



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

Volume 26 Issue 7 April 2016

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 **SPORT & RECREATION ACT**

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

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## Coming Events:

- 2<sup>nd</sup> April: 2016 Australian Freestyle Kayak Nationals; Penrith Whitewater Stadium; 9:00 a.m. – 12 noon.
- 8<sup>th</sup>-10<sup>th</sup> April: Aust. Canoe Polo Championships, Miami Aquatic Centre, Gold Coast, QLD.
- Sunday 10<sup>th</sup> April, 2016; Race 2, PNSW Marathon 9 Series; CCCC; Wyong
- 16<sup>th</sup> & 17<sup>th</sup> April: Rafting Course for Intermediate Paddlers, Cotter Reserve, Casuarina Sands, NSW
- Saturday 30<sup>th</sup> April, 2016; Race 3, PNSW Marathon 9 Series; WCC; Windsor
- Sunday 3<sup>rd</sup> May: The Gregory Down River Canoe Race, Mt Isa, Qld.
- Saturday 7<sup>th</sup> May: Flatwater Guide or Instructor Course, Parramatta Lake, Sydney, NSW
- Sunday 8<sup>th</sup> May; Molonglo Reach, Mother’s Day Mayhem; 3 km, 10 a.m. start; prizes & morning tea/coffee
- 14<sup>th</sup> – 15<sup>th</sup> May; L1 Flatwater Coaches Course; Narrabeen, MWKC clubhouse; \$195
- Sunday 29<sup>th</sup> May, 2016; Race 4, PNSW Marathon 9 Series; LCRK; Lane Cove
- 17<sup>th</sup> JUNE: BGCC 26<sup>th</sup> Birthday Party & Presentation Dinner, Hellenic Club
- Saturday 25<sup>th</sup> June: Race 5, PNSW Marathon 9 Series; SSCC; Woronora River, Sutherland, NSW

For those who may have missed BGCC’s moment on the media:

[https://www.facebook.com/WINNewsCanberra/videos/1005014096230288/?autoplay\\_reason=all\\_page\\_organic\\_allowed&video\\_container\\_type=0&app\\_id=2392950137](https://www.facebook.com/WINNewsCanberra/videos/1005014096230288/?autoplay_reason=all_page_organic_allowed&video_container_type=0&app_id=2392950137)



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

## President's Report: Patricia Ashton

Well, autumn has definitely hit, with quite cool and dark mornings. There has been some serious training going on for those heading up to Nationals over the Easter break. We'll hear about the performances later in Blazing Paddles. Well done, regardless of the results, to those who put the time and effort in, and particularly to those who may have been selected for National teams.

Summer time trials finish this week – many thanks to Russell Lutton for all his organisation and to Jane and Geoff for getting the results onto the website each week. We've also had a wonderful response to the call for volunteer time-keeper,s which has taken the pressure off and allowed Russell and others to participate.

Our time trails have also seen an array of burgers which would hold their own in trendy cafés - thanks to Litsa and her trusty assistant Jacquie Gutterson and various other volunteers.

Canoe Polo had their last away comp at Nagambie a few weeks ago where the junior teams played really well. Nationals will be held in April with BGCC expected to have at least one open team, one women's team and possibly two junior teams competing, with several members vying for selection. At present they are trying out some new fibreglass canoe polo boats for juniors, we'll hear more about these later. They'll also be heading back to Tuggeranong Pool soon, with regular training and junior development taking place.

Scott MacWilliam and Bob Collins had a very fruitful meeting with TAMS last week regarding the shed extension. It was by all accounts positive, so now Bob in particular is going full steam ahead contacting his connections to try and get our lease arrangements finalised, the builder to put together quotes and plans, and then he and Scott will try to gain support from the NCA about the use of colourbond instead of our logs. Who knows.....there may be a shed extension next year.

Wetspot has helped us out with a couple of new Epic V7's – these should be in the shed by the end of the week - some new flat paddles and we'll update some of our lifejackets.

For next season we'll hopefully have some more junior/small wing blades.

With the cooler weather don't forget to get into Wetspot and check out some of the winter paddling gear. Adrenalin and sharkskin, pogies, waterproof socks and gloves etc., whether it's for kayaking or SUP'ing they'll have something for you. Please support Wetspot as they support the club.

See you on the water,  
*Patricia.*



## Boat Captain's Report: Scott MacWilliam

### New Boats

The Club has just received a very generous donation from one of our elite paddlers, which will substantially improve the fleet. James French has gifted the club his yellow Vajda K1, for which the Club is extremely grateful. Now it will be possible for the most ambitious of beginners and intermediate paddlers to progress to a very fast, light boat for their development. Many thanks, James.

The Club has also managed to sell the two plastic Sprinters, which have been part of the fleet for many years, and will soon add two new Epic v7 skis with trailing rudders in the very near future.

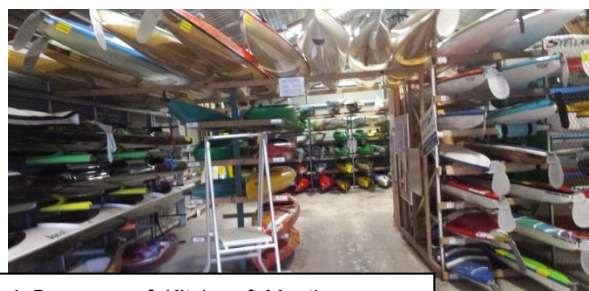
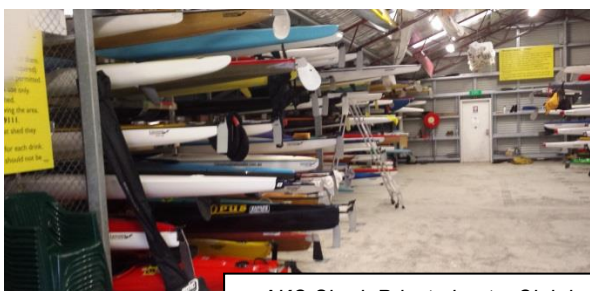
### Shed Extension

The sub-committee which has been working on the planned extension has been busy over the Xmas-New Year period. An encouraging meeting with ACT Sports and Recreation took place and as a result we are submitting our application for a major grant by August 2016. Everything has to be 'shovel-ready' in terms of approvals, plans and building contract determined before the submission can occur so over the next four months the committee will be extremely busy.

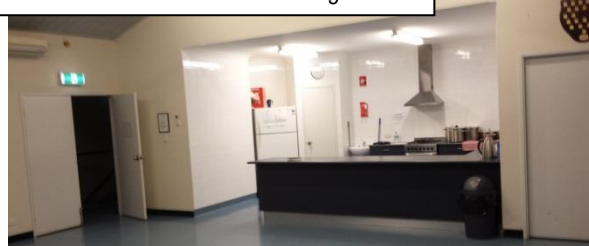
As part of the preparation and for comparative purposes to show various ACT authorities, we have been collecting pictures and other information about the facilities at other successful clubs. Dominic Hides and Russell Luton took photos of Pambula Surf Lifesaving Club and Manly Warringah Kayak Club, both of which are very substantial and models for clubs in our region.

In March, I had the good fortune to have a comprehensive tour of the Ascot Kayak Club in WA, possibly the most impressive club facilities in Australia as the attached pictures show. AKC has had over 600 members for more than 6 years, and has storage for 300 boats. Two hundred of these are members' boats and the balance a comprehensive range of club boats, many of them TKs and Ks. In addition to toilets, showers, store room and fixed boat cleaning stands in front of the main shed, AKC has a spacious meeting room and a kitchen. Being close to the Perth Airport, the club boosts its revenue by renting out the meeting room to mining companies and other organisations for the conduct of training courses for employees. This saves the companies having to provide overnight accommodation in Perth, as workers can be flown down from the north-west, attend the course and return in the evening to work sites. One feature of how AKC and other canoe/kayak clubs in Perth operate is in having connections with the WA branch of the AIS, which is something that BGCC might want to explore more systematically.

Scott



AKC Shed: Private boats, Club boats, Wash Down area & Kitchen & Meeting room



## Marathon Convener's Report: Russell Lutton

March has been a busy month for BGCC flatwater distance paddlers. The 2016 Australian Canoe Marathon National Championships were conducted at Coomera on the Queensland Gold Coast over the Easter long weekend; the NSW Marathon State Championships were held on Sunday, 13 March at Narrabeen; and here at home the 2015-16 Wetspot BGCC summer time trial series finished last Wednesday, 30 March.

### 2016 Australian Canoe Marathon National Championships

It was a demonstration of how our club paddles above its weight that BGCC was so well represented at Australia's premier marathon racing event, with our paddlers featuring prominently in the results. This was a hot, humid regatta, with the conditions taking their toll on paddlers not used to heat and humidity on a tight, twisty course. Results for BGCC paddlers are below:

Men's Vet 40+ K1	2 <sup>nd</sup>	Gary Rake
Men's Vet 45+ K1	4 <sup>th</sup>	James French
Women's Vet 55+ K1	1 <sup>st</sup>	Margi Bohm
Women's Vet 55+ K1	2 <sup>nd</sup>	Gabrielle Hurley
Men's Vet 75+ ski	1 <sup>st</sup>	Ian Castell-Brown
Men's touring canoe Vet 70+	1 <sup>st</sup>	Allan Newhouse
Men's under 23 K1	8 <sup>th</sup>	Ben Rake
Mixed Vet 55 K2	1 <sup>st</sup>	Gabrielle Hurley/Mark Rickard (Currumbin Creek)
Men's Vet 70+ TK2	1 <sup>st</sup>	Allan Newhouse/ Ian Castell-Brown
Men's open K2	8 <sup>th</sup>	Ben Rake/Casey Haynes (Bendigo)
Men's Vet 55+ K2	2 <sup>nd</sup>	John Preston/Neil Crabb (Windsor)



Left: Ben Rake  
Below: James French



Margi Bohm, Gabrielle Hurley & Gary Rake in K1; Allan Newhouse in TC1 *Photos by Sam & Caroline Lovick*



For our paddlers to be competing and recording such great results at the national level is a tribute to their commitment and dedication to their sport. Nineteen-year-old Ben Rake's results are noteworthy in that he paddled in the under 23 K1 and open K2 events. *Plenty of time for improvement here!*



Ian & Allan; Gabrielle & Mark;  
Photo: Thanks to Sam & Caroline Lovick

Participating in long distance events can be heart breaking when things don't go to plan and unfortunately John Preston DNF-ed in his single event due to illness and Nick Ziviani was not able to start his single or double events due to a chronic leg infection – despite having invested in a new K1 for his singles race and borrowing a superfast K2 for his double event with Gary Rake.



the Lovick

Margi Bohm and John Preston portaging  
Photos by Sam & Caroline Lovick



**Thank you to all volunteers!**

[Ed: Remember: Volunteers are not paid, not because they are worthless, but because they are priceless 😊 ]

## 2016 PNSW Marathon State Championships

Manly Warringah Kayak Club very capably hosted the 2016 state championships on Sunday, 13 March on Narrabeen Lake in excellent weather conditions. An interesting development in recent years has been to host both single and double races on the same day, and this was the case again at Narrabeen. Quite challenging if you are doing both events; and perhaps skewing results for competitors choosing to do only one or the other.

As this was a selection event for the NSW team (of which the ACT is a part) to represent the state at nationals two weeks later, competition was keen for a place finish to gain selection. BGCC was well represented in single and double events. There results were as follows:

Men's open K1	2 <sup>nd</sup>	Ben Rake
Men's Vet 40+ K1	3 <sup>rd</sup>	Nick Ziviani
Men's Vet 40+ K1	4 <sup>th</sup>	Gary Rake
Men's Vet 60+ K1	4 <sup>th</sup>	John Preston
Men's Vet 65+ K1	4 <sup>th</sup>	Russell Lutton
Women's Vet 55+ K1	1 <sup>st</sup>	Margi Bohm
Men's Vet 50 Ski	1 <sup>st</sup>	Paul Atkins
Men's Vet 75+ ski	1 <sup>ST</sup>	Ian Castell-Brown
Women's U14	1 <sup>st</sup>	Dana Atkins
Men's touring canoe 70+	1 <sup>st</sup>	Allan Newhouse
Men's Vet 100-129 K2	2 <sup>nd</sup>	John Preston/Neil Crabb (Windsor)
Men's Vet 130-159 TK2	1 <sup>st</sup>	Ian Castell Brown/Allan Newhouse



*Gary Rake portaging*

*Allan Newhouse followed by Dana Atkins*

*Photos: Thanks to Carolyn Williams*



## 2015-16 Wetspot summer time trial series

Daylight saving and the warm weather are at an end and so too is the popular 2015-16 Wednesday twilight series for another season. While participation was down a little from previous years, our records show that 98 BGCC paddlers participated in one or more events and we regularly had close to 40 paddlers competing over the three distances.



9<sup>th</sup> March, Molonglo Reach: Left: time trial start

Right: Kieran Lomas escorting new junior paddler Charlotte Stimson

Photos thanks to Andy Bosworth.

The importance of this series as an incubator to develop the paddling skills, camaraderie and fitness of our paddlers cannot be overstated. Many thanks to Scotty Hunter and the Wetspot crew for sponsoring the series. The winner will be recognised at the BGCC annual dinner in June.

The smooth running of a series like this does not happen by accident, and I would like to take this opportunity to thank all those club members who volunteered to assist.

In particular, I thank Jane Lake, who promptly updated the results spreadsheet after each time trial – wherever in the world she happened to be at the time—and Geoff Collett, our BGCC webmaster, who just as promptly published the results on the club website. I set a target of having the results published by the Friday evening after the Wednesday time trial, and I think we missed this target only once. Thank you, Jane and Geoff!

I also thank all the time keepers who volunteered to assist, and in particular the ever-reliable Kevin Swain. When I was short a time keeper, Kevin always put his hand up to assist.

And, of course, absolutely integral to the success of the series were Litsa Polygerinos' terrific post-TT barbecues. Thanks, Litsa, and all your regular assistants. The barbecues are important not just because of the great food Litsa spoils us with; they provide an opportunity for paddlers to get to know each other (including across paddlesport disciplines), chat about their races and to unwind after a hard paddle.

## 2016 BGCC winter time trial series

The BGCC winter time trial series kicks off on Sunday, 24 April. In response to requests from many paddlers for an earlier start, we have moved it forward to 9:30 a.m. The winter series is a bit of a balancing act: many of our regular distance paddlers are training for or participating in PNSW marathon races; early morning winter conditions on the river can be quite challenging; and club members have weekend and family commitments that can make participation difficult. However, we hope that this earlier start time will help paddlers to participate while juggling other weekend activities.

On Sunday mornings when time trials are not held, it is proposed to conduct coaching or other events. Information on these will be provided closer to the relevant dates. Details of the winter series are as follows:



START DATE	Sunday, 24 April 2016
END DATE	Sunday, 11 September 2016
DISTANCES	one/two laps (longer course to Monaro Highway bridge)
START TIMES	9:30 a.m. SHARP for two laps; 9:35 a.m. SHARP for two laps
PFDs/LIFEJACKETS	compulsory for all participants
FORMAT/POINT SCORING	same as for summer series (i.e., cumulative point score)
RESULTS PUBLICATION	BGCC website
FREQUENCY/DATES	see below

DATE	ACTIVITY
Sunday, 24 April 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
<a href="#">Sunday, 1 May 2016</a>	<a href="#">Coaching/other activity day, TBA, start time 9 a.m.</a>
Sunday, 8 May 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 15 May 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 22 May 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
<a href="#">Sunday, 29 May 2016</a>	<a href="#">Coaching/other activity day, TBA, start time 9 a.m.</a>
Sunday, 5 June 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
<a href="#">Sunday, 12 June 2016</a>	<a href="#">Coaching/other activity day, TBA, start time 9 a.m.</a>
Sunday, 19 June 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
<a href="#">Sunday, 26 June 2016</a>	<a href="#">Coaching/other activity day, TBA, start time 9 a.m.</a>
Sunday, 3 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 10 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
<a href="#">Sunday, 17 July 2016</a>	<a href="#">Coaching/other activity day, TBA, start time 9 a.m.</a>
Sunday, 24 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 31 July 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
<a href="#">Sunday, 7 August 2016</a>	<a href="#">Coaching/other activity day, TBA, start time 9 a.m.</a>
Sunday, 14 August 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 21 August 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Sunday, 28 August 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
<a href="#">Sunday, 4 September 2016</a>	<a href="#">Coaching/other activity day, TBA, start time 9 a.m.</a>
Sunday, 11 September 2016	Time trial, start time 9:30 a.m. (two laps) 9:35 a.m. (1 lap)
Wednesday, 12 October 2016	Wetspot summer time trials 2016-17 commence

We need two things to make the winter series happen: at least one volunteer time keeper each Sunday AND a sufficient number of competitors to make conducting them worth the effort. So the club reserves the right to change the format of, or to cancel, the series if either or both of the above do not materialise.

Please notify me via the website or at the river of the date/s you are able to time keep.

### 2016 PNSW marathon series

After a long break to accommodate NSW and national marathon championships, the 2016 PNSW Marathon Series kicks off again on Sunday, 10 April at Wyong.

Don't forget that if you are paddling an ICF class boat (K1, K2, C1, C2), you must advise the PNSW timekeepers BEFORE each race of this fact for cumulative points to be awarded to BGCC for us to try again win ICF trophy.

## Calendar of events

- [2016 PNSW Marathon Series Round 2 CCCC Wyong](#) Sun, 10/04/2016 - 09:00
- [2016 PNSW Marathon Series Round 3 WCC Windsor](#) Sat, 30/04/2016 - 09:00
- [2016 PNSW Marathon Series Round 4 LCRK Lane Cove](#) Sun, 29/05/2016 - 09:00
- [2016 PNSW Marathon Series Round 5 SSCC Woronora](#) Sat, 25/06/2016 - 09:00
- [2016 PNSW Marathon Series Round 6 BWP Davistown](#) Sun, 17/07/2016 - 09:00
- [2016 PNSW Marathon Series Round 7 HVPC Cockle Creek](#) Sat, 06/08/2016 - 09:00
- [2016 PNSW Marathon Series Round 8 Makai, Burrill Lake](#) Sat, 03/09/2016 - 09:00
- [2016 Myall Classic Ultramarathon](#) Sat, 17/09/2016 - 06:00
- [2016 PNSW Marathon Series Round 9 & Series Presentations WBCC Wagga Wagga](#) Sat, 01/10/2016 - 09:00

Happy paddling!

*Russell*

## Canoe Polo Report: Kai Swoboda

BGCC will be well represented at the National Canoe Polo Championships, to be held on the Gold Coast from 7<sup>th</sup> to 10<sup>th</sup> April 2016; sending 2 open Men's teams, 1 Women's team and at least two junior and micro junior teams. The junior teams have put in a great effort over the summer with weekly training sessions which should hopefully be rewarded at the Championships. Our men's and women's teams should also be pushing for medals - good luck to all!

Canoe polo will return to Tuggeranong Pool from around Wednesday 13<sup>th</sup> April, 2016, following the end of daylight savings and with the water getting colder. We hope to continue the fortnightly Sunday afternoon training sessions at the pool as well. This is a good opportunity for all paddlers to work on general paddling skills.

In making the move back to the pool we will need to move boats and equipment back, providing a timely opportunity to clean up the polo part of the shed, which seems to be home to many large spiders. Details to be provided soon!

*Kai*

## South Coast Paddlers: Carolyn Williams

Congratulations to South Coast paddlers who took part in the recent state and national marathon championships. Double gold medal success went to Ian Castell-Brown and Alan Newhouse at both state and national levels when they took out the Vet 75 Ski and Vet 70 TC1 respectively and then combined to take out the Vet 70 TK 2 events. Well done, gentlemen.

Nick Ziv put in a great performance at the states to come in 3rd in the vet 40 K1 event and hoped to improve on that result at the nationals. Unfortunately for Nick, he had a recurrence of a deep tissue infection and could not compete in the nationals at the last minute. He also had to scratch from the K2 event in which he was to paddle with another great BGCC performer Gary Rake, a part-time South Coast paddler. Best wishes to Nick for a quick and full recovery.

Another part-time SC'er, Russell Lutton, also competed in the state championships at Narrabeen and finished fourth in the Vet 65 competition.

Despite no organised racing going on at Nelligen - there is usually a training session on Saturday mornings - another good turnout is expected from South Coast paddlers at the next Marathon series race coming up on 10 April at Wyong. Good luck to all those competing.

*Carolyn*

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## Sprint Report: Cherie-Anne Van Baardwyk



**Australian  
Canoeing**

**Regattas**

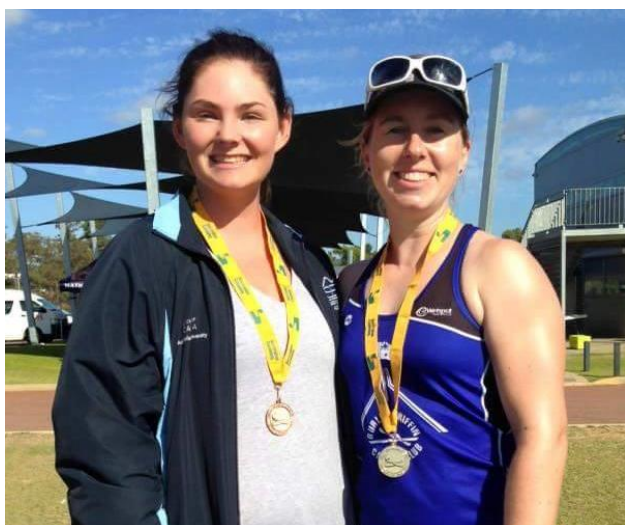
**2016 National Sprint Championships**

**Dates:** Wednesday 2<sup>nd</sup> – Sunday 6<sup>th</sup> March, 2016.

**Venue:** Champion Lakes, WA.

Both Louise Yabsley and Breanna Reid competed at 2016 National Sprint Championships which were held at Champion Lakes, Perth WA. The Girls meet each other over there, where they shared accommodation in a house with 8 other Athletes and which was only 10 minutes from the venue and apparently pretty nice digs.

Both Louise and Bre had a very good week of competition, with them both competing in events they have never paddled before - and coming home with a few medals. Well done.



*Louise (on right) competed in C1 and C4 (with Male Crews) events.*

*Breanna (on left) competed in Open National Para-Canoe K1, K4; plus C1, C2 and C4 events.*

### **And the medal count:**

Breanna: Para Canoe K1 - 200m Gold; 500m Silver; 1000m Silver.

C1 - 200m Gold; 500m Gold

C2 - 200m Gold

C4 - 1000m Bronze

Louise: C1 - 200m Bronze;

C4 - 1000m Gold; 500m Silver; 200m Silver

C1 – Bernadette Wallace Training: (first time in C1) got some pointers from the Girls and borrowed Bre's C Boat and Paddle over the course of the week and she sent a lovely message of thanks to Bre.



*K4, Bre in 4<sup>th</sup> seat. Photo by Carolyn J Cooper.*



<b>Race 20</b>		<b>Women's U18</b>	<b>C1</b>		<b>Direct Final</b>
Place	Name	Club	Lane	<b>500m</b>	Margins
1	<b>Reid, Breanna</b>	Burley Griffin NSW	2	5:20:24	0.00 +0.00
	Tunn, India	Encounter SA	1	Scratched	
<b>Race 45</b>	<b>Para Canoe</b>	<b>Women's U18</b>	<b>K1</b>	<b>Multi-Class</b>	<b>Direct Final</b>
Place	Name	Club	Lane	<b>200m</b>	Margins
1	<b>Reid, Breanna</b>	Burley Griffin ACT	4	1:01.77	0.00 +0.00
	Galovic, Monika	Patterson Lakes VIC	5	Disqualified	
<b>Race 97</b>		<b>Women's U18</b>	<b>C1</b>		<b>Direct Final</b>
Place	Name	Club	Lane	<b>200m</b>	Margins
1	<b>Reid, Breanna</b>	Burley Griffin ACT	7	1:51.80	0.00 +0.00
2	Tunn, India	Encounter SA	8	1:59.32	7.52 +7.52
<b>Race 135</b>		<b>Open</b>	<b>C4</b>		<b>Direct Final</b>
Place	Name	Club	Lane	<b>1000m</b>	Margins
1	<b>Yabsley, Louise</b>	Burley Griffin ACT	5	4:03.13	0.00 +0.00
	Ellis, Charlie	West Lakes SA			
	Wakim, Sabastian	Fairfield VIC			
	Bayliss, Jace	West Lakes SA			
2	Leblanc, Adrian	France FRA	4	4:04.35	2.22 +2.22
	Clarken, Thomas	West Lakes SA			
	Loughry, Lincoln	West Lakes SA			
	French, Roger	West Lakes SA			
3	Bulmer, Josephine	West Lakes SA	3	5:45.10	99.75 +109.9
	Rositano, Isabella	West Lakes SA			
	Woodcock, Kristen	West Lakes SA			
	<b>Reid, Breanna</b>	Burley Griffin ACT			
<b>Race 207</b>		<b>Open</b>	<b>C2</b>		<b>Direct Final</b>
Place	Name	Club	Lane	<b>500m</b>	Margins
1	Leblanc, Adrian	France FRA	4	1:58.60	0.00 +0.00
	Clarken, Thomas	West Lakes SA			
	Loughry, Lincoln	West Lakes SA			
	French, Roger	West Lakes SA			
2	<b>Yabsley, Louise</b>	Burley Griffin ACT	5	2:02:98	4.38 +4.38
	Ellis, Charlie	West Lakes SA			
	Wakim, Sabastian	Fairfield VIC			
	Bayliss, Jace	West Lakes SA			
	Bulmer, Josephine	West Lakes SA	3	DNF	
	Rositano, Isabella	West Lakes SA			
	Woodcock, Kristen	West Lakes SA			
	<b>Reid, Breanna</b>	Burley Griffin ACT			
<b>Race 208</b>		<b>Women's Under 18</b>	<b>K4</b>		<b>Direct Final</b>
Place	Name	Club	Lane	<b>200m</b>	Margins
1	Ryan, Rachel	West Lakes SA	1	0:40.08	0.00 +0.00
	Tatlock, Hannah	West Lakes SA			
	Bracken, Ruby	West Lakes SA			
	Burt-Poloai	Sunshine Coast QLD			
2	Armenti, Tyler	Bayswater WA	8	0:43.13	2.05 +2.05
	Smaniotto, Lauren	Bayswater WA			
	O'Brien, Demi	Bayswater WA			
	Peters, Lauren	Wynnum Redlands QLD			
3	Nowell, Asa	Bayswater WA	7	0:42.39	0.26 +2.31
	Munro, Brittany	Sydney North'n Beaches NSW			

	Aves, Alex Yeates, Hannah	Sydney North'n Beaches NSW Sydney North'n Beaches NSW				
4	Travers, Chloe Goldner, Kelsey Blanch, Erin Gill, Isabella	Kawana Waters QLD West Lakes SA Currumbin Creek QLD Varsity Lakes QLD	5	0:43.72	1.33	+3.64
5	Broadhurst-Hill, M Callahan, Caitlin Taylor, Kate Parker, Samantha	Currumbin Creek QLD Just Paddlers NSW Varsity Lakes QLD Wynnum Redlands QLD	2	0:43.92	0.20	+3.84
6	Tunn, India Jacobs, Nicole <b>Reid, Breanna</b> Seelander, Isabella	Encounter SA West Lakes SA Burley Griffin ACT West Lakes SA	6	0:50.86	6.94	+10.78
7	Pankhurst, Clare Pankhurst, Jane Mueller, Nina Burdett, Sophie	Ascot WA Ascot WA Ascot WA Ascot WA	3	0:51.78	0.92	+11.70
<b>Race 220</b>		<b>Women's Under 18</b>	<b>K4</b>		<b>Direct Final</b>	
Place	Name	Club	Lane	<b>1000m</b>	Margins	
1	Bracken, Ruby Burt-Poloi Ryan, Rachel Tatlock, Hannah	West Lakes SA Sunshine Coast QLD West Lakes SA West Lakes SA	4	3:36.49	0.00	+0.00
2	Nowell, Asa Munro, Brittany Aves, Alex Yeates, Hannah	Bayswater WA Sydney North'n Beaches NSW Sydney North'n Beaches NSW Sydney North'n Beaches NSW	3	3:43.53	7.04	+7.04
3	Armenti, Tyler Smaniotto, Lauren O'Brien, Demi Peters, Lauren	Bayswater WA Bayswater WA Bayswater WA Wynnum Redlands QLD	6	3:45.62	2.09	+9.13
4	Callahan, Caitlin Broadhurst-Hill, M Taylor, Kate Parker, Samantha	Just Paddlers NSW Currumbin Creek QLD Varsity Lakes QLD Wynnum Redlands QLD	7	3:50.21	4.59	+13.72
5	Rixon, Sophie Travers, Chloe Blanch, Erin Gill, Isabella	Currumbin Creek QLD West Lakes SA Currumbin Creek QLD Varsity Lakes QLD	1	3:56.13	5.92	+19.64
6	Tunn, India Jacobs, Nicole <b>Reid, Breanna</b> Seelander, Isabella	Encounter SA West Lakes SA Burley Griffin ACT West Lakes SA	5	4:19.82	23.69	+43.33
7	Pankhurst, Clare Pankhurst, Jane Mueller, Nina Burdett, Sophie	Ascot WA Ascot WA Ascot WA Ascot WA	2	4:39.58	19.76	+63.09
<b>Race 225</b>		<b>Open</b>	<b>C4</b>		<b>Direct Final</b>	
Place	Name	Club	Lane	<b>200m</b>	Margins	
1	Leblanc, Adrian Clarken, Thomas Loughry, Lincoln	France FRA West Lakes SA	4	0:47.01	0.00	+0.00

	French, Roger						
2	King, Andrea <b>Yabsley, Louise</b> Wakim, Sabastian Bayliss, Jace	Varsity Lakes Burley Griffin Fairfield West Lakes	QLD ACT VIC SA	5	0:52.80	5.79	+5.79
3	Wallace, Bernadette Rositano, Isabella Woodstock, Kirsten Marczak, Sebastian	Currumbin Creek West Lakes West Lakes Penrith Valley	QLD SA SA NSW	3	0:53.12	0.32	+6.11
<b>Race 256</b>		<b>Open</b>		<b>C2</b>		<b>Direct Final</b>	
Place	Name	Club		Lane	<b>200m</b>	Margins	
1	Bayliss, Jace Wakim, Sabastian	West Lakes Fairfield	SA VIC	5	0:46.35	0.00	+0.00
2	Leblanc, Adrian Clarken, Thomas	France West Lakes	FRA SA	4	0:49.41	3.06	+3.06
3	Rositano, Isabella Bulmer, Josephine	West Lakes West Lakes	SA SA	2	0:57.09	7.68	+10.74
4	<b>Reid, Breanna</b> Tunn, India	Burley Griffin Encounter	ACT SA	1	1:51.69	54.60	+65.34



Open C4 100m: Breanna Reid in position 2 (all women C4!)



Open C4 100m: Louise Yabsley in position 3



**PaddleNSW Sprint** added 4 new photos – with **Breanna Reid** and **4 others**.

3 Mar at 8:39pm • 🌐

Women's canoe medalists from C4 1000. Louise Yabsley **Burley Griffin Canoe Club**, took gold with the boys while the first ever WC4 crew made it in for bronze with Isabella Rositano. Josephine Bulmer, Kristen Woodcock (all SA) and our own Breanna Reid, **Burley Griffin Canoe Club (BGCC)**! Way to go girls, such an awesome moment for our sport. 🙌💬🙌

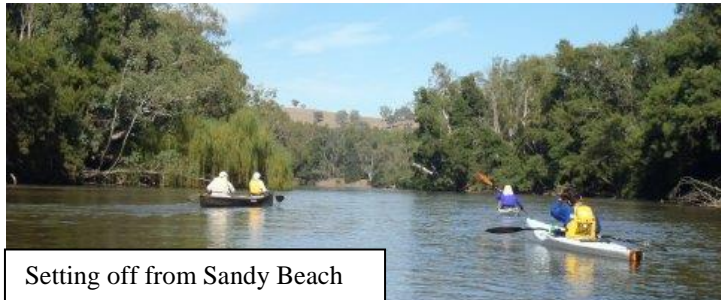
*Cherie*



## Three days on the Murrumbidgee: Dave Abela

The Canberra Day long weekend saw six BGCC paddlers gather at Gundagai for some exploratory paddling down the magnificent Murrumbidgee. The plan was to start at Gundagai and paddle over 3 days (125 km) to Wagga. None of us had ever done the first leg from Gundagai to Wantabadgery (56 km), so a reconnoitre was done on the Friday. The intended halfway checkpoint at Limekilns Reserve proved far too rough for safe vehicle access for our land crew, so this and some other uncertainties such as visible large snags meant a hasty revised plan.

It was decided to start on Saturday at Sandy Beach, which is just upstream from Wantabadgery and has a large and inviting camping ground with easy boat access. The six of us (Helen and David Tongway, Patricia Ashton, Geoff Pickup, Daniel Abela and I) gathered at the start in fine weather with the river running high and fast and farewelled our two faithful land-crew, Letitia and Liz. We left them to enjoy a day of latte sipping and shopping in Wagga.



Setting off from Sandy Beach

This 43 km leg, which ends at Oura Beach, is a great part of the Murrumbidgee, passing through mainly remote farm country, peppered with occasional Red Gum forests; and has lots of pebbly and/or sandy banks to pull over for a shady rest. It's a very isolated section of river and although there is a halfway pull out point at Greens Reserve, the vehicle access into it is not easy, so it's best to avoid this one as well. We measured the river flow at about 4 or 5 km/hr, so it was easy to maintain a speed of 10 to 11 km/hr in our sea kayaks with only moderate effort. David and Helen were trying out their new Wenonah canoe and set a cracking pace but later said they had problems with comfort and also had some stability and control issues in some of the eddies, whirlpools and rock races.

Geoff, Daniel & Patricia with Cruise Control set to "On"



For our second day, we decided to try a new section from Wagga to Kohlhagens Beach, a distance of 38 km. Access to Kohlhagens is via a good dirt road from the Sturt Hwy. and consists of a camp ground and a very large sandy beach. This section is a relatively sedate part of the river with wide, fast-moving water and no significant snags or "tricky" bits. It's reminiscent of much of the Murray River, but doesn't

have the frequent steep banks and cliffs often seen on the Murray.... there's plenty of sandy or muddy beaches (your choice!) on offer along this whole section. For our midday break, under a baking sun, we picked a quiet spot under a large shady tree. Before long, we were joined by a very curious herd of about 40 cows which came over to say hello. Some ventured over to our kayaks and spent lots of time licking all of our gear...boats, paddles, skirts, shoes, the lot!.... Nothing like a good bit of cow slobber all over your paddling gear to get you going after your lunch break! We finished the days paddle at about 2 p.m. Lots of time for a relaxing afternoon back in Wagga.

Nine out of Ten cows prefer Epic



For our final day on Monday, we chose to do the 26 km leg from Oura Beach to Wagga, a really enjoyable run with some fast rock races and bumpy, swirly bits to keep the excitement up. This section was covered in about 3 hours including a leisurely stop for morning tea. By the time we crossed the finish line at lunchtime in Wagga, we had clocked up a total of 107 km for the weekend. This especially pleased young Daniel who achieved his goal of his first ever "100 km paddle" and can now tick off another one of his 100 km sporting challenges in aid of his "World Challenge Borneo" trip later this year, a fund raising project through his school to assist a school in a remote village on the island of Borneo.

Thanks to all who came along for the trip, the weather was good to us, everyone had a great time and a special thankyou to our land-crews, Liz and Letitia.

*Dave*



## **Murrumbidgee Trip, Part 2: Patricia Ashton**

### **CANBERRA DAY LONG WEEKEND PADDLE DOWN THE MURRUMBIDGEE**

On the weekend of 12, 13 & 14<sup>th</sup> March, a small group of us packed the kayaks and headed to Gundagai to paddle the Murrumbidgee from there to Wagga. The group consisted of Helen and David Tongway, Geoff Pickup, David Abela and son, Daniel, and Patricia Ashton. David's brother and older son were going to join us but couldn't make it at the last minute. David A's wife Lititia and Geoff's wife Liz, were our land crew as we weren't camping – we were going in comfort and staying in a hotel at Gundagai and in cabins at Wagga.



On the Friday we got to Gundagai early so we could scout the river and check out the finish and possible pull out points. After discovering the lack of possibilities we decided, given we didn't know all the paddlers, that the river was flowing really well and there did seem to be sections where the river was quite full of debris and trees and that there was no mobile coverage, that we'd forgo

this section and start from the day 2 section. So instead of 56 km from Gundagai to Wantabadgery (Sandy Beach reserve) we started at Wantabadgery to finish at Oura, 46 km, which David A had done previously.

We started out at 8-ish on Saturday morning with calm conditions and blue skies, the river was flowing at between 3.5 – 5 km per hour, so the going was relatively easy. It was really enjoyable paddling, having to manoeuvre around trees, watch the river for eddies, whirlpools, gravel races and snags etc. The weather was perfect (probably hot off the water but paddling was mostly very





comfortable), bird song surrounded us – the cockies and corellas especially kept us company most of the time with their raucous cries, flocks flying off ahead of us.

The river was generally quite pretty with mainly bushland on either side, with plenty of places to pull up for morning tea or lunch. The first day there were no advertised pull out options and no phone reception, there was also very few homes to be seen. We made good time and got to Oura about an hour before our scheduled time.



Unfortunately David and Helen had some issues with the comfort of the canoe and were not able to paddle the following day.

For Day 2 we paddled downstream from Wagga to Kolhagans Beach, (36 km).

There was a bit less flow and more farm land on this section but again a very pleasant paddle. Our lunch break was made more entertaining as we had a visit from some locals – a herd of cows were quite curious and came to check us out and also the kayaks. David's boat got a thorough licking!



This paddle was initiated for David's son Daniel (14) who is participating in "World Challenge Borneo" where he has organised several physical challenges over 12 months to raise funds for a remote village in Borneo where he will be going with his school in September. – he has done a one day 100 km bike ride, 100 km run – at 5 km per session, bush walking with school and family, and wanted to do 100 km of paddling. The trip over the 3 days

would add up to 107 km. While Daniel has been paddling for a while, his longest paddle was a 20 km dam wall run, but he handled the previous days' paddle really well and backed up again today, often paddling ahead of us. Paddling their V7, he was able to keep up and found the boat comfortable – the boat performed well as a touring kayak which was great to see. I think the club will get a lot of use from this versatile boat.

We finished a lovely day on a sandy beach, about 5 mins before the land crew. The evening was spent at one of the many Hotels in Wagga enjoying a lovely meal and good companionship. The evening was warm and made the walk back to the Tourist Park very pleasant.

Day 3 was back to Oura Beach, for the 26 km to Wagga. This again was a very pleasant paddle with a couple of small gravel races and lots of beaches available for a morning tea stop.

I'm keen to take our new club paddlers here to experience something a bit different to our very flat Molonglo River. We'll try and organise a recreational paddle for around May.



Although it was a shorter paddle we didn't time it quite as well as previous days – we were nearly an hour late! But Wagga beach is a lovely place to hang out and wait. After spending some time

packing the kayaks and paddling gear away, we had our lunch overlooking the river before starting the trip back to Canberra.

David A, Geoff and I decided we really did need to come back and try the Gundagai to Wantabadgery section – we'll advertise it before we go, it could be day trip but more than likely an overnight stay.

*Patricia*

## On the Water: Patricia Ashton

### Taste of Paddling



The last session of the Taste of Paddling was held on the 20<sup>th</sup> March, it was the 6<sup>th</sup> of the season, seeing about 55 beginners take to the water and learn some basic skills. Thanks to Anne Cronin, Helen Tongway, Russell Murphy, Geoff Pickup, Phil Sanders, and Nic Jones for assisting at various times. Anne helped out with most and has taken a leading role as part of her coaching training.

At \$95- per person with \$20pp going to PNSW we have made just over \$4000- for the club.

This season also saw a higher percentage of participants join BGCC and continue paddling which has been great to see.



### New Members

It's been a wonderful summer of paddling for many of our new members. The idea of offering a permanent time slots of Sunday mornings and Tuesday afternoons has paid off, with up to 12 people on the water Sunday last week and about 20 taking part at various times. Skills have improved, with many taking up TK's and all taking part in sprints and Indian file as well as other drills. We've had some lovely paddles to Kingston and the wetlands, thanks to Bob, Jane and Anne for helping out.

Hopefully we'll continue the Sunday paddles, although time trials will be encouraged. I'm also going to be looking into some recreational paddles – the first one to Springbank Island for morning tea. Then Googong and Oura Beach to Wagga, over the next couple of months.

Thanks also to Scott MacWilliam and David Gordon for their excellent job of keeping the club boats in good order, so much nicer knowing that rudders and seats are all in working order.

*Patricia*





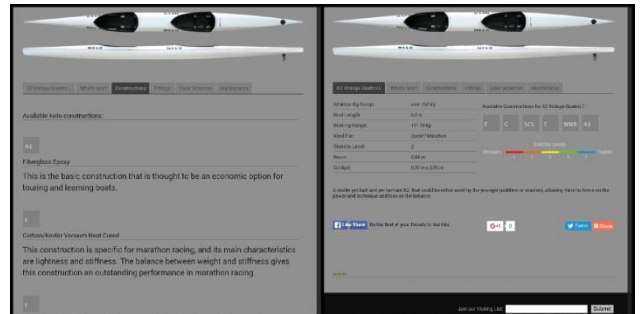
## Scooby-Pete:

About to head off in the 2015 24 hour Challenge

Don't forget, there is another 24 hour Challenge this year. Start planning your teams now!

## Boats for Sale

Contact Cherie-Anne on 0413 605 518 for the Nelo below:



### Nelo Quattro Vintage K2.

Very Stable. Great for beginners.  
 A1 Construction Large 10-18 kg  
 Regretful sale: True Blue's deck has bodyguard (protective layer) installed professionally so you will not scratch or chip it with paddle blades. Signage done in reflective material – it glows in the dark.  
 Boat is in near new condition.  
 Paid \$6,800. **Sell for \$5,400 ono**  
 Located at Gundar near Goulburn.



### Mirage 730 for sale.

Helen and David are putting up their "spare" Mirage 730 for sale. It has a slightly lighter build than the standard expedition model and carries a few minor scars from a Murray and three Hawkesbury CCs.

**\$2,500 negotiable** 041 886 1613 or [dtongway@iinet.net.au](mailto:dtongway@iinet.net.au)

### Nelo M Ocean Racing Ski

Rare opportunity to purchase Nelo M Ocean Racing Ski. 6.4m long, very light and fast through water. Weight range: up to 75kg. Beautiful Ski - there are very few of the M's in the country, suited to shorter paddler. Always garaged. Used minimally due to injury; very regretful sale due to ongoing injury. Mostly used in freshwater. Also included is Nelo cover, and Bracsa VII paddle. Pick up or ship at buyer's expense.

**Price: \$3,500**

Contact: Brooke on 0428 516 850



### Hayden Surfski

White Hayden Ski, old but still has a few km in it! Would be a great boat to learn in before progressing to a tippier boat. Has always been garaged/under cover. Suited to a short paddler (I'm 159cm) as I had hard foam blocks glued to the foot pads. Appropriate number of scratches/wear gives away its age, thus low sale price. Pick up only. **Price: \$Free!**

Contact: Brooke Rowlands on 0428 516 850



### Other Items for Sale

- 2 of the new BGCC club bags - \$30 each (unused)
- Latest design BGCC long-sleeved paddling top, Medium size - \$45 (unused)

Phone Cherie on 0413 605 513

### Club Uniforms for Sale: Get yours for the racing season!



Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$50 each

Shorts \$59 each

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

## Canberra Surfski Blogspot: Andy Bodsworth

I took some photos at the Wednesday evening time trials on the sunny 9<sup>th</sup> March - partly just to get a few nice pics of people paddling in nice evening light and partly because I've started up a simple blog, mainly for surfski paddling (and a bit of other paddling related stuff and pics occasionally as well) in Canberra and surrounds. Hence the pics are nearly all skis and a few kayak shots (and Kiaran helping juniors on his SUP!)

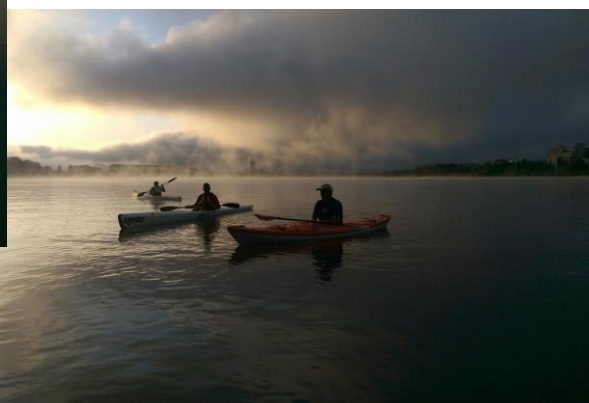
I'm intending that the blog also support the BGCC and will mention club info etc. as appropriate, to spread the word etc. Photos will be an important part of it and will gradually include other info on paddling excursions, coastal trips from me and others, some basic reviews/thoughts on boats I've paddled - as a relative newcomer to the sport. A few training related posts etc., etc. Hopefully it'll be an interesting resource for a few people!

The blog title is [www.Canberrasurfski.com](http://www.Canberrasurfski.com) Pretty simple to start with but hopefully will evolve over time. Below is a dropbox link with the time trial pics and I am happy for people to contact me to get higher res copies of their own photos as long as they're also happy for pics to be used by BGCC and in my blog occasionally! Best email for me is this one: [andybods@cobaltmrm.com.au](mailto:andybods@cobaltmrm.com.au)

<https://www.dropbox.com/sc/n840s4z2jp5sc12/AABhiriMMKySbbhJI-DMA-nya>

*Andy*

Photos from Paddlers in the Mist: Triathlon assisting, 31<sup>st</sup> January 2016. Photos by Andy Bodsworth



## 41<sup>st</sup> Gregory Down River Marathon Canoe Race

**Sunday 3<sup>rd</sup> May, 2016: Briefing at 7:30 a.m.; Start at 8:00 a.m.**

While this race is open to all boat types (a K4 has successfully negotiated the course) the major TC2 event will be the **Canadian Challenge**, which has replaced the **Corporate Cup**. Companies, Sporting, Social or otherwise associated groups of people are encouraged to enter this team event. Craft used must comply with Canadian Canoe Specifications and the rules for teams will apply i.e., a maximum of 8 paddlers and team changes at any point along the river.

Read all about it at: <http://www.northwestcanoeclub.org.au/thegregory.htm>

The overall race record stands at 2 hours 43 minutes and 23 seconds set by Matt Flower and Chad Meek in 2001. **\$2000** is offered to anyone who can beat this time.

Other prize money includes:

First boat across the line, regardless of category \$500

K1 - male/female - \$400; \$200; \$100

TK1 - male/female - \$400; \$200; \$100

TK2 - \$400; \$200; \$100

Plastic long - \$400; \$200; \$100

TC2 Challenge - \$800; \$400; \$200

Short race \$200.00

**Entries:** <https://www.registernow.com.au/secure/Register.aspx?E=16008>

**ICF Canoe Marathon World Cup II Bulletin is now available for all National Federations.**

Check it now in documents area at [canoemarathonportugal.com](http://canoemarathonportugal.com)

### From Stewart O'Regan at Think Kayaks:

In exciting news for the world of surfski, Hong Kong has been chosen to host the next ICF World Championships in November (probably), 2017. The Dragon Run has built a huge reputation over the years in terms of the quality of race it offers, as well as fantastic organisation. In a true reflection of surfski growing as a world sport, the third world championships sees the event visit a third continent. Hong Kong is a focal point of surfski paddling in Asia, and no doubt will provide an event to remember

### The Gippsland Lakes Paddle Challenge will be held on the 14th and 15th of May 2016.

Hi From: WETSPORT WATER SPORTS ACT

This Event is held on the Gippsland Lakes, on Australia's largest inland water way. View the spectacular man made entrance on the 90 Mile Beach that allows the lakes to run into Bass Strait.

Saturday's main event is

- Paynesville, 27km course for the elite paddler
- Metung, 13km course for the recreational paddler.
- Both to finish at the Iconic Lakes Entrance Footbridge.

All paddlers go into a lucky draw for a massive prize pool. Our Major prize is a CHARGER SURF SKI.

Sunday's Event is:

- L.E.A.D.A, Sunrise Paddle Challenge starting at 8am. This event starts at the footbridge and completes a return 5 kilometre paddle up an around Bullock Island on the front lake.

There are 2 x \$250 airline tickets to be won from a lucky draw.

***You can come in last in either event and still win the major prize!***

The 2016 Challenge has been expanded to include surf boats and Hobby Kayaks into the 13 km Metung leg.

Other craft eligible for entry include;

- surf skis, ocean racing skis, sea kayaks, sit on-top kayaks, out-rigger canoes, stand up paddle boards (SUP's), prone paddle boards and SLSA racing boards

The Challenge is planned for Saturday, however it may be rescheduled to the following day if there are adverse weather conditions.

The event would then start at 8am with all paddlers starting at Lakes Entrance and completing a 15km return course. The L.E.A.D.A event will still go ahead as planned.

For more information containing dates, course map and prizes go to our website. [www.gippslandlakespaddlechallenge.com.au](http://www.gippslandlakespaddlechallenge.com.au)

## 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>

### STOP PRESS!!

In a surprise move, ACT Minister for Sport, Shane Rattenbury, announced that the government will "foot the bill" for a new BGCC club house.\*

The new facility, which includes boat storage, toilet, shower and change rooms, meeting room, bar, lounge and smoking room, topped by a 10 story apartment and shopping complex, is scheduled for completion in January 2020.

This necessitates the imminent demolition of the exist club shed. Accordingly, all owners of boats that are stored in the shed are asked to remove them as soon as possible.

\*Source: ACT government media release dated: **1 April 2016**

## 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.* 0418 861 613