



Newsletter of the

BURLEY GRIFFIN CANOE CLUB

Volume 28 Issue 10, July 2018

Your Committee:

President: Russell Murphy

Vice President: Patricia Ashton

Secretary: Kai Swoboda

Treasurer: Jane Lake

Safety & Training: Vacant

Membership Secretary: Helen Tongway

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In this issue:

- BGCC Birthday and Presentation Dinner
- New life member: Bob Collins
- Recreational paddling
- Race reports



*The ACT Government assists this organisation
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Coming Events:

Dates	Event	Location
Saturday, 7 July	Spit to Zoo (Harbour Series Race 6)	Middle Harbour Yacht Club
Saturday, 14 July	PNSW Sprint	SIRC??
Sunday 15 July	PNSW Series Race 8 (MWKC)	Narrabeen
Saturday, 4 August	PNSW Series Race 9 (HVPC)	Teralba
Saturday, 25 August	PNSW Series Race 10 (WCC)	Windsor
Saturday, 15 September	PNSW Series Race 11 (BWP)	Davistown
Saturday, 22 September	PNSW Myall Classic	Tea Gardens
October	Canoe Polo Invitational	Molonglo Reach
Saturday, 20 October	PNSW Series Race 12(Makai)	Burrill Lake + Series Presentation Dinner
Saturday, 27 October	Hawkesbury Canoe Classic	Windsor to Mooney-Mooney
Monday 19–Friday, 23 November	Massive Murray Paddle	Yarrawonga to Swan Hill
Saturday, 1–Sunday, 2 December	24-Hour Paddling Challenge (BGCC)	Molonglo Reach

President's Report: Russell Murphy

Another month and more paddling to be had. You can read all about all the happening in the rest of newsletter, but I wanted to highlight the club birthday party where a small group of people got together to celebrate the successes of the club and its members and share some of the amusing moments that happened over the year. My congratulations to all who won awards or were nominated and especially to Bob Collins, who was made the club's third only life member. He joins John Harmer and Helen Tongway in a very exclusive club. He also was presented with a special trophy of a brick from the former men's toilet.

What I did want to talk about this month is what you want from the club. I've noticed this year that the number of members taking part in club organised events has reduced, compared to other years. We want your club to meet your needs, so we want you to tell us what you want. Do you want to see more organised recreational trips? A change to time trial format or time? More opportunities to try canoe polo or whitewater? If you don't tell us, we won't know. So drop us a line at info@bgcc.org.au and tell us what you want, or come and find a member of the club committee.

Please also note it's time to renew your membership for the 2018/19 financial year.

See you on the water,
Russell



Are you truly a paddler if you don't look over every bridge you drive over?



Padding Banter © Connall Brown 18

BGCC Birthday and Presentation Night

It was a small group that came together at the Hellenic Club for the Club Presentation Dinner – what can we do to improve attendance for next year? I'm open to ideas or volunteers to organise something different!! Having said that it was a pleasant evening recognising some major paddling achievements and appreciation for hard work done. (Thanks Jo and the SUP crew, this was one of the few photos taken on the night!)



Male Paddler of the Year – Allan Newhouse

Allan has been paddling for many years, but over the last several years Allan has been one of the few paddlers who has attended each race, he also attends States and Nationals, Masters – this last year in



Tassie, races including the Batemans bay Challenge, the Frank Harrison Races, the BGCC 24 Hour, and no doubt more. Being well over 70, paddling canoes, or K1, beautiful wooden boats he has made himself, or TK2's with Ian, Allan is often placing but always competing. His enthusiasm and commitment should be an inspiration to others.

Female Paddler of the Year – Laura Kleinrahm

Laura embarked on her illustrious polo career in 2013 in Adelaide. Laura arrived in Canberra 2.5 years ago to study at ANU and immediately threw herself into BGCC joining junior and womens teams. She has been a member of 2 National winning womens teams and is currently training with intense determination to secure her spot on the 2018 Australian Canoe Polo Team. She has also had a go at whitewater with a memorable bootie-losing swim and makes a significant contribution through being canoe polo convenor.



Junior Paddler of the Year - ACT Boys team

The ACT Boys have developed as a team immensely over the last couple years.

With constant competition from a slightly old girl's team, the boys have had to develop their teamwork and leadership to achieve a team where everyone now knows their role in the group, resulting in one that now plays really well together. Matthew's goalie skills, as well as Angus' sheer power have become a key component of their defensive layout, something complemented by all the



boys now being capable of great shooting. This culminated in their shock win over the ACT Girls at the National Championships, and eventually coming home with a silver medal, a tremendous achievement, and hopefully a sign of successes to come.

Time Trials

Thanks to Wetspot Watersports for the support given to the club and club members throughout the year and for sponsoring the Time Trials.

BGCC WETSPOT SUMMER TT Point Score Winner

Scott MacWILLIAM 84 *winning a \$100 gift voucher at Wetspot*

Greg CHESHER 72

Kiaran LOMAS 72

Roger MURRAY 63

Kevin SWAIN 63

BGCC WETSPOT WINTER TT 2017 Point Score Winner

Craig ELLIOTT 69 *winning a \$50 gift voucher at Wetspot*

Andrew PARKINSON 63

Russell LUTTON 51

Most Improved Male – Rob Stimpson

Last year Rob was awarded the swimmers trophy (pool ring) for spending so much time in the water, as, in John's words *'he has developed an intimate knowledge of the breeding cycle of the purple spotted gudgeon'* and was writing a book entitled *"The Best 500 places to re-enter a kayak on the Molonglo river"*. This season, Rob's balance has improved immensely and training with Margi has improved his fitness and technique to a point he is often placing in Division 2 of the Marathon Series.



Most Improved Female – Lana Read

Lana has had a number of significant injuries to contend with over the last year or so, that include; torn stomach muscles, fractured rib, torn medial cruciate ligament and ongoing shoulder problems. Most of us would have given up the sport.

Lana's determined nature, dedication and love of the sport with some help from Enhance Healthcare has enabled her to re-gain her strength. Lana has trained on her own most Tuesday and Thursday mornings working on her paddle technique, speed and endurance. Lana recently achieved 1st Place for her age division at the;

- Batemans Bay Paddle Challenge (8km event)
- Husky SUP Nisco Day (Battle of the Paddle / 400 metre sprint)



Special Encouragement Award – Louise Yabsley



Louise has been paddling C1 for approx 3 years now, and is a very dedicated driven paddler, training alone 6 days a week, travelling to Penrith and Adelaide for coaching. Louise has her sights set on the Australian Sprint Team and to that end has taken 12 – 18 months off work to dedicate to training. So when you see her on the water or at the shed give her some encouragement. We'll watch her progress & wish her all the best.

Swoboda Club Member of the Year Award

This award was first presented in 2008. Rainer Swoboda was one of the clubs early members who was always ready to help out, after his death, John Harmer suggested the Club Member of the Year trophy in his memory. Since then it has gone to those club members who put in that bit extra – realistically it could go to Helen Tongway each year, but we do like to acknowledge the efforts put in by other members throughout the year. this year, its going to : the Grey Army

The Grey Army consists of Bob Collins, Scott MacWilliam, Barry Marshall, Robert Bruce , John Lockie and while not quite in the same age group, he is a honorary 'grey' army member, Scott Hunter. These club members have been making themselves available as 'off siders' for all the jobs in the shed outfitting. Knocking down walls, carting bricks, wood, hammering, grinding, drilling, painting. Along with the club house refurb, these members are there for any shed cleaning, race volunteers, triathlons etc. Without their hard work, time and commitment, the shed extension would have cost us many \$1000's extra.

Special Appreciation Award

Shane Lund: While the club initially accepted a quote from Shane for work to be completed on the third stage of the current project, he has exceeded that commitment many times over.

Shane's involvement with the club's shed project commenced several years ago at the design and planning stage. His knowledge of building requirements proved invaluable for the sub-committee which was tasked with producing the necessary documents to be submitted to the National Capital Authority and the ACT government.

Once approval and the funding application were awarded, Shane continued to assist with suggestions and supervision as building commenced.

With stages 1 and 2 completed, he has worked tirelessly both on his own and with the assistance of Scott Hunter, Aidan Lewis, Patricia Ashton and the Grey Army to reconstruct the eastern end of the shed. When completed this will provide facilities of an exceptional standard for the use of all club members. Shane's contribution to the upgrade of the club's premises has been carried out with

humour and tolerance, meeting many different, sometimes conflicting requests with patience and wisdom.



Hole in the Paddle – nomination – Samantha broke into the Polo scene three years ago, and soon demonstrated her natural talent with her strong throws and fearless attitude. Last year Sami was a member of the ACT heavy U18 Australian Team that went to New Zealand for the Oceania Championships, and was involved in several training camps before she was named in the Australian Women's Team going to the World Championships in Canada.

Hole in the Paddle – Russell Lutton deserves a hole in the paddle for his commitment to paddling a more tippy and aggressive single faster than he has ever paddled before! During the 2017-2018 season, Russell has systematically worked on his technique to the point where he has paddled PBs at time-trials regularly and is now paddling at a speed that is of podium quality in age racing at the Masters World Marathon Cup. Not only has Russell let his paddle do the talking, he remains a regular helper around the club, supporting most of BGCCs activities and helping whenever he can.



Grand Masters Grand Master – David Tongway

This award could go to any of our eligible paddlers – those over 70. Ian Castell-Brown was the first recipient and Allan Newhouse last year – both continue to paddle, race and place regularly in a wide range of events. To Robert Bruce, who has started training with Margi and has improved his paddling, shocking a couple of Divisional Paddlers who normally finish in front of him, to Scott MacWilliam who also has improved his technique and in the double with David, are gaining speed; Russell Lutton who has improved his times and is setting regular PBs.....etc.

However, this year we're awarding the Grand Masters Grand Master trophy to David Tongway. David is not new to paddling, but over the last few years has come back to it in a big way. Both in the double Mirage with Helen, in double canoe and in a single, they have tackled the Marathon Series, the Frank Harrison races, the Great Toro race, the 24 hour, the States and over the last weekend, the Riverland 200, which was a mammoth effort and from which David has said his back hasn't felt this good in many years! (in part thanks to Pete Garbutts team at Enhance). David and Helen are now well on their way towards the Big Year of Paddling – a 1,000km challenge.



Coach of the Year – Louise Gates & Margi Bohm

Louise has been instrumental in coaching and developing the junior canoe polo development squad. Over the previous three years, Louise has initiated and organised 'come n' try' sessions, weekly trainings, a grant that allowed the hosting of a Junior camp featuring interstate coaches and also taken squads to Queensland training camps. She has developed a core squad of twelve Juniors, with this effort reflected in the 2nd and 4th placings received at the National Championships, as well as in the selection of an almost entirely ACT 2017 U18 Oceania Team, and the selection of Samantha Macalister in the Senior Women's Team this year.

Margi has been running the TrainSmart program for club paddlers for the last 2 years with many participants improving and gaining PB's, she has taken this program to elite athletes in the Australian team, running 2 training camps, as well as offering a condensed version to women paddlers through the PNSW Marathon Series.



David and Helen Tongway cutting the cake

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The Brick of Appreciation

Not long after Bob joined the Club and enjoyed his first race at Narrabeen, he fell in love – with the Manly-Warringah shed. It had two levels, lots and lots of boat storage, meeting rooms, change rooms and everything; a proper boat shed.

At that time, BGCC was struggling with one end of a shed that once held park maintenance equipment. In fact, on the one occasion it was seriously broken in to, it is most likely the thieves were looking for a tractor.

When BGCC started (28 years ago) it had no assets; it was just a group of paddlers who brought their boats to the park on a Sunday to paddle together. By the time Bob came along, the Club enjoyed a very cheap rental arrangement with the ACT Government for the “log cabin” shed. Club members, led by Terry ‘Swampy’ Marsh, had built the shed at the end of the original toilet block just in time for the 1997 Australian Master’s Games. The Club also had a small fleet of Club boats and an increasing number of members who relied on boat storage by the river.

Conditions were primitive and demand for boat storage far exceeded capacity.

A great many people wished that “someone” would “do something” about expanding capacity, and while 2 members had attempted it in the past, it drove them to ill health and away from paddling!

Bob didn’t wish; Bob started doing.

And the first extension happened, on a shoestring budget. It was designed by well-meaning amateurs, advised by a retired architect, and mainly built by friends of friends, members who happened to be tradesmen. It was opened with great ceremony in December 2010.

But within weeks it too was stretched to capacity, and there was still no meeting room or change room; and the solitary shower was probably a health hazard. So Bob started “doing” again.

The second extension was far more complex, and expensive. But with the support of the Committee, although not always unanimous, Bob started. Perhaps some thought the project was so complex that it would never happen in our life time, but were happy for Bob to beaver away. But Bob wasn’t just hoping to succeed, he knew he would and just kept going.

Several times over the years Bob has had heart surgery but kept on regardless.

First the Club had to get a lease on the land, as there was no point pouring Club money into what was an ACT Government asset. I am sure you can imagine the administrative maze of approvals necessary to excise land from a public park.

Then power and water supplies had to be separated from the public toilet. (Next time you have a long, hot shower, remember that we now pay for the electricity.)

The architect design had to get approval from a range of ACT authorities as well as the Commonwealth (National Capital Authority). Rejection and modification of plans seemed never-ending. If you want to add to Bob’s grey hair, ask him why we didn’t use Colourbond steel cladding, or what species of vegetation we are going to plant to screen the shed from VIPs driving from the airport.

And then of course there was the small matter of money for something that was going to cost around \$250,000, with the ACT Government having to be persuaded to part with a dollar for dollar grant of around \$130,000.

The process took years, and so often with two steps forward and one step back. At various times we thought it would become the Bob Collins Memorial Shed...but Bob just kept at it and somehow managed to find time to paddle as well.

And now, finally, with the help of the Committee, Shane, the grey army and many other members, it is just about finished.

Committee and members supported the project, but it was Bob's vision, patience and determination that has produced the result and transformed the Club from a 'shed' to a real clubhouse and Boat Shed – with capital letters!

And just quietly, I think our shed looks better than Manly's.



Patricia

Thanks to John Lockie for providing most of this article.

Bob was presented with a painted brick from the original men's toilet block which had been nicely mounted on a wooden base.

Life Membership

Before the Club dinner and presentation night, the Club had two Life Members: John Harmer, a founding member and Hawkesbury paddler extraordinaire, and Helen Tongway, an honorary founding member and the keeper of knowledge, among many other things. Now a third has been added to the list.

Bob Collins

Over the last decade, he worked tirelessly on the shed extensions. That alone should be enough. But there's more!

Bob joined BGCC in 2005, joining one of our Learn to Canoe courses (he's never paddled a TK since!), was president in 2008–10 and 2011–13, and the year in between he was Vice President. During this time Bob wrote up our first Strategic Plan, how to get from the then 70 members to around 100, how to increase participation, etc. The Club got to 100, then to 300! Bob oversaw not just the shed extension, but that of the whole club.

Currently he is the Club's Public Officer and Building and Government Liaison person. He has been Triathlon convenor, as well as organising most of the club grants over the last 10 years, and is always there for any events or jobs that need doing.

BGCC is extremely fortunate in having Bob Collins as one of our constant volunteers, who provides a wonderful example to all.

He encourages other paddlers—especially to go hard—efforts, bungy straps, a few extra kms. He himself has done the Hawkesbury about 6 or 7 times, the Murray 404 six times, the Riverland race 200km, the Myall twice, the 24 hour many times, often as a single paddler, the Bash & many divisional races. He's always a gentleman, remains calm and reasonable except when the water is bumpy, then he's not so calm!

So, to thank Bob for all he has done for the club, which has been way more than above and beyond, year after year, we would like to bestow on him,

Life Membership.

The club is looking for someone with wood working skills to craft a perpetual trophy for our Life Members. If you know of one, please pass on their details. Patricia

2018 Quiz Questions

If you use your phone your team will be disqualified!!!

Part A: Your Club

1. When was BGCC born?

a) 1988 1990 1992 1998

b) April May June July

2. Name two current Committee Members of BGCC

1. 2.

3. Name four disciplines of Canoeing/Kayaking in BGCC

1. 2.

3. 4.

4. How many former Olympians are BGCC members?

0 1 2 3

5. Name a politician (or two) who are paddlers (current and/or past)

1 2

2 points/correct answer _____/20

Part B: Your Sport

6. Australian Canoeing has now (almost) changed its name to what?

Australian Paddling Paddle Australia Australian Paddlesport Paddling Australia

7. Name one person in the (former) Aust. Canoeing Hall of Fame (there are 12 of them)

1

8. Name 3 of the 10 disciplines which (the former) Aust. Canoeing covers?

1 2 3

9. In which Olympics was the first Canoeing medal won for Australia?

1

10. Name three Australian Olympic paddlers (Sprint and/or Slalom)

1 2 3

11. Name one discontinued Sprint race-format/distance which was run at the 1960 Rome Olympics or at the 1936 Berlin Olympics?

1.

2 points/correct answer _____/20

Part C: Your Country

12. In which Victorian town is Sovereign Hill, which commemorates the discovery of gold in 1851 and the Eureka Uprising of 1854?

Bendigo Swan Hill Beechworth Ballarat

13. Feared by foreign tourists, *Atrax robustus*, *Latrodectus hasselti* and *Lampona cylindrata* are all species of what?

Drop Bears Spiders Jellyfish Sharks

14. Jamala Wildlife Lodge, featuring accommodation within centimetres of animal enclosures, is in which city?

Darwin Melbourne Hobart Canberra

15. After 66 years in the air, in what year did Ansett Airlines cease operation?

1992 1995 2001 1998

16. In which city are Salamanca Market, the Henry Jones Art Hotel and the Museum of Old and New Art?

Freemantle Adelaide Geelong Hobart

17. According to the lore of the Mowanjum people of the Kimberley, what is a wandjina?
Didgeridoo Crocodile Creation Spirit Dance
18. What are Bianca C, Spiegel Grove, U-352 and Yongala?
Shipwreck dive sites Travel apps Queensland towns Canberra restaurants
19. What are the names of the giant pandas you can visit at Adelaide Zoo?
Koong Koong and Pu Shi Fung Fung & Quo Phi
Wang Wang & Fu Ni Ling Ling & Wah Qi
20. What pub in McKinlay in northern Queensland was featured in the movie Crocodile Dundee?
Never Never Hotel Black Stump Hotel Outback Hotel Walkabout Creek Hotel
21. Where can you stay at the Southern Ocean Lodge, eat pure Ligurian honey and see the giant boulders known as Remarkable Rocks?
Kangaroo Island, SA Mornington Peninsular, Victoria
Hayman Island, Qld Albany, WA
22. What was the most geotagged Australian destination on Instagram in 2015?
Sydney Opera House Sydney Harbour Bridge Bondi Beach Melbourne Cricket Ground
23. What region plays host to the Truffle Kerfuffle food festival every winter?
Barossa Valley, SA Derwent Valley, Tas Margaret River, WA Yarra Valley, Vic
24. In which National Park can you explore magnetic termite mounds, see Wangi Falls, hike Tabletop Track and soak in Buley Rockhole?
Mary River National Park Litchfield National Park
Kakadu National Park Nitmiluk National Park
25. Which of these is NOT one of the 94 places mentioned in Lucky Starr's 1962 song I've Been Everywhere?
Birdsville Parramatta Kalgoorlie Canberra
26. In which NSW town can you take a selfie with the Big Merino?
Coffs Harbour Ballina Goulburn Armidale
27. What was the nickname of the TSS Fairstar, Australia's first domestically-based cruise ship?
White Swan Fair Game Fun Ship Sitmar Steamer
28. What are Hardware, Tattersalls, AC/DC and Hosier?
Music festivals Tasmanian walking tracks
Margaret River wineries Melbourne laneways
29. In which town is the annual Elvis Festival held each January?
Tamworth, NSW Townsville, Qld Parkes, NSW Woodford, Qld
30. The year 2016 marked the 400th anniversary of the landing near Shark Bay in WA by which explorer?
Dirk Hartog William Dampier Frederik de Houtman William Janszoon
31. Where are you if you are learning about Tjukurpa culture from the local Anangu people?
Kakadu Mungo National Park Arnhem Land Uluru-Kata Tjuta
32. McCrossin Street is the main drag of which popular tourist town?
Torquay, Vic Port Douglas, Qld Coffs Harbour, NSW Noosa, Qld
33. Now one of Australia's iconic tourism events, the Sydney Gay and Lesbian Mardi Gras was born out of a protest march in what year?
1984 1982 1978 1980
34. Whose is the most visited grave in Australia?
Don Bradman Bon Scott Banjo Paterson Ned Kelly
35. Where were Men at Work when they received a Vegemite sandwich in the song Land Down Under?
Byron Bay Bali Brussels Bombay
36. The Santos Tour Down Under cycling event is held in which state or territory?
SA WA ACT Victoria

2 points/correct answer

___/50

Part D: Just For Fun!

37. In the ABC's "My Favourite Album" special of 2006, which classic '70s album was voted as Australia's favourite?

1 _____

38. Who was the first indigenous Australian to be Australian of the year?

1 _____

39. According to its' Welcome sign, the tiny NT town of Wycliffe Well is the:

"_____ Capital of Australia"

40. Europe's Highest Capital City is in which country?

1 _____

41. The tiny European country of Liechtenstein is the world's leading producer of which artificial human aid?

1 _____

2 points/correct answer

_____/10

Part A: /20
Part B: /20
Part C: /50
Part D: /10
Total: /100

See if you can beat our diners at the club's 28th Birthday Party and Presentation Dinner!

Remember: no electronic devices were used at the dinner.

Answers on p. 36

Interested in Social or Recreational Paddling?

BGCC used to have quite an active Recreational paddling group, however, over the last few years this has stopped completely. Some of us are interested in trying again.

To gauge interest and to see what skill/fitness levels we have, there will be a social paddle on the lake with a lunch stop at Springbank Island to start with, then a day trip to Nelligen, before looking at a weekend trips to Kangaroo Valley and the south coast.



Saturday 11th (or 18th) August

Lake Paddle: 11am start, 3 hours with lunch, approx. 10km, weather dependent.

Sept 29th or 30th

Nelligen paddle: Cyne Mallows Creek 12–14km with a lunch stop, approx. 4 hours.

These trips would be weather dependent and suitable boats are sea kayaks, rec boats like the Horizon Flyer, and skis—but not for TKs.

Social paddles are SOCIAL, paddlers should remain in a group or at least be aware of where all paddlers are and sometimes circle round to join slower paddlers.

If you are interested, even if you can't make those dates, please let me know.

Patricia



2018 Riverland Paddling Marathon (RPM): Helen Tongway

The RPM is billed as being Australia's "Coolest Paddling Marathon" – mostly because it is held each year over the June Queen's Birthday long weekend. But also because the course is along some of the Murray River's most picturesque riverbanks, with river-cliffs of many and varying colours – deep reds to palest creams – with plenty of wildlife, particularly pelicans and little corellas.

David and I set out from Canberra on Thursday 7th June, along with our trusty land-crew lady: Patricia Ashton. (This was Patricia's second trip with us as land-crew, so we couldn't have been too bad to look after on the first round – though this time we were entered for the full 208 km, not the half distance/93 km of our previous paddle.) The first night was spent in Balranald, where the motel proprietors sent us off to the local club for our dinner as their own cook had come down with a stomach bug. Not a great start for the trip. However, after a good night's rest we were off to Berri in South Australia, in time to show Patricia where the start was and also how close to the start the first checkpoint, at Lock 4, was. The need to know where to park the car for the start was because the registration and all other preparations are done in the dark hour or so before dawn. We were off in the first start, just as the sky began to lighten. Considering the time of year, it was relatively warm (about 10 degrees) and quite calm. Pleasant even.

Day 1 was nice. Calm. Sunny. A nice long paddle of 76 km from Berri to Moorook. This took us 9:16:38
Day 2 was also nice. Mostly calm and sunny. Another nice 69 km paddle from Moorook to Waikerie: in the time of 8:14:57

Day 3 was not quite so nice.... This was a very early start. Pitch black and with the wind already blowing. It was over half an hour before we could make out the trees along the river-bank, so our early paddling was a bit tentative – though thankfully the wind was behind us at that stage. However, as the day progressed we had many long paddles into a stiffening wind, which caused short sharp waves of up to 30 or 40 cm or so, in height. This was a tough day's paddle. And, although the distance from Waikerie to Morgan was shorter (63 km) than day 2, our time was longer, at 8:35:08. Despite this hard day's paddling, we would still say we enjoyed the whole event (and the further back it was, the better we enjoyed it!) Our total time was 26:06:44; and we were able to establish a new record for RKL2 XV65



While David and I were out on the water, we were barely aware of any of the paddlers doing other distances. But we discovered that there was another BGCC paddler on the river. Luke Willsmore was paddling in Open K1 in the half-distance, 93 km event and from his times, paddling it rather well. By the time we got to the position on the river where the Murray 100 paddlers start – they were well gone! But we did catch up a little at the evening meals.

Luke's times were:

37 km, 3:04:55 26 km, 2:11:07 30 km, 2:30:23 T Total: 93 km, 7:46:26



After the 3 day's paddling, we decided to drive home in one day. With three drivers we were able to have enough rest between turns and managed an incident-free trip in almost exactly 12 hours. David and I would like to again thank Patricia for her excellent care of us – anticipating what our needs would be and waiting patiently at checkpoints, encouraging us along the river and cleaning up our boat-mess at the end of the day. THANK YOU Patricia !!!

And we are particularly proud of this photo of our paddling unison/style. Not sure how often we looked like that – but a definite improvement after many years in the boat together ☺

Helen.

Results at:

<http://riverlandpaddlingmarathon.com/results>



PNSW Series Race 7, Penrith; Nepean River: Helen Tongway

Sunday 24th June started frosty – though probably not quite as frosty as in Canberra! However, the day turned into a beautiful sunny, calm race-day. The Penrith Valley Club had put a lot of effort into getting things ready for the day, with plenty of foods, the river closed to all other watercraft (except the paddle-steamer, the “Nepean Belle”) and best of all, an out and back course, instead of the usual 5 km lap courses. David and I, along with many other paddlers, appreciated the valet service of lifting our boat off the car when we arrived and then at race-time, getting us on the water on their carpeted boat-ramp; and then getting us out of the boat at the end of our race. Very much appreciated along with the club members and others who assisted us to get on to and off the water and ready to head home again.



The course was on flat water with no noticeable flow, with mostly deep water and only occasional patches of water-weeds. There was a slight breeze by the end of the race – but nothing to complain about. The bonus of the longer courses was the sight-seeing along the way. Once past the narrow-ish entrance to the gorge, the river-banks were covered in the local eucalypts and She-Oaks and other natural vegetation with outcrops of sandstone rocks.

A small but keen group of BGCC paddlers made the relatively short trip to Penrith, including two of our kneeling C1 paddlers plus a new-to-paddling-competition club member. BGCC fielded 20 paddlers in 16 boats.

Right: Louise Yabsley

Full results at:

<https://www.webscorer.com/race?raceid=141992>



BGCC Paddlers:

Division 2	20 km	Gary Rake			
	5 th	1:43:00	46		
Division 4	20 km	Richard Fox	11 th	1:51:32	40
Division 5	20 km	Danielle Winslow & Bob Collins	2 nd	1:51:51	49
		David Abela & Scott MacWilliam	11 th	2:06:05	40
Division 6	20 km	John Preston	8 th	2:05:29	43
Division 7	20 km	Helen Tongway & David Tongway	5 th	2:17:39	46
Division 8	15 km	Patricia Ashton & Russell Lutton	1 st	1:17:07	50
		Margi Bohm	6 th	1:25:26	45
Division 9	10 km	Sebastian Marczak & Marcelo Cabezas	1 st	0:48:17	50
		Gabrielle Hurley	6 th	0:57:03	45
Division 10	10 km	Graeme Ison	4 th	1:02:23	47
		Stephanie Rake	6 th	1:02:46	45
Division 11	10 km	Ian Castell-Brown	5 th	1:07:05	46
Division 11	10 km	Jeremy Cook	(Ranking)	1:04:10	?
Division 12	10 km	Allan Newhouse	1 st	1:07:31	50
Division 12	10 km	Louise Yabsley	(Ranking)	1:13:03	?

Club Standings: after Race 7 in the PNSW Marathon Series race

Congratulations to Allan Newhouse on his promotion to Division 11.

And to our two novice marathon paddlers on their respective rankings:

Louise Gates into Div. 12 and Jeremy Cook into Div. 10

Lane Cove	5472
Burley Griffin	4346
Manly Warringah	4308
Sutherland Shire	2383
Newy	2027
Windsor	1941
Penrith	1835
Brisbane Waters	1655
Central Coast	1465
Cronulla Sutherland	1545
Hunter Valley	1149
Makai	457
Wagga Bidgee	423
Shark Island Paddlers	381
Just Paddlers	357
ACCA	237
Illawarra	279
Mitta Mitta Canoe Club	225
Pacific Dragons	147
Sydney Uni	132
Pacifica	99
Ivanhoe Northcote	49
Northern Beaches	45
Swan Hill	44

Below: Marcelo Cabezas & Sebastian Marczak





Three of BGCC's South Coast Paddlers:

Above: Ian Castell-Brown

Above Right: Graeme Ison

Right: Allan Newhouse



Three of BGCC's paddling Ladies

Above Left: Margi Bohm

Above: Stephanie Rake

Left: Gabrielle Hurley

Three of BGCC Doubles



Above Left: Dave Abela & Scott MacWilliam

Above Right: Bob Collins and Danielle Winslow

Left: David & Helen Tongway





Three of the BGCC Men

Left: Gary Rake

Below Left: John Preston

Below: Richard Fox, and below that: Richard showing just how shiny the bottom of his boat is!



Two new BGCC Competitive Marathon Paddlers; plus a new competitive combo



Above: Jeremy Cook

Right: Louise Yabsley

Below: Russell Lutton & Patricia Ashton



The next PNSW Marathon Series Race will be on Sunday 15th July, on Narrabeen Lake (MWKC). This is a home race for them, so we need as many paddlers as we can get in the events to try to maintain our current second placing on the Club Standings Board!
Helen.

South Coast Convenor's Report—Mylestom and Penrith: Allan Newhouse

Two South Coast members made the long trek north for the Mylestom race on Saturday 9th June. Graeme Ison paddled his ski in Division 10 and took out first place. I paddled my C1 and finished second in Div12.

Fortunately the weather was much kinder than last year, when crossing the river to the start line was the trickiest part of the whole event. The 5 km course is generally sheltered except for the final couple of hundred metres, but this year it didn't matter because conditions were very comfortable.

Numbers were quite disappointing this year with only about 70 paddlers from the NSW Marathon Series and a handful of North Coast paddlers. Unlike last year, the event was not on the Northern Marathon Series calendar. It is a pity that Mylestom is so far away because it is a great course to paddle, with deep water and a view of the mountains on the upstream leg.

With so few entrants, divisions were amalgamated to avoid the situation of having just one or two paddlers in a start.

After the event, paddlers retired to the North Beach Recreation & Bowling Club at Mylestom, where place-getters were presented with Pacifica Club medals.



Graeme Ison about to take first place in Div 10 at Mylestom. Photo by Ian Wrenford



Allan Newhouse crossing the line in 2nd place in Div 12 just ahead of a Div 11 paddler at Mylestom. Photo by Ian Wrenford

On Sunday the local club ran a fun event that consisted of a very short M-shaped course across the river. Those who could get the turns right had an enormous advantage. The strong winds that had not eventuated on Saturday were there in force and with much of the course side on to the winds, some paddlers found the conditions tricky.

Each paddler was allowed three timed runs around the course. The sight of white-topped waves had me wondering whether I really wanted to take part and having two swims before the event even started did nothing to encourage me. With the tide running in one direction and the wind in the other direction, the waves were quite steep and not the sort of conditions that suit an open canoe.

However, I completed my three laps with no further mishaps and while I was by far the slowest paddler around the course, I had the distinction of having made the greatest improvement over the three runs. Most paddlers improved by a few seconds, but I improved by a minute, largely because I was able to work out exactly how much I needed to drag one foot in the water to stay upright.

PNSW Race 6: BGCC Paddler's Results:

Division 2	20 km	Gary Rake	1 st	1:44:13	50
Division 9	10 km	Stephanie Rake & Liz Muldoon	2 nd	0:53:10	49
Division 10	10 km	Graeme Ison	1 st	1:06:24	50
		Madeline Hanks	4 th	1:08:09	47
Division 12	10 km	Allan Newhouse	2 nd	1:13:44	49

Race 7 of the Marathon Series at Penrith saw three South Coast paddlers on the water. Graeme Ison competed in Division 10 and finished 4th, just a few seconds behind the 3rd placed paddler. Ian Castell-Brown was 5th in Division 11, quite close behind 3rd and 4th placed paddlers. I was 1st in Division 12 with a personal best time which earned me a promotion to Div 11.



Graeme Ison on his Fenn ski in the Div 10 start. Photo by Ian Wrenford

The nature of the course and the weather conditions obviously suited some paddlers, as a few of us did our best times for a Marathon Series Race. Having only one turn in the whole course certainly helped the canoe and not being unsettled by the wake of an overtaking group of Div 1 or Div 2 K1s also made it easy to maintain a good pace.

My GPS indicated that by the time I reached the top turn, I was averaging 9.22 km/h, at the one hour mark I had covered exactly 9 km and the slight headwind for the last couple of kilometres only dropped the average slightly to about 8.92 km/h. I can only manage that sort of pace if I have everything in my favour. Young K1 paddlers might not be impressed, but I was very happy with my time.



Local volunteers were on hand to help paddlers launch from the boat ramp. Ian Castell-Brown taking advantage of the assistance. Photo by Ian Wrenford



Ian Castell-Brown setting forth in Div 11 at Penrith. Photo by Ian Wrenford



Allan Newhouse at the start of Div 12, determined to show that over 10 km, a Sit and Switch C1 can match a kneeler C1.
Photo by Ian Wrenford

Cheers

Allan

Canoe Polo Report: Laura Kleinrahm

Polo continues to spice Wednesday nights up with our pool shenanigans, as well as Junior Sundays, which has been run by Toni and Deaks whilst Louise is away.

Our Australian girls are still training in the phresh weather, with only a few weeks left until they take off to Canada.

We also had some award recipients at the recent Club Dinner. Congratulations to Louise, Sami and the ACT Junior Boy's Team, mentioned in the Awards Presentation report. And also to

Best female paddler – Sue Robb

Sue is always active within the polo community, participating in all areas of training, from chilly Monday lake sessions, to weekly games and practising her freestyle at the Junior pool sessions. Showing her 'all-rounder' capabilities, Sue couldn't let not participating in this year's Womens' Nationals victory get her down, and instead won an equally shiny gold medal at the Freestyle Nationals. Sue also assisted with the several whitewater trips that have been run to introduce Juniors, and is always keen to demonstrate some very graceful ferry gliding to those learning.

Most improved – Ethan James

A quiet achiever, Ethan has proved to been extremely reliable player, particularly in defence. His game sense is also impressive, as shown by him always being in the right position to receive or intercept the ball.

LozzaK

If you like Canoe Polo, check out our Facebook page: <https://www.facebook.com/ACTCanoePolo/>



SUP Report: Joanna Nelson

Winter is upon us and our morning training sessions on the water have been replaced with hibernation, sleep in's or for those dedicated - an early morning gym session.

There has still been club and local attendance at interstate events:

27 May – SUP-X, Balmoral (6km) Sydney

Attended by Matthew Scott, Rohan Evans, myself, Trent Shaw, Ross Bugg (pictured below)



Balmoral SUP X race line up

23-24 June –ECS Boards NSW SUP State Titles 2018, Port Stephens

Participants were Trent Shaw, Matthew Scott and Rohan Evans.

The swell and conditions for the NSW SUP titles worked in favour of the competitors. Rohan Evans placed in two events, including 2nd place in the Technical (BOP) Event (Men's O40s) and 3rd place in the SUP Marathon 16km event (Men's O40s). Photo's below.

A notable mention, Matthew Scott despite snapping his paddle at the 2km mark, a fellow competitor (Chris Ting from Sydney) was kind enough to offer up his paddle to Matt mid race and was able to make up some ground and finish 4th in the SUP Marathon 16km event (Men's O40s).

Congratulations to both Rohan Evans and Matthew Scott for qualifying for SUP Nationals to be held at the Gold Coast at the end of this year.



Rohan Evans – 2nd o40s Mens Technical



Rohan Evans 3rd Mens o40 Marathon Matthew Scott 4th

Upcoming events

7 July – Spit to Zoo – (Harbour Series Race 6) Middle Harbour Yacht Club

Cheers,

Jo



2018 Quiz Answers

Part A: Your Club

1. When was BGCC born? a) 1990 b) June
2. Name two current Committee Members of BGCC
Russell Murphy, Patricia Ashton, Jane Lake, Scott Hunter, Kai Swoboda,
(Christine O'Brien & Jacqueline Gutterson = 1 point for each) (NOT Helen! = 0 points)
3. Name four disciplines of Canoeing/Kayaking in BGCC
Marathon, Canoe Polo, SUP, Sprint, Recreational, Ocean Racing, Wildwater, Slalom,
4. How many former Olympians are BGCC members? TWO
5. Name a politician (or two) who are paddlers (current and/or past)
1 Kate Carnell (BGCC Member) 2 Malcolm Turnbull (Not a BGCC member)
Any others??

____/10

Part B: Your Sport

6. Australian Canoeing has now (almost) changed its name to what? Paddle Australia
7. Name one person in the (former) Aust. Canoeing Hall of Fame (there are 12 of them)
Helen Brownlee OAM OS Brownlee Ross Chenoweth
Phillip Coles AM Garry Gardiner OAM Dennis Gree BEM
Graham Johnson Joan Morrison OAM Jim Murphy OAM
Clint Robinson OAM George Varcoe Frank Whitebrook OAM
8. Name 3 of the 10 disciplines which (the former) Aust. Canoeing covers?
Slalom Sprint Paracanoes Canoe Polo Wildwater
Marathon Freestyle Ocean Racing Canoe Sailing Touring
9. In which Olympics was the first Canoeing medal won for Australia?
1956: Dennis Green & Walter Brown (Sprint?) K2 10,000 metres, bronze medal
10. Name three Australian Olympic paddlers (Sprint and/or Slalom)
Sprint: Clint Robinson, Ken Wallace, John Sumegi, Katrin Borchet, Anna Wood, Dennis Green, Walter Brown, Grant Davies, Nathan Baggaley, Murray Stewart, David Smith, Jacob Clear, Tate Smith, Lisa Oldenhof, Hanna David, Chantal Meek, Lyndsie Fogarty, Ramon Andersson, Kelvin Graham, Ian Rowling, Steven Wood, Martin Marinov, Daniel Collins, Andrew Trim
Slalom: Danielle Woodward (BGCC member), Robin Bell, Jacqueline Lawrence, Jessica Fox, ..
11. Name one Sprint race-format/distance which was run at the 1960 Rome Olympics or at the 1936 Berlin Olympics?
Rome: K1 4x500m Relay Berlin: Folding K2 10,000 m

____/10

Part C: Your Country

12. In which Victorian town is Sovereign Hill, which commemorates the discovery of gold in 1851 and the Eureka Uprising of 1854? Ballarat
13. Feared by foreign tourists, *Atrax robustus*, *Latrodectus hasselti* and *Lampona cylindrata* are all species of what? Spiders
14. Jamala Wildlife Lodge, featuring accommodation within centimetres of animal enclosures, is in which city? Canberra
15. After 66 years in the air, in what year did Ansett Airlines cease operation 2001
16. In which city are Salamanca Market, the Henry Jones Art Hotel and the Museum of Old and New Art? Hobart
17. According to the lore of the Mowanjumb people of the Kimberley, what is a wandjina? Creation Spirit
18. What are Bianca C, Spiegel Grove, U-352 and Yongala? Shipwreck dive sites

19. What are the names of the giant pandas you can visit at Adelaide Zoo? Wang Wang & Fu Ni
20. What pub in McKinlay in northern Queensland was featured in the movie Crocodile Dundee?
Walkabout Creek Hotel
21. Where can you stay at the Southern Ocean Lodge, eat pure Ligurian honey and see the giant boulders known as Remarkable Rocks? Mornington Peninsular, Victoria
22. What was the most geotagged Australian destination on Instagram in 2015?
Sydney Opera House
23. What region plays host to the Truffle Kerfuffle food festival every winter? Margaret River, WA
24. In which National Park can you explore magnetic termite mounds, see Wangi Falls, hike Tabletop Track and soak in Buley Rockhole? Litchfield National Park
25. Which of these is NOT one of the 94 places mentioned in Lucky Starr's 1962 song I've Been Everywhere?
Kalgoorlie
26. In which NSW town can you take a selfie with the Big Merino? Goulburn
27. What was the nickname of the TSS Fairstar, Australia's first domestically-based cruise ship?
Fun Ship
28. What are Hardware, Tattersalls, AC/DC and Hosier? Melbourne laneways
29. In which town is the annual Elvis Festival held each January? Parkes, NSW
30. The year 2016 marked the 400th anniversary of the landing near Shark Bay in WA by which explorer?
Dirk Hartog
31. Where are you if you are learning about Tjukurpa culture from the local Anangu people?
Uluru-Kata Tjuta
32. McCrossin Street is the main drag of which popular tourist town? Port Douglas, Qld
33. Now one of Australia's iconic tourism events, the Sydney Gay and Lesbian Mardi Gras was born out of a protest march in what year?
1978
34. Whose is the most visited grave in Australia?
Bon Scott
35. Where were Men at Work when they received a Vegemite sandwich in the song Land Down Under?
Brussels
36. Santos Tour Down Under cycling event is held in which state or territory? SA

_____/50

Part D: Just For Fun!

37. In the ABC's "My Favourite Album" special of 2006, which classic '70s album was voted as Australia's favourite?
The Dark Side of the Moon
38. Who was the first indigenous Australian to be Australian of the year?
Lionel Rose, 1968 aged 20
39. According to its' Welcome sign, the tiny NT town of Wycliffe Well is the:
"UFO Capital of Australia"
40. Europe's Highest Capital City is in which country?
Andora
41. The tiny European country of Liechtenstein is the world's leading producer of which artificial human aid?
False Teeth

_____/10

Part A: /20
Part B: /20
Part C: /50
Part D: /10
Total: /100

At the club dinner on 15th June, the 5 tables competed for the honour and glory of winning! Results were: SUPper Table: 74; Top Class Table: 68; tied with Top Table: 68; TrainSmart Table: 58 and finally, the old folk at Seniors of Class: 52. (Shows there was no cheating there!) *Helen.*

For Sale

Fenn Elite Glide: \$1250

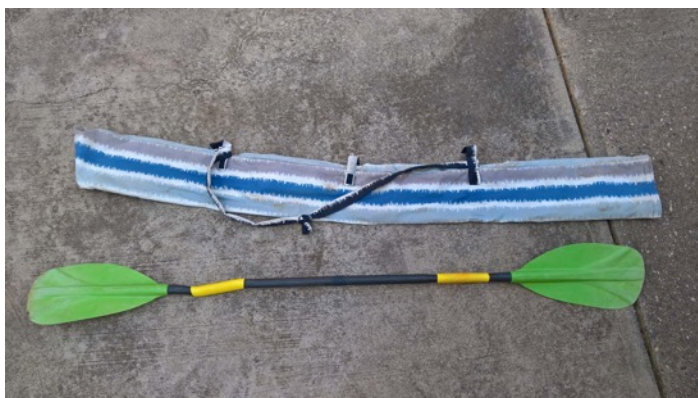


Good condition except for a scratch covered by tape (not leaking). Stored inside and always washed. Not used much since move to Canberra.

Fluid Solo \$500



Used condition, normal white water scratches. Stored indoors. H2O Paddle included or sold separately.



Contact **Michael Hanemaayer** by email on hanemaayerm@gmail.com.

Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each Shorts \$25 each



2018–19 BGCC Membership Fees: Helen Tongway

- A big thank you to those 50 or so people who have already renewed!
- If you haven't already renewed, nor heard from me to say you are still current, then your fees are now due.

The BGCC membership fees have been held at the current year's level, while the PNSW fees have changed a little, The Adult fees have increased by \$10, while the Junior fees have been reduced by \$30. The Junior fees are for children between 10 and U18 years as at 1st July, 2018. Children under 10 years may join PNSW for free, with the BGCC fee remaining at \$40 for Juniors taking part in regular paddling sessions. **All PNSW & BGCC Memberships are paid via PNSW and Paddle Australia.**

Label	Category	PNSW fees	BGCC fees	Total
1.1	Adult – New Member	\$90	\$130	\$210
2.1	Adult – Renewing Member	\$90	\$80	\$170
1.2	Junior – New Member	\$30	\$90	\$120
2.2	Junior – Renewing Member	\$30	\$40	\$70
1.3	Family – New Members	\$180	\$300	\$480
2.3	Family – Renewing	\$180	\$180	\$360
	Children under 10 years at 1 st July, 2018	Free	\$40	\$40
3	Non-paddler, volunteers, officials, carers	Free	Free	Free!
4.1	Adult Single-event Membership	\$20		\$20
4.2	Junior Single-Event Membership	\$10		\$10

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

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

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

Membership upgrades at: <https://www.registernow.com.au/secure/AccessRegistration.aspx?E=30446>

See club website for how-to-pay links

Helen.

Australian Canoeing Safety Guidelines

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

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

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

Club Rules can be viewed at: <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>