



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 26 Issue 1 September 2015

Your Committee:

President: Patricia Ashton

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Vice President: Russell Murphy

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Secretary: Kiaran Lomas

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Membership Secretary: Helen Tongway

membership@bgcc.org.au

Treasurer: Tom Hick

treasurer@bgcc.org.au

Safety & Training: **VACANT!** Please apply!

safety@bgcc.org.au

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 **SPORT & RECREATION ACT**

The ACT Government assists the BGCC through Sport and Recreation ACT

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Coming Events:

- Saturday 26th September: PNSW Marathon Series, Race 9, Wagga Wagga – enter at:
[Wagga Marathon Series Race - Sat 26](#)
- Sunday 27th September: PNSW Sprint, SIRC (Entries close Friday 25th at 11 p.m.) – enter at:
[Sprints SIRC - Sun 27](#)
- Saturday 17th October: PNSW Marathon Series, Race 10, Burrill Lake
- Saturday 24th October: Hawkesbury Canoe Classic. Enter at:
<http://www.canoeclassic.asn.au/my/events/876>
- Saturday 31st October/Sunday 1st November: Canoe Polo Invitational, Molonglo Reach
- Sunday 8th November: first Triathlon of the season: Rond Terrace, 6:30 a.m. contact Bob Collins at:
bobcollins@grapevine.com.au to volunteer your time.
- Wednesday 25th to Sunday 29th November: Mighty Murray Paddle. 404 km, over 5 days. Enter at:
<https://www.registernow.com.au/secure/Register.aspx?E=16441>
- Saturday 5th/Sunday 6th December: 24 hour Challenge, Molonglo Reach

[You will note that we have four vacancies on the list of positions below. With the Membership List already over 200, could some of you please consider taking on one of these jobs. We would love to have you join us in the planning and decision-making in the club!]



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

President's Report: Patricia Ashton

This is my first report as President, so first off I'd like to thank everyone for their words and offers of support – both the club and I will benefit from these. Many thanks to all those members who have stepped forward to take up the committee and convener positions. These are listed below in Blazing Paddles.

The new committee held a meeting last Thursday, to discuss several issues and priorities. Despite several differences of opinions, we did achieve several decisions, mostly to do with changes to the Constitution; the need for a budget and business plan; plus updates for the Strategic Plan. The minutes will be out soon and on the website for members to read.

One change which will be brought in will be the way we run meetings. Instead of monthly open meetings we will try to hold quarterly meetings, open for all members, with the first one to be held in December. At these meetings we will ask for verbal reports from conveners. Each month will be a committee-only meeting, however conveners and members may attend if there is a need for them to do so. They will be requested to submit a written report before the meeting. More information on this new system will be published in the minutes.

A comment made at the committee meeting was that members didn't feel there was any point objecting to any decisions as the committee will do what they want regardless. Many decisions are made for *safety* or *duty of care* reasons and there is probably little to be done about these. However, if you feel strongly about anything this committee is doing, whether it's to do with boats being purchased (or not), the shed extension, or ladders, please - let us know. We aim to do what is best for the club or what most of the membership want. If that's not the case, tell us.

One contentious issue brought up is the shed extension. Yes, the shed will cost a lot; yes we have spent about \$10,000- already with no guarantee it will be built; yes, it means that we have a large amount in the bank which could be spent on updating club boats. However, the shed extension is about more than storage space and money making. Stage one will be boat storage, but also for the club trailer, a K4 and other club assets. The extra private boat storage will bring in enough to pay for the extension and build stage 2 and 3. Stage 2 will include a meeting area which can be used for warm-ups; we could have an erg for training off the water; coaches will have access to computer or TV to play back footage of paddlers. Stage 3 will be change rooms with hopefully another shower. These improvements will benefit all members for years to come.

This project is not set in concrete, at this stage we're waiting for lease changes so it's on the back-burner. As I said previously, if you don't agree that we should go ahead, let us know. We will keep the membership updated on any progress.

I decided to take up this position because I think this is a great club: the fact that we have so many disciplines within the one club - and that each one is growing. There will always be some dispute or disagreement, but with a bit of compromising and respect for each other's capabilities we'll keep going ahead.

Before I finish, I'd like to congratulate Margi and Gabrielle on their results in the world marathon championships. It was a brilliant effort and we look forward to hearing about it. Also to Sue Robb (from canoe polo) for her efforts in the Freestyle World Championships – it was a huge challenge, in, for us in Australia, unimaginably big water. Paddle "Like a Girl" !! (there's a challenge fellas).

Patricia.



Your New Committee and other Office Holders: Litsa Polygerinos

At the recent AGM, the new Public Officer (Bob Collins) dissolved the existing committee and called for nominations against each of the committee positions. One nomination was received for most of the committee positions except for Boat Captain, which received two nominations and there were no nominations received for the Safety and Training officer position. An election was held for the Boat Captain position with both nominees receiving an equal number of votes. A second call for votes was held confirming the office holder for this position. The following members of BGCC now form the new committee:

President:	Patricia Ashton
Vice-President:	Russell Murphy
Treasurer:	Tom Hick
Secretary:	Kiaran Lomas
Safety and Training Officer:	VACANT (No nominations received)
Boat Captain:	Scott MacWilliam
Club Representative 1:	Jane Lake
Club Representative 2:	Anne Cronin

The Public Officer also sought volunteers for the listed discipline convenor/activity coordinator positions (non-committee positions):

Vice Boat Captain:	David Gordon
Membership Secretary:	Helen Tongway
Editor:	VACANT
Web-master:	Geoff Collett
Social Convener:	Litsa Polygerinos
Canoe Polo Convener:	Kai Swoboda
Marathon Convener:	Russell Lutton
Sprint Convener:	Kiaran Lomas
SUP Convener:	Kate Miller
BAK Convener:	Carolyn Williams
Ocean Paddling Convener:	VACANT
Recreational Convener:	VACANT
Taste of Paddling:	Patricia Ashton
Triathlon Convener:	Bob Collins
Coaches' Representative:	Gary Rake
Publicity Officer:	Russell Lutton
Public Officer:	Bob Collins

BGCC Constitution – At the AGM, several changes to the BGCC Constitution were discussed at length. Three changes were accepted; three changes were rejected; and six changes were returned to the meeting for further discussion, to be re-submitted with modifications to a later Special Meeting.

Strategic Plan – it was noted the BGCC Strategic Plan was under review and that a sub-committee and/or open forum be established to review and develop the new Strategic Plan. It was further noted that a two year business plan should also be developed to support the Strategic Plan.

Meeting closed at 10:00 p.m.

Litsa

Marathon Convener's Report: Russell Lutton

Marathon Masters World Cup

Congratulations to BGCC marathon paddlers Margi Bohm and Gabrielle Hurley who this month competed with distinction as members of the Australian team at the Marathon Masters World Cup at Gyor, Hungary.

Margi's victory in the 18.3 km K1 women 55-59 age category at this international regatta was outstanding, while Gabrielle finished a credible 7th in her 50-54 category after unfortunately succumbing to injury during her race.



Photos by Sam Lovick.

Margi backed up her singles victory with a first place result in the K2 mixed masters 55-59 age category paddling with Victorian paddler Steve Vegh, while Gabrielle recovered to record a great 2nd place result with Mark Rickard in the K2 50-54 age category.

Round 9, PNSW Marathon 10 series, Wagga, 26 September ...

BGCC marathon paddlers are coming to the end of an arduous 2015 PNSW marathon series, rewarded by the fact that our club retains first place going into the second-last race of the series at Wagga next weekend. While we retain a reasonable lead in the all-important club point-score, Manly and Lane Cove are neck and neck in second place and, if 2012 serves as a guide, could easily make ground, as BGCC did, to overcome our advantage in the last race at Burrill Lake in October.

BGCC's strength in the 2015 series has derived from our participation across the divisions – a great club effort that reflects the broad base of our marathon racing contingent. Wagga is one of the easier locations for us to get to. So if you possibly can, get to Wagga to compete for our club and help us to retain the Brian Norman trophy for a record fourth straight year: 1 p.m., Saturday, 26th September.

Russell



Australian Team celebrating post-races.

Photo by Sam Lovick.

Sprint Convener's Report: Kiaran Lomas

Coming Sprint races

Round 3 of the Paddle NSW Sprint Series is being held on Sunday 27th September at the Sydney International Regatta Centre in Penrith. This is a great opportunity to determine just how quick you really are. This event is open to all paddlers and all craft. It is a great introduction to racing for all paddlers.

General Information

- Races start at 8:00 a.m. and distances are 1000m, 500m and 200m
- For 500m and 200m, all paddlers will progress to Finals based on Heat results

In the registration questions please:

- Choose one boat type for each distance (or select the Not Paddling option)
- Enter your expected times to help determine the draw for Heats



Kiaran

Canoe Polo Report: Kai Swoboda

The annual Canberra Canoe Polo Invitational will be held at Molonglo Reach on the weekend of 31 October/1 November. This is the first event on the canoe polo summer series for 2015-16. BGCC expects to field at least two teams in the open men's division and our all-conquering national champion women's team will also take part. Our junior paddlers have trained through the winter and we also expect some junior and micro junior games over the course of the weekend.

Come on down to see some of the best teams in the country dust off from the winter as clubs prepare their teams for the 2016 national canoe polo championships, which will be held in Queensland from 7-10 April 2016.

Weekly canoe polo games on Wednesday evening will shortly move from Tuggeranong pool (following a short stint at the Gunghalin pool) when daylight savings commences.

Photo from the BGCC canoe polo Facebook page with Stacey Goodwin in the foreground.



Kai

WETSPOT SUMMER TIME TRIAL SERIES 2015-16: Russell Lutton



The popular Wetspot summer time trials are about to kick off again in 2015-16. Full details of the time trials, and the rules they are conducted under, are set out below.

DATES AND LOCATION: The time trials will commence on Wednesday, 14 October at Molonglo Reach (BGCC club house). Time trials will be conducted every Wednesday twilight until 16 December, resume again on Wednesday, 13 January 2016, with the final race and presentation on Wednesday, 23 March 2016 (final race date subject to confirmation depending on finalisation of 2016 paddle-sports calendar).

PARKING: will not be a problem. We have access to the gate key.

TIME TRIAL ASSISTANTS: Scott MacWilliam has kindly volunteered to manage as many of these as he can, using the old printer stopwatch. However, assistance is always appreciated. If you are able to assist with calculating the points-score, etc., can you please let us know? Contact details are at end of this flyer.

TIME TRIAL BARBEQUE: will be on after the TT (thanks Litsa!).

PARTICIPATION BY NON-BGCC/PNSW MEMBERS: non-BGCC/PNSW/other State paddlers are welcome to participate. However, for insurance purposes, they must pay a \$20 single event entry fee. This is a mandatory AC/PNSW requirement.

SAFETY: the timekeeper is the final arbiter on whether it is safe to conduct time trials. Lifejackets are optional if you are over 14 years of age. However, club rules require all paddlers using club boats to wear a class 2 or 3 lifejacket at all times while using club boats. Paddlers under 14 years of age **MUST** wear a lifejacket.

TIME TRIAL FORMAT: The format for the series, which is similar to that of previous years (thanks, John Preston!), is set out below:

- There are 3 race distances to choose from:
 - 4.3 km (1 lap);
 - 8.6 km (2 laps);
 - 12.9 km (3 laps)

Please note: if you nominate to start any of the distances and pull out without completing the set course, you will be given a DNF and the points that go with that classification (1 point).

- Paddlers **must nominate** which distance they are going to attempt and record their name, boat number, boat type (e.g.—K1, SUP, outrigger etc.) on the relevant starting sheet. If you change boat class/SUP type during the time trial season—e.g., go from a TK1 to a K1—you will have to establish a new PB in the new boat. Your points will not carry over from the slower boat.
- Make sure you have and display a boat number so we can record your time.
- Paddlers doing the 2 longer courses have the option of doing **portages** at the end of lap 1 and the end of lap 2. Portages will be started on the pontoon placed to the right of the course before you reach the polo court. Access the pontoon from either side and portage to the club beach via the grass to the left of the bike path. If you do a portage on your first lap you are expected to do one on subsequent laps. Failure to comply with this will result in a 60 second addition to your time. Those paddlers who intend to paddle at major events in K1s and K2s should be doing the portages. Those doing portages will have a PB which includes portage time (you can't improve your PB subsequently by not portaging). **If you are going to portage please indicate this to the timekeepers when you sign on.**
- There will be **3 starts, 5 minutes apart.**

Start 1 (as close to **5:50 p.m. as possible**) for those doing 3 laps;

Start 2 (**5:55 p.m. or five minutes after the first start**) for those doing 2 laps.

Start 3 (**6:00 p.m. or five minutes after the second start**) for those doing 1 lap.

If you **miss your nominated start** time we will do all possible to work out a time from when you should have started. However, unless we can do this accurately, you may not receive an official elapsed time.

- Your first race over your nominated distance will establish your PB for that distance/boat-type and earn you 6 points in the **point score competition**. Should you beat your PB in a subsequent race (in the same boat type) you will earn 9 points. Should you come within 2% of your PB in a subsequent race you will get 6 points. Should you come outside your PB by more than 2% in a subsequent race you will get 3 points. Should you not complete your nominated distance, you will be given a DNF and 1 point. If you are the timekeeper you get 6 points.
- **Doubles** will have to earn a PB for each crew member. Points earned will be given to both paddlers as individuals. If the boat crew changes, it is necessary to establish a new PB.
- **Points** earned will be tallied and at season's end there will be a prize given to the top point scorer.
- We thank **Wetspot** who are contributing towards the prizes.
- The **start** is in line with the blue and red buoys off the beach pontoon. Please warm up in the area east of the start.
- Stay to the right of the course. **White buoys** indicate some known danger and some caution is required in that area. Paddlers must paddle to the right of the **red/pink buoys**. Turn at the **yellow buoys** (the first turn is on the river outside the Hospice the second is after the first bridge before the new bridge work). **All turns are anticlockwise.**
- To have your time recorded you must **finish to the right of the blue buoy** off the club beach. **Please don't pass between the blue buoy and the beach unless you are finishing. This is an international rule and should be followed at club level. A 1 minute penalty will apply to paddlers who do not finish in this way.**

- Please be aware that the time trial attracts paddlers of various degrees of ability and confidence. **Please be courteous to others.** When passing slower paddlers tell them you are approaching and on which side you are going to pass. Give room to others on the turns and in the areas where there are potential hazards.
- Should someone capsize, the accepted protocol is for other competitors to **assist if required.** If you assist a paddler who has a legitimate problem on or in the water please see the timekeeper in order to have some time allowance made for your inconvenience.

For further information in the time trial series, contact the marathon convener, Russell Lutton at rgl4762@bigpond.net.au

Results and the cumulative point-score will be published on the BGCC website as soon as possible after each time trial.

Russell, Scott & John



Triathlon Notice: Bob Collins

The first Triathlon of the season will be on Sunday 8th November, starting at 6:30 a.m. The event will have a swim length of 750 metres and 14 boats will be needed to cover the course. While it is good to have our experienced triathlon helpers out on the water, it is not an arduous job and can be quite a social event.

If you are a willing helper, please contact me at: bobcollins@grapevine.com.au

If you are unsure of what is involved, contact me and I will send you information on what is needed, plus a briefing on 'how to' on the morning of the event. Or arrange a session with me before the event.

This is one of our main income sources, so helping out helps to keep our club fees lower.

Bob



Private Boats in Club Shed: Boat Captain

Just a reminder that about 60% of the boats in the club shed are privately owned and are therefore not available for the rest of the club membership to use as they might want to.

If you would like to try a paddle in one of the private boats, please contact the owner to see if they will let you have a go.

Scott

Membership Now Over-Due: Helen Tongway

The sun is shining, the frosts have gone 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, 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

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

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

Membership Report: 2014-2016

Total membership tally for 2014-2015: **345**

Made up of:

Junior Females:	35	Junior Males:	38
Adult Females:	106	Adult Males:	166

Membership also comprised of 22x 5-year memberships and 17x 3-year memberships.

In the latter part of the year, the decision was made to join in the Australian Canoeing/Paddle NSW membership payment system so that anyone wanting to join or re-join BGCC, would do so through the combined payment system. This would mean that people who wish to take out only the basic Standard Level of BGCC membership would not need to continue on to another payment system. Their payment for the three bodies would be combined in the one transaction.

In future, if this payment system works well, all BGCC payments associated with membership levels could be paid through the one system at the one time.

7th September, 2015.

Helen

Blazing Paddles Deadline: Editor

The aim is to have the next *Blazing Paddles* published by Monday 26th October.

All Committee members and Discipline Conveners are asked to provide a report for each Committee meeting, so why not save on duplication and provide the report to BP, but with added photos!