



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 27 Issue 09, May, 2017

Your Committee:

President: Patricia Ashton

Vice President: Russell Murphy

Secretary: Robin Robertson

Treasurer: Jane Lake

Safety & Training: Craig Elliott

Membership Secretary: Helen Tongway

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*The ACT Government assists this organisation
through Active Canberra, ACT*



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Coming Events:

- Sunday 6th May, 2017 – Bateman's Bay Challenge
- 28-30 April, 2017 – 2017 World Masters Games, New Zealand
- Sunday 30th April, 2017 – Race 4 PNSW Marathon 11 Series: LCRK, Lane Cove, NSW
- Sunday 6th May, 2017 – Inaugural Batemans Bay Paddle Challenge; 8, 13 & 26 km. Weekend of events.
- Sunday 6th May, 2017 – Race 4, Ocean Series; Seacliff Challenge; Bulli SLSC, NSW
- Saturday 13th May, 2017 – Harbour Series Race 4; Botany Bay Challenge, Sandringham, NSW
- Sunday 14th May, 2017 – Mother's Day Mayhem Paddle; Molonglo Reach, ~2 km; MORNING TEA!
- Saturday 20th May, 2017 – Race 5 PNSW Marathon 11 Series: WCC, Windsor, NSW
- 27th & 28th May, 2017 – Flatwater Guide/Instructor Training Course; Lake Parramatta, NSW
- Saturday 3rd June, 2017 – Race 6 PNSW Marathon 11 Series: Pacifica, Coffs Harbour, NSW
- 10, 11, 12 June, 2017 – Riverland Paddling Marathon; Berri to Morgan, SA
- Friday 16th June, 2017 – BGCC 27th Birthday Party and Presentation Dinner; Hellenic Club, Wodaen.
- Saturday 24th June, 2017 – Race 7 PNSW Marathon 11 Series: BWP, Davistown, NSW
- Saturday 22nd July, 2017 0 Sprint Series Round 1; SIRC, Penrith, NSW
- Sunday 23rd July, 2017 – Race 8 PNSW Marathon 11 Series: MWKC, Narrabeen, NSW



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

President's Report: Patricia Ashton

For many of us the river and the shed are a bit of a sanctuary – somewhere to get away from 'real' life, surrounded by others who share the same passion for paddling; in the cold, in the dark, in the rain or on glorious calm sunny days. Unfortunately, the real world intruded last week. Luckily no one was hurt but the episode has left its mark, not just on the club member involved (and those who's cars were broken into and possessions stolen) but on members generally. We all need to take note of who else is in the area, if we're in the shed alone, taking a shower, getting a boat out – we need to be aware of our surroundings. All members should watch out for their possessions also, don't leave wallets, phones, laptops etc. where they can be seen. (Note for self – don't leave car keys on the beach when out paddling.....). Report any suspicious behaviour – one club member mentioned that people have been seen at work car parks taking photos of cars, before them being broken into.

The committee will be looking at purchasing security cameras for in and around the shed, but this can't be seen as a cure-all. If you have any expertise in this area, please let me or a committee member know.

The autumn weather has, up until ANZAC day been beautiful, the river and the lake are looking stunning – hopefully we'll get some more still, warmish days before the winter hits. Please make sure you dress for the cold water, not just the air temperature, especially if you are not confident in your boat.

The shed subcommittee is signing the builder's contract this week and the tree which was in the way has been removed, so there should be some movement on the extension shortly. Very exciting!

The committee received some lovely correspondence from some of our young canoe polo players and their parents recently, thanking the club and especially the canoe polo coaches for the time, effort and sponsorship offered to those who have been selected to play in the Australian team in the Oceania comp. We hope to see some photos and stories in the next edition of *Blazing Paddles*.

Could everyone think about the Presentation Dinner as advertised in this edition – any stories are eagerly accepted, as are bookings! Put together a table of your training-crew, come and enjoy some good food, paddling stories and great company!

See you on the water, *Patricia.*



SIGNED!

After 4 years we finally have a grant and now the Building Contract has been signed. We will shortly hand over the first instalment and expect work to start later in May.

While the building should be straight-forward, Bob is still busy with his contacts; sorting out roof repairs, permits, water meters, leases..... Many thanks to him and the shed subcommittee for all the work they have done to get us to this stage.

(Bob was with me for the signing.) We didn't get an actual start date, but hopefully within 3 weeks.

They hadn't given us an invoice yet, so we didn't hand over the first payment - which would have been good to do.

Patricia.



The Burley Griffin Canoe Club's 27th Birthday and Annual Presentation Dinner



Date: Friday 16th June 2017

Where: Hellenic Club Matilda Street Woden

Time: 6:30 p.m. for a 7 p.m. start

Cost: \$40 - per person

RSVP: via payment on-line by 10th June



<https://www.registernow.com.au/secure/Register.aspx?E=25336>



Menu



Entree

Roasted pumpkin and ricotta lasagne with herb tomato sauce

or

Thai Beef Salad: tender beef strips marinated in Thai spices

Mains

Baked Wild Caught Barramundi Fillet, with Parisian potato puree, sautéed prawns & cream saffron sauce

or

Grilled Scotch Fillet of Beef with seasonal vegetables & potatoes, with forest mushroom sauce

Dessert

Birthday Cake (including gluten free)

Tea and Coffee



If you have any special dietary needs please notify us ASAP

Any memorabilia, trophies, or stories will be welcome, also club photos on a USB drive or DVD (by 9th June please)

If you would like to book a table of 8 please let us know via

info@bgcc.org.au OR

Helen on 0418 861 613 or Patricia on 0457 053 520





As you will have read, the Birthday Party and Club Presentation dinner will be held on the 16th June. All members are welcome to nominate others for the following awards as well as any other worthy awards – **tales which should be shared, stories which can be stretched slightly using poetic licence, embarrassing moments as well as pats on the back for your fellow paddlers are all welcome.**

Don't forget photos too, if you can put your collection of photos onto a USB and get them to me the week before we can all share the memories.

Coaches and Conveners particularly are asked to nominate paddlers for the official awards below.

Encouragement Awards

- Junior of the Year
- Most Improved Male
- Most Improved Female
- Coach of the Year
- Grand masters, grand master - Award for members over 70.
- Hole in the Paddle Award
- Club Member of the Year
- Female Paddler of the Year
- Male Paddler of the Year



Mother's Day Mayhem Paddle

Sunday 14th May – Make you Mum happy – take her for a paddle on our picturesque Molonglo River. All welcome; actual kids and Mums; older lady with a paddler 20 years or more her junior. Please contact Patricia or Helen if you intend paddling with us ☺

9: 45 a.m. for 10 a.m.

Start at Molonglo Reach

Down-stream to barber's pole buoy; back upstream to before the first bridge; back to start. (Approximately 2 km)

Paddle followed by coffee and cake - tea and biscuits – diet-breaking sweets & chocolates!

Encourage your Mum or Kids into the great outdoors – with time left to still go out for lunch. Stable boats available!

(Dads are welcome too ☺)



Enjoy!

Flatwater Marathon Convener's Report: Russell Lutton

Only one major marathon event to report on so far in April, but by the time *Blazing Paddles* gets to your in-box, the fourth race of the series at Lane Cove on Sunday, 30 April will also be done and dusted.

Hot and windy weather greeted over 200 paddlers who competed in Race 3 of the 2017 PNSW marathon series at Tacoma on 9th April, which included a great contingent of 22 BGCC paddlers. These events just keep getting larger and the competition harder. It is great racing!

Congratulations to Casey Haynes and Tom Hick who won divisions 1 and 7 respectively, and commiserations to the normally reliable MacWilliam/Abela and Tongway double boats that DNF'ed due to injury issues.

Some marathon races seem harder than others, but this race seemed to be one of the harder events, probably due to the unexpected heat and wind. Perhaps this is reflected in some of the finishing photos of our BGCC competitors. "Thank goodness that's done!" could be a standard caption. Well done to all from our club who travelled the long distance to Tacoma and who competed so ably.



Above Left: John Preston



Above Right: Gary Rake



Above: Dave Gordon



Left: Robert Bruce

Right: Nick Hocking



*And thanks to:
Ian Wrenford and
PNSW for the great
Tacoma photos.*

Results for BGCC paddlers At Wyong are below.

Division 1	20km	
1 st	Casey Haynes	1:36:26 (8 club points)
7 th	Craig Elliott/Russell Lutton	1:43:45
8 th	Ben Rake	1:45:30
Division 2	20km	
5 th	Gary Rake	1:45:44
Division 3	20km	
10 th	Dominic Hides	1:53:07
Division 4	20km	
9 th	Patricia Ashton/Bob Collins	1:55:12
Division 5	20km	
	NO BGCC PADDLERS	
Division 6	20km	
DNF	David Abela/Scott MacWilliam	
Division 7	20km	
1 st	Tom Hick	2:14:09 (8 club points)
RNK	Paul Atkins	2:06:00
Division 8	15km	
6 th	Jack Jessen	1:35:26
Division 9	10km	
7 th	John Preston	1:01:01
Division 10	10km	
10 th	Robert Bruce	1:03:48
12 th	Stephanie Rake	1:04:49
Division 11	10km	
8 th	Allan Newhouse	1:16:18
14 th	Nick Hocking	1:48:17
RNK	David Gordon	1:10:36
DNF	Helen and David Tongway	
Division 12	5km	
5 th	Carolyn Williams	0:37:19



Below: Paul Atkins Above: Bob Collins & Patricia Ashton



Above: Jack Jessen Below: Tom Hick



The club points table after the Wyong race sees BGCC holding sixth place on the club-points ladder. Yes, not where we want to be, but given our missed home race, the fact that many of our paddlers are finding their divisional places and that it is still early in the season, there is the strong possibility of better things to come here.

Lane Cove River Kayakers	102
Manly Warringah Kayak Club	92
Sutherland Shire Canoe Club	56
Brisbane Water Paddlers	54
Windsor Canoe Club	52
Burley Griffin Canoe Club	48
Central Coast Canoe Club	48
Cronulla Sutherland Kayak Club	40
Newy Paddlers	38
Hunter Valley Paddlesports Club	34
Sharks	34
Wagga Bidgee Canoe Club	18
Penrith Valley Canoeing	12
Sydney Uni	10
Pittwater Paddling Club	8
Pittwater Outrigger Canoe Club	4



Left: Casey Haynes



Below: Dominic Hides

2017 Wetspot Winter Time-trial Series

BGCC and Wetspot are pleased to announce the commencement of the winter time-trial series on Sunday, 7th May, running through until Sunday, 3rd September. There will be no time-trials on weekends when PNSW marathon series races are held.

We have changed the format a little this year. Paddlers' cumulative point score will be taken from their best nine results (of the 12 events in the series). So if for some unfathomable reason you sleep in on a cold winter Sunday morning, you still have a chance to redeem yourself and accumulate points the next Sunday.

The two lap start is at 9:00 a.m.; one lap at 9:05 a.m. All the details, including the series rules, are available on the club website.

A big thanks to club members who have offered to assist with timekeeping. However, as you can see from the table below, there are still many Sundays when we don't at present have a timekeeper. If you are able to assist, contact Russell Lutton via the club website.

WETSPOT WINTER TIMETRIAL SERIES 2017

DATE	ACTIVITY	Timekeeper
Sun, 7 May 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	Timekeeper assigned
Sun, 14 May 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 21 May 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 28 May 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	Timekeeper assigned
Sun, 4 June 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 11 June 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	Timekeeper assigned
Sun, 18 June 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	Timekeeper assigned
Sun, 25 June 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 2 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 9 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 16 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 23 July 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 30 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 6 August 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 13 August 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 20 August 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 27 August 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 3 Sept 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Wed, 4 Oct 2017	Wetspot summer time trials 2017-18 commence	

Inaugural Batemans Bay Paddle Challenge

Don't forget that the inaugural Batemans Bay Paddle Challenge will be held on Saturday, 6th May. The main event is a 26 km marathon return race on the Clyde River between Batemans Bay and Nelligen bridges. There is also a 13 km half marathon race and an 8 km youth race.

The NSW south coast region is home to some of our very supportive BGCC distance paddlers and it would be great to have as many as possible of our Canberra paddlers join them for this event. Paddling on the Clyde River is an inspiring experience, travelling as you do through the Clyde River National Park and beautiful wilderness country. So mark it in your paddling calendar as something to fit into your program.

More information at www.batemansbaypaddlechallenge.com.au

2017 Marathon World Championships—Australian teams

Congratulations to BGCC paddlers Marcelo Cabezas, Margi Bohm and (presently at least) Casey Haynes for their selection on the Australian marathon world championship and masters world cup teams at Pietermaritzburg, South Africa on 5-10 September, 2017.



Left:
Margi Bohm

Right:
Sebastian
Wakim &
Marcelo
Cabezas



2017 World Masters Games

Congratulations too to BGCC paddlers Nick Ziviani and Ian Castell-Brown who competed in Auckland at the 2017 World Masters Games. Nick placed 6th in the men's 45+ 21 km marathon (won by Mat Blundell) and did well in his heat of the 1000m sprint. Ian placed second to an American paddler in his distance race (by just two seconds).

2017 event calendar

EVENT	DATE	LOCATION
Race 4	Sunday, 30 April	Lane Cove (LCRC)
Batemans Bay Paddle Challenge	Saturday 6 May	Batemans Bay
Race 5	Saturday, 20 May	Windsor (WCC)
Race 6	Saturday, 3 June	Coffs Harbour (Pacifica)
Race 7	Saturday, 24 June	Davistown (BWP)
Race 8	Sunday, 23 July	Narrabeen (MWKC)
Race 9	Saturday, 5 August	Teralba (HVPC)
Race 10	Saturday, 26 August	Grays Point (CSKC)
Myall Classic	Saturday, 16 September	Tea Gardens
Race 11 (and presentations)	Saturday, 14 October	Burrill Lake (Makai)
Hawkesbury Canoe Classic	Saturday, 28 October	Windsor – Mooney Mooney

Russell

Slalom & Wildwater Reports: Kai Swoboda

Due to school holidays and several junior paddlers being away we have not used the slalom and whitewater boats in the last month.

Club members interested in practising wet exits or trying rolling can attend the canoe polo pool sessions on a Sunday afternoon at Tuggeranong. We may not always have sufficient experienced paddlers there to supervise the polo as well as some rolling/exiting so please let me know if you would like to try it out:

kaikayak@outlook.com.

Kai.

A Reminder about Club Rules

This is a reminder that a lifejacket must be worn whenever a club member is paddling a club boat. Use your own if you want a nicely fitting one – or use one of the club lifejackets hanging in the shed if you don't own one. But wear one!

Also a reminder to those club members who have **Platinum Level membership** (i.e., have the privilege of having your own boat residing in the club shed) that **you have agreed to use your boat at least 25 times per year** – or you may be asked to remove it. This is checked by leafing through the log-sheets in the shed, where you should be signing in and out whenever you use your own or club equipment. If your signature has not appeared for the requisite 25 times, you might not be able to continue as a Platinum Level member when renewal time comes up at the end of June.

The full set of **Club Rules** can be viewed at:

<http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>

SUP Convener's Report: Joanna Nelson

Greetings paddlers,

There has been reduced activity on the water over April with most of us enjoying the remaining sun and warmer waters of the south coast for the Easter and School Holidays.

Early morning training sessions, social coffee paddles, the Canberra Balloon Festival and SUP Surf days have kept us active during March/April.

A big thank you to Scotty and Aidan from **Wetspot Watersports** for organising the 'Come and Try - Surf SUP day' at Moruya on Sunday, 26th March. It was a good turn-out and a great opportunity to catch up with friends and to welcome new paddlers.



Photos from Come and Try Surf SUP day at Moruya (photo's care of Ross Bugg and Joanna Nelson)

NSW Ocean & Earth Southern Cross SUP Festival 2017 (29 -30 April)

This weekend a couple of BGCC members will be competing in the NSW State Stand-Up Paddle Board titles that will take place around the Sussex Inlet area. This includes the Surf/Technical 4-6 km event and a Marathon event 12-14 km. Here's hoping the conditions are favourable!

Dates to remember

- Mon, 1 May – **BGCC Committee Meeting** (Venue: Wetspot Watersports)
- Sun, 7 May - **Winter Time Trials** commence from 9 a.m.
- Fri, 16 June – **BGCC Presentation Night**
- It would be great to have a turn out from our SUP community at the presentation night. Please put the date in your diaries and gather your photos, send me your ideas/recommendations for SUP awards (e.g., recognition of SUP excellence, 'having a go' or 'just for fun' awards) via messenger or email joannagnelson@gmail.com



Canberra Balloon Festival
(photos care of Joanna
Nelson)

Safety & Security

Due to a recent incident of a non-club member using club facilities and recent car break-in's. Paddlers are reminded to take care and secure their belongings whilst out on the river/lake. Security in and around the clubhouse will be addressed at the next club committee meeting on Mon, 1st May. If you have any items for the agenda (to me by end of the week), please contact or send to me via email joannagnelson@gmail.com

Joanna

Canoe Polo Report

Starting the 5th of May its back to the Lakeside Leisure Centre in Tuggeranong, 8:30 p.m. to 10:30 p.m. on Wednesdays. Juniors have also got a separate session on Sundays at 3:00 p.m.

The Honour roll

As a result of a fine summer series, the following players have been selected to Represent Australia at the Oceania Championships.

Senior Men, Team "A" James Deakin

Senior men, Team "B" Michael Young

(Special mention for Michael Lawrence -Taylor and James Parks, Former Canberra paddlers)

Senior Women Carly Goodwin, Vice-Captain

U18 Women (and this really shows the value in the development work that's going into our juniors)

Jacinta Buckman Emily Gates Rebecca Gates Samantha McAlister Alexis Miller

(Coach Mark Raymond)

Over 30 Men Mark Raymond



PNSW Canoe Polo News:

"We are pleased to announce that the 2018 Australian Canoe Polo Championships will be held in South Australia.

Date: 30 March - 2 April 2018

Place: West Lakes, South Australia

Further details will be sent out as they become available."

This Weekend!

28 - 30 April

[2017 World Masters Games - Canoe Polo](#)

New Zealand

Good Luck to all our BGCC and other Aussie team members over this coming weekend.



Above: Gary Rake on our Molonglo River. Photo by @kayakcameraman

South Coast Paddlers Report: Allan Newhouse

Injury and other commitments reduced the number of South Coast paddlers at the Wyong Marathon Series Race.



Above: The start of Division 11, with the usual mix of skis, sea kayaks, K1s, outriggers and canoes.

I paddled my TC1 in Division 11 with three other canoes, two of which were BGCC members. David and Helen Tongway were in their new Wenonah Mixer Pro while Nick Hocking was in his Wenonah J203.

As I arrived, the river was mirror smooth without even a breath of wind, but between then and the start, the wind increased to the point where I decided that my lower seat mount would be better than my standard 180mm high one.

The lower seat mount has two advantages in windy conditions. It improves the stability and it also is set further back so that the canoe is trimmed a little more down in the stern. That trim reduces the tendency to weathercock in a crosswind but is theoretically slightly slower. The big disadvantage is that it makes the canoe very hard to turn so that getting around the turning buoys becomes challenging.

While I am reluctant to admit that I was badly organised, it probably wasn't a good idea to make the decision to change the seat mount about the time that Division 11 started. The change was made in plenty of time, but it was only after I sat in the canoe that I remembered that moving the seat necessitates moving the footrest. That adjustment was made on the water, but it was only when I was halfway to the start and it was too late to change that I realised that I wasn't wearing the long sleeve top that I prefer.

While the wind was not particularly strong, it was enough to demonstrate the disadvantage that a TC1 has compared to kayaks when there is a headwind. On each lap a paddler in a Mirage passed me going upwind and on the downwind leg, I passed her. The last downwind leg gave me enough of a lead to allow me to finish in front of the Mirage.

I finished 8th out of 24 starters and maintained my record of being the fastest canoe in Division 11. I don't count the outrigger canoes that have a training wheel and a rudder.

Meanwhile, Nick Ziviani and Ian Castell-Brown have been competing at the World Masters' Games in New Zealand. Nick finished 6th in the Vet 45 K1 and Ian finished 2nd in the Vet 75 K1.



Above: Nick Ziviani at World Masters Games in NZ



Left: Ian Castell-Brown with his Silver Medal: Vet75 K1

In K2, Ian paddled with a much younger partner in the Vet 65 and crossed the line first, but since they had forgotten to portage, they were relegated to second place.

From Ian (on 26/4/17): *A measure of success today with two gold: K1 75+ 1000m sprint and K2 65+ 1000m sprint (here I mixed it with the young guys).*

*Great weather, unlike Monday when the capsize rate in the morning racing was 60%.
Revenge on the European team we had to defer to yesterday owing to our tactical error.
Tomorrow I have two 500 sprints at ages 75 and 65 (I am 77).*

27/4/17: In the Men's Vet 65 K2 500 metre sprint, Ian and his NZ partner finished in 2:44.67 in what must have just about been a photo finish behind the pair from Portugal and Russia who finished in 2:44.54. Ian also picked up Silver in the Men's Vet 75 K1 500 metre.

Friday was the grand finale with two 200m sprints:

Ian collected two more silver medals in the K1 and K2 200 metre sprints. That brings his total to 2 gold and 6 silver from 8 races!

Allan

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>

Perth's Annual Avon Descent, 5/6 August 2017



Left: WA's favourite marsupial, the Quokka. Very appealing!

Looking for your next challenge, or to add something to your bucket list? The annual Avon Descent finishing in Perth may be to your liking. I am from Perth, having moved to Canberra mid-2016 for work, and suggest the two-day event.

The annual race is held the first weekend in August. It is a 124 km, two-day race from Northam to Perth. It is the longest white-water race in the world that finishes in a Capital City and is unique in being the only race that caters for both paddle and power craft. It attracts international and Australia-wide competitors. It is also the largest spectator sport in WA, attracting more spectators than the full football stadium.

The Avon River was named because the early explorers did not realise it was the upper part of the same Swan River in

Perth. The name change occurs about 5 km and 5 rapids (one of which is a Category 3) before the last rapid, leaving 30 km of flowing then flat water to the race finish.

The first day, starting at Northam, is 52 km and is largely long pools and flowing water. Three Cat 2+ rapids, two weirs and 10 km through ti-trees add to your challenge. Elite will complete this in three hours, the finishers will do this in six. It is a tough day, except for when you compare it with day 2.

The 72 km second day starts with more of and the thickest, ti-trees. The last of the ti-trees gets you to the start of the big stuff. From here, for the next 40 km, you have approximately 10 Cat 3 rapids, 20+ Cat 2s, and 20+ Cat 1s. Elite complete day 2 in 5 to 6 hours, the finishers will do this in 10. Spectator viewing is possible for the first 6 km and the last 12 km of rapids. In the middle is National park with restricted access, though safety crews and recovery teams provide very good support.

The last 3 Cat 3 rapids: Championship Rapids (named because championship canoe and kayak races were held there in the 1960s) has a series of baffles across the 100m chute, or you can slip down the left side, Syd's Rapid (a 50m chute that starts with a big bounce and is watched, cheered and applauded by an appreciative crowd who walk more than 2 km to be there) and Bells Rapid with its main drop followed by 3 smaller but significant drops and watched by large crowds. Bells has a footbridge directly over the main drop and provides the signature backdrop photo for the race.

The event is only for serious competitors, of which there are two types: those serious to win or do well and those serious to want to finish. The Avon Descent is a real test of white-water skill and paddling stamina.

Competitors challenge the Avon/Swan River in a variety of power dinghies and paddle craft including single, double and triple kayaks and single or double surf skis. Long plastics are popular. Relay teams of two and four can also compete.

Visit <https://www.avondescent.com.au> or download:

https://www.avondescent.com.au/wp-content/uploads/2016/07/AD-EVENT-GUIDE-2016_lowres.pdf to see last year's guide. If you are thinking of competing, now is good to start early preparations.

If you would like to know more, want to see an extensive range of YouTube videos of major points and all rapids, to discuss some of the key rapids, logistics for entering and competing, or accommodation options, you are welcome to contact me:

Lindsay Jamieson

0422 000 966

ljamieson@iinet.net.au

Boats for Sale

Ski for Sale:

Stephen O'Kelly: "I have a vадja hawx 46 elite lay up for sale (as new)"

<mailto:s.okelly@grapevine.com.au> 0411 602 336

(Sorry folks – Stephen didn't leave any other details – like a photo or a price!)

Contact Robin on: 0424 832 249 or r.robertson@adfa.edu.au

RPM \$500 or ono



Kaituna \$500 or ono



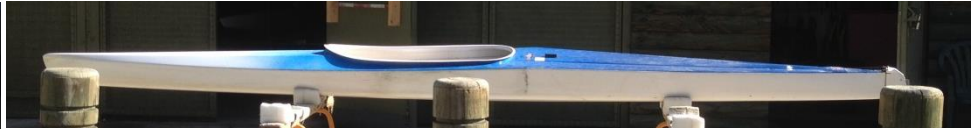
Sea Kayak \$1200 or ono (set up for the Hawkesbury and has done it)



K1 \$400 or ono



Viper TK1 \$400 or ono



This one is not Robin's!

**For sale at Wetspot: 8kg Competition Kayak Vector:
Kevlar hull. Excellent condition \$890**



Sladecraft Sonic for sale:



5.8m long. 46cm wide. Underslung rudder with foot pedals. Good to excellent condition. Always stored under cover. **\$1,500** Or offer. Contact Barry: 0419 603 119

Swap, or For Sale:

V-10 bought in January new. Has been in storage since Anzac Day. Excellent condition. I am Looking to swap for a K1 or sell for \$2400. Phone Nic: 0466 287 898; or email at: nicolas.jones96@yahoo.co.uk (Small boy not included!)



Inflatable SUP - Naish One 12'6"

Includes lightweight Makani 8 adjustable carbon/glass paddle plus heavy-duty leg leash. Minimal use.

Listed on Gumtree: **\$1650** Contact Roger: 0414 375 752



Other Item 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

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:.....see left.... Helen.

Left: Nick Hocking on the Woronora River, with a little help from some new friends, after being tipped in by the photographer's tinnie-wash

Allan Newhouse "I think I know what the problem is Nick. You have spent so much time in a high kneeler that you have begun to assume that a swim is a common, inevitable or compulsory part of paddling a canoe. 😊"



Northern hemisphere training motivator!



I like kayaking



I love kayaking



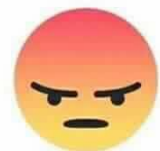
I'm kayaking



I can't go kayaking



I miss kayaking



Seeing my friends go kayaking without me

And what those FB pics really mean



Above: Russell Lutton and Patricia Ashton in the 2017 Oceania and Australian Canoe Marathon Championships

Want to be more involved in the running of the club?

The BGCC Annual General Meeting is held in September when all positions are vacated and are open for nominations and voted on by current BGCC members. Committee positions can only be held for 2 years, so this year most of these positions will need to be vacated, i.e., President, Vice President, Boat Captain and 2 Ordinary Members, though members are invited to volunteer for any of the positions, including Secretary, Treasurer and Training & Safety Officer.

If you are interested in seeing how the committee works, before actually volunteering for a full year, we will require a Secretary for a few meetings. Let me or Robin know if you are interested.

On a similar note – conveners can hold their positions for as long as they care to. Bob has been Triathlon convener for about 5 years, along with John Lockie, who held the position for many years prior to Bob and taking over when required. With the Club having just finished the last of our Triathlon duties for this summer, not surprisingly, they are hoping to hand the reins over to someone else.

Duties include liaison with the Triathlon organisers before and at the start of each event, advertising through the club for the required boat numbers and – the most time consuming – attending each triathlon for the duration. This could be carried out by two or three people taking turns. If you have an interest in triathlon, or just some spare time and enjoy some early mornings on the water – please contact either me or Bob. Bob will be around to offer advice and assistance. There are only about 8 triathlons over the season (with 4 being evening events) and one drinks station. These bring several \$1000's into the club - as well as allowing Triathlons to run safely.