



Newsletter of the
BURLEYGRIFFINCANOECLUB

Volume 31 Issue 11, Dec 2021

Your Committee:

President: Bob Collins

Vice President: Patricia Ashton

Secretary: Gabrielle Hurley

Treasurer: Tammy ven Dange

Boat Captain: Jeremy Cook

Membership Secretary: Patricia Ashton

Safety Officer: John Lockie



In this issue

- President report
- Patricia's bit
- Coaches corner
- Polo update and on this occasion an essay of origin of Water Polo
- An idea from innovation conference
- An interview with an adventurer
- Marketplace



The ACT Government assists this organisation through the
Sport & Recreation Grants Program



Position	Person
Membership Secretary	Patricia Ashton
Public Officer	Bob Collins
Editor ('Blazing Paddles')	Robert Bruce
Coaches rep	Margi Bohm
Webmaster	Geoff Collett
Assistant Boat Captain	Scott MacWilliam/David Abela
Canoe Polo	Laura Kleinrahm
Time Trials	Lachlan Parker*& Matilda Stevenson* (Jointly)
Marathon	Richard Fox
Event Co-ordinator	Bob Collins
Sprint	Vacant
Bay Area Kayakers	Alan Newhouse
Slalom - ww	Peter Strazdins*
Social Convener	Vacant
Publicity and Sponsorship	Vacant
Recreational paddling	Vacant

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Coming Events:

- *Race 1 Oura to Wagga February 19th 2022*
- *Race 2 Canberra State Championships Saturday and Sunday 5th and 6th March*
- *Race 3 Lane Cove 27th March*
- *Batesman's Bay Paddle challenge {bonus round} Saturday 2nd April*

President's Report:



Participation in Sport

On 6 December 2021, PaddleNSW invited all affiliated Clubs to link in to a Forum – one of the topics being: ***Overcoming barriers to female participation in club paddling.***

Outcomes of this forum should be available soon. As a result of this initiative, our Committee has given approval for a Sub-Committee to be set up to: ***'Identify current barriers to female Club paddling both within BGCC and outside and suggest action to be taken to remove these barriers'***

More details to come in the New Year.

Coincidentally, on 10 December I attended a CEO's meeting hosted by the ACT Dept. of Sport & Recreation. In addition to the usual speech by the Minister for Sport, a new study on Social Barriers to Participation in Sport was unveiled. A consultant gave a brief overview of the study and advised that Sporting Clubs would be given the link to this study soon.

2021 24Hr Paddle Challenge – 11/12 December 2021

The 24Hr event eventually went ahead after serious consideration was given to cancelling. In the end, there were 30 entrants with about 50% of these opting for the new 16/8hr format. The very strong flows in the Molonglo River made the event quite challenging in various areas of the river with a number of K1's capsizing early in the day.

More on the 24Hr in this edition.

Not much happening on the racing front until 19 February 2022 when the Wagga Bidgee club will host the first of the 2022 Marathon series races - a 25km dash downstream. This will be followed up with BGCC hosting the NSW State Championships on 5/6 March 2022. In the meantime have a great and safe Christmas break.

Hope to see you on the water in the New Year.

Bob

A note from Patricia

The 24 hour...In the days before:

We had been planning to place buoys on the river for weeks, if not months, previous to the 24 Hour. While we weren't quite sure if it would go ahead, we thought we should be prepared. Why do we need buoys? Not like there would be crowds of paddlers requiring separation for safety. No, however, we needed lights for the night paddle. Yes there is quite a bit of ambient light, esp now with the lights on the walk bridge and the traffic lights, but not quite what we need. The lights need to be at water level, many of the lights for the road and the walk bridge are actually too bright and effect night vision. Anyway, when did we get to put buoys in? the Thursday before. did we have a plan? No.

With the amounts of rain we've had lately we had to leave it to the last minute and then keep our fingers crossed that a single brick would hold - we have plans for 3 bricks and floating rope etc, but now was not the time.

We normally have about 20 buoys out, but had decided the minimum we could get away with was 8 in line of sight.



OK, 5 of us turned up to put these buoys out. no tinny. Hmm, carry them on the Daggars, one at a time? No. Tow the short pontoon with the 2 daggars? No, way too much work.....what about the SUP's? This proved to be a reasonably good idea. Bob towed one SUP with 3 buoys and bricks, chain and rope and Daniel (one of our newer members who had no idea what he was getting into!)

Daniel was able to tip the buoys off where required though Bob's towing ability was seriously hampered by his lack of rudder control (OK, found out after that the pedal had come off the track - so no steering). They went off up stream.

John L, Ted and myself went the other direction with me on a SUP with 2 buoys & gear and another Dagger and the Hobie with the other buoys. Luckily the conditions were calm and all went smoothly.

There of course had been much discussion, pointing, some arguing and quite a bit of laughter! But the job was done!

Then the rains came.....Saturday morning there were several nervous people taking walks up and down the path along the river checking if our work had been for nothing. But, luckily, all the buoys were still in the correct positions and stayed there throughout out the 24 Hour Challenge. Phew!

During the night we found that they were perfectly placed and the new lights we tried out this year, the Luci outdoor solar powered floating lanterns, worked beautifully.

We collected them Sunday morning - thanks to Russ and Lachlan and the Ice Dragons tinny. There is quite a bit of hardware attached to each buoy now, in readiness to be placed in their more permanent positions once the rains stop!

Was it all worth it? may not have said yes, on Saturday or Sunday but now, yes of course it was!! the 24 Hour, like many ultra marathons, is often much better in retrospect.

Well done to all those club members who took part and gave it a go in whatever format. Conditions were well and truly trying. Special thanks to Helen for all her time keeping - that was also a 24 Hour challenge! also to Lachlan, David, John L, John P, Russ, Peter, Sue, Lindy, Jacqui and if I've forgotten anyone - Bob too of course! for helping out on the weekend.



patricia

24h BGCC paddling challenge

Words from participants

Firstly I would like to thank all involved in the organisation of the event and all paddlers who shared this challenge with me.

Preparing for a 24h event demands planning, strategy, flexibility and discipline. It's crucial to know what level of fitness and skills you have, and work around it.

I have done expedition races before but never spent that long on ski, so I had to be flexible with a few adjustments during the challenge. If you have time, I also recommend the familiarisation with the course, tides and weather conditions. My point of attack is, if you train in the hardest conditions you can, you will minimise a lot of suffering during the race.

To make myself as comfortable as possible prior race, I set up a 3x3m gazebo, assembled a massage table, a massage gun, a couple of chairs, put some good tunes and brought my very own masseuse haha... Jokes apart, Christabelle Northam was incredible offering me an outstanding support for the entire event, and also making the other participants very jealous of the massage treat.

My plan was to maintain 2h "On", 1h "Off", for the entire event, what I didn't expect was the strong flow of the river, dropping my avg speed approx. 3km/h. A big energy expenditure that I had to adjust my body with. Despite on the water conditions and strong wind, I kept consistent with my times and strategy.



Another element that can pull you off the game is dehydration. To supplement my water and mineral loss, I had a litre of "Endura"(electrolytes, carbs, magnesium...) every break, and had it first thing, so it would give enough time to kick in before the next 2h. Liquid and fast absorption carbs work better for me, as I can't eat much if I'm pushing hard. One thing to note is, never try anything new before or during the race. It may give you a hard time in the loo or heartburn sensations. Well I did have butter chicken and cheese nan on the day before and it was a horrible idea haha.

The night is always tricky for a few, so I recommend to train in the dark to enhance your confidence. Don't go for your first trial alone and always let someone knowing where and time you are going. For me, the hardest of night comps is the cold. I hate the cold! Well, I have never seen a Brazilian enjoying the cold too much hehe. With this in mind, I was struggling to stay warm after the 2h on the water, and even worse when I had to get back in my wet gear, after ran out a few pair of warm clothes. Yeah I failed planning and paid with pain and discomfort. So yeah, don't forget to bring heaps of spare clothes and towels.

Finally the sun rose and the cold wasn't a problem anymore. The wind had dropped significantly during the night and the water was beautiful and glassy. Time to crank a few more laps. At the very end, your body will be aching and your brain will try to convince you you had enough, but don't get fool by the tricky mind gossips. Remember, DISCIPLINE! Stick to the plan. And there I went for my last three laps and the conclusion of a very satisfying 142km, granting the 2nd place. A big congrats to James Miller, who smashed 164km and took the well deserved 1st place.

Ah if your plan is winning, study your "enemy". Of course we only have frenemies in races hehe. Jokes apart, it's important to know the battlefield and who are the strong competitors. If you are new to the environment, you can easily suss it out during the first few hours, so you may readjust your strategy. But don't forget, above of all, it's YOUR RACE!

Douglas Peres



24 Hour race, a new experience

No rush, I've got all day. That's what I kept telling myself as I pushed off at a slow pace that would only get slower. Margi's race crew made me feel like a tortoise, taking no time at all to lap me as I struggled a bit with the river conditions having paddled only twice since last summer. I like to think I was well rested from a long taper but perhaps a bit more training would be advisable next time. Time went quickly though as I tried to get to 50km before my sister and niece arrived with pizza and coffee at 6:30pm. After a good feed and rest I started again in beautiful conditions with a gentle breeze and pink sunset.

My favourite section of the event was from 1am to 4am, either paddling the shorter laps under a very tranquil starry sky or drinking coffee by the hard to leave fire. It was quite a meditative experience out on the water with thoughts floating in and out of my head along with random songs. There was great camaraderie and support amongst the few who were still up at this time, and Helen was always there at the timing desk at the end of every lap.

Once I'd got to 85km I thought I'd go for a sleep as 3 laps after 6am should be easy enough. However it didn't quite end up that way. I made the mistake of starting in my wet clothes from the day before and shivered through a miserable lap after which I retreated to my car and had the heater on full blast for nearly half an hour to warm up. Eventually I got back out there to finish my last two laps. The full laps felt very long after the shorter night laps but I had plenty of time to soak up and enjoy the experience. Thanks to the club and all the volunteers for a great event. TIP: use plenty of sun screen, my legs were well done drumsticks!

Craig George

Coach's Corner: Margi Bohm

Hi Everyone,

Sorry we missed so many of you on Saturday. We had a good paddle and then breakfast at Piallago. Thanks to everyone for your kind words and thanks.

Well ... we are on the cusp of the end of 2021. It has been a strange year but I think we have managed to get through it okay.

In terms of performances, Kolya and Matilda are doing PBs regularly at the weekly timetrials - well done and keep it up guys. Matilda and Craig have had a very successful multisport season and Michael has been slowly but surely solidifying his TH boatspeeds towards the high 13s. Matthew has made huge progress and is starting to hang onto the front pack for longer and longer. Well Done Matthew - keep it up. Mark Halpin is coming more regularly and will hopefully get back to his form across 200 and 500 m and into marathon.

Hopefully we will see a bit more of Jesse in 2022 but we may lose him to Queensland! You will be greatly missed Jesse (and don't forget to bring back my plastic if you leave!!!!).

Tom Long has also come a long way - together with Andy Bods and Tom Layton, he is heading up the second group with the little ole coach hanging on for dear life nowadays (although watch your wake boys because I am motivated to make a comeback!!!).

Sue continues to improve and moving into tippier boats. I remain impressed at Sue's ability to restructure steering systems to suit her needs. Jacqui, Fleur, Lindy and Patricia continue to improve technique and are going faster and Gerard is getting back into it after hurting his shoulder. Jack is recovering and getting back into the boat which is wonderful news. Stay healthy Jack.

We have not seen much of the rest of you - hopefully you will come back into the fold in 2022. The Tuesday and Thursday online core sessions have really helped Craig, Matthew and Gareth and I am seeing much more powerful strokes.

Thanks to Louise and the boys for running the sessions when I have become tied up.

I am working on the plan for 2022. There are a few things I want to introduce like Saturday bike ride to Pialligo for a coffee after training in summer; back-to-back time trial days to help build our ability to back up after a hard day in the saddle; tinnie sessions on Saturdays; more dedicated one-on-one coaching; some multisport sessions; training camps in Moruya and Tumut etc.

TrainSmart testing will continue as per usual as soon as we get access to a tinnie again.

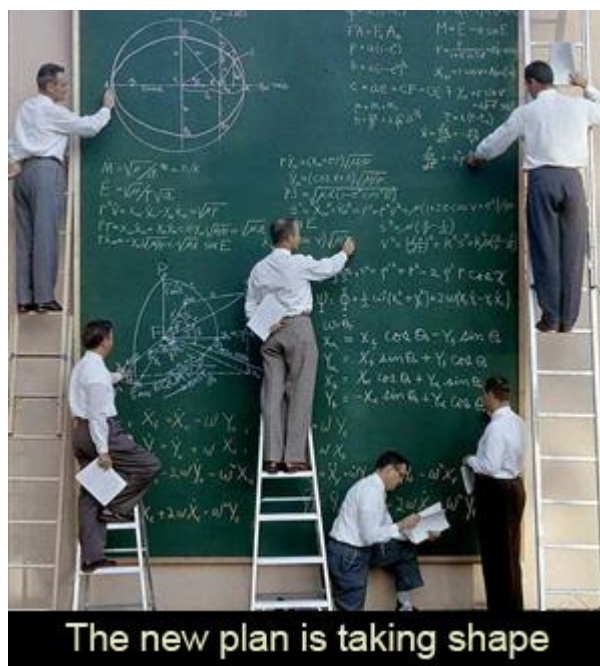
So over the next 10 days (I am away with family), please think about your goals for 2022 .. what do you want to accomplish? Which races do you want to do well in? Are you planning on going to nationals? Are you planning on nominating for the National Team

(masters too)? What is your TH boatspeed goal? Please let me know what you want to get out of the program in 2022.

Merry Christmas. I hope that you have the opportunity to be with loved ones in a safe and enjoyable space AND that Santa stops by with cool paddling presents!!!

Yours in Paddling

M



Canoe Polo update

Nothing to report this month

Club News

Seaplane Saga

You may already be aware of the sea-plane saga unfolding in Lake BG.

I have been asked if the mag would like to say something about this possible coming event so I have written this scene to give BP's editorships attitude to the proposed landing site in West basin. This is entirely my view and does not necessarily reflect the views of BGCC

I was recently standing in a queue at the National Gallery to see an exhibition of the artist Jeffery Smart's work. Two women were standing in front of me and made no attempt to talk privately. On the contrary they appeared to be pleased that other patrons could overhear. First Lady, very well dressed with expensive jewelry on rings, bracelets and necklace as was her friend. Hi Felicity.

Felicity: Hi Charice, glad you could make it at such short notice. Did you drive down?

Charice: No, it's my driver's day off today. I had to fly.

Felicity: Oh you poor thing. Having to put up with all that stuffing about at the wretched airport.

Charice: Oh no, I didn't have to mingle with the unwashed. I caught a seaplane.

Felicity: A seaplane, where did you catch that from?

Charice: Down the end of my street at Rose Bay. Popped a couple of odds and sods in my bag and tootled down to the wharf. They have a service to Canberra.

Felicity: Oh, fabulous. So you won't need to drive in future?

Charice: Mmm, well it's a bit of a tossup at the moment. The Merc has all the comforts I enjoy. I can watch a movie, have a nap, or listen to the stereo. It has Wi-Fi and a fridge. My chef always gives me some lovely snacks for the trip. Whereas the seaplane seats are a bit uncomfortable and there is no food service. Added to that we had to circle three or four times to clear the runway. There was some sort of sailing lessons for the kids and we had to wait while the rescue boats towed their boats to shore as there was very little wind. Then when it seemed clear some people paddled onto the runway, oblivious to the fact we were circling, trying to land.

Felicity: Aren't some people so inconsiderate of others?

Charice: You're not wrong there Felicity. Oh look here comes the Gallery Director.

Gallery Director: Hello Felicity, Charice, there's no need for you to queue. Come along and I'll give you a tour of the exhibition.

Ed

Paddlers to carry bottles when paddling

Having been accused of a slow reaction to emergencies in the past, the Government was quick out of the blocks with a reaction to the latest growing emergency. It appears there is a desperate world shortage of Adblue, an additive to fuel for modern diesel engines. The main constituent of Adblue is urea a chemical also used as fertilizer for agriculture. Without Adblue the transport industry will grind to a halt. Some in the industry say that we only have six weeks supply left.

With no international supplies of urea available the Government instigated an emergency cabinet meeting and created a new portfolio, Department of Urea collection. The department has been instructed to collect urea from wherever possible.

The PM said “without urea the trucks won’t run.” And “the shops will be empty.” “Without urea the mums won’t have food for their bubs,” and “The dads won’t be able to give their kids any breakfast. The only solution is to collect everybody’s urea so we can keep the shops open.”

The PM said “We will be setting up collection points all around the country to collect your urea, and I have a catchy new slogan, Pee for Urea. One of my advisers said P 4 U would look better but I’m not sure. I will put it up on my Facebook page next to the curry recipe and the chook shed plans for comment.”

The new Minister for Urea collection Constance Peabody who has spent 27 years as a backbencher said she was thrilled to get a chance to make a contribution to society, something to get my teeth into before I retire she said. The new collection hubs will be easily recognizable by their bright yellow colour . She said she was always amused by the old saying “going to spend a penny” meaning going to the toilet. Now we are going to pay you to pee in our hubs. Everyone will be issued a card that will credit your bank account for contributions to Pee for Urea and keeping the wheels of our trucks turning. All kayakers when going for a training or casual paddle should now carry two bottles with them. One for their water and one for their urea. Don’t get them mixed up

The homeless will be encouraged to use their leisure time drinking plenty of water and getting paid to do nothing but pee.

All hotels, clubs and entertainment venues will be given grants to divert the flow from their urinals into holding tanks. They will be given additional monies so that they will be able to offer their patron’s incentive to drink more and ensure the flow of urea continues.

All clubs will be encouraged to compete for the ‘Peemore’ trophy which will be awarded weekly to the club that makes the largest per head contribution.

Any club patron caught driving intoxicated will be treated with leniency by the courts if they can show that their motive for drinking to excess was for the ‘Pee for Urea’ national cause.

We encourage all Australian men to carry a bottle with them, and women to carry a bottle and funnel for the situation when no collection hub is available. We cannot waste a drop,



Minister Peabody said..

The PM urges all Australians this Australia day to have a go and keep the trucks of this great country rolling along the highways, delivering the essential groceries to the shops so the mums and dads of this great country can feed their kids and buy their milk and get their take-aways.

This Stralya day do your duty and Pee for Stralya

Ministry of Urea Collection



For members old and new. Here a story of your club over the last 30 years

The first 10 years

The club started back in June 1990 with 6 families, only private boats, no shed, no trailer, just the enthusiasm to build up a new club.

The first issue of Blazing Paddles came out in July, one of the stories was a dinner out. With 20 club members, how many attendees? 43!

By 6 months BGCC membership had an Australian Junior K2 champ, a member on the Australian Slalom team, 1st place in the Murray Marathon in a C1 and open TK2. Not bad for a new club.

What stands out was the amount of social events the club held, from squash, ski trips, dinners out, Ride and Run dates, ice skating as well as weekends away for recreational paddles, the club also entered a Dragon Boat team which went on to represent NSW.



Figure 1 BGCC Dragon Boat team

We had Christmas parties with Santa in his canoe sleigh, Mothers Day Mayhem & Fathers Day Frolics.

Over those first 10 years there was also a wide range of racing events either run by the club or run around the State and Victoria. In the minutes of June 1997 there was discussion of the summer series races to be organised: Yarrawonga same time as Cowra with Tumut, same time as Deniliquin....as well as the Marathon series.

The club ran time trials, social paddles a couple of times a month, regular canoe polo and white water with training sessions and for many years, slalom. There were slalom gates on the Cotter then later on Sullivans Creek, the club was heavily involved in running Marathon, Sprint and Slalom in the 1997 Masters Games. There was a proposal that ACTEW was to put larger valves on the

outflow pipes on the dam and regularly release water for white water and a permanent slalom course. That

obviously
didn't go
ahead!

Figure 3 Tumut Down River race



The Burley Griffin Bash was already an iconic race by the time BGCC evolved and it became a focal race for the club. First being run over 2 days, singles one day, doubles the next, then later the day after the Marathon Series Race.

The 24 Hour Relay featured each year with varying numbers taking part – back then it was run as an Australia wide race with each club phoning in regular updates, BGCC took over the organising of it in 1993.

Triathlon Safety boats earned the club money which was spent on club boats and other equipment. This was a huge commitment for club members with events being held almost weekly through the summer months. In 2001 there were 3856 swimmers, the club raised \$4126 and 306 members/boats took part over the season (there were about 70 club members). This was given up as a club fund raiser/activity in 2018 as it was becoming more difficult to get volunteers, triathlons were taking longer and the money raised was hardly covering the cost of a new boat.

Figure 4 Triathlon West Basin

BGCC committee and members had a hard won fight over 2 years with the ACT Govt to stop a Jet ski operation wanting exclusive rights to the river between the bridges. The Minister finally said No to the request to adjust the Territory Plan in 1998.



Figure 5 The Harmer Boys - Fathers Day Frolic 1991

Some other major happenings:

1992 Club boats can be hired out for \$5 pw for 4weeks.

1993 Helen and David compete in their 1st Murray Marathon



1994 Purchase of the club trailer – now club boats can be kept on trailer and transported to river and races.

*Figure 6 David and Helen Murray
Marathon*

1995 the first plan of the new shed appears in BP's

Comments such as 'What's happening with the shed you ask? Stay tuned but don't hold your breath!' (sounds familiar?) 10.2m long x 6.4 wide with a 3.6m extension to part of it to house the growing fleet of K4's!! the club had 2 K4's by then and we talking about 2 more.

1997 Shed build starts in Jan, with the official opening in April. By September there are cries for an extension please! 8 private boats.

The 2nd Decade

2000 - Saw the club website start development, Kai (no longer a club member at that stage) took part in the Sydney Olympics, while another former club member Richard Nicholson took out silver at the paralympics in weight lifting.



2001 – a busy year! State Marathon Champs and Bash weekend saw 222 paddlers in 178 boats on the water. Triathlons assisted 3856 swimmers, raised \$4126, with 306 helper sessions (about 70 club members). Canoe Polo State Championships. We were also hosting the NSW Southern Zone Slalom and Whitewater Championships which was to be held on the Murrumbidgee. Unfortunately, after all the planning, it was cancelled days before due to flooding!

Two club members took part in sprint finals at the World Championships in Poland.

Coach of the Year – Margi ; Club Member of the Year – Helen. These 2 ladies have taken out these awards many times over the years. Well deserved. They have also been nominated and awarded various ACT, NSW & PNSW volunteer awards.

2002 – BGCC ran the Sprint and Marathon for the 2002 World Masters Games; we had a large contingent take part – 3 x 1st, 1 x 2nd, 1 x 3rd place getters.

2003 – The Bash became the Ginninderra Grind after blue green algae closed the lake and river. The club, with Helen and the helm, again ran the sprint and marathon for the Australian Masters Games which were held in Canberra. They were reported as very well run events, on time and organised. Except maybe the weather.....

Patricia

‘The more things change, the!’ - Bob Collins

A couple of days ago, Patricia appeared at my back door loaded up with 2 lever arch files of early editions of Blazing Paddles. ‘Could you go through these and pick out any highlights for our 30th birthday article? You have until next week!’

I was lucky I only copped about 10 years of editions; that were, back then, faithfully put out each month as a hard copy.

1998: First up, I opened a mid-1998 edition and noted that James Harmer was President and Margi Bohm the Club coach. It appeared that way back then some things were agreed on and some turned out to be quite controversial:

Agreed: - Paddling in sub-zero temperatures at 6:00am was just something you did;
- The Club shed was built in 1997 and an extension was already desperately needed;
- BGCC had quite a successful racing fraternity.

Not so agreeable: - Committee discussions focussed on money, or ‘the lack of it’;
- The Club did not have a Budget;
- The key system was changed from a one off refundable deposit to add
A \$20 annual charge;
- The boat storage charge was raised from \$1 per week to \$2.50 pw;

It is interesting to note how one rather controversial article in BP referred to boat storage and revenue: *“But we are not a commercial enterprise. The shed is not supposed to be a storage facility for private boats.”* and;

the Committee operation as *“ ... a bunch of less than a dozen people, representing less than 8% of the club membership, sit around in a dark room making decisions that impact on the paddling activities of 120 other people.”*

In 1998, excluding PaddleNSW fees, the BGCC Adult fee was \$65 (now \$80), a junior \$50 (now \$30) and family \$130 (now 150). In 20 years our fees have not increased much. This is thanks to other revenue streams, such as key hire and boat storage.

1999: - The 24hr Relay managed to field only 1 TC1 team.
- The regular feature: Hall of Shame section continued. I note that you could be listed in this section for: hitting a log and ripping your rudder off (Ted), making paddlers train and practice wash riding in a ‘pea souper’, the boats could not find each other to wash ride! (Margi), not wearing the BGCC racing colours etc. etc. (One Hall of Shame section ran to 3, A5 pages!)

- 9 BGCC boats entered the Hawkesbury, including Helen Tongway in a C4!

Things progressed normally into the new millennium, although an age old problem was still there - at a Committee meeting in **2003** an entry says: ‘We need to get rid of the possums and rats...get it done!’

2004 – Wow! Patricia Ashton appeared on the scene as Secretary.

Mid **2004** and the new Secretary does a 5km time trial in 35mins52secs! In September 2004 BP’s were emailed to members. At the World Canoe Polo Championships in Japan, Australia’s Women’s team took 5th place with BGCC’s Michelle Springall a member of the team.

2005- BGCC liaises with the ACT Govt. about an extension to the shed. June 2005 and BGCC begins its involvement with Wetspot. We commence Wednesday Twilight Time Trials, September **2005** and

BGCC formally objects to the NCA proposal to establish a trial for a water ski training facility on East Basin. BGCC had a successful end of the NSW Winter Marathon series and were runner's up. **2006** – At a Lake User's Forum in August, the NCA announced that water skiing would be allowed in East Basin. In October **2006** the Club had 82 members.

October **2006** – John Preston prepares for his first Hawkesbury Classic. 26 BGCC paddlers in 15 boats took part in the Classic. John Preston finished the B or B in 12hrs 45secs. In his BP article on the Classic, John revealed that during the race he ate 7 ham & cheese sandwiches, 3 x 650ml bottles of PowerAid, 7 litres of water and 3 GU's! (*perhaps his time would have been better if he had spent his time paddling instead of eating! Ed.*) After the race he decided he was still hungry and over a 12 hour period ate 2 roast chickens, 2 steaks, 4 fried eggs and 'a truckload of salad'!

2007 – In March the Club had 142 members – quite an increase in a year. In April there was a report of water skiing in East Basin – a letter was sent to the NCA by the Club.

At the previous Lake User's Group meeting the Water Police made a rather controversial comment that people who are not competent enough to stay upright in the water stirred up by power boats should not venture onto the lake. (*we note that with the absence of water skiing, the police boats have since taken over the job of stirring up the water. Ed.*)

December **2007** – the Club gives itself a Christmas present and purchases the Mirage 730. However, before the boat could move in, the possums had to be moved out – again!

Summing up: It is amazing how many challenges and problems that our Club is currently experiencing, have been coming up for years – planning Beginner's courses, possum proofing the shed, extending the shed, use of Club boats, increasing the number of Club coaches, key and lock problems etc. etc.

As the title says, "The more things change"

Bob



2008 – If you wanted boat storage, you could apply for up to 8 weeks, but you had to store a club boat at home. NSW Marathon Championships were run at Nelligen. Michael Lawrence, then 17, was selected for the U21 Canoe Polo world Championships. There was a lot of politics this year as NSWCI was dissolved and Paddle NSW formed. Shane Lund was awarded Most Improved Paddler and Bob volunteered to organise our next extension! Would he have if he knew he'd spend the next 10 years chasing architects, builders, ACT govt, TAMS etc etc.

2009 – we received a \$15,500 \$ for \$ grant for a shed extension, but red tape meant it would still be over a year before it could be built. Our Marathon race was one for the history books – cancelled due to rough conditions. many TK and K1 paddlers found themselves swimming in East and Central Basins, some several times, though 133 paddlers made it back safely and no

shane lund most improved



one died – it was the last race on the lake. There was some collaboration between canoe polo, flatwater and whitewater, with a day at Penrith White water Stadium. Sue Robb, James Suthern and Patricia arranged a basic ww course, then inflatables to play in.

2010 – Shed was finally complete in September. The 24 Hour this year was a big event with prizes, corporate teams, SUP teams – 18 teams all up. Several white water skills sessions.

scotty, justin, tom & john 24 hour

John Harmer and Helen Tongway became the club's first Life Members at our Presentation Dinner.

Wetspot Watersports

The club's relationship with Wetspot started in 2005 and got stronger as the years progressed. Patricia joined the staff, then Scotty joined BGCC bringing with him many keen ski paddlers. Training groups grew, SUP became a thing, James Suthern joined BGCC and white water grew, more customers became members. It was a beneficial relationship for us, we got great prices on new boats and equipment, repairs and access to advice, boats & so much more.





The Last 10 Years

What is obvious reading through all our Blazing Paddles, apart from the fact that, yes, we need to keep these going, they are a great way to keep our history, is that BGCC is a strong club. Yes we have peaks and troughs in flat water and canoe polo, but our events are 1st class, we compete at high levels in all disciplines, in the case of canoe polo, it's almost a given that they will have representatives in Oceania and Worlds. Marathon also has consistent representation, SUP paddlers & our C1 paddlers also placing at National levels.



2011 – With Nobby and James, we had several regular ww sessions and the club bought 2 new ww boats.

There was some club sea kayaking. We started a Womens Paddling Group. Our October time trials had 35 participants. 22 paddlers took on the Hawkesbury. There were floods which closed the river and lake with debris – large trees popping up everywhere. There was even an emergency dash to the shed to move boats & equipment to a higher position.

2012 – BGCC wins Brian Norman Trophy (NSW Marathon Series) *point hutt to pine Is beginner session* for the 1st time, against all odds. In fact, PNSW had another clubs name already engraved on the trophy! Bay Area Kayakers – the Nelligen club, was officially amalgamated with BGCC in Feb 2012. This had improved our racing points dramatically, as we now had an extra 10 -12 keen paddlers coming to races, it also meant we now had an Ocean Racing convenor and more members taking part in the Harbour and Ocean racing series.



2013 – 113 participants in the 24 hour \$5000 raised. Showed the NSW clubs we weren't just a one win wonder, won the Marathon Series for a 2nd year.

2014 – Capital SUP join BGCC. 24 hour raises \$9000, Ange Lees completes most kms paddled by

a woman in 24 hours – World Record.

Canoe Polo host National Championships in April – this event wins the Best Run Event for Canoeing Australia. 3rd consecutive Brian Norman Trophy win. ACT Govt causes havoc for the next almost 12 months by removing access to our overflow parking. Starting on the process of another extension, we apply for a Lease. Burley Babes win the Womens Div 1 Summer Series – then hold it for 3 years.

2015 – We host the National and Oceania Canoe Marathon Championships. Canoe have 14 players selected to play for Australia in Oceania Games. After months negotiations we agree to pay \$5000 to

with our overflow parking. Membership is up to 350 with 70 juniors. C1's are becoming popular, OC1's are taking part in Time Trials, as are SUP's. At the NSW State Awards BGCC take out: Paddler with a Disability – Bree Reid, Team of the Year – Burley Babes, Volunteer of the Year – John Preston, Event of the Year - National Marathon Champs. We have paddlers taking part in marathon, sprint, canoe polo, wildwater, world marathon, ocean racing, and ultra marathon, in K1's & 2's, C1's & 2's, OC1's, SUP's, Ski's and other assorted craft.

2016 – at the NSW State Sprints we fielded C1, C2, K1 & K1 paracanoe and SUPs. After a couple of years hiatus, white water and slalom was reintroduced by Kai and other canoe polo players, mainly to build the skills for the many juniors. Sue Robb got gold at the Australian Freestyle Champs, the Burley Babes won their 3rd gold at the CP Nationals which also saw the Mirco junior team do well

Capital SUP run Nisco races at Kingston.

John Harmer completed his 40th Hawkesbury, Helen was awarded the Distinguished Long Service award through Sports NSW. The club now has a Debit Card!

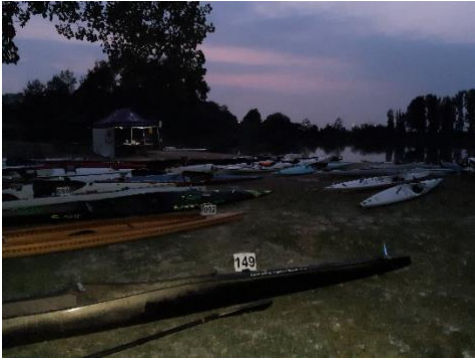
A new award – Grand Masters Grand Master for paddlers over 70, first won by Ian Castell-Brown, very well deserved.



(Left to right: Carley Goodwin, Stacey Goodwin, Louise Gates, Kim Roper, Antonia Harmer, Kristy Offner (Shoalhaven), Sue Robb).

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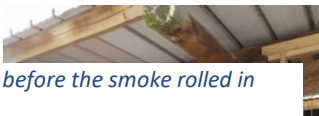


2017 – We sign the Building Contract for the shed!! After a break in at the shed and a club member being harassed and cars being vandalised, we put in security cameras. Margi starts TrainSmart. The Grey Army in full swing assisting with the shed building, dismantling and painting.

The Very Big Year of Paddling (1000km) means 24 Hour has renewed interest, on a small scale.

2018 – 1st committee meeting held in our new shed. *a resurgence of interest in white water*
Storage is now available with stages 1 & 2 almost complete, stage 3, the toilet block commences. Triathlon assistance comes to an end. Bob inducted as a Life Member. Club starts purchasing new club boats with income from storage. Recreational paddles reinstated after years of none. Slalom and wildwater event run bBGCC (Kai), first in many, many years.

2019 – Wetspot Watersports closes its doors after 15 years. We cancel winter time trials due to lack of participation. However, we take out the Brian Norman Trophy for Marathon series once again plus the ICF Trophy for the 1st time. 24 Hour becomes part of the new PNSW Ultra Marathon Series, resulting in a mix of paddlers and higher numbers. Event stopped for 10 hours overnight due to smoke and ash.



We farewell long time club members, organisers extraordinaire, Russell Lutton and Carolyn Williams. They will be missed.

2020 – Since late 2019 river levels dropping daily, temps often over 40deg and a continuing thick haze of smoke over Canberra led us to postpone our Marathon series race from Feb to July. Summer was spent either off the water staying indoors or paddling with a mask and checking the AQI levels. After the smoke, the rain and the hail, then Covid came along.....Zoom meetings, small groups, social distancing..... no racing, no comps, just training and waiting.



So, 30 years, obviously there was a lot more going on in those years, but its been really interesting reading Blazing Paddles over the years, like Bob said, the more things change..... white water for instance – we had none for about 10 years, then Nobby and James got us involved for several seasons but when they drifted off so did the white water. Then about 4 years later Kai wanted to build up the junior canoe polo player skills and add some more, he, with the help of canoe polo stalwarts, have reinvigorated it and slalom and not just for the juniors. It will be interesting where this goes, as Craig is keen for we flatwater paddlers do some slalom to build our balance and boat control skills.....

Happy Paddling whatever your preference

Patricia



Thank you to all contributors to this edition of Blazing Paddles.

If you have contributions for the next edition, please get in touch robertba28@gmail.com