



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

Volume 26 Issue 4 December 2015

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 **SPORT & RECREATION ACT**

*The ACT Government assists the BGCC through Sport and Recreation ACT*

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## Coming Events:

- Sunday 3<sup>rd</sup> - Saturday 9<sup>th</sup> January, 2016: George Bass Surfboat Marathon; 190 km, Batemans Bay – Eden
- Saturday 30<sup>th</sup> & Sunday 31<sup>st</sup> January: 2016 NSW Sprint Championships; Sydney (SIRC), NSW
- YMACC – Yarrowonga – 17<sup>th</sup> January, 2016: 5 km loop course with portages, 5 or 4 lap-events; Canoes 3 or 2 laps; Juniors 2 or 4 km. Tim Roadley: email [timroadley@gmail.com](mailto:timroadley@gmail.com) Mob: 0417 373 376
- Saturday 23<sup>rd</sup> & Sunday 24<sup>th</sup> January, 2016: Round 3, Canoe Polo Summer Series, Mawson Lakes, SA
- Rapid Ascent - Falls Creek Mountain Raid: 13 – 14 February, 2016 [www.MountainRaid.com.au](http://www.MountainRaid.com.au)
- Saturday 20<sup>th</sup> & Sunday 21<sup>st</sup> February, 2016: Frank Harrison Memorial Races; MMCC, Albury
- Saturday 27<sup>th</sup> February, 2016: Race 1, PNSW Marathon 9 Series, at Molonglo Reach
- Sunday 28<sup>th</sup> February, 2016: 40<sup>th</sup> Burley Griffin Bash & Mini-bash; 30 km; 13, 5 & 2 km
- 27<sup>th</sup> & 28<sup>th</sup> February: Round 4, Canoe Polo Summer Series, Nagambie Lakes Regatta Centre, Vic.
- 2 – 6 March: 2016 National Sprint Championships; Champion Lakes, WA.
- Sunday 13<sup>rd</sup> March, 2016: Yarrowonga to Tocumwal: 3.2 km swim, 21.1 km run, 91.5 km bike ride, 25 km paddle. Enter as Solo, full event; Relay of 2 to 8 people; or Enter any of the four Single Discipline races: Contact Tim Roadley, 0417 373 376; [www.murrayquad.com.au](http://www.murrayquad.com.au)
- Sunday 13<sup>th</sup> March, 2016: PNSW State Marathon Championships; MWKC, Narrabeen

## President's Report: Patricia Ashton

2015 has been another busy year for the club but I'll let the conveners give you a rundown on past events and hopefully what we can look forward to in the new year.

I'd like to thank some of our members -

Jane, for taking on the secretary position - it's great to have her experience - I'd be lost without her advice.  
Helen, for being the font of all knowledge and always ready to help out

Kiaran and crew, for organising the 24 hour and all those who took part - I always forget what a fun event it is  
Robin, who is a great team member for the 24 hour - we'll get Sick Chicks with Sticks up and paddling for next year.

To some of our newer paddlers - who through their enthusiasm have reignited mine.

Basil, who at 77 started kayaking and involves himself in time trials, the 24 hour and triathlons; his comment of 'it's an honour to assist a swimmer needing help' highlighting why we assist (it's not just the fund-raising).

Nick, who is an inspiration with his unfailing enthusiasm and commitment to the art of paddling a C1

Marcelo and Adrian, who went out this morning in the C2 (after months of swimming and training through winter) and literally looked like poetry in motion - it was beautiful.

Scott, for spending from 6 a.m. till 1 p.m. Saturday and 6 a.m. till after 3:30 p.m. at the Triathlons last weekend, and for making sure we had enough volunteers to cover all the races and drinks station

Bob, who would have done the above if he wasn't recovering from heart surgery

Kiaran, who at the last triathlon spent over 2 hours escorting a swimmer and jumped off his board to help out when she was suffering leg cramps.

Louise and the Canoe Polo members, for running what looked like a fun 'kids come and try day' last Sunday  
Litsa, for the wonderful Christmas spread and the effort put in to our regular BBQ's

Shane, for often coming to our rescue to fix the doors and any other maintenance work which comes up  
David G and Scott who are keeping our fleet of club boats in working order

All our conveners who are organising, planning and keeping us up to date through *Blazing Paddles* and reports to the committee.

To Scott and Wetspot for helping out in so many ways for the club and members personally - deals on boats & boards, repairs to boats & boards, advice, use of boats for beginners courses etc

And to all our members who take part and/or volunteer,

The more time you spend around the club the more you see what a great club we have. There is such a depth of talent both on and off the water, so many people willing to help out (although we do need people to volunteer a little quicker perhaps.....). There is a range of disciplines which make our club stand out - there are very few clubs who can cater for, flatwater kayaking - marathon, sprints recreational, out-riggers, C1's (and 2's), SUP's, canoe polo and ocean racing.

We can only keep on growing stronger if members keep volunteering and participating.

All the Best for Christmas and the New Year

Happy Paddling

*Patricia.*



## Triathlon Report: Scott MacWilliam

The turnout of volunteers for triathlon duties over 12<sup>th</sup> & 13<sup>th</sup> December was outstanding. The numbers of volunteers from the club's major areas of activity (touring/social, flat-water racing, SUPs and canoe polo) ensured that BGCC covered all that was asked of us and more. (We even managed to fill in at another drink station for a spell on Sunday morning when volunteers from another club didn't turn up on time.)

The volunteers ranged from some of the club's longest serving members - one even a founding member from back in the mists of time - to several of the newest; from the oldest active paddler to several of the younger ones. On numerous occasions over the weekend BGCC was thanked and praised over the PA system at an event attended not only by some illustrious international athletes but also the ACT Minister of Sport, Shane Rattenbury. The money raised will assist with the purchase of new boats and who knows what use can be made of the publicity. Well done to all who helped. Thanks.

A club stalwart who was not able to make the triathlon, Bob Collins, is reportedly doing extremely well after having a major operation. BGCC wishes Bob all the best for his recovery and while we look forward to his return to paddling, we also hope he takes it easy for whatever period is necessary. Good luck Bob - big lungs and a healthy heart makes a great paddler.

Thanks,  
*Scott*

## Boat Captain's Report: Scott MacWilliam

As others have pointed out in this issue, 2015 has been a very successful year for so many of the areas of the Club's operations. In this end of year *Blazing Paddles'* report I'd like to deal with the matters which will be so important for the club next year. Two particular recent circumstances have focused my mind even more on the future: the growing list of applicants for boat racks, which are unlikely to be satisfied soon, and the over-flow crowd at the shed last Wednesday, when the time trials were cancelled as the rain poured down.

For some years, the committee and shed sub-committee have laboured through the complex process of getting approval to make a major extension and important changes to our existing facilities. The club has already spent in excess of \$12,000 on various fees and charges related to the official requirements. Over the next two months we hope that our application to change the terms of our occupation of the shed will be approved at a price we can afford. If successful, BGCC will no longer be renting the shed but have a long term lease, comparable in terms of security to house leases in the ACT. With this lease, the club will be in a position to proceed with the shed extension, which will require working out how to finance the work. Our current building fund stands at around \$55,000 and can be increased further over the next 12 months. Our already prepared plans include a major increase in the number of racks for private boats, for club boats, a meeting room, showers and toilets. Once completed, the facilities will be appropriate for one of the major canoe clubs in eastern Australia. During 2016 I anticipate that important steps will be taken to complete the already overdue project.

At a recent committee meeting, a decision was made that as part of our current consolidation phase the club will begin to upgrade our fleet of boats for use by members. Thanks to the contributions by members who attend triathlon escort duties and the running of A Taste of Paddling courses by Patricia Ashton and Helen Tongway, we have acquired sufficient funds to begin this process. Once we sell the two Sprinters (advertised

elsewhere in this issue), the club will be purchasing 2 new Epic V7s. Then we will move on to replacing other boats, including probably the two Daggers and at least one TK1.

While all the work proceeds on extending the club's facilities, we are also undertaking work to improve the existing shed. This has included new towel rails; fixing a new site for the Sign-In, Sign-Out sheets, used by far too few members; and improving the operation of the front doors on the shed. We are also discussing with the Ice Dragons how to change the internal configuration of the area at the east of the shed which they currently use. The club is extremely fortunate in having members, especially Shane Lund and David Gordon, who are skilled craftsmen in areas for which we continually need assistance.

Thanks for all the help volunteers provide for what is an amateur club entirely dependent on member participation.

Best wishes

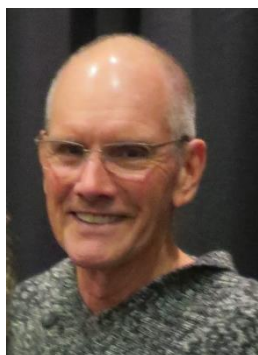
*Scott*



## Marathon Convener's Report: Russell Lutton

The dates for the 2016 PNSW marathon series and other major marathon events have now been confirmed and are below:

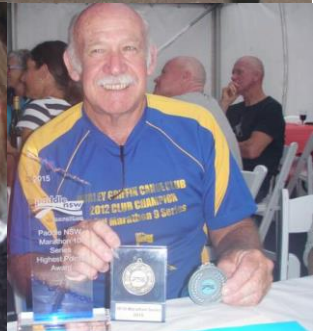
- 27th February Round 1 - Burley Griffin Canoe Club (Canberra)
- 13th March PNSW Marathon State Championships - Manly Warringah Kayak Club
- 25-27 March AC Marathon National Championships (Gold Coast)
- 10th April Round 2 - Central Coast Canoe Club
- 30th April Round 3 - Windsor Canoe Club
- 29th May Round 4 - Lane Cove River Kayakers
- 25th June Round 5 - Sutherland Shire Canoe Club
- 17th July Round 6 - Brisbane Waters Paddlers
- 06th August Round 7 - Hunter Valley Paddle Club
- 3rd Sept Round 8 - Makai Paddlers
- 17th Sept Myall Classic (Tea Gardens)
- 1st October Round 9 - Wagga Bidgee Canoe Club (Awards Presentation & Dinner)
- 29th October Hawkesbury Classic



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323



I did a “year in review” report last month; so I wrap up what was a great flatwater marathon year for BGCC with a few photos from around the traps. Merry Christmas to all and hope 2016 is a great paddling year for you and our club.



*Russell*

## 2015 Freestyle Kayaking World Championships: Sue Robb

### Ottawa River, Canada

Several years ago I decided to pursue freestyle kayaking in addition to continuing to play canoe polo (Burley Babes, ACT women's canoe polo team) and in late August this year, one of the outcomes of this decision was competing as part of the Australian team at the 2015 world freestyle kayaking championships on Garburator (Garb), a large wave on the Ottawa River, Canada.

Freestyle kayaking is done in short Duplo like kayaks and the aim is to do as many tricks as possible in 45 seconds in either a hole or wave feature. It is similar to surfing or skateboarding, encompasses white-water kayaking skills and involves having a routine like gymnastics or dancing. There are different tricks for waves and holes and which ones you prefer mostly depends on the types of feature you can readily access. Australia has produced both wave and hole paddlers at medal level at World Championships and Cups and the World Whampionships have been held on both holes and waves. The attraction of the 2015 World Championships for many was Garb where it is possible for experienced competitors to do large moves such as airscrews (airborne backdeck roll). For most of the Australian team, Canada was about the opportunity to compete at the Worlds, meet new people, see new places and to improve their freestyle kayaking.

While being a reasonably experienced beach paddler, most of the tricks I had learnt such as a loop and those I was learning were hole moves so the decision to go to the worlds meant learning some wave tricks over six months. With the assistance of Jez, the Australian freestyle head coach we worked out what was possible for me in this time, taking into account that I couldn't get to Penrith white-water stadium every week and would be using the beach and flatwater (the Queanbeyan and Molonglo Rivers) to practice on. When I left in August for the Ottawa River, I was on the way with roundhouses/small blunts on both sides and back blunts, the usual flat spins and some understanding of other moves such as airscrews. While I couldn't do airscrews they were fun to practice despite constantly losing skin off my elbows and knuckles from the shallow Penrith course.

Having been to the Ottawa River before, I knew that the waves were large and powerful and that fitness would be essential to surviving Garb and that staying fit over the Canberra winter was going to be difficult. My thanks goes to all the Canberra canoe polo paddlers who by paddling two to three times a week over winter meant that my paddling fitness was sorted and enjoyable. For the rest, I swam laps, ran, did Palates and went to the gym and the toughest of all – stopped eating chocolate.

The choice of kayak for a freestyle competition involves considering whether to use a kayak made of plastic or carbon and if it is a better design for waves or holes and then the size. Carbon kayaks are becoming popular in freestyle as they are light and fast but sometimes too fast for powerful features such as Garb. Additionally, as I am at the top end of a small sized boat I had to decide whether a medium which is longer would be better. As most know, flying with kayaks is problematic so I choose to purchase one in Canada and after having almost decided on the small plastic Jackson Rockstar being produced for the 2015 worlds, following a paddling session and chat with Claire O'Hara (twice world champion) I made the decision to get a carbon Rockstar in a small plus size. While knowing that my skills were not up to paddling a carbon boat well on Garb I knew that it would be enormous fun to paddle and great for the beach when I got home.

I arrived at the Ottawa River about three weeks before the start of the competition, the weather was hot and humid and there were already a lot of kayakers, some who had been there for over a month training hard. During the next week, about half the team arrived and the queues to get on Garb were not too long. The new carbon boat arrived a few days later and the first couple of rides were amazing, very fast and very different to a plastic boat. I can't say that I was in complete control of my new kayak but I was having a great time in it. I was also happy to watch some fantastic freestyle while waiting my turn for another ride on Garb.



To surf Garb it is necessary to paddle upstream, then cross onto the tongue (green path) and use this to then drop into the wave backwards waiting to feel the wave behind you. If you don't hit the right spot, the feature can't retain you and you are quickly 'flushed off' and have to queue again for another go. Being 'flushed-off' was a major challenge for competitors.

After a week of practice sessions with the rest of the Australian team, and New Zealand, the comp week arrived. The opening ceremony was held in Beachburg, a small rural town about twenty kilometres from the event venue. Each of the teams paraded through the main street, with the Australians being the loudest of course. This was followed by speeches, performances from local musicians and dancers, dinner and photos. There were countries from every continent including Uganda following a considerable amount of work by the International Canoe Federation when it appeared that Canada would not grant them a visa. For the Uganda kayakers this was the first time that they had left their country and everything from the food to an international event was new. The first Australians to compete were the juniors who, except for Georgia, did not make it to the semi-finals. However, considering that Australia does not have a feature anything like Garb all did well to compete. As Garb is a non-attainable feature, meaning that it is not possible to paddle back into it if you are 'flushed off' each competitor has four runs in the heats. The next day was the women's heats and despite getting a low score I really enjoyed my four runs, the women in my heat were friendly, chatty and supportive of each other. My aim was to be in control of my kayak, produce a few moves and to not flush off straightway which I achieved so I was happy. The next day was the men's heats and while our team members did well, the competition was pretty tough and none made it through to the semi-finals.



### *Me on Garb*

As I was not competing for the rest of the week, I was free to enjoy sitting on the rocks with the rest of the Australian team having a close up view of the semi-finals and finals. Stunning performances and exciting finals made it a memorable event; I will let a few photos illustrate this.

*Above: Clare O'Hara, GB, 3<sup>rd</sup> place K1 Women's (Timeline Photos)*

*Left: Dane Jackson, USA, 1<sup>st</sup> place in Men's*



I would like to thank my coach Jez, who, despite being seriously ill at the beginning of our time on the Ottawa River, provided a massive amount of coaching and support to the largest Australian freestyle team (13 athletes) so far, which included a mix of new and experienced paddlers with a range of ages and kayaking backgrounds. My thanks also goes to James Harmer, the ACT women's canoe polo coach who has been integral to the success of the Burley Babes which I am lucky to be part of and the Burley Griffin Canoe Club who have been supportive of my paddling over the last twenty years. Lastly thank you to Murky Waters Kayaks and Jackson Kayak for a really nice boat which is heaps of fun to paddle. In summary, going to the worlds was a great experience and I would encourage everybody no matter what discipline or age to go to an international kayaking event.



Left: Jez, Australian Freestyle Kayak Head Coach (Timeline Photos)

## Canoe Polo Report: Kai Swoboda

### Come and try canoe polo day

BGCC held a junior Canoe Polo 'come and try' day on Saturday 12<sup>th</sup> December, after the club Christmas Lunch. There was a good turn-up of kids who had an enjoyable afternoon under the care and tuition of Louise Gates and Carley and Stacey Goodwin.

### Coaching development

We have 8 people at various stages of their Level 1 coaching accreditation. Louise has been running weekly junior coaching sessions on weekends and generally has around 10 kids on the water. We are getting good use out of the plastic boats and paddles (+ helmets) purchased about 2 years ago. Kids that are turning up more regularly have moved into their own gear. Our preference is to continue to provide a subsidy to continue to use the pool rather than for any additional gear. It is likely that several juniors will travel to the Gold Coast to compete at the nationals next year and we may be looking to assist some of them to the event.

*Kai*



*Christmas in the Outback 2015*

## Ocean Convener's Report: Nick Ziviani

Hello All,

Summer is here and the ocean is waiting.

The North Easterly winds are blowing consistently and the water temperature is a warm 20+ degrees generating perfect conditions for downwind heaven.

December saw the iconic 20 beaches held on the Northern Beaches in Sydney. This is a difficult race in any conditions as there are twenty named beaches to paddle past but also twenty seemingly long rocky headlands creating backwash from all directions. The conditions were not ideal as the wind was southerly in the morning but when the race finally started it was a straight easterly of 10 to 15 knots making it side slop the whole way with a cloudy sky making conditions quite cold.

The race briefing was held with supposed organised starts to take place in category waves, but when the paddlers started heading out through a 1 to 1.5 metre surf it was absolute mayhem. Some experienced paddlers headed through the rip at the north end of Freshwater beach where others headed out in the middle of the beach, waiting for their chance between sets. Some fell off and their ski washed up on the rocks and some thought they could paddle through, over, under or I am not quite sure what they thought, but just ended up washing back to shore. The volunteer lifeguards tried to take control of the situation but by being abusive and yelling at people including myself to stay out of the water only made things worse. There were approximately one hundred paddlers who got out early including most of the top ranking paddlers who took it upon themselves to start their own race before the rest of the competitors were given the chance to get out to the start, some 500 metres offshore.



I had waited on the beach till the last group to go out as experience had reminded me that I would be bobbing around out there getting cold if I had went out too early. By the time I got out to the start line which was meant to be 2 huge pink buoys I watched a person in a small fishing boat telling everyone to go? So seeing there was only about twenty of us left I headed off as well.

When I got to Palm Beach there was this infamous pink buoy so I went around it and headed to the beach as it was a beach finish.

I asked other paddlers who had finished already what happened and no-one knew but everyone was upset and there were heated discussions going on everywhere I looked.

The organisers, under the banner of Paddle NSW, had decided that they were not going to give any prize-money for the event as they couldn't tell who broke the start and who really won the event, but you did get a shirt, a beer and a plastic medal for entering; or for something? At an entry cost of \$100 per paddler.

This was the 25<sup>th</sup> anniversary of this iconic event and as you could imagine, there were people in buses who drove from the Sunshine Coast of QLD; people who flew from Perth; Tasmania; Adelaide. Even people like myself who live in NSW - all had paid for accommodation the night before making it a very expensive paddle in sloppy horrible conditions for absolutely nothing. We did receive preliminary results but when the organisers were questioned with paddlers' personal GPS times the organisers removed all results and times from the Paddle NSW site.

I met a fellow-BGCC paddler who decided to enter the event: Dominic Hides paddled his SLSA spec ski. Dominic is a seasoned surf club member from down the coast at Pambula who has competed in the George Bass Ski Marathon and is looking to compete in next year's M10 series, so keep your eye out around the club for Dominic.

Not long now folks before the big red man will come knocking on our doorstep.

Eat lots, drink a Little and I wish everyone a Merry Christmas. Stay safe and I hope to see everyone on the water some time.

Cheers, *Nick*

## **South Coast Convener's Report: Carolyn Williams**

Merry Christmas to all BGCC paddlers and best wishes for a safe and happy holiday season - hopefully with lots of paddling down on the South Coast.

Good luck to Nick Ziv as he tackles another George Bass Marathon.

*BGCC's ocean convener, Nick Ziviani, will be competing in the George Bass Marathon early next year – the "toughest, longest surfboat race in the world." Nick will be paddling his ocean ski for the fifth time, in his tenth George Bass event, having rowed five times in a surfboat as well. We wish him all the best!*

*Carolyn Williams*

## **Sprint Canoe Report: Marcelo Cabezas**

In the past couple months the sprint canoe discipline slowly cemented a small place within the Burley Griffin Canoe Club, with a few members training on canoes. With our small base, it has gained attention as it is fairly un-fielded event in Australia in comparison to all kayaks.

With regular training, the ability of the members to paddle these boats has increased and in the summer you will see fewer bouts of swimming down at the lake. The support has not been just from club members. Support from Canoeing Australia has been the greatest success, giving us great opportunities and exposure to new paddles, boats and strong coaching from Olympian Sebastian Marczak.





Recently, I attempted my first run at the BGCC time trial with great success, handling wind and wash in a stylish pink C1. This is the beginning of what future goals would lead towards competing, where 3 members are hoping to race sprints at Grand Prix 2 in Adelaide in early February and again at the Australian Sprint Nationals in later February in Perth. Competing in both C1, C2 and potentially C4 classes over 200m, 500m and 1000m, it will hopefully advertise the diversity that BGCC offers.



While nerve racking from a distance, the ability to paddle a canoe is just as easy as a K1 and with “practice makes perfect”, I encourage any member interested to give it a try with the club’s own white Delta C1 as the best boat for beginners.

*Marcelo*

## **PaddleNSW Sprint Series 2015 - Race 5 Report: Roger Murray**

Race Five, the final PaddleNSW Sprint Series race for 2015, was held on Saturday 21st November 2015. This race broke with tradition because it was held at Narrabeen Lakes in Sydney’s Northern Beaches, rather than the familiar waters of the Sydney International Regatta Centre (SIRC) where all previous races were held.

The event was co-hosted by the Manly Warringah Kayak Club (MWKC) who have an enviable clubhouse located within metres of the water. The club members were very friendly and they put on a great BBQ.

The day was somewhat overcast with very light, misty rain at times and a Southerly wind that slowly grew in strength as the morning progressed. However, this did not deter the enthusiasm and excitement of everyone in attendance. The numbers may have been down slightly from previous races, but this was most likely attributable to the weather forecast, rather than the change of venue.

The change of venue resulted in a few changes to the regular format. The changes included dropping the 1000m (1 km) first-up race and the introduction of fast-paced ‘knock-out’ races, in a quest to find the fastest paddler (disappointingly, it turned out it wasn’t me).

The day unfolded with a 500m sprint, immediately followed by a 200m sprint. With everyone warmed up at this point, the knock-out races began. This was very much a spectator event, as it was held immediately in front of the spectators, in front of the clubhouse.

Essentially the knock-out races consisted of a race between two paddlers (at a time) around a 100m (or thereabouts) straight-line course, marked with buoys along the course centerline. Each paddler started at the halfway point, on either side of the centerline. At race start, each paddler then completed an anticlockwise loop of the course, finishing where they started. First across the line went on to another race. For sprint paddlers who normally only race in a straight line, it was very easy to lose time while negotiating the two turning buoys.

Credit really must go to the event organisers, as this was a really fast-paced event with a fast turn-around between races. I believe there were around 50 consecutive races in all!

Following the completion of the knock-out races, the 500m and 200m Finals sprint races were held.

At the end of the racing day and the end of the 2015 Paddle NSW Sprint Series, the Manly Warringah Kayak Club achieved a convincing win with the highest number of Sprint Series club points. BGCC finished in a respectable 5<sup>th</sup> place out of 16 competing clubs.

Club	Round 1	Round 2	Round 3	Round 4	Round 5	Total
MWKC	6,228	7,139	2,065	10,008	7,421	32,861
AKC	4,857	6,213	7,368	2,592	2,282	23,312
SNBKC		5,476		2,812	4,938	13,226
PPC	400	338	2,489	2,133	245	5,605
BGCC	2,319	253	1,014	618	274	4,478
WCC	785	406	825	417	529	2,962
SSP	384	199	393	195	546	1,717
ICC	735		477		307	1,519
LCRK			365	335	472	1,172
BCC					710	710
CCKK	364	272				636
PVC	628					628
WRCC			489			489
SGKC		453				453
HVPC	400					400
CCCC					188	188

Thank you PaddleNSW and everyone involved in organising and running the 2015 Sprint Series races. I very much look forward to the next Sprint Series in 2016!

Additional information:

**PaddleNSW – Sprint**

<http://www.paddlensw.org.au/book/sprint>

**Facebook: PaddleNSW Sprint**

<https://www.facebook.com/PaddleNSW.Sprint>

**Manly Warringah Kayak Club**

<http://mwkc.com.au>

*Roger*

## 24 hr Challenge Report: Kiaran Lomas



When planning started on this year's 24 Hour Paddle Challenge, the main goal was to have fun and raise money for Autism Spectrum Australia. At the end of the day we are happy to say "mission accomplished."



This year's 24hr included a few new themes including fancy dress, hourly prizes and great weather. Super-Hero Saturday resulted in some interesting costumes, featuring lots of lycra and undergarments worn on the outside. A few went all out with Xena and Scooby Doo, with Santa Claus making an appearance during the event.



While numbers were down on last year, the competition was still strong with some regular faces in the form of Richard Barnes and a slimmed-down Team Pablo. There were some new look local teams along with a few regular club die-hards and a new team from Ice Dragons, who came along and paddled nearly every type of boat on the water. There were three corporate teams this year, but Cordelta. Adrian Saputra, Litsa Polygerinos and Joanna Nelson also rate special mentions as key fund raisers. Between them they raised over half the total funds raised.



The event would not have been possible with sponsorship from Wetspot, Supping Caveman, Cordelta, Enhance Sports, The Ride Shop, Gungahlin Girl Guides and Fuzz Buzz Coffee. In addition some dedicated volunteers, not all club members, gave their time to support this event.

At the end of the day, just over \$3000 dollars was raised for Autism Spectrum and I'd like to



personally thank the race committee: Kate Miller, Joanna Nelson, Litsa Polygerinos and Trent Shaw, along with the paddlers, volunteers and sponsors who's time and effort made this event a success.

### Results:

Solo: Richard Barnes (38 Laps)

Most Funds Raised: Adrian Saputra (\$743.50)

Completive Team: Pablo (54 Laps) Steve Newsome, Richard Yates, Duncan Johnstone, Craig Ellis

Competitive SUP: 4 Fox Ache (40 Laps) Kate Miller, Trent Shaw, Pete Garbutt, Joanna Nelson

Social: Platypups (47 Laps) Litsa Polygerinos, Graham McKenzie, Adam McKenzie, Paul Atkins, Gary Bergman, Dana Atkins, Mike Iliff, Julia Bowett, Geoff Zuber.

Corporate Team: Deltoid Dashers (29 Laps) Jacque and Ken Gutterson, Boyd McCarron, Jeanne McLachlan, Craig Tregear, Steve Hough, Reinaldo Bravo, Ceara Clark

Fastest Male Lap: Richard Yates (PABLO) 23:28

Fastest Female Lap: Julia Bowett (Platypups) 23:41

Fastest Junior Lap: Dana Atkins (Platypups) 30:34

Fancy Dress Team: Platypups

Best Individual Fancy Dress: Litsa Polygerinos (Platypups)





## Massive Murray Paddle: Kit Nicole

25<sup>th</sup> – 29<sup>th</sup> November, 2015



In a “Thank You” email to those who had fundraised for the event, from the YMCA, organisers of the Massive Murray Paddle– and their purchase of a community bus for youth work – **Kit received the “404 Award”, which this year was a Mirage Sea Kayak!** *Congratulations Kit!*

Over the seven years the YMCA has been running the event, they have raised almost \$400,000, to help young people in need, across Victoria.

## BGCC Christmas Lunch a Culinary Triumph!

Thanks to Litsa Polygerinos for the amazing Christmas lunch hosted on Saturday, 12<sup>th</sup> December. All who attended agreed that a career in catering should be in Litsa’s future. Not only were the Christmas offerings delicious but they just kept coming. When the fruit platters appeared we thought that was it - but no, there was trifle and pavlova as well.

A simply stunning feast Litsa. Thank you, and thanks also to all those who lent a helping hand in preparation, serving and cleaning up. Now we just have to convince Litsa to do it all again next year!!!



## Taste of Paddling Courses

### Taste of Paddling

This is a pre-paid course held on Sunday afternoons, 1 p.m. till 4 p.m., so as to not use club boats when the majority of club members want to use them. There is usually 1 course per month over the warmer months, so that members of the general public can be given a "taste" of a sport/recreation which we, as club members, already enjoy.

The next course will be on Sunday 17<sup>th</sup> January and then 14<sup>th</sup> February. A club coach or instructor leads each course with one or two other, experienced-paddler club members helping out.

## Latest Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

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



## Look up! An asteroid will be zooming past Earth on Christmas Eve

### **And we'll have our first Christmas full moon in almost 40 years.**

Not one to be forgotten in the midst of all our Christmas celebrations, space is giving us plenty of reasons to look up and marvel at its various cosmic phenomena, sending an asteroid our way on 24 December, and then dishing up the first Christmas full moon in almost 40 years.

You don't want to miss out on seeing either of these events - we won't see Asteroid 2003 SD220 around these parts again till 2018, (though you will need a Big Telescope to be able to see it ...) and we have an even longer wait for the Moon and Christmas to line up again. NASA predicts that the next full moon to fall on Christmas Day will not occur until 2034.

<http://www.sciencealert.com/look-up-an-asteroid-will-be-zooming-past-earth-on-christmas-eve>

A full moon will coincide with 25<sup>th</sup> December for the first time since 1977, and the same event won't occur again till 2034. It will also be the last full moon of 2015.

All of which is more than enough reason to wake up early and catch a glimpse of it in its silvery glory - NASA predicts its peak will occur at 6:11am EST. That's 10 a.m. for us in Australia, which gives us plenty of time to dust off the bickie crumbs and trundle our pudding-laden bodies outside for a look.

"As we look at the Moon on such an occasion, it's worth remembering that the Moon is more than just a celestial neighbour," says John Keller from NASA's Goddard Space Flight Centre. "The geologic history of the Moon and Earth are intimately tied together such that Earth would be a dramatically different planet without the Moon."

Seriously, don't forget about the Moon this Christmas. It's about to become a second home to our astronauts, so give it a salute between eggnogs!

## Club Uniforms for Sale



Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$50 each      Shorts \$59 each

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



## Level 1 Flatwater Coaching Course in Canberra POSTPONED TO FEBRUARY

Flatwater course in Canberra previously scheduled for 7<sup>th</sup> & 8<sup>th</sup> November, 2015, has now been postponed to the same venue in February 2016.

All registrants will be advised and offered full refund or a front row seat in February. We apologise for any inconvenience.

Costs - Non-member \$260 for weekend

Members \$195 for weekend

\$90 for Assessment additional

Option available for people who have already completed coaching Level 1 course wishing to do continuing professional development on Sunday \$50.

[http://www.ausport.gov.au/participating/coachofficial/generalprinciples/community\\_coaching\\_general\\_principles](http://www.ausport.gov.au/participating/coachofficial/generalprinciples/community_coaching_general_principles)

For registration go to the Australian Canoeing event registration pages....

<http://auscanoe.sportingdna.com/events/register/807>

For further information, please contact Margi Bohm - [margi.bohm@gmail.com](mailto:margi.bohm@gmail.com)

## Sea Kayaking Trip: Joe Roach

A BGCC member, Joe Roach, has organised a private, ten-day sea kayak tour of Port Davey and Bathurst Harbour in south-west Tasmania for 14<sup>th</sup> to 23<sup>rd</sup> March, 2016. The trip will be equipped and led by *Roaring 40s Sea Kayaking*, who have been escorting trips in Port Davey for some years. He is looking for three or four additional paddlers to join the six already in the group. All food and most equipment (including boats) will be provided by *Roaring 40s*. Cost is \$3,300 per person. If you have any interest in coming along please contact Joe on 0450 961 049 or at: [joeroach@grapevine.com.au](mailto:joeroach@grapevine.com.au)



## Swiftwater Safety Course

Jeffe Aronson (Australian instructor trainer for Swiftwater Safety Institute) and Desert Mountain Medicine (USA) are also putting on an internationally recognised Wilderness First Responder course from 18<sup>th</sup> – 22<sup>nd</sup> January, 2016, in the Bundara Valley, next to the Mitta Mitta river at Anglers Rest Victoria.

The on-line material must be completed by 17<sup>th</sup> January, 2016.

The course involves 30 online hours to be completed first, then only 5 days on site for AUS \$650. See the following link for details and registration: <http://www.desertmountainmedicine.com/.../wfr-mitta-mittabun.../>

## 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!**

*Helen.*

## Membership Now Over-Due: Helen Tongway

*Summer has arrived and it is time to be back out on the water!*

**But** – if you want to take part in club events, use club equipment or you have a club shed key and you haven't already renewed, (and there are about five of you!) NOW is the time to do it.

Everyone needs **Standard Level Membership** (\$50 Adult, \$75 Family or \$25 Junior.) This is now paid in combination with your PNSW Membership, via Australian Canoeing, at:

➤ [http://auscanoe.sportingdna.com/users/register/organisation\\_id:1/language:en](http://auscanoe.sportingdna.com/users/register/organisation_id:1/language:en)

As this is a new system you will need new passwords, log-ins, etc., which can be checked at:

➤ <http://canoe.org.au/member-number.php>

**Plus:** If you have a club shed key, then the annual hire fee is \$50. **Bronze Level Membership** (If you wish to hire a Club Shed key, you need to put in an Application Form, plus a refundable \$50 deposit.)

**Plus:** If you want to use more than just the Robust Club Boats, the boat use fee is \$125. **Silver Level Membership**

**Or:** Key-hire plus Boat Use = **Gold Level Membership** (Adult Total = \$225)

**Or:** You already have a shed key and approval to have your own boat in the Club Shed, \$150 **Platinum Level Membership** (Adult Total = \$250)

Confused? Don't be! Just ask and I will let you know what you owe ☺ [membership@bgcc.org.au](mailto:membership@bgcc.org.au)

All Extras at: <https://www.registernow.com.au/secure/Register.aspx?E=17978>

*Helen*

- Sunday 20<sup>th</sup> March: Kayak for Kids: [www.kayakforkids.com.au](http://www.kayakforkids.com.au)
- Sunday 10<sup>th</sup> April, 2016: Race 2, PNSW Marathon Series, CCCC, Wyong

## U-Turn Permitted.....

Many of us who travel to the boatshed/river along Morshead Drive have been bewildered and inconvenienced by the removal of the roundabout at the first bridge. However, in case you are not aware, there is a "U TURN PERMITTED" sign at the next intersection (second bridge) under the new overpass. *[thanks Russell]*



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## Wildlife along the Molonglo River: Basil Yule

The wildlife along the banks of the Molonglo River is very rich.

Last winter I saw a platypus swimming towards me at 9:30 a.m., 4 metres away. He took a 3 second examination of me and then dived forward and down smoothly uncoiling his surprisingly long body. I spotted another one in the same area on the opposite bank to the pier and in line with it.

Mid November there were 30 black swans together in the small bay on the eastern side of the river midway between the hospice and the foot bridge

In November there were a few very busy mother ducks urgently ushering their broods of 10 or more ducklings away from my spotlight.

In November there were flocks of 40 black cormorants wheeling along the skies over the river. I suspect that a pair of darters take turns warming their eggs near the new bridge because mostly there is a whitish one sitting on them with her black partner keeping his eye on her 10 metres away and sometimes he takes over the warming duty.

A water rat was swimming across the river slowly enough for me to keep up with him. He was well coated with a thick fur.

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# THE HAWKESBURY CANOE CLASSIC

111 km

Calling ALL Classic Paddlers.....make a comeback for the 40th Classic !  
Are you a "Classic" paddler ??

If you have paddled in any (or many) of the previous 39 Hawkesbury Canoe Classics, you are a "Classic" paddler and we want you to make a comeback for the 40th Classic on the 29th October 2016



Make it your New Year's resolution to get into training for the 40th Classic.

If you know someone who has ever paddled the Classic please let them know that we would love to hear from them and put them on our newsletter list to keep them up-to-date

Let's make the 40th Classic the biggest ever and help raise funds towards our target of \$400,000 for this year's event.

Our goal is: 40 years / 400 craft participating / \$400,000 raised by paddlers .....AMAZING but ACHIEVABLE !!

*earlier days - canoes galore!  
Where are you John Harmer—in this photo, or not?*





# Lifestart Kayak for Kids 2016



## Sunday 20 March 2016

### GET INVOLVED

Get your team together to paddle in Sydney's kayaking event of the year at Lifestart Kayak for Kids 2016. Both professional and novice paddlers alike will tackle the paddling challenge in solo, double and triple crafts in an inspirational paddling event with a difference. Register your family, friends and workmates for a one of a kind team building experience while raising much needed funds for Lifestart, promoting inclusion for children and young people living with disability or delay.

### THE COURSE

The paddling course runs from Blues Point through three transition areas to Clifton Gardens across 18km of sparkling waters on breathtaking Sydney Harbour. Paddlers including relay teams of 12 will race against the clock with the course being divided into four sections of 4.5 km each. Hire of a three seater kayak, paddles and safety gear are included in the registration fee.

Register online now at [kayakforkids.com.au](http://kayakforkids.com.au)

### FUNDRAISE FOR LIFESTART

Kayak for Kids is Lifestart's major annual fundraising event hoping to attract 1,400 paddlers, 5,000 spectators and \$400,000 in fundraising for 2016. Fundraising is simple... If you are paddling in Kayak for Kids, please create your own online fundraising page and encourage your friends, family and workmates to sponsor your paddle. Fundraise with Everyday Hero at [everydayhero.com.au/event/kayakforkids16](http://everydayhero.com.au/event/kayakforkids16)

Free shuttle bus service between transition points | View a short video of last year's event [here](#)  
All inclusive food, drinks and entertainment from 10.30am at Clifton Gardens at the Lifestart family picnic

For more information go to [www.kayakforkids.com.au](http://www.kayakforkids.com.au).

Tel: 02 9364 0111 • Email: [events@lifestart.org.au](mailto:events@lifestart.org.au)

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