



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 27 Issue 07 March, 2017

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Coming Events:

- Sunday 5th - Thursday 9th March, 2017 - **Canoe Sprint National Championships** - SIRC, NSW
- Saturday 11th – Sunday 12th March, 2017: **Australian Marathon Championships**, SIRC, Penrith, NSW
- 11-13th March: Canoe Polo: **2017 Australian Canoe Polo Championships**: Nagambie, Victoria
- Sunday 26th March, 2017 – Race 2 PNSW Marathon 11 Series: SSCC, Woronora, NSW
- Sunday 9th April, 2017 – Race 3 PNSW Marathon 11 Series: CCCC, Wyong, NSW
- Sunday 6th May, 2017 – Bateman's Bay Challenge
- Saturday 20th May, 2017 – Race 5 PNSW Marathon 11 Series; WCC, Windsor, NSW
- Saturday 3rd June, 2017 – Race 6, PNSW Marathon 11 Series; *Pacifica*, Coffs Harbour, NSW
- 11th – 13th June, 2017 – Riverland Paddling Marathon, MCSA, Berri to Morgan, SA
- Saturday 24th June, 2017 – Race 7, PNSW Marathon 11 Series; BWP, Davistown, NSW
- Sunday 23rd July, 2017 – Race 8, PNSW Marathon Series 11; MWKC, Narrabeen, NSW
- Saturday 5th August, 2017 – Race 9, PNSW Marathon Series 11; HVPC, Teralba, NSW



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President's Report: Patricia Ashton

As I've mentioned previously in a club email, we ran a great couple of days of racing last weekend. There were some good results and a load of medals. The club also won the inaugural "Paddle NSW State Marathon Championships - Champion Club" trophy. It's great to be able to see BGCC on another PNSW trophy.



Team BGCC: Allan Newhouse, David Tongway, Jack Jessen, Dave Abela, John Preston, Charlotte Stimson, Imogen Bull, Russell Lutton, Bob Collins, Zoe Stimson, Scott MacWilliam, Patricia Ashton, Margi Bohm, Robert Bruce, Graeme Ison, Kieran Lomas & Craig Elliott.

It was also a relief to see so many club members volunteering or taking part over the weekend – don't think there are no further opportunities though! We still have several weeks of Wednesday evening time trials, so time keeping and barbecuing; as well as another triathlon on Saturday 25th March; assisting at Nationals in Penrith over the weekend of 11th & 12th March, etc. Even just giving the shed a sweep out occasionally, or picking up rubbish along the beach is more than helpful.

Good luck to those SUP'ers heading up to Noosa for a weekend of racing and to those going to Penrith for the Sprint Nationals (our contingent of C1 & C2 paddlers + others?) next week and the Marathon Nationals which follow on from them.

Don't forget our Special General Meeting on the 19th March – hopefully we'll soon be able to make a start on the shed extension.

See you on the water

Patricia.



Drone footage of PNSW State Championships: Ashley McDonald (pilot)

See it at: <https://vimeo.com/206149486>

Uncut footage, particularly of the men's K1 paddlers

BGCC Shed Extension

The long-awaited extension to the Club Shed can now be built.

The club's application to the ACT Government's ACTIVE Canberra Department, for a grant of \$116,500 to supplement our own savings, has been approved in total. So please vote on the spending of this money at the Special General Meeting on Sunday 19th March, 2017; 10 a.m. at Molonglo Reach.

ACT Minister for Sport and Recreation and Deputy Chief Minister, provided her department's decision on the club's application at a ceremony held on 7th February, 2017, at the ACT Netball Centre. In the Minister's speech, BGCC was singled out with two other clubs as successful applicants.

Shed Extension Committee chair, Bob Collins, conveyed to the Minister the club's appreciation of this decision. Minister Berry has accepted an invitation to speak at the opening of the extension when it is completed.

Work will commence as soon as possible after the SGM gives its approval, so club members should be prepared for some minor inconveniences over the next few months as the extension work is carried out.

Boat Captain's Report: Scott MacWilliam

An important component of our recent successful application for funds to build a major extension to the shed is BGCC's role as conscientious caretakers of the site at Molonglo Reach. Over many years our club's members have concerned themselves with looking after the area which extends beyond our immediate responsibility for the space proximate to the shed. We maintain the beach area, clean up bottles and other detritus left on the parklands and wherever possible clear logs and other debris from the river. As both the NCA and TAMS, now Transport Canberra and City Services (TCCS,) have been repeatedly told and now acknowledge BGCC is a good tenant.

The extended parking area, for which the club contributed \$5,000, is one manifestation that our long-term presence is appreciated by both authorities. So too is the grant of more than \$125,000, as well as repeated smaller amounts to assist with running costs and equipment needs.



However, it is in the nature of informal links to the site that our caretaker role has itself to be maintained, nurtured, which in turn requires all club members to keep this in mind on a regular basis and when the club holds major events. Fortunately, whenever volunteers are required to run these events and to clean up afterwards, BGCC is well served, though by a smaller pool of regular helpers than should be the

case. Even prior to last weekend's racing, cleaning of the site began. Scott Hunter and his trailer were put to work, with help from others, clearing rubbish from the portage area and opening up the site. David Gordon, worked enthusiastically with his whipper snipper and decimated the weed and other growth around the shed, aided by Patricia Ashton and others who raked furiously to try to keep up.

Last weekend, at the conclusion of the NSW State marathon championships and the Burley Griffin Bash, once again the volunteers swung into action. Recognising that setting up and running events is only two-thirds of the job, club members cleaned up. Pickets were removed, tape taken down and placed in rubbish bins, litter collected and placed in trash packs. Paddlers and non-paddlers alike moved through the site like a swarm of cleaning fairies (not locusts) to remove all traces of the many people and cars which had just vacated the area.



The result of all the work can be seen in the attached photos: impeccable is one way of describing what the efforts produced. A very big thank you to all who helped our club maintain its reputation as caretakers of the Molonglo Reach picnic and boating area.

Scott.

Flatwater Marathon Convener's Report: Russell Lutton

February was certainly a "marathon" month in the 2017 distance paddling calendar. The 2017 PNSW marathon series kicked off at Wagga Wagga on Saturday, 4 February; our club hosted PNSW Marathon State Championships on our home Molonglo River waterway on Saturday, 25 February; and on Sunday, 26 February, our club held the 41st Burley Griffin Bash.

And now there's just time for a short breather – or more hard training – before the Australian Canoeing National Championships at the Sydney International Regatta Centre at Penrith on 11-12 March.

More on all the above below!

PNSW Race 1, Wagga Wagga

Wagga Bidgee Canoe Club hosted the first of the 2017 PNSW marathon races, with over 140 competitors attending the regatta, including a good BGCC contingent from Canberra and the south coast.



Despite forecasts of extreme high temperatures, Wagga put on good racing weather. And the river? Well, most regular competitors couldn't remember such strong river flow and water height, other than when the Murrumbidgee was in flood. Awesome to behold; intimidating to race on.

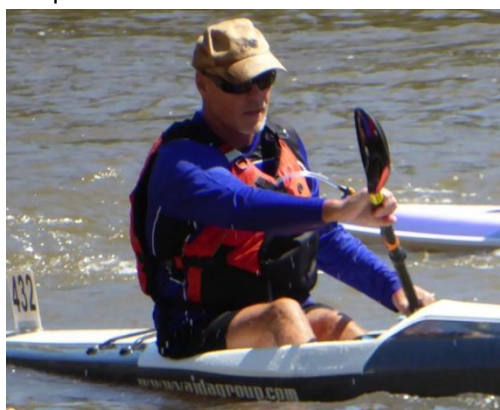
Patricia Ashton, Sam Wellings-Booth, Ian Castell-Brown, Bob Collins, Russell Lutton, Jack Jesson, Graeme Bacon Robert Bruce & Craig Elliott, @ Wagga

Congratulations to all BGCC paddlers who competed in the challenging conditions, but particularly to Sam Wellings Booth, Robert Bruce and Peter Teichmann who respectively placed second in divisions 3, 10 and 11 and to Gary Rake (Div 2) and Graeme Ison (Div 5) who also earned club points for us.

Below: Bob Collins & Patricia Ashton;

Right: Jack Jesson;

Below Right: Peter Teichmann



Hopefully the club points tally at the end of the first race is not indicative of last year's Lane Cove win, but they are off to a flying start in the series, with BGCC in equal third place with SSCC.

LCRK	Lane Cove River Kayakers	40
MWKC	Manly Warringah Kayak Club	36
SSCC	Sutherland Shire Canoe Club	24
BGCC	Burley Griffin Canoe Club	24
CCCC	Central Coast Canoe Club	20
WCC	Windsor Canoe Club	20
BWP	Brisbane Water Paddlers	16
WBCC	Wagga Bidgee Canoe Club	12
NP	Newy Paddlers	12
CSKC	Cronulla Sutherland Kayak Club	10
SYDU	Sydney Uni	8

Below: An indication of the flow in the Murrumbidgee River



The next round of the 2017 marathon series is at Woronora on Saturday, 26 March. Having more BGCC paddlers competing, particularly in the divisions where we had no club representation at Wagga (see below) would be great. Hope to see you there! Woronora is easy to get to – very little time needed off the freeway – and the venue is quite spectacular. If you haven't raced there before, make an effort to get there.

Results for BGCC paddlers At Wagga are below:

Division 1		
6 th	Craig Elliott/Russell Lutton	1:46:32
Division 2		
4 th	Gary Rake	1:51:13 (2 club points)
Division 3		
2 nd	Sam Wellings Booth	1:50:03 (6 club points)
12 th	Dominic Hides	2:08:17
Division 4		
7 th	Patricia Ashton/Bob Collins	2:08:28
11 th	Jack Jessen	2:09:30
Division 5		
3 rd	Graeme Ison	2:06:01 (4 club points)
Division 6		
6 th	Graeme Bacon	2:15:26
Division 7		
	No BGCC paddlers	
Division 8		
	No BGCC paddlers	
Division 9		
	No BGCC paddlers	
Division 10		
2 nd	Robert Bruce	1:04:45 (6 club points)
Division 11		
2 nd	Peter Teichmann	1:14:18 (6 club points)
4 th	Ian Castell-Brown	1:20:10
Division 12		
	No BGCC paddlers	

Finally, an observation on 2017 PNSW marathon series that is made in an historical context: BGCC won the series in 2012, 2013, 2014 and 2015 – sometimes against all the odds – principally for one reason: club participation. So often club participation translates to club points (e.g., see report on States' MCCC trophy below). It's why Lane Cove and Manly are flogging us now, albeit after one race. Their paddlers are turning up to compete across all the divisions; we're not.

Yes, the travel distances to race venues are often stacked against us but we most definitely have the paddler skills and numbers to win again in 2017. So if you can make some of the races, it will potentially make a big difference to the final results.

PNSW Canoe Marathon Championships

BGCC was anointed by PNSW to host the 2017 PNSW Canoe Marathon Championships on a shortened 3.75 km course on our Molonglo River. As the Chair of the PNSW Marathon Technical commented in his WIN television interview, our river course is "one of the best venues in the world for this type of racing ... People love racing here."

And it was a great day for racing: clean, protected water; calm conditions; and uncharacteristically for this time of year, cool and overcast. Indeed, the 136 entries far exceeded organisers' expectations.

I heard nothing but praise for PNSW's event management and BGCC's organisation and preparation for the regatta. Our club volunteers were outstanding across a wide range of tasks — from the all-important safety aspects to efficiently keeping the food and drink flowing all day. Our member support and volunteering was outstanding and the day was a galvanising occasion for BGCC and a demonstration to the NSW paddling fraternity of what our club can achieve. Thank you all on a job really well done!



Another feather in the cap of our club is that BGCC won the inaugural PaddleNSW State Marathon Championships Champion Club trophy, with the point-score being calculated as a point for every paddler who finished their event plus 4, 3, 2, 1 placing points for 1st, 2nd, 3rd, 4th respectively. It was a grand effort by our club to win this award; let's transfer that success to the marathon series too.

Full results are available at <https://regattas.canoe.org.au/?results=1142#top>, but I mention some of the results achieved by our club members. **Michael Hanemaayer** – a new BGCC member who has moved to Canberra from Tasmania – placed second in the Men's open K1 26.25km race. **Sam Wellings Booth**, while fairly new to K1 competition, did very well to place second in the men's Vet 35 K1 race. And BGCC paddlers **Gary Rake**, **Nick Ziviani** and **Dominic Hides** dominated the men's Vet 45 event by finishing first, second and third respectively.

Our female paddlers also featured prominently in the women's singles events, with **Margi Bohm** winning her Vet 50 K1 race and **Gabrielle Hurley** and **Patricia Ashton** placing first and third in the Vet 55 K1 group.

Our club paddlers also featured prominently in the results for the non-ICF classes, which made a great contribution to the point-score for the MCCC trophy.

The afternoon's doubles racing also yielded some good results, with **Margi Bohm** and **Patricia Ashton** teaming up to win the women's Vet 100-129 K2 race, **Craig Elliott** and **Russell Lutton** winning the men's Vet 100-129 category and **Zoe Stimson** and **Imogen Bull** winning the women's under 12 K2 event.

At Right: New BGCC club member, Michael Hanemaayer (on right), moved from Tasmanian club Derwent CC, gained second place in Men's Open K1, behind Sasa Vujanic and ahead of Dean Blanche and two others.



At Left: Long-time BGCC members, Gabrielle Hurley (in centre) and Patricia Ashton (at left) with their First and Third-place medals – along with Pauline Findlay in Second place in women's Vet55 K1

It was particularly pleasing to see so many BGCC juniors competing and enjoying their racing, with **Elizabeth Diedricks** (silver), **Charlotte Stimson** (gold), **Kiara Chen** (gold), **Erik Chen** (gold), **Zoe Stimson** (gold), and **Imogen Bull** (gold) all featuring prominently in the results for their age/boat-type categories.

The opportunity to compete at this level so close to home doesn't come along often and it was terrific to see so many BGCC paddlers taking advantage of the occasion to gain invaluable racing experience.

We are fortunate to have some great photos taken of States by Michael Daniel and David Gordon. Michael's photos can be viewed at <https://trello.com/b/D6VExAqY>. They are free for personal use, but anything published should be attributed to Michael with the by-line "Michael Daniel" or "Michael Daniel Photography".

Similarly, David's great States photos can be accessed at https://www.dropbox.com/sh/1hqztybaqddilnv/AAD3xUD05VTRBn1_6tQRtoyYa?dl=0

Our Safety boats and Crews: **John Lockie & Greg Chesher** in Ice Dragons' boat, with **Tom Hick** and **Craig Elliott** in Tom's craft. Thanks to these guys, plus **Jack Jessen, Tony Mee** and **John Preston** for their help out on the water over the two days of racing!



41st Burley Griffin Bash

That's right; for 41 consecutive years, BGCC has conducted the annual Burley Griffin Bash races. How many sporting clubs, let alone canoe clubs, can boast such a long, proud racing tradition? Thanks to Helen Tongway and her support team for making sure the 41st event took place.

While the weather on the Sunday following States might not have been as good as we would have liked, causing Helen to alter the course to bring the latter part of the longer races back into the more sheltered river, it was a great day of racing. Bring on 2018 and the 42nd Bash!

Below: What a **Canberra Sight**: Captain Cook Memorial Fountain and Trent Birkett (13 km) & Darren Lee (30 km) winners!



Again, David Gordon's Bash photos can be accessed at
https://www.dropbox.com/sh/nii7brpmv9w9t2c/AADef6_wAMxOlaXP-xXcXsKJa?=0

Results:

41st Burley Griffin Bash, 26th February, 2017.

30 km Course in 2017: North of Capt. Cook Fountain, 2 islands in West Lake, Kingston Red Buoy: up river to top TT turn; to Start, then 3x more laps of the TT course

Dist.	Class	sex	Age	Place	Name(s)	Time	Club	Amalg'd 30km placings
	K1	M	Open	1	Darren Lee		2:31:37 CSCC	1
	K1	M	V35		Craig Elliott		DNS BGCC	
	K1	M	V55	1	Tony Hystek		2:46:11 LCRK	2
	MR2	X	V35	1	Emily Stewart-Reed/Michael Reed	3:42:22	BGCC	1
	LR2	X	V55	1	Robyn Bingle/Ross Bingle	2:50:59	SSCC	1
	LR2	X	V55	2	Patricia Ashton/Bob Collins		2:53:32 BGCC	2
	LR2	M	V45	1	Peter Connolly/Denby Moylan		3:17:32 BGCC	3
	UC1	M	V45	1	Steve Dawson		3:39:21 SSCC	1
	TC1	L	V35	1	Kate Dawson		3:58:58 SSCC	1

Below: Lee Rice; Below Right: Scott MacWilliam & Dave Abela showing the "chop" in Central Basin for the Burley Griffin Bash



13 km Course 2017: Across LBG, around two islands in West Lake and return.

K1	L	Open	1	Montannah Murray		1:17:27 CSCC	1
K1	L	V45		Elizabeth Van Reece		DNS JP	
K1	L	V55	1	Margi Bohm		1:17:53 BGCC	2
OS1	M	Open	1	Trent Birkett		1:05:50 BGCC	1
OS1	M	V35	1	Lee Rice	1:11:38	BGCC	3
OS1	M	V45	1	Andrew Parkinson		1:10:26 BGCC	2
OS1	M	V55	1	Bob Turner		1:17:56 SSCC	4
OS1	M	V75		Robert Bruce		DNF BGCC	
MLR2	M	V55	1	Dave Abela/Scott MacWilliam		1:19:07 BGCC	1
LR1	M	V55	1	Shane Norenbergs		1:36:19 BGCC	1
MR1	M	V65	1	Gerry Foster		1:24:37 None	1
TC1	M	V65	1	Allan Newhouse		1:45:19 BGCC	1

5 km Course: Molonglo Reach, across East Basin, turn under Kings Avenue Bridge (around Pylon) back to Start

TC1	M	V65		John Lockie		DNF BGCC	
TK1	M	V55		Basil Lau		DNF BGCC	
MR1	M	Open	1	Jesse Bryl		0:45:49 BGCC	1

Wetspot Summer Time-trial Series 2016-17

The last race of the 2016-17 series will be on Wednesday, 22 March. To date this season, 85 BGCC paddlers have participated in one or more time-trials. The competition to win the cumulative series point-score is really heating up. Kieran Lomas continues to improve his PBs and currently has the lead. However, there are several other paddlers who are nipping at his SUP heels.

Hot off the time-trial statistician's desk are the leading 10 paddlers after last Wednesday's 1 March time-trial:

First name	Surname	Total	First name	Surname	Total
Kieran	LOMAS	105	Charlotte	STIMSON	84
Greg	CHESSHER	99	Patricia	ASHTON	81
Craig	ELLIOTT	99	Kevin	SWAIN	81
Russell	LUTTON	96	Rohan	EVANS	78
Robert	STIMSON	85	Graeme	BACON	72

Inaugural Batemans Bay Paddle Challenge

A new and I think interesting event has been added to the 2017 marathon calendar. The inaugural Batemans Bay Paddle Challenge will be held on 6 May. The main event is a 26km marathon return race on the Clyde River between Batemans Bay and Nelligen bridges. There is also a 13km half marathon race and an 8km youth race.

The NSW south coast region is home to some of our very supportive BGCC distance paddlers and it would be great to have as many as possible of our Canberra paddlers join them for this event. Paddling on the Clyde River is an inspiring experience, travelling as you do through the Clyde River National Park and beautiful wilderness country. So mark it in your paddling calendar as something to fit into your program.

More information at www.batemansbaypaddlechallenge.com.au

EVENT	DATE	LOCATION
AC Marathon Championships	Sat/Sun 10-12 March	SIRC, Penrith
Race 2	Sunday, 26 March	Woronora (SSCC)
Race 3	Sunday, 9 April	Wyong (CCCC)
Race 4	Sunday, 30 April	Lane Cove (LCRC)
Batemans Bay Paddle Challenge	Saturday, 6 May	Batemans Bay
Race 5	Saturday, 20 May	Windsor (WCC)
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	
Race 11 (and presentations)	Saturday, 14 October	Burrill Lake (Makai)
Hawkesbury Canoe Classic	Saturday, 28 October	



Russell Lutton

[A now much more relaxed-looking Russell Lutton, after his most successful organising of people, boats, courses and various bits of equipment; and the many volunteers; for the PNSW State Marathon Championships. Thank you and well done Russell! Ed.]



River monster

Thanks to **Shane Lund** and his tinny for setting up States course and clearing debris from the river for same. In the process of doing this, we found a lot of rope floating near the river footbridge. After a lot of effort, we recovered what was on the end of it – that hunk of remarkably heavy blue metal. Anyone got any ideas how it could have got into our river, particularly in that remote spot? Send entries to

info@bgcc.org.au

Thank you also to Rebecca Snape, who was available as our First Aid person on the two days of races. I believe she was able to catch up on quite a bit of reading, with thankfully little to do in the way of First Aid!



KEEP TO THE RIGHT

Paddlers venturing out onto East Basin and beyond on Lake Burley Griffin are reminded that all watercraft are to keep to the right. So, heading out onto LBG, generally keep to the northern side of the lake and likewise when returning, keep to the southern side of the lake.

But please also remember that the lake is frequented by other watercraft, including rowers, who generally cannot see where they are going/who or what is behind them – as they row backwards on the same route. As shown in the photo in the last issue of *Blazing Paddles*, a rowing 4 can make a nasty hole in a tinnie, so would slice through a kayak or canoe – with or without the paddler in it.

Take care and keep a good look out.

Helen.

Frank Harrison Memorial Races, Mitta Mitta Canoe Club, Albury

Saturday 11th & Sunday, Singles and 12th February, 2017 Doubles, on the Murray River. 26 km from Hume Dam wall to Noreuil Park and 16 km from Waterworks to Noreuil Park

Day two: in Open TC2, with a combined age of 149, Bill Dunn and David Tongway paddled the 16 km in 1:31:37



Left: David and Bill heading off to the start;
Right: Bill and David after they had finished the 16 km.



Slalom & Wildwater Reports: Kai Swoboda

We have had several paddles now with the slalom boats and gates, but unfortunately a misplaced key meant that a club 'come and try' has been postponed to a later weekend. We are looking at setting up a more permanent set of slalom gates as an alternative to the rope based system under the bridge. The disadvantages of this approach were obvious to me when a red belly black snake slithered off from where I had been standing under the bridge at our paddle last month!

A group of juniors plus interested parents are heading to Childowla as part of a Paddle NSW 'New to whitewater' course on 4th and 5th March. This should be an exciting weekend of paddling on interesting whitewater with a bunch of experienced instructors and interstate paddlers. We will have a report of the weekend in the next issue of Blazing Paddles.



Murrumbidgee river trip, Point Hut to Pine Island, October 2016

Picture: Kai Swoboda

Kai. kaikayak@outlook.com

Canoe Polo Report: Graham Helson

Upcoming Events:

11 - 13 March	2017 Australian Canoe Polo Championships	Nagambie
22 - 24 April	Oceania Canoe Polo Championships, New Zealand	New Zealand
28 - 30 April	2017 World Masters Games - Canoe Polo	New Zealand

All is going well with the Polo fraternity recently.

We've had some glorious summer evenings on the river for training. However, the end of Daylight savings is upon us on the 2nd of April, and so it'll be back to the pool for the winter season. First Wednesday at the pool should be 5th of April, (TBC).

We were well represented in the Sydney leg of the Summer Series this month and many of us are looking towards the Australian National Championships in Nagambie on the 11th – 13 of March.



Left to Right: ACT Women's Team in Sydney: Antonia Harmer, Carley Goodwin, Jacinta Buckman, Sami McAlister, Laura Kleinrahm, Melissa Mooney

Also, we've had some members selected for representative duties in the upcoming Oceania comp in NZ:

Carly Goodwin in the Women's team

James Deakin in the Men's No1 team

Mikey Young any Michael Lawrence-Taylor in the Men's No2 team

Emily Gates, Rebecca Gates, Jacinta Buckman, Alexis Miller and Sam McAlister in the juniors; so something good must be going on down the river on the weekends at junior training. Well done all.

Those of us with a more relaxed approach to polo will be travelling to the Shoalhaven for the Mudcake Challenge on the 25th of March.

See you on the water soon,

Graham

Batemans Bay Paddle Challenge

Sunday 6th May: <http://batemansbaypaddlechallenge.com.au/>

Join this exciting event on the beautiful Clyde River in Batemans Bay, located on the unspoilt NSW South Coast. We have race and event categories for all levels, elite, social or those who just like to splash around.

How to taper for a race:

<http://www.endurancesportsinstitute.com/how-to-taper-for-a-race/>

South Coast Paddlers Report: Allan Newhouse

South Coast paddlers continued to make a valuable contribution to Burley Griffin's point score in club competitions

At the State Marathon Championships, four South Coast paddlers competed and collected a total of six medals.

Nick Ziviani and Ian Castell-Brown took silver in their respective solo events while Graeme Ison and Allan Newhouse took gold.



Left: Allan Newhouse; Above: Graeme Ison; Below: Nick Ziviani; Photos by Michael Daniel

Below: Allan Newhouse and Ian Castell-Brown; Photo from FB



In the afternoon, Ian and Allan paddled again the TK2 and earned a silver medal.

On Sunday Allan paddled in the Burley Griffin Bash and survived conditions on the lake which didn't really suit canoes. In fact two of the five canoes that started were a DNF.

Allan

Sprint NATIONAL SPRINT EVENTS

The national event dates are available via the calendar on the AC web-site: <http://canoe.org.au/calendar/>
Dates and locations are as follows: (Volunteers also needed at these events!)

Sunday 5th – Thursday 9th March, 2017 Canoe Sprint National Championships SIRC, NSW

* Please note the days of competition for Sprint Nationals, are from Sunday to Thursday.

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

Please enter via regattas.canoe.org.au using your Australian Canoeing login details.

Cheers, Asha Venkataya. asha@canoe.org.au 0411 813 757



Sprint Report: Louise Yabsley

BGCC canoeists posted some great results at GP2 (SIRC, 3 - 5 February), with all team members showing improvements in race times and technique.



Marcello Cabezas posted season best results, with third in C1 1000m, 4th in C1 200m and 1st in the C2 1000m with Penrith coach Sebastian Marczak.

Left: Marcelo at front, with Sebastian Marczak

Nick Hocking has continued to go from strength to strength, competing in the C1 200m and C1 1000m and showing significant improvement in race technique.

Nick and Kiaran also showed great stamina in the C2 1000m in some tricky conditions!

All paddlers have set themselves up for an exciting showdown at National Sprint Championships (5-9 March)!

Louise



Volunteers Still Needed:

2017 Oceania and Australian Canoe Marathon Championships

Here is your chance to put something back into the sport you love. We will need 36 people to help run each of the four racing sessions – Saturday morning session, Saturday afternoon session, Sunday morning session and Sunday afternoon session, as well as a few to help on the Friday with Registrations and Merchandise sales.

Session times will be:

Friday 10th March: 09:00 a.m. – 12:30 p.m. and 12:30 p.m. – 4:00 p.m.

Saturday 11th March: 7:00 a.m. – 11:00 a.m. and 10:00 a.m. – 2:00 p.m.

Sunday 12th March: 7:00 a.m. – 11:00 a.m. and 10:00 a.m. – 2:00 p.m.

The tasks on offer are many and varied, some with specific skills e.g. licenced motor boat drivers (three per session) plus a few for those with Marathon Official qualifications. But most positions are for anyone willing to put in the time – no qualifications specifically required.

Volunteer Positions include: Numbers issuing and retrieval; Aligners; Announcer; Raft Marshalls; Finish Line Judges, Timekeepers and Recorder; 7 or 8 Turn officials; 5x Portage officials; 3x safety boats drivers + 3x observers; Post-race boat control; Medal Presentations; etc.!!

You will receive: Access to morning and afternoon tea and lunch. You will receive a job description for your role.

Help for however long you are able – just one session or for all 4 sessions.

If you are able to help for any of the time slots (or even all of them!) then please contact me on 0418 861 613 (SMS or voice please – my phone is not smart) or email me at:

info@bgcc.org.au

Helen Tongway
Volunteer Coordinator

SALT WATER FOR BEGINNERS – WITH BAY & BEYOND

In February this year, Canberra paddlers Geoff Pickup & Denis Saunders, both salt water novices, left their comfort zone of Lake Ginninderra and took a trip to the South Coast to train for bigger waves with Durras-based training specialists Bay & Beyond. This is their report.

We are both intermediate level paddlers with about five years' experience. Most of the time, we have been on flat water (if you count a windy day on Lake Burley Griffin as flat) but we have ranged further afield from the inland rivers and estuaries of NSW to the icy waters of the Arctic and Antarctica, New Zealand and even the balmy Pacific Islands. We were both fortunate to have started life off with borrowed Mirages from Helen & David Tongway plus lots of coaching from Helen. However, Helen is not known for her love of falling in, so that part of our training could best be described as theory rather than practice. Also, our Canberra Lakes do not have particularly inviting water, in spite of repeated assurances from our local authorities about how safe they are to swim in, so we try to avoid too much in the way of intimate contact.

We are both knocking on the door of seventy. Getting this far has involved us developing a strong sense of self-preservation which often manifests itself in the form of a polite refusal when Bob Collins tries to get one or other of us out of our Mirages and into his Flyer. Adrenalin is now a word that we prefer to see confined to the dictionary & crossword puzzles. However, as we range further afield, we see a clear need to improve our ability to get out of trouble (it will happen someday) and to deal with bigger waves and rougher conditions than we normally have.

We decided to seek expert advice and professional training. This began by consulting our esteemed President Patricia, who we regard with considerable awe as the fount of all paddling knowledge. On one of the few occasions when Geoff was able to get out of *Wetspot* without Patricia selling him something, we were pointed to *Bay & Beyond Sea Kayak Tours*, a small company offering tours, training and boat hire in the Batemans Bay area. We duly made contact and took the suggested 3-4 hours of training covering rescue and surf training skills on two separate days.

We duly arrived at the South Durras boat ramp on Day One and met with Phil who was to be our trainer. Phil has a North American accent and we carefully enquired as to whether he was a Canadian or an avowed American Trump supporter. Having reassured us on both counts, Phil went on to briefly describe his CV. Not

only does he have a great deal of water & rescue experience, but he also teaches first aid. We signed the usual waiver forms (it's our fault if we drown or get lost at sea) and were then quizzed in some detail about our experience, any relevant medical issues, physical limitations, etc. What then followed was a talk on risks, matching skill levels to risk and conditions when choosing to go out or not and how body and mind can be expected to respond when we are in the water at different temperatures. It seems that, in cold water, we go downhill faster than either of us thought. Also, since Geoff carries a little more body fat than Denis, he may last longer (one of the few consolations of the aftermath of good living).

We then unloaded our beloved *Mirage 580 Sports* and geared up. Phil took us through his gear and pointed out what he was carrying in and on his lifejacket – waterproof phone, radio, knife, throw line, etc. We were then inspected for both clothing and gear. Geoff's quick-drying long sleeved rashie & ladies mid-calf yoga pants ("for the more generous figure, or so the lady shop assistant said", eyeing Geoff suspiciously) passed muster, but Denis' cotton tee-shirt was only OK for warmer weather. Shorts were also not a great idea given the number of jellyfish in the water. Phil then suggested that we should inspect each other before launching, both boat and gear, whenever we do a trip, much along the lines of the buddy system from Geoff's Scuba diving days. Good idea.

After launching, Phil put us through our paces to see how competent we were with a different range of paddle strokes. Where he found issues or weaknesses, he did one to one demonstrations and then gave us feedback as we tried again. We passed muster in most areas but our sweep strokes and draw strokes for moving sideways needed improvement. We both found draw strokes harder to do with our wing blade paddles & began to see the advantages of flat blades for some tasks. We also started work on our bracing skills (or lack thereof) and spent some time seeing how far we could lean our boats before balance was lost with Phil holding the boat to prevent spills.



Learning the Brace

Everything was clearly explained, demonstrated and tried until we got it at least partly right.

At this stage, Geoff's wife (a former teacher) who was watching took him aside and whispered "this guy really knows his stuff and knows how to teach it".

We then changed location to avoid the jellyfish swarm and start on the wet exit and rescue segment. Once again Phil explained procedures clearly and demonstrated each technique by falling in. It was then our turn. Prior to doing the wet exit, Phil explained what would happen, how to deal with the instinctive panic reaction and what to do once in the water. Several times, we practiced releasing spray skirts so we had some idea what force and direction were needed. We were then asked to choose who would go first. Geoff had already done two deliberate wet exits and recoveries in training previously, plus one involuntary one when Denis tipped him out (for which he remains unforgiven). Denis kindly volunteered Geoff to go first.

Geoff's account:

"I had done this before so it didn't take me long to screw up my courage and fall sideways. On the previous occasions, I had gone in without a skirt or with a loose fitting one and I came out of the boat more or less automatically. This time, the skirt was tightly fitted to the boat and it was much harder to release. Apparently this can be an issue with Mirages where the front edge of the cockpit rim is deeper than on many boats. I did have a short panic attack, forgot my briefing and struggled to release the skirt. On surfacing, I found Phil right next to the boat ready to pull me back up. I did a bit of gasping, had a brief rest and then started on the recovery. On previous occasions, I had had a real struggle to get back in, so I was probably a bit hyped-up to

start with. However, this time, I used the technique that Phil had shown us by getting a leg inside the cockpit, hooking my heel below the rim and basically rolling in, using both leg and arm power. I got back in on the first try and was amazed at how easy it was compared with previous occasions. Denis, my rescuer, doing this for the first time, performed his role impeccably as far as I could tell.

I later performed the rescuer role after Denis went in. Again it proved easier than I expected but Phil explained everything as we went along and made sure that my part in handling the capsized boat was carried out using the methods least likely to injure. I had quite a buzz when Denis was upright again.

Denis's Account:

This was a first time for me. As a water-baby, the thought of fully immersing myself was not a concern, but deliberately spilling myself out of the kayak was. After a brief discussion with Phil and another practice releasing the borrowed skirt, I plucked up courage and tipped the kayak over. I remembered to tap the hull three times, (but I think I did not have my hands sufficiently clear of the water), easily slipped the skirt off and popped up holding the hull. Geoff neatly lifted the bow of my kayak across his, while I pushed down on the stern. Once most of the water had drained from the cockpit, Geoff turned the kayak the right way up and put the bow back in the water. Following Phil's instructions, it was easy to hook the leg under the edge of cockpit, get onto the kayak, rotate in the cockpit and slip into the seat. The only downside was being stung several times on my left leg by jelly fish. It would have been good to practice several more exits, but wind had got up and the risk of being stung in the face by the increasingly thick swarm of jelly fish was too great.

The afternoon was spent eating very plump and juicy oysters from a local farmer (excellent!) and indulging in a period of self-congratulation. Geoff's wife pricked the bubble by asking what the fuss was about & commenting that "you have sea kayaks so why does falling out of them concern you so much when they are designed for the sea and seem to stay upright". However, she has only paddled with Geoff twice, discovered that doubles really are divorce magnets & refused to go again.

Day Two was surf day. We arrived at Cookies Beach, South Durras, which we were assured was a safe location under most conditions; especially near the boat ramp. Phil came a few minutes later, but in the interim, we eyed the 1m surf with some trepidation. The comment "whose idea was this" passed between us.

Are we really going out in that?



This time we used Phil's boats – heavy plastic jobs with retractable rudders – and flat blade paddles. We were given a briefing on wave behaviour on beaches ... break zones ... surge zones ... rips, etc. and given information on local conditions. The next lesson was bracing – both high and low. We practiced while sitting on the beach with us leaning and pretending to ride a side-on wave and Phil holding the paddle blade to provide support. We had also previously practiced leaning our Mirages to see how far we could go before falling in. It now became clear everything that had gone before in skills training was a lead up to this morning.

Surely not in this!

We were then provided with white water helmets in case we crashed into each other or took a bump from an escaped boat – another nice safety consideration.

We were shown where to position the boats to allow us to push ourselves in by shuffling along the sand – now we saw the advantages of a retractable rudder over the fixed rudder Mirage system. Then, a welcome push got us into the water. We learned to brace through waves on the beam with Phil standing waist-deep providing progressively reduced support as we learned to brace and hip-flick, controlling the boat as each wave passed.

Surprisingly quickly, we both were able to handle the waves on our own and spent the last half hour of the lesson taking waves front-on, side-on, diagonally and from behind. The initial trepidation quickly disappeared and we found ourselves having great fun. Denis stayed upright, but Geoff took his eye off the ball right at the end, did not notice the last wave and ended up beached sideways in ankle-deep water. Phil was immediately there to provide rescue, but sadly not to salve the injured dignity. Denis was clearly having so much fun that he looked like being on the water for the rest of the day.

We ended the morning all too soon and retired for more oysters, more self-congratulation and a welcome afternoon nap.

On the following day, we ended our visit with a pleasant run with the tide from Shallow Crossing to Nelligen where our faithful land crew (Geoff's wife) met us. Then it was back to the Bay for yet more oysters and another lazy afternoon.

On returning home, Geoff sent Phil a thank-you email and shortly after received a reply with a set of links to instruction videos, a series of homework tasks & a request to report progress – that's service for you.

Overall, we could not say enough good things about *Bay & Beyond*. Excellent teaching; strong emphasis on safety; great confidence building; and a damn good time! The price was also surprisingly cheap for what we got. We'll certainly be going back for more.

Geoff

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Adventure Racing World Championships 2016 (XPD) - Mont AR race report

MONT ADVENTURE RACING, MONDAY 21 NOVEMBER, 2016: Dane Roberts

Our excitement in hearing that 2016 XPD would be the Adventure Racing World Championships was only surpassed by then hearing that the event would be located in the Shoalhaven region of NSW - a stunning coastal area in which we regularly train and holiday and only about 2.5 hour's drive from our home city of Canberra.

Getting to the start line proved to be a challenge. Aaron Coles dropped out of the team in August, having struggled with a calf injury for a few months and being a new dad, not having enough time to commit to training. We were lucky that Canberran Paul Cuthbert agreed to take Aaron's place. Paul had not previously competed in an adventure race of any length, but is a super strong runner, mountain biker, orienteer and rogainer, so we knew he'd be fine as long as he learnt to paddle - and he diligently focused his training on this over the remaining months. Unfortunately, about three or four weeks before the event, Thorlene Egerton also dropped out of the team. Thor had been struggling with a foot injury for a few months, which got worse after the XTrail race in China. The Victorian roving championships was the final straw, with a strong performance but a seriously swollen foot and a proper diagnosis, saw her needing to wear a moon boot for a few months. At such short notice and despite our efforts, we couldn't find a replacement woman for Thor, but luckily for us, Canberra mountain runner Tom Brazier agreed to step in at last minute, enabling us to still start the race as a team of four. Tom had only previously competed in one expedition race – *Wildside*, in 2014 - but like Paul, is a very talented runner, mountain biker and navigator, so we knew we had a fast team but would be shifting to the all-male category.



Following the pre-race activities, including the prologue and the short 'lockdown' period in which to prepare our maps, we were soon at the starting line in Huskisson and heading out onto the first leg, a 35 km paddle in Jervis Bay. This was Tom's first time paddling on the ocean and he duly felt it,

throwing up half a dozen times throughout the paddle, whenever there was a bit of a swell. To Tom's credit, despite being unable to keep down any food or water, he would get back to paddling each time as soon as he could, knowing the best cure for his sea sickness was to finish the paddle and be back on dry land. I was just glad to be sitting in front of him rather than behind! We went with 3 people in the 3-person yellow-boat, towing one person and 3 bags in the 2-person boat, and this seemed to work pretty well; despite Tom's sea sickness, we arrived at TA1 sitting somewhere around 35th position.

The second leg was a short 14 km run from Huskisson to Erowal Bay. We enjoyed jogging along the water's edge to Hyam's Beach, getting food and drink into us along the way, before heading up over the hill and dropping down to Erowal Bay. Towards the end of this leg, we passed a couple of teams including our main competitors in the all-male category, the fluoro-clad BMX Bandits.

We did another quick transition here and got out onto the third leg, a short 13 km paddle across St George's Basin and along its entrance to Sussex Inlet. We were still sitting somewhere around 30-35th position here, and were glad to get across the basin in calm conditions. We heard later that teams behind us encountered difficult wind chop.

With a full change of clothes, we transitioned onto the first bike leg of the race, a 95 km mountain bike ride that would take us south west, up to Pointer Lookout, before descending Florence Head and eventually concluding in Kioloa. We had a pretty good ride, making reasonable progress, but unfortunately during the night time made one of our 2 main navigational errors of the race, turning south a little early during the first half of this ride and spending 45 minutes or so correcting things. Luckily for us, our main competitors in the all-male category also made the same mistake, so we were together at this point. Following the difficult hike-a-bike down Florence Head, where we were caught in a bottle neck of about 7 or 8 teams, we eventually collected the remaining checkpoints and arrived in Kioloa on Friday morning, having fallen around 10 places in the rankings to mid-40s.



Next we headed out onto the fifth leg of the race, a 38 km coastal trek down to Bateman's Bay. This leg was a highlight for me, the coastline and beaches were beautiful and despite the heat, we made good progress along a coastal track, passing several teams along the way and putting some time into the BMX Bandits. We were also able to stop at shops in Kioloa and North Durras during this trek for coke, chocolate bars and ice creams. Good times!

Arriving at Bateman's Bay early Friday evening, we decided to push onto the sixth leg, a 37 km kayak up river to Shallow Crossing. We would be paddling against the tide during this paddle, but the low tide was still 5 or 6 hours away, so we backed that we could get through the worst of the tidal-affected areas before the current would be at its strongest. With this being the second night of the race, we were starting to get sleepy here, but we had some music to play through a waterproof speaker and this managed to keep us going to Shallow Crossing, arriving in light rain in the early hours of Saturday morning. We grabbed our first sleep of the race here in the tents that had been set up by the race organisers. Our sleep was well-timed; it rained fairly heavily the entire 2.5 hours we slept in the tent.



Heading out in the dark and drizzle onto the next leg, a 58 km mountain bike ride to Yadboro Flat which involved climbing over 2000 metres, the rain soon stopped and the daylight dawned. There was considerable hike a bike on this leg, and also a lot of sticks and leaf litter on the trails. The navigation was fairly non-eventful on this ride as we comfortably collected the checkpoints, but unfortunately a stick caught up under my bottom bracket, severing the outer housing of my derailleur cable and severing some of the wire cable inside. Paul patched it up with some electrical tape, but the cable continued to lose tension, with me losing gears one at a time. Stopping again, this time Paul tied a dozen or so cable ties around the cable, and this seemed to hold the tension in the cable. I rode on, only using the three middle gears of my 1x11 cassette. With the amount of climbing involved in this leg, climbing the hills in a middle gear soon cooked my legs and I gratefully accepted some tows from Paul on some of the hills, Paul again demonstrating his amazing strength. Surprisingly, as we progressed through the ride, the derailleur cable appeared to actually settle, skipping less and I found myself tentatively trying a larger range of gears as we rolled into Yadboro Flat.

Transitioning in the lunchtime heat on Saturday, we headed out onto the 45 km trek across the Budawangs. Lee Rice and I had done this exact hike around 18 months previously in training for 2015 XPD, so we were pretty comfortable with where we were heading. An advantage here was also knowing where all the water sources would be, so we were able to just take 2 bottles each rather than loading up several litres of water at the start,

like some teams less certain about water sources would likely have done. Lee had been unusually struggling through the day and this mystery was answered later that night when we discovered that what he thought was his chest strap rubbing was actually a tick buried deep in his chest. Extraction of the tick with some tweezers did the trick, and Lee picked up again as the night progressed.

We wanted to get as far as we could through the Budawangs before the daylight faded and after correcting, following slightly overshooting the saddle track from Mt Cole to Bibbenluke, we were delighted to pick up the track across scrubby Mt Tarn without any trouble. After making it around Mt Haughton, we descended down onto Styles Plain as darkness set in. We lost the track at the northern end of Styles Plain, but like the last time Lee and I hiked this area, we simply cut across directly to the knoll on which the track crosses for the Hidden Valley turnoff, glad that Style's Plain was considerably drier than the last time we were here. Unfortunately we were to make our other main navigational error of the race up here, where, after locating the off-track knoll Check-Point (CP) with ease, we headed north to intersect the track, but somehow in our tiredness we missed it and ended up in the creek, east of the track. After some confusion and mapping the creek-lines in the dark for maybe 45 minutes or so, Tom took the map and confident with where we were, we climbed a knoll and spur to the north east, finding the track again not far from the turnoff to Mt Quilty. We followed Redgrounds Track to Nerriga, struggling with staying awake for most of this, but still making reasonable progress.

After grabbing 1.5 hours of sleep on our bike boxes at Nerriga and each gratefully devouring a bacon and egg roll that the local lions club was cooking at the Nerriga pub, we headed off on our bikes around 8 a.m. on Sunday morning for the quick 70 km bitumen ride to Bungonia for the caving; arriving about lunchtime.

At Bungonia we quickly headed into the caves where we were to collect five checkpoints from the six possible caves. Our first cave proved a challenge - we were in Holland's Cave, but somehow we thought it was Acoustic



Cave, after misreading the number at the entrance. This meant I was being encouraged to keep following a narrow passage deeper and deeper, while the checkpoint was actually at a higher level. My doubts that the checkpoint could be down here were confused when I found a lost ay-up bulb down here - clearly at least one other adventure racer had been in here, so perhaps it was the correct way?! Deciding the CP couldn't be down here and heading back up, we encountered another team who corrected us on what cave we were in and we soon found the CP at a higher level of the cave. This first cave had taken us 1 hour and 20 minutes, so we next headed for a cave that was only supposed to take 5 minutes, although would be hard to find the entrance. Losing some time here without finding the cave entrance, we decided to press on to the other four caves. Luckily we appeared to improve from this point, finding the CPs in the other caves relatively quickly, repressing any claustrophobic thoughts we might be having as we squeezed through one section called 'the flattener'.

We ended up arriving back at the TA after 4.5hours, so we had around 30 minutes waiting until the mandatory 5 hours were up and we could access our bike boxes and other gear. I found this 30 minutes to be very enjoyable; I was able to relax as I sat down at a table to eat a re-hydrated meal for once not in a huge hurry. Soon the 5 hours were up and we transitioned as strong wind gusts blew away some of our equipment - at one stage we were running off into the bush to grab our maps and dry bags that had flown off in a powerful gust of wind, thankfully managing to retrieve them!!
To be continued.....

Boats for Sale

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!)



K1 – Chris Hurley – Nitro



Very low-volume boat: suitable for small, lightweight paddlers.

Stability: around 1 (very tippy).

Carbon/glass construction. Some cosmetic cracking/indentations in gel coat on the underside of the hull –otherwise the boat is in reasonably good condition.

Listed on Gumtree: **\$350** Contact Roger: 0414 375 752

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



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 \$25 each

Shorts \$25 each

Latest Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

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

Newsletter Contributions Wanted!



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

Phone: 0418 861 613

Otherwise it will be filled with things like: see left.. Helen.

Allan Newhouse said there was not much being organised on the South Coast last month, so instead.....

Did you spot the difference?

The one on the left was paddled in the 24 Hour Challenge two years ago and at Wagga last year. The one on the right was completed in early January this year. Both were on display at the Australian Wooden Boat Festival in Hobart 10th -13th February. They are built from 5mm thick Paulownia strips with 125gsm glass inside and outside and weigh about 11.5kg. Both are 5.3 metres long. The differences are that the new one is 54cm beam compared with 53cm, the cockpit is bigger and the deck is higher to accommodate a larger paddler.

Photos from the Burley Griffin Bash :



Darren Lee (with Patricia Ashton), winner of the Molonglo Trophy for the fastest Kayak over the 30 km course.



Steve Dawson won the Scrivener Trophy for the fastest Canoe over 30 km – the first time it has been won since 2002!

[The last two pages of photos at the PNSW State Championships taken by David Gordon]



Top Left:
John Preston, then Margi Bohm
Above: **Sam Wellings-Booth**
Left: **Charlotte Stimson (at left) and Kiara Chen**

All Photos:
David Gordon



Left: **Kiaran Lomas (Top) and Robert Bruce (below)**
Above: **Nick Hocking**

More Action Shots by David Gordon:



Including some of the locals telling the visitors what they think!

