for as many years as I have been a spectator. Some of the kayak shops have "come and try" stalls that are popular. I think we should have a BGCC tent with paddling exhibitions (K1s, canoe polo, SUPs, etc.) and "come and try" in some of our racing boats, batts and SUPS! I am happy to organise and co-ordinate and with agreement from our coaching community, I would like to arrange a talent ID program too. The idea is to attract more paddlers that would be keen to perform at national and international level. If you would like to be part of this, please let me know – best way is via email.

That's it for now. I am looking forward to hearing from you and seeing you on the water.

Margi

Queanbeyan River Festival

This year Queanbeyan River Festival will be held on Saturday 29th October, 2016 in conjunction with Council's Environmental Expo and Clearwater Sculpture Prize and Exhibition. The Queanbeyan River Festival will be held on the banks of the Queanbeyan River near the Queanbeyan Arts Society Gallery.



The ACT Eden Monaro Cancer Support Group coordinate the Regatta with the 'Build your own Boat' Inflatables and Kayak races, each battling it out for supremacy on the Queanbeyan River.

The people of Queanbeyan will enjoy cheering their favourite raft on from the safety and comfort of the river banks whilst enjoying a variety of fun-filled activities for the whole family from water activities with 'come and try' kayaks, stand-up paddleboards, tug-o-war on water to demonstrations on fly fishing.

The event will also have activities for children with tie-dyeing, giant water balls, bouncers, archery (blow-up only), Chinese lantern making and art & craft workshops, as well as displays of model ships. There will be plenty of delicious local food and drinks to treat your taste buds.

6 Trinculo Place
Queanbeyan 2620

NSW, Australia

Website: www.qprc.nsw.gov.au

Event Date: 29/10/2016 from 11am - 4pm

Price Information: Free

The French have a way with packaging and road safety. In the event of a roll-over, the car occupants will be fully protected and the paddle-bumpers should also protect in the event of a head-on collision. How many boats can you see on top of this car?



WARNING: Do not try this at home!

Hawkesbury Canoe Classic 29th October: Names, Numbers, Training Paddles, etc.

Are you planning on paddling the Classic this year?

The club generally runs a club-based land-crew – that could be transportation for you and your boat up and back, assisting you with scrutineering, helping you at the checkpoints and the finish, carrying your boat (and you, if need be).

See the HCC course here: www.youtube.com/watch?v=2O7xRRH8PZE

Please let me know if you think you would be taking advantage of our land crew.

Land Crew Volunteers

At this stage I don't know how many paddlers will be taking part; however, we will require some land crew. We try to have a few people at each checkpoint and at the finish, so land crew have the opportunity to have a rest/sleep.

If you're interested in finding out what it's all about, or if you think you might like to paddle it one year, come along and spend the weekend helping out your fellow paddlers. If you'd like more information or you'd like to volunteer please let me know.

Patricia

Soon to be installed at Molonglo Reach? A Canoe/Kayak Vending Machine



24 Hour Paddle Challenge: Kieran Lomas

Work on the organisation for 24 Hour Paddle Challenge is well underway. The partnering charity this year is the RSPCA. The race is on 3-4 December and this year will be from midday to midday to provide more time for interstate paddlers to attend.

Another new initiative will be a 6+6 race which will involve a 6 hour session on Saturday and a 6 hour session on Sunday avoiding the paddling at night. The full details of this format are still being worked out.

But these events don't run themselves and we will be seeking a number of volunteers to assist with the set up and conduct of the event. More details of the likely jobs and tasks will be provided in the next post.

Tumut River Race Report: Adele Walker (Footscray Canoe Club)

“Well, after a 21 year absence, Tumut had a fleet of canoes and kayaks racing and enjoying the lovely Tumut River. 36 keen paddlers from throughout Australia took on the challenge of the river on 25th September.

The main class was the handicap, which is based on the craft and age group (we used data from the Murray Marathon (similar to Hawkesbury classic).

1st Meg Thornton – Ski:- 105:01
2nd Chris Wharton – Wildwater:- 96:01
3rd Adele Walker & Annette Scott Double Mirage:- 99:01

Fastest time - **Ben Rake** (K1) 81 mins
Fastest double - Jeremy Kent & Rusty Wood (TK2) 91
Fastest canoe - Rod Clark and Tony Bond (TC2) – 99

BGCC paddlers were and their handicap placings and actual times (in minutes) were:

Ben Rake	11 th	K1	81:00
Tom Hick	13 th	K1(?)	99:00
David Horkan	15 th	K1	83:15
Ceara Clark	22 nd	SS/Sea	125:00
James Suthern	30 th	SS/Sea	126:01

(And the 3rd place-getters were in the formerly Tongway-owned Mirage 730. Good to see it out racing again!)



Visiting from Ireland, BGCC member **David Horkan** (in yellow K1) and fellow BGCC member, **Ben Rake**, lead off in the Tumut River Race on Sunday 25th September.

Tumut River Race Results 2016

h/place	Handicap Order	partners	craft	real time /minutes
1.	Meg Thornton		SS/SEA	105.01
2.	Chris Wharton		dr	96.01
3.	Annette Scott	Adele Walker	double kayak	99.01
4.	Rob Russell	Suzanne Lipe	tk2	92.01
5.	Paul Buttell		SS/SEA	86.01
6.	Courtney Epps *		SS/SEA	111.00
7.	Tony Bond	Rod Clark	TC2 fastest canoe	99.00
8.	Kieren Simpson		dr	94.01
9.	Laurie Fitzpatrick		k1	85.01
10.	John Young		k1	86.01
11.	Ben Rake		K1 fastest boat	81.00
12.	Robert McIntyre		k1	82.01
13.	Tom Hick		k1	99.00
14.	Debbie Bennett	Sally Miller	tk2	106.00
15.	David Horkan		k1	83.15
16.	Peter McIntyre		dr	105.00
17.	Imogen Douglas		dr	130.01
18.	Jeremy Kent	Russell Wood	TK2 fastest dble	91.00
19.	Shannon Obrien		SS/SEA	107.00
20.	Bob Epps *		SS/SEA	111.00
21.	Charlie Bellette	Harry Bellette	TC2	124.01
22.	Seara Clark		SS/SEA	125.00
23.	Max McDonald		dr	130.01
24.	Baydn Murphy		dr	130.01
25.	Steven Pierce		k1	106.00
26.	Ken Gutterson		SS/SEA	125.00
27.	Marc Bellette		TC1	127.00
28.	B Caddy		SS/SEA	119.01
29.	M Birchall		SS/SEA	119.01
30.	James Southern		SS/SEA	126.01

Wanted: Canoe/Kayak Marathon Swim Support

Hi There,

I'm interested in swimming on the Sunday 4th December 9KM Marathon swim Lake Burley Griffin. Sri Chinmoy Lake Swims.

I'm coming from Sydney and would like to know if you have any interested persons ready to be my support?

I look forward to hearing from you soon.

Regards,

Sam Abeshouse

sam@signking.com.au

02 9906 6507

The Peaches and Cream Paddle: Saturday 19th November

Is open to all paddlesports; all we need is a minimum of three starters per craft to constitute a class. With the high flow rate on the Murray River at the moment, the Peaches and Cream Paddle offers a great opportunity to travel the 25km from Tocumwal to Cobram in a super fast time. All we require is 3 boats to make a class.

Entries taken on the day but Australian Canoeing Club members can save over 50% by registering before the 9th of October and use their club's code.

Enter at: <https://www.registernow.com.au/secure/Register.aspx?E=19365>

(See page 23 for full advertisement.)

(With apologies to) Clarke and Dawe – Script

Brian – “I have the ACT Minister for Sport with me this morning. Good morning and welcome Minister”

Minister – “Good morning Brian, it's nice to be here”

Brian – “I see that we are once again witnessing an influx of new Federal Ministers to your fair city. In fact I saw a couple of them jogging around the lake yesterday.”

Minister – “Yes Brian, it is good to see so many new faces taking their place in Parliament and enjoying Canberra.”

Brian – “It is certainly a place that encourages exercise and a healthy lifestyle.”

Minister – “Indeed it does. We encourage all Canberrans to be active, Brian – Active! In fact, many of our own Legislative Assembly members and senior public servants are active members of sporting clubs in Canberra.”

Brian – “So the ACT Government works closely with ACT Sporting Clubs?”

Minister – “Hand in glove Brian (*makes hand in glove gesture*), hand in glove – it's the key to our success. In fact we provide generous annual monetary grants to help our Clubs operate and build infrastructure.”

Brian – “So your sporting clubs own many sporting venues around Canberra?”

Minister – “Lease, Brian, lease! Everything is leasehold in Canberra and annual lease costs are very reasonable. Very reasonable rates.”

Brian – “Oh, right. Reasonable; and rates – you mentioned Rates.”

Minister – “No Brian, I said ‘reasonable rates for leases’, but yes, they do pay rates – everyone does.”

Brian – “So Clubs pay annual lease costs and annual rates. What sort of rates do they pay?”

Minister - “Oh, off the top of my head I could not tell you, it varies depending on many factors, club size, building size, amenities, land size etc., etc.”

Brian – “I understand that there are only 3 Land Rate categories in Canberra – Rural, Residential and Commercial?”

Minister – “That's right Brian – a very neat and effective rate system”

Brian – “I am told that Rural rates can be as low as \$600 per year, Residential as low as \$1,400 per year but Commercial rates only as low as \$6,400 per year.”

Minister – “I would need to check, but that sounds about right. You see, farmers are the backbone of our Nation Brian, the backbone! Also they don't place a huge burden on Government services. Residential; well, we pride ourselves on delivery services to our Residents at a very reasonable cost. Commercial; well, commercial entities make a profit and therefore should pay more for Government services.”

Brian – “So, where do you sporting clubs fit in? I understand that most of them are small, not for profit community based Clubs run by volunteers.”

Minister – “Yes, that is true. Again I would need to check but I think they pay Commercial rates.”

Brian – “Commercial! But they are not for profit, so obviously not commercial.”

Minister – “That’s correct.”

Brian – “So why do you charge them what would seem to be an inequitable Rate fee? Is this the sporting clubs contribution to Light Rail in Canberra?”

Minister – (*Indignant*) “Definitely not Brian, definitely not! Light rail is a recent and separate issue, We have always charged sporting clubs in... (*pauses to search for a better word*), these rates. (*goes on*) . You obviously did not understand what I said earlier about encouraging all Canberrans to be active. We are well on our way to an active Canberra, in fact we have even changed the name of one of Departments to ‘Active Canberra’. We have also developed a Strategic Plan called ‘Active Canberra 2020.’ It outlines this Government’s plans to get our community active, Brian, Active! Our sporting clubs are the backbone of this plan. Did I say that earlier??

Brian – “No Minister they were farmers. ‘Active Canberra 2020 eh?”

Minister – “Yes Brian, you should read it; it is a large colourful brochure with 7 Strategies and each has these wonderful little ‘strategic initiatives’ promoting activity, sport and our Sporting clubs. A truly inspiring document. Now none of this is cheap Brian, not at all, in fact, we have had a full team of public servants working solely on this plan and public servants don’t come cheap!”

Brian – “So, that is why not for profit clubs pay Commercial rates – to fund these Government initiatives?”

Minister – “No, not at all, not at all! Active Canberra is an ACT Government initiative funded from General Revenue, we wouldn’t dream of asking our sporting clubs to fund such a Government initiative. It is a responsible Government initiative. Responsible government Brian, that’s why we were elected.”

Brian – “Then, I am a little confused; why are your sporting clubs paying what would seem to be exorbitant land rates? If they are ‘not Rural’ and ‘not Residential and ‘not Commercial’, then why does the ACT Government choose to charge them the ‘not Commercial’ rate?”

Minister – “Good question Brian, good question – we need these sort of questions in Active Canberra. (*pause, confused look*) I will need to get back to you on it(*murmurs*) sometime.

Brian – “Thank you Minister”

Written and authorised by Bob Collins on behalf of Bob Collins.

(All complaints, lawsuits etc., to Bob Collins, c/- Padded Cell No. 5, Woden Sanatorium.

He will be the one sitting in a corner hugging a Teddy-bear and staring at a picture of a rock.)

Duct Tape works - to fix everything.
You just need a big enough roll of tape.



Boats for Sale

Contact Cherie-Anne on 0413 605 513 for the Nelo below:



Nelo Quattro Vintage K2.

Very Stable. Great for beginners.
 A1 Construction Large 10-18 kg
 Regretful sale: True Blue's deck has bodyguard (protective layer) installed professionally so you will not scratch or chip it with paddle blades. Signage done in reflective material – it glows in the dark.
 Boat is in near new condition.
 Paid \$6,800. **Sell for \$3,880 ono (reduced)**
 Located at Gundar near Goulburn.



Ex demo and stock OS1's since exiting Carbonology:

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

1x Glass Epoxy ~14kgs -\$1000

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

1x Glass Epoxy ~14kgs -\$1200

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

Model: Vault - intermediate boat

1x Glass Epoxy ~14kgs -\$1000

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

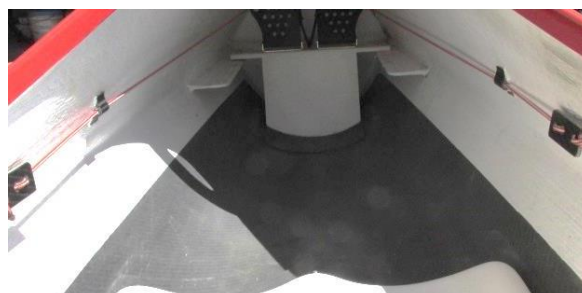
1x Carbon/glass epoxy ~12.5kgs \$2200

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

Sladecraft Sonic for sale:



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



Other Items for Sale

- Latest design BGCC long-sleeved paddling top, Medium size - \$45 (unused)
Phone Cherie on 0413 605 513

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



Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$50 each Shorts \$59 each

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

Latest Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

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

The Paddlers' Guide to New South Wales

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

It comes complete with over 420 full-colour photos.

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

TAMS workers removing some of the trees washed into our bit of river in one of the recent downpours; this one was near our time trial start line. They are also working on one near the canoe polo field.

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

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

An Interesting Read: <http://home.trainingpeaks.com/blog/article/10-things-endurance-athletes-need-to-stop-doing>

BGCC Fees for 2016-2017

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

New fees are:

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

The PNSW fees have increased a little this year:

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

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

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

Please read the Club Rules at <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>

Helen.

Newsletter Contributions Wanted!

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

Otherwise it will be filled with things like the following.....

Phone: 0418 861 613

Helen.



Enough drumsticks for every member of the family around the dinner table.




While experts remain at odds over the issue of when life begins, most agree it's sometime after work.

Question: *What does every paddling Dad REALLY want for Father's Day?*

The Answer of course is a:
"Hand-crafted authentic-looking scale-model Epic V7 Mud-Chocolate Kayak Cake"!!!

(With thanks to the Abela Family for this one ☺)





Get Paddling!
Learn some basic skills and knowledge to make your paddling experience safer & fun.

START YOUR JOURNEY HERE

canoe.org.au/paddle-prep

DOWNLOAD OUR FREE APP TODAY!

PADDLE PREP

Available on the App Store

ANDROID APP ON Google play

PADDLE PREP

Paddle Prep is now available in the Apple store and Google play.

Download it today

Visit www.canoe.org.au/paddle-prep

App contains:

- Paddling equipment including craft, safety and communication
- Paddling skill demonstrations
- Weather, tides and swell
- Trip planning , including lodging a float plan, Gear lists
- Plus much more

And if the rain keeps up, we might need the Weather, Tides and Swell for LBG!



25% off extended to the 9th of October

AUSTRALIA'S ORIGINAL QUADRATHLON RACE



**3.2km inland and open water swim • 21.1km Black Bull half marathon
91.5km individual road time trial • 25km Peaches & Cream Paddle**



Enter as a team or individual

MURRAY RIVER - AUSTRALIA
YARRAWONGA - COBRAM - TOCUMWAL
www.murrayquad.com.au

SATURDAY 19TH NOVEMBER 2016

Registration Categories	Early	Regular	Late	Race Day (cash)
Closing Date	9/10/2016	15/11/2016	18/11/2016	19/11/2016
Solo (141 km)	\$150.00	\$200.00	\$220.00	
Relay Team per person	\$75.00	\$100.00	\$120.00	
Single Discipline per person	\$75.00	\$100.00	\$120.00	\$120.00(single only)
* \$20 Discount for Registered Club Members	\$130.00(solo) \$55.00(relay/single)	\$180.00 \$80.00	\$200.00 \$100.00	\$100.00(single only) \$30.00(students)

- Prizes** 
- Diamond Ring for Male & Female winner
 - Cash & Vouchers for winner of each individual race
 - Spot prizes
 - Finishers medal for each discipline and the Quad.

PEACHES AND CREAM PADDLE NOW PART OF CANOEING VICTORIA'S MARATHON SUMMER SERIES
Each registration receives an entry to win a KAYAK Australia paddle drawn at the end of the series

