



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

Volume 27 Issue 04 November 2016

**Your Committee:**

**President:** Patricia Ashton

**Vice President:** Russell Murphy

**Secretary:** Robin Robertson

**Treasurer:** Jane Lake

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**Membership Secretary:** Helen Tongway

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In this Issue:

- Spring is sprung – with occasional beautiful paddling weather!
- Discipline Reports: Canoe Polo, SUP, Marathon, Ocean Racing
- New push for Training Programs.....**Membership Renewal!**

 **SPORT & RECREATION ACT**

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

## Contents

Coming Events:.....	2
President's Report: Patricia Ashton.....	3
Flatwater Marathon Convener's Report: Russell Lutton.....	4
South Coast Convener's Report: Allan Newhouse .....	7
SUP Convener's Report: Joanna Nelson .....	7
Canoe Polo and Slalom & Wildwater Reports: Kai Swoboda .....	9
Ocean Racing Convener's Report: Nick Ziviani.....	10
Coaches Corner: Margi Böhm.....	11
First Aid Course.....	14
Adventure Race World Championship (XPD): Lee Rice .....	15
Boats for Sale.....	17
BGCC Fees for 2016-2017 .....	20

## Coming Events:

- Saturday 29<sup>th</sup> October, 2016: Hawkesbury Canoe Classic; 65 km to Wisemans or 111 km to Mooney Mooney.
- Saturday – Sunday 5<sup>th</sup> & 6<sup>th</sup> November, 2016: Canoe Polo Invitational; Molonglo Reach, ACT
- Saturday 19<sup>th</sup> November, 2016: Murray Quad: 3.2 km swim, 21.1 km run, 91.5 km bike, 25 km paddle; with Peaches & Cream paddle: Cobram to Tocumwal
- Monday 21<sup>st</sup> to Friday 25<sup>th</sup> November, 2016: Massive Murray Paddle, 404 km, Yarrowonga to Swan Hill, 5 days
- Saturday 26<sup>th</sup> November, 2016: First Aid Course; \$60 BGCC members; contact Patricia on 0457 053 520
- Saturday 3<sup>rd</sup> - Sunday 4<sup>th</sup> December, 2016; 24 Hour Paddling Challenge, Molonglo Reach, ACT.
- Saturday 10<sup>th</sup> December, 2016: Ben Ward Memorial paddle: Yarrowonga to Cobram
- Friday 9<sup>th</sup> - Sunday 11<sup>th</sup> December, 2016 – Sprint Grand Prix 1 - West Lakes, SA
- Sunday 22<sup>nd</sup> January, 2017: Murray River Classic: Yarrowonga
- Friday 3<sup>rd</sup> - Sunday 5<sup>th</sup> February, 2017 – Sprint Grand Prix 2 - SIRC, NSW
- Saturday 11<sup>th</sup> – Sunday 12<sup>th</sup> February – Frank Harrison Races – MMCC, Albury, NSW
- Saturday 25<sup>th</sup> – Sunday 26<sup>th</sup> February, 2017: PNSW State Marathon Championships: Molonglo Reach, ACT
- Sunday 5<sup>th</sup> - Thursday 9<sup>th</sup> March, 2017 - Canoe Sprint National Championships - SIRC, NSW
- Saturday 11<sup>th</sup> March, 2017: Australian Marathon Championships, SIRC, Penrith, NSW



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

## President's Report: Patricia Ashton

Have we had spring yet? The season is a bit slow to start. However, it was great to see so many paddlers at the river for the first time trial and the canoe polo training back on the river. Thanks to Scotty at Wetspot for the Poncho prize. It was won by SUP'er Lincoln, who already has two. He in turn donated it to one of our new members who had had a swim before the time-trials and was in dire need of a warm enveloping muumuu.

Many of you will have seen the club uniforms – rash tops, singlets and shorts. These will now be offered to members at \$25- which is half price. It would be great to see all those taking part in the Marathon series wearing them next year as well as just at the river. There are a range of sizes in the shed. Either see Patricia, or choose one and put your money in an envelope and place it in the locked box by the lifejackets. We also have caps at \$15-, club bags, with a handy wet bag section, at \$30- and club logo stickers for boats and cars, \$5- each.

Last week some of us attended the PaddleNSW Forum weekend and AGM. Unfortunately I missed Kieran's presentation, but was able to attend Margi's Forward stroke presentation which was very well received. We are lucky to have Margi and her experience within the club. She is now our Coaching Convener and planning some club coaching. If you want to improve your technique and speed, make sure you keep an eye out for upcoming notifications. At the Presentation Dinner, Helen Tongway was awarded with a Distinguished Long Service Award, which was well deserved. I also had the pleasure of taking to the Harbour for a paddle – wow, ferries, boats and ships; a bit too busy for me. But the views were brilliant, as was the swell on the way back. Serious good fun.



Above: **Helen Tongway with her award.** Right: **Margi's Forward Stroke coaching session**

Our shed subcommittee and Bob in particular have cleared one major hurdle – the NCA has signed off on our extension and we DON'T NEED TO BUILD IT IN LOGS! This is a monumental win, hopefully the grant and the lease payments follow suit.

At the last committee meeting we approved a variety of safeguards for our accounts, some of these were in place already, while others have been added. Basically, the club will have several accounts: our cheque account (working account); a debit card; and our term deposit. The cheque account and term deposit will continue with 2 to sign. This has been confirmed with the bank and will take 2 signatures and committee minutes to change. Our debit card will have a maximum balance of \$2000- and will be one to sign for out-goings and 2 to sign for topping it up. Each meeting the Treasurer will present a report detailing all transactions, current balances and outstanding amounts. Details of these procedures will be sent out to members and be on the website (under Administration). The Treasurer's reports will also be posted on the website with the Minutes of the meetings. It is up to all members to read through these so you know what is happening within the club and where your funds are going.

Enjoy your paddling and good luck to those taking part in the Hawkesbury on the weekend, *Patricia.*

## Flatwater Marathon Convener's Report: Russell Lutton

### Round 9, PNSW 2016 Marathon Series

Wagga Bidgee Canoe Club hosted the final race, Round 9, of the 2016 PNSW Marathon Series on Saturday, 1 October. The heavy rainfall through western NSW, which seriously flooded the Murrumbidgee River—the usual race course—necessitated a change of venue to Lake Albert, also flooded, of course, but perhaps an advantage as at least this ensured good water depth for the event.



*The road in to the Caravan Park at Wagga Beach! Photo: Russell Lutton*

Congratulations to Lane Cove River Kayakers for comprehensively winning the Brian Norman Perpetual Trophy club trophy (334 points) in 2016. Lane Cove was followed by Manly Warringah Kayak Club (264 points), with BGCC in third place on 250 points.

#### **Below: a determined Graeme Ison on Lake Albert**



The ICF perpetual trophy was won by Manly, with BGCC two points behind.

The race was followed by the annual series awards and presentation dinner, where our paddlers featured prominently in the results.

At the individual paddler level, Gary Rake placed third overall in division 1, Graeme Ison second in division 8, Jack Jessen won division 9, Robert Bruce won division 10 and Ian Castell-Brown placed third, while Allan Newhouse placed second in division 11.

#### **100% Paddlers (9/9 races)**

Demonstrating a keen fondness for life on the road and the water, Robert Bruce, Ian Castell-Brown, Graeme Ison, Allan Newhouse, Richard Fox and Russell Lutton, together with 16



others from NSW clubs, were recognised for completing all nine of this year's races.

**Above: Ian Castell-Brown**

**Right: Robert Bruce going around**



The results achieved by BGCC paddlers at Wagga Wagga are below:

Division 1		
RNK	David Horkan	1:38:32
DNF	Ben Rake	
Division 2		
1 <sup>st</sup>	Gary Rake	1:41:41 (8 club points)
5 <sup>th</sup>	Russell Lutton/Richard Fox	1.41:17
Division 3		
2 <sup>nd</sup>	Brea Roadley	1:47:09 (6 club points)
Division 4		
1 <sup>st</sup>	Dominic Hides	1:47:55 (8 club points)
7 <sup>th</sup>	Patricia Ashton/Bob Collins	1:53:39
Division 5		
	No BGCC paddlers	
Division 6		
	No BGCC paddlers	
Division 7		
RNK	Helen Tongway/Geoff Pickup	2:19:11
Division 8		
3 <sup>rd</sup>	Graeme Ison	1:23:35
7 <sup>th</sup>	Gabrielle Hurley	1:35:35
Division 9		
1 <sup>st</sup>	Jack Jessen	54:37 (8 club points)
Division 10		
3 <sup>rd</sup>	Robert Bruce	1:00:59 (4 club points)
10 <sup>th</sup>	Ian Castell-Brown	1:10:22
Division 11		
3 <sup>rd</sup>	Allan Newhouse	1:04:55 (4 club points)
Division 12		
	No BGCC paddlers	



**Above: Gabrielle Hurley dealing with the wind and waves**



**Right: Geoff Pickup and Helen Tongway in a boat suited to the day**



Left: David Horkan finished his Div 1 ranking race in a time which would have put him in second place

Below: Richard Fox: "Another year, another PNSW Marathon Series"



### **PNSW Marathon Committee**

Bob Turner, who has been chair of the marathon committee for several years, is taking a well-earned break from this demanding role. Bob has packed the caravan and he and wife Tracey are off travelling around Australia for a couple of years. Thanks, Bob, and all the best in your travels.

The new chair of the marathon committee is our own Gary Rake (also PNSW treasurer). Thanks to Gary for stepping into this role.

### **2017 PNSW Marathon Series**

There were a couple of surprise announcements at the awards and presentation dinner. First, the 2017 series has been expanded to 11 races with the first race of the year back at Wagga Wagga on 4 February. Coffs Harbour is now also on the series agenda.

The second surprise was that BGCC will not host a marathon series race in 2017 but instead has been selected to host NSW State Marathon Championships on 25-26 February.

At the time of preparing this report, the 2017 calendar wasn't published but it should be on the PNSW website soon.

### **Wetspot summer time trial series**

Don't forget that the summer series kicked off on Wednesday, 19 October. Full details and starting times are on the BGCC website.



*1x lap start in the first time trial of the season:* Photo: Patricia Ashton

*Russell Lutton*

PNSW Marathon Racing Trophies for the 2016 season were awarded as follows:

	<u>1st Place</u>	<u>2nd Place</u>	<u>3rd Place</u>
Div 1	Brett Greenwood	<b>Gary Rake</b>	Darren Lee
Div 2	Laurie Fitzpatrick	David Young	Bryce Woodhouse
Div 3	David Little/Pauline Findlay	Craig Dodd	Mick Carroll
Div 4	Ian Cooper	Bernie Craggs	Robyn & Ross Bingle
Div 5	John Denyer	Wade Rowston	Albert Cobb
Div 6	Guy Holloway	Greg Hillier	Marni Kay
Div 7	Cameron Tunbridge	Darren Forbes	Gaye Foster
Div 8	Jenny Listberger/Sue Muller	<b>Graeme Ison</b>	Dallas Newman/Lorraine Harper-Horak
Div 9	<b>Jack Jessen</b>	Tibor Semetka	Franz Lauenstein
Div 10	<b>Robert Bruce</b>	Graham Coffey	<b>Ian Castell-Brown</b>
Div 11	Lyn Crelley	<b>Allan Newhouse</b>	Michael Rees
Div 12	Coralie Burns	Albert Laurendet	Cheryl Bretag

### South Coast Convener's Report: Allan Newhouse

With the final race of the 2016 Marathon Series over, it seems a good time to look at the level of commitment of Burley Griffin's South Coast paddlers.

All three of this year's regular paddlers, Ian Castell-Brown, Graeme Ison and Allan Newhouse completed every one of the nine races in the series. Consequently, the total distance travelled was around 17,500km. When the extra 6,200km driven by Ian and Allan to the State and National Championships is added, the total distance South Coast paddlers drove to marathon races this year comes to almost 23,700.

After all that effort, we were rewarded with one third Divisional place, and two seconds. We also earned three 100% Marathon Series Medals and Ian and Allan came away from the States and Nationals with a total of four gold medals each.

While BGCC didn't win the club point score this year, the South Coast paddlers made a contribution by earning twenty two points and preventing some other club from getting six points.

As there are so few of us, there have not been the serious Saturday training sessions that were held in previous years. However Graeme does some fairly regular training, often with a bungee around the ski, or against the tide. Ian and Allan generally settle for a regular Tuesday social paddle at Tomakin, Friday paddles on Tuross Lake and the occasional Sunday paddle on some of the magnificent South Coast waterways.



Right: **Allan Newhouse, Ian Castell-Brown & Graeme Ison with their hard-earned awards**

*Allan.*

### SUP Convener's Report: Joanna Nelson

We welcomed the return of the BGCC Summer Time Trials series kick off on Thursday, 19<sup>th</sup> October. A good turn-out of SUPers with members making use of the club NISCOs boards to assist in their preparation for the upcoming Naish NISCO World SUP event. A team will embark on Narrabeen lakes over the 4-6 November to

compete against the world's best in a number or sprint, intermediate, distance and relay SUP events. We look forward to experience and festivities of the weekend.

A friendly reminder - members are to ensure club boards/equipment are signed out/in (blue folder in club room), treat all equipment with care and to clean and return all equipment to the shed. SUP boards are to remain inflated within the shed, any 'wear-n-tear' or 'damage' to the board/equipment **MUST** be reported to the Boat Captain and/or myself.

The following photo's were provided by Rohan and Trent who recently travelled to Palm Beach on 8<sup>th</sup> October to compete in the (8 km) **Lion Island Challenge**. Congratulations to Trent Shaw who placed 8<sup>th</sup> and Rohan 13<sup>th</sup>. Well done!



Rohan Evans – Lion Island Challenge



Road Trip – Rohan Evans and Trent Shaw



Lion Island Race Challenge

**Sunday coffee paddle** – with the weather warming up groups suggested to meet/push off at 8 a.m. from Molonglo Reach – all SUPers welcome! Keep an eye on the CAP SUP webpage for posts so to ensure you have some company. Till next time, *Joanna*



## Canoe Polo and Slalom & Wildwater Reports: Kai Swoboda

### Canoe Polo

Canoe polo has moved back to the river with the commencement of daylight savings, with games starting from around 5:45 p.m. each Wednesday. The junior training is also on each weekend, usually on Saturday, late afternoon.

The first interclub competition of the summer will be hosted by BGCC on the weekend of 5<sup>th</sup> and 6<sup>th</sup> November. One of our open men's team won this event last year. This year BGCC will be entering 2 open teams and 2 restricted teams. Our juniors, much improved due to their ongoing training over the winter, will play in micro junior games and also in the restricted division. All up we are expecting around 12-14 teams. Games will be played all day so come and pop on over after your paddle to catch some polo action.



Steve & James Harmer & Mark Raymond trialling new defensive tactics for the upcoming Canberra Canoe Polo Invitational.

### Slalom and Wildwater

A number of national team slalom and wildwater paddlers have grown up or spent time in Canberra over the years. While the club has not had active slalom and wildwater paddlers for some years, there are remnants of equipment in the shed suggesting that this was once an active discipline (those poles stored around the corner of the main shed!). In nominating to be the slalom and wildwater convener, I am hoping to introduce some juniors and other interested BGCC paddlers to this discipline. This will involve a range of flatwater and white water paddling activities, initially on the river near the clubhouse. Let me know if you are interested in having a splash in a slalom boat.

*Below: Wildwater racing, Goolang Creek NSW, circa 1986.*



*Kai.*

## Ocean Racing Convener's Report: Nick Ziviani

Hello Paddlers,

November and December are busy with Ocean Events such as the Perth Doctor in early November and the revamped Twenty Beaches race on 10<sup>th</sup> December; as Dean Gardner has created this event as part of the OARS Series. This race will start from Station Beach and run to Palm Beach. Approximately 23 km of ocean racing. Dean has said he will swap the start and finish points to suit the wind direction on the day, to make it a downwind event. Dean is known to run a great event, so anyone who is thinking of entering is guaranteed to have a great time.

Hope to see you all there.

Happy paddling,

*Nick*

[nickziv13@hotmail.com](mailto:nickziv13@hotmail.com)

## Sprint

### NATIONAL SPRINT EVENTS

The national event dates have now been confirmed and are available via the calendar on the AC web-site:

<http://canoe.org.au/calendar/>

Dates and locations are as follows:

Friday 9<sup>th</sup> – Sunday 11<sup>th</sup> December, 2016                      Grand Prix 1                      West Lakes, SA

Friday 3<sup>rd</sup> – Sunday 5<sup>th</sup> February, 2017                      Grand Prix 2                      SIRC, NSW

Sunday 5<sup>th</sup> – Thursday 9<sup>th</sup> March, 2017      Canoe Sprint National Championships      SIRC, NSW

\* Please note the change in days of competition for Sprint Nationals, now running from Sunday to Thursday.

This will be followed the weekend after by the Marathon Oceania Championships, also at SIRC (11<sup>th</sup> – 12<sup>th</sup> March)

Entries for Grand Prix 1, to be held at West Lakes, SA from December 9-11, have now opened. Please enter via [regattas.canoe.org.au](http://regattas.canoe.org.au) using your Australian Canoeing login details.

Any questions please let me know.

Cheers,

Asha Venkataya.

[asha@canoe.org.au](mailto:asha@canoe.org.au)

0411 813 757



## PNSW Marathon Series Races Program for 2017

Date	Location
04 February	Wagga Wagga
25 February	State Marathon Championships at Canberra
10-12 March	National Marathon Championships at Penrith
26 March	Sutherland
09 April	Wyong
30 April	Lane Cove
20 May	Windsor
3 June	Coffs Harbour
24 June	Brisbane Waters
23 July	Manly Warringah
05 August	Cobble Creek
26 August	Shallow Rock
14 October	Burrill Lakes
28 October	Hawkesbury Canoe Classic

## Coaches Corner: Margi Böhm

Gosh another month has blown by! The weather has been a bit unco-operative thanks to a warmer Indian Ocean than usual and a La Nina condition in the Pacific, but my colleagues at the Bureau of Meteorology assure me that summer will indeed happen, albeit a bit late this year. In the meantime, we should enjoy the rain because that means full dams and rivers and opportunities to dust off the plastics in the shed for a bit of river paddling!

Things have been happening on the coaching front. Several club members responded to my article in last month's *BP*. The general consensus was that the club needed a co-ordinated and strategic coaching plan to allow paddlers injury-free enjoyment of the sport at all levels and to provide efficient and sensible pathways for those who want to improve. Technique was high on most people's list. There were several requests to put a bit more sprint into our programs which is good to see. We have a growing group of sprinters, including C1s and with women now racing C1s at international level in both sprint and marathon, these are exciting times.

The flatwater coaches have been developing a more integrated program that will provide BGCC members with well-defined coaching pathways. We are using the existing sessions as a base and working on providing additional sessions for those not currently catered for. In particular, we are keen to develop some sessions that are open to all members regardless of skill level – just bring along your passion and enthusiasm for paddling:

- On Wednesday evenings we have the BGCC time-trial which is an opportunity to paddle one, two or three laps that are officially timed and to then enjoy a relaxing chat around the BBQ with other members of the club. The time-trial BBQ has developed quite a reputation for good, jummy food under the careful eye of Litsa and her fellow cooks – highly recommended.
- On Saturdays, starting this week (29<sup>th</sup> October) at 9 a.m. we will start paddling technique sessions (see detailed program below). This session will be co-ordinated and mostly run by Margi and will concentrate on teaching you how to paddle efficiently and injury free. Those of you who are part of other training sessions can then take her advice and work with the coach running your sessions to cement good technique into your everyday or racing paddling. The goal is for BGCC to have the best technique in the state. Let's show those Sydney clubs how to do it properly!
- On Sundays we have two longer paddling sessions, one starting at 7 a.m. with Gary for the early birds and one starting at 8:30 a.m. with Margi, for those who like a later start. The idea here is to get as many boats on the water as possible so that we can all enjoy the camaraderie of kayak/canoe as well as learn some pack paddling skills, like wash-riding.

We have added a couple more sessions per week. In particular, we have tried to supplement the work done by Gary with afternoon sessions run by Margi and the plan is to have all of our programs running on the same periodisation so that you can mix and match sessions without compromising your training development. Most sessions during the week run for an hour with longer sessions on the weekends. A table showing the training sessions will end up on the website in a more complete form as the coaches get more organised. In the meantime, these are the sessions that will run this month with an indication of the level of paddlers best suited for each session. If you are unsure what your level is, contact the coach or me on [margi.bohm@gmail.com](mailto:margi.bohm@gmail.com):

- MONDAYS: 5 p.m. (Kiaran with Intermediate paddlers) and 5:30 p.m. (Margi with Intermediate to Advanced paddlers).
- TUESDAYS: 6 a.m. (Gary with Intermediate to Advanced paddlers); 7 a.m. (Patricia with Novice and Intermediate paddlers); 5 p.m. (Technique with Kiaran); 5:45 p.m. (Patricia with Beginner and Novice paddlers). Please contact Gary prior to coming to this session as per BGCC website.
- WEDNESDAYS: 4:30 p.m. (Kiaran with Juniors); **5:50 p.m. first start - BGCC Time Trial and BBQ.**

- THURSDAYS: 6 a.m. (Gary with Intermediate to Advanced paddlers); 5:30 p.m. (Margi with Intermediate to Advanced paddlers). Please contact Gary prior to coming to this session as per BGCC website.
- FRIDAYS: 4:30 p.m. (Anne with Beginner and Novice paddlers); 5 p.m. (Technique with Kiaran) and 5:30 p.m. (Margi with Intermediate to Advanced paddlers – Margi will be away on 11<sup>th</sup> and 18<sup>th</sup> Nov).
- SATURDAYS: 6:30 a.m. (Gary with Intermediate to Advanced paddlers); 8:15 a.m. (Kiaran with Beginner to Intermediate paddlers); 9:00 a.m. (BGCC TECHNIQUE sessions – see timetable below); 10 a.m. (Kiaran with Juniors). Please contact Gary prior to coming to this session as per BGCC website.
- SUNDAYS: 7 a.m. (Gary with Intermediate to Advanced paddlers); 8:30 a.m. (Coaching Team with Beginner and Novice paddlers); 8:30 a.m. (Margi with Intermediate to Advanced paddlers; Margi will be away on 13<sup>th</sup> and 20<sup>th</sup> Nov). Please contact Gary prior to coming to this session as per BGCC website.
- Taste of Paddling Sessions: 20<sup>th</sup> Nov and 11<sup>th</sup> Dec which are Sundays 1–4 p.m.
- New member Induction Sessions: 6<sup>th</sup> Nov and 11<sup>th</sup> Dec which are also Sundays at 10 a.m. to noonish.

The Technique sessions on Saturdays will follow the following format for the rest of the year:

- 29<sup>th</sup> October: **HAWKESBURY CLASSIC**. Introduction to prop/wing paddle and how to make it work for you. Technique analysis.
- 5<sup>th</sup> November: **SPRINT regatta**. A bit of a repeat of last weekend for those who missed this session. Technique analysis. Perfecting your catch.
- 12<sup>th</sup> November: Margi is away. Consolidating catch – self guided session.
- 19<sup>th</sup> November: Margi is away. Consolidating catch – self guided session.
- 26<sup>th</sup> November: Getting your core to work.
- 3<sup>rd</sup> December: Getting your legs to do the work. Then practise your technique during the **24-hour RELAY**.
- 10<sup>th</sup> December: Rotate, Rotate, Rotate.
- 17<sup>th</sup> December: Putting it together – one-way; two-way.

I am looking forward to seeing you on the water and at the BGCC Time-trial BBQ on Wednesday.

Margi

### Queanbeyan River Festival:

This year Queanbeyan River Festival will be held on Saturday 29<sup>th</sup> October, 2016 in conjunction with Council's Environmental Expo and Clearwater Sculpture Prize and Exhibition. The Queanbeyan River Festival will be held on the banks of the Queanbeyan River near the Queanbeyan Arts Society Gallery.

The ACT Eden Monaro Cancer Support Group coordinate the Regatta with the 'Build your own Boat' Inflatables and Kayak races, each battling it out for supremacy on the Queanbeyan River.

The people of Queanbeyan will enjoy cheering their favourite raft on from the safety and comfort of the river banks whilst enjoying a variety of fun-filled activities for the whole family from water activities with 'come and try' kayaks, stand-up paddleboards, tug-o-war on water to demonstrations on fly fishing.

The event will also have activities for children with tie-dyeing, giant water balls, bouncers, archery (blow-up only), Chinese lantern making and art & craft workshops, as well as displays of model ships. There will be plenty of delicious local food and drinks to treat your taste buds.





6 Trinculo Place  
Queanbeyan 2620  
NSW Australia

Website:

[www.qprc.nsw.gov.au](http://www.qprc.nsw.gov.au)

**Event Date:** 29/10/2016,  
from 11 a.m. – 4 p.m.

**Price Information:** FREE

### Hawkesbury Canoe Classic 29<sup>th</sup> October:

Good luck to all our paddlers in this weekend's Hawkesbury. I am very sad not to be joining you for the 40<sup>th</sup> Classic race; but, such is life. Thanks also to Patricia and our band of land-crew helpers who look after our paddlers throughout the day and night. Best wishes - for dry clouds and calm winds.

*Helen*

**Comin Up, on 3<sup>rd</sup>/4<sup>th</sup> December: Our own**



# 24 Hour PaddleChallenge



**So, get your teams together, take part, have fun, donate to our worthy cause for 2016**

## First Aid Course

The BGCC will be hosting a Senior First Aid course for members and friends.

**Date:** Saturday 26<sup>th</sup> November, 2016

**Time:** 9:00 a.m. till 4:00 p.m.

**Venue:** The Eternity Church, corner Sulwood & Drakeford Drives, Kambah.

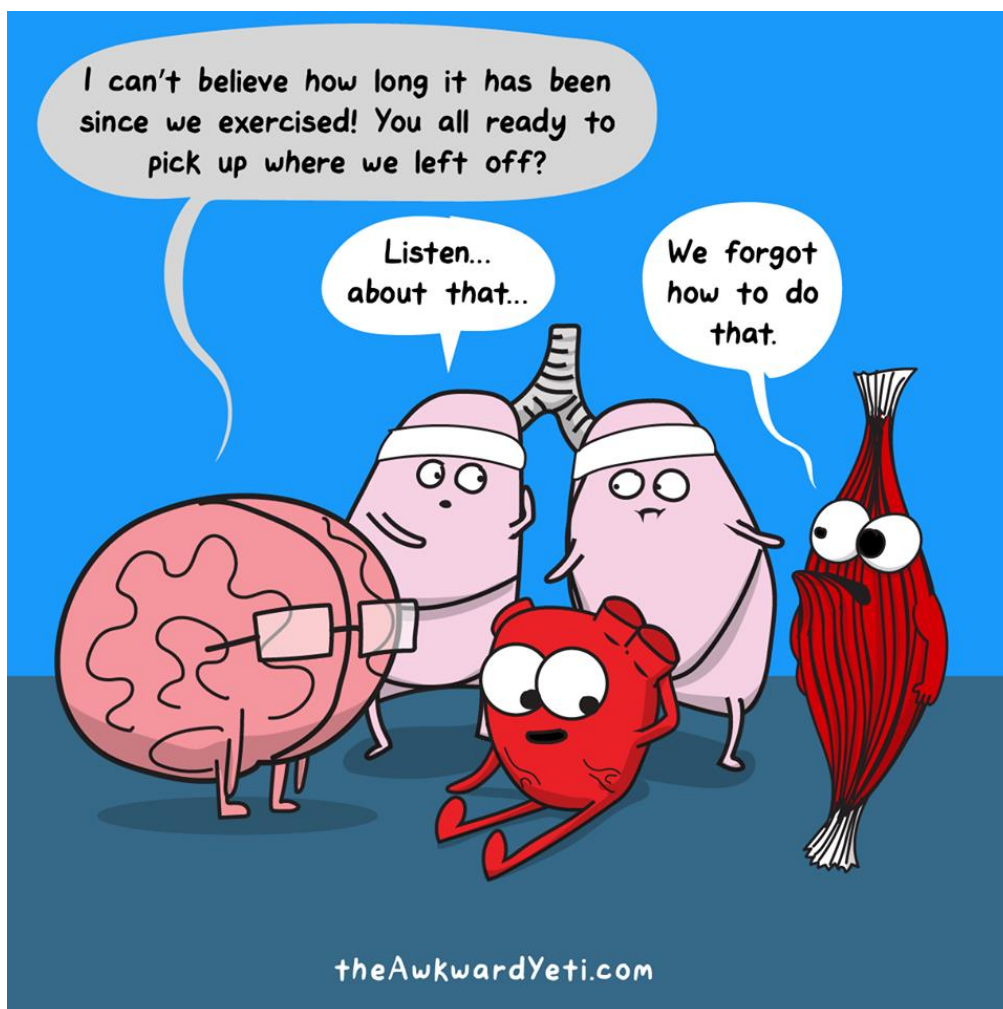
**Cost:** \$60- for club members

no cost for accredited coaches and instructors (but you must register!)

\$120- for non-members

**Registration:** people wanting to take part should register and make their payment through the Register Now link at: <https://www.registernow.com.au/secure/Register.aspx?E=23187>

Once registered you will be sent a link to apply for a Unique Student Identifier (USI), prior to the course; plus the link for the pre-study as well. Please make sure you do leave time to complete the pre-study



*For those unfamiliar with the Awkward Yeti, the "Characters" are:*

*Brain  
Lungs  
Heart and  
Muscles*

*And after a cold winter and wet, windy spring, it is pretty much how our unaccustomed organs react to the suggestion of exercise!*

## Adventure Race World Championship (XPD): Lee Rice

The Shoalhaven is the host region for this year's Adventure Race World Championships (XPD), which is set to be the biggest expedition adventure race ever held. There are 99 teams on the start list which come from over 20 different countries and every continent. Under the recently introduced ARWC nationality rules, 3 of each team of 4 must be from the country they are representing, making it a true adventure racing championship of nations.

Expedition adventure racing involves mixed teams of four; non-stop racing in the disciplines of trekking, mountain biking, kayaking and more. Courses are typically between 500 - 700 km long and take between 3 -10 days to complete. Team members must stay together and navigate through the course using only map and compass. Courses are always kept secret until just before the start.

Club members Lee Rice, Dane Roberts and locals Paul Cuthbert and Tom Braizer are lining up as the Mont Adventure Racing team to take on the 600 km course and the world's best, which will include approximately 150 km of pack rafting, ocean and river kayaking. The team has been in preparations for months now, including racing in remote northern China in a ARWS lead up race.

The team would like to thank our sponsor Mont Adventure Equipment who have decked us out with kit in preparation for the Adventure Racing World Championship in November. We love your gear! If you are after any quality outdoor products we highly recommend you pop into the Fyshwick based store.

The Adventure Race World Championships (XPD) is scheduled to begin on the 10<sup>th</sup> November. Live tracking can be followed online or alternatively come down and watch the race and team in person over the 8 days that the course will be open.

[XPD Race website](#)

[Mont Adventure Racing China Race Report](#)

[Mont Adventure Equipment](#)



Spot the temple – Lake Kanas, China

## 24 Hour Paddle Challenge: Kiaran Lomas

Work on the organisation for 24 Hour Paddle Challenge is well underway. The partnering charity this year is the RSPCA. The race is on 3-4 December and this year will be from midday to midday to provide more time for interstate paddlers to attend.

Another new initiative will be a 6+6 race which will involve a 6 hour session on Saturday and a 6 hour session on Sunday avoiding the paddling at night. The full details of this format are still being worked out.

But these events don't run themselves and we will be seeking a number of volunteers to assist with the set up and conduct of the event. More details of the likely jobs and tasks will be provided in the next post.

## Wanted: Canoe/Kayak Marathon Swim Support

Hi There,

I'm interested in swimming on the Sunday 4th December 9KM Marathon swim Lake Burley Griffin. Sri Chinmoy Lake Swims.

I'm coming from Sydney and would like to know if you have any interested persons ready to be my support?

I look forward to hearing from you soon.

Regards,

Sam Abeshouse            [sam@signking.com.au](mailto:sam@signking.com.au)            02 9906 6507

## AND

Hi there,

I have entered the above swim and was looking for a helper to paddle with me.

I was wondering if there might be someone in the BGCC who might be willing to help if I could possibly make it worth their while?

Please let me know if you might know of any possibilities.

Kind Regards,

Simon Price            [pprice@westpac.com.au](mailto:pprice@westpac.com.au)            02 8204 2850

## The Peaches and Cream Paddle: Saturday 19<sup>th</sup> November

Is open to all paddlesports; all we need is a minimum of three starters per craft to constitute a class.

With the high flow rate on the Murray River at the moment, the Peaches and Cream Paddle offers a great opportunity to travel the 25 km from Tocumwal to Cobram in a super-fast time. All we require is 3 boats to make a class.

Entries taken on the day but Australian Canoeing Club members can save over 50% by registering before the 9th of October and use their club's code.

Enter at: <https://www.registernow.com.au/secure/Register.aspx?E=19365>

(See page 21 for full advertisement.)





*Above: Scotty H. taking a tumble, while wild-water SUP'ing, below the Cotter Dam outlet*



*Anyone for a traditional kayak?*

## **Boats for Sale**

### **Ex demo and stock OS1's since exiting Carbonology:**

Model: Zest - great beginner's boat. Similar stability to original V10 sport.

1x Glass Epoxy ~14kgs -\$1000

Model: Flash- racing ski great in ocean and flat water

1x Glass Epoxy ~14kgs -\$1200

1x Carbon/glass epoxy ~12.5kgs \$2000

Model: Vault - intermediate boat

1x Glass Epoxy ~14kgs -\$1000

Model: Pulse - lower volume racing boat, very fast racing boat best for <85kgs

1x Carbon/glass epoxy ~12.5kgs \$2200

Happy to bring to winter time trials for try-out

**Malcolm**

**0459 824 315**

[Mally.hall@bigpond.com](mailto:Mally.hall@bigpond.com)



## Other Items for Sale

- 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 \$25 each      Shorts \$25 each**

## 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>

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## *The Paddlers' Guide to New South Wales*

Now in its 2<sup>nd</sup> edition, this 479-page guide is the ultimate companion for seeing this amazing part of the world from the water. This is the most up-to-date paddling guidebook for Australia's "first state". It includes 140 paddling trips, descriptions, maps, GPS coordinates, trip locator maps, historic information, local points of interest, recommended places to eat, drink and stay overnight and expert equipment advice.

It comes complete with over 420 full-colour photos.

Price is \$39.95, available from BOATBOOKSAUSTRALIA, freecall 1300 boat books or at [www.boatbooks-aust.com.au](http://www.boatbooks-aust.com.au)

TAMS workers removing some of the trees washed into our bit of river in one of the recent downpours; this one was near our time trial start line. They are also working on one near the canoe polo field.

**"How to Paddle"** technique sessions by Epic's Clint Robinson and Greg Barton

<http://www.epickayaks.com/article/article/epic-technique-series>

**An Interesting Read:** <http://home.trainingpeaks.com/blog/article/10-things-endurance-athletes-need-to-stop-doing>

## BGCC Fees for 2016-2017

It is several years since we have changed the BGCC membership fees, but this year there has been an increase to all categories (except non-paddling volunteers who are still welcome at \$0 ☺ )

New fees are:

Adult/Individual	\$70
Junior (under 18 years)	\$35
Family (up to 2 adults + Juniors living at the same address)	\$175
Adult/Individual: 5 years	\$350

The PNSW fees have increased a little this year:

Adult:	\$72
Junior (8 – 17):	\$58
Family:	\$170
5 year Adult:	\$300
Volunteers/Carers	\$0
Single Event	\$20

To re-join BGCC, go to either the PNSW Membership or the Australian Canoeing Membership and log-in with your membership number and password and pay the combined PNSW/BGCC fee. This is Standard Level BGCC membership.

For those who have a higher level of BGCC membership, there is a link to Register Now, to pay the fees for *Key Hire*, *Any Club Boat* use or *Platinum Level* (own boat in shed). These fees have been held at the same level as the past year.

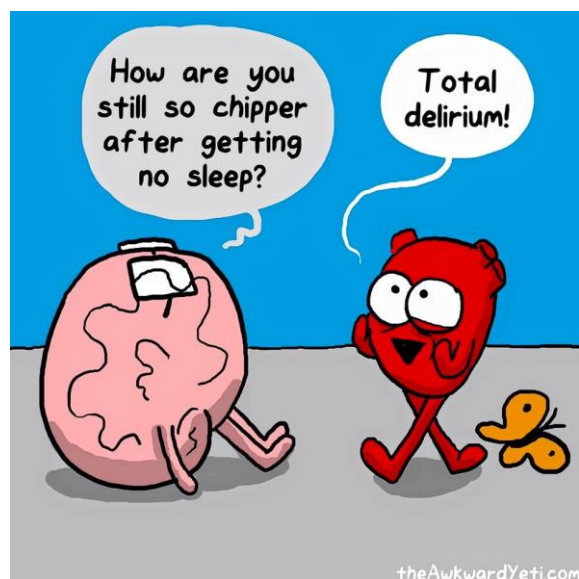
Please read the Club Rules at <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>

*Helen.*

## 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! Phone: 0418 861 613

*Otherwise it will be filled with things like the following.....*



*Helen.*

*Brain and Heart, post Hawkesbury Canoe Classic?*



**25% off extended to the 9<sup>th</sup> of October**

**AUSTRALIA'S ORIGINAL QUADRATHLON RACE**



**3.2km inland and open water swim • 21.1km Black Bull half marathon  
91.5km individual road time trial • 25km Peaches & Cream Paddle**




**Enter as a team or individual**

**MURRAY RIVER - AUSTRALIA**  
YARRAWONGA - COBRAM - TOCUMWAL  
[www.murrayquad.com.au](http://www.murrayquad.com.au)

**SATURDAY 19<sup>TH</sup> NOVEMBER 2016**

Registration Categories	Early	Regular	Late	Race Day (cash)
<b>Closing Date</b>	9/10/2016	15/11/2016	18/11/2016	19/11/2016
<b>Solo (141 km)</b>	\$150.00	\$200.00	\$220.00	
<b>Relay Team per person</b>	\$75.00	\$100.00	\$120.00	
<b>Single Discipline per person</b>	\$75.00	\$100.00	\$120.00	\$120.00(single only)
<b>* \$20 Discount for Registered Club Members</b>	\$130.00(solo) \$55.00(relay/single)	\$180.00 \$80.00	\$200.00 \$100.00	\$100.00(single only) \$30.00(students)

- Prizes** 
- Diamond Ring for Male & Female winner
  - Cash & Vouchers for winner of each individual race
  - Spot prizes
  - Finishers medal for each discipline and the Quad.

**PEACHES AND CREAM PADDLE NOW PART OF CANOEING VICTORIA'S MARATHON SUMMER SERIES**  
Each registration receives an entry to win a KAYAK Australia paddle drawn at the end of the series

