



BLAZING PADDLES

Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 28 Issue 4, December 2017

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



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Coming Events:

- Friday–Sunday, 8–10 December, 2017 — Grand Prix 1; West Lakes, SA
- Saturday–Sunday, 9–10 December — 24-hour challenge, Molonglo Reach, ACT
- Thursday–Sunday, 4–7 January, 2018 — Junior Slalom Championships; Eildon, Victoria
- Monday–Thursday, 8–11 January, 2018 — Australian Canoe Slalom Championships; Eildon, Victoria
- Friday–Sunday, 9–11 February, 2018 — Grand Prix 2; SIRC, NSW
- Friday–Sunday, 30 March–1 April — Canoe Polo National Championships; West Lakes, SA
- Friday–Sunday, 18–20 May, 2018 — Australian Marathon Championships; West Lakes, SA?

President's Report: Russell Murphy

I'm feeling quite philosophical this month. I've been inspired by the efforts of Louise Yabsley and others to get more participants in kneeling canoeing. This is an underappreciated aspect of our sport. Its super challenging and an area where there is a lot of potential to increase the depth of the sport in Australia. I would not be surprised if future Olympians come from the club and the efforts that go into development.

That got me thinking about the other many varied elements of our club. If it were any sport other than paddling, there would be rival bodies and groups and different sports entirely. You want to run forwards, throw the ball backwards but disagree on how many turns each team gets? You can each have your own sport.

In paddling, and especially in this club, though you can kneel on something not much wider than a stick, using something with one blade. You're welcome here. Want to do the same thing standing on a surfboard? Come on down. Want to be in something pool-sized with ten of your mates and a ball and create organised chaos? Sounds fun, go for it. You want to paddle on a raging torrent of water, out in the ocean, on the calmest of lakes or in the dark for 10 hours or more? It's all good.

In our club you can do any of these things or all of these things. Try them all find to what you like, and find other people who like it. It's all one big family. And while you may not appreciate everyone in your family (pedal kayaks, I'm looking at you 😊), someone does and that's ok.

So as the days get longer and positively balmy, I encourage you to get out and say hi to the people you see paddling, even just in passing. After all, they're family.

So from your paddling family to you and your family, Merry Christmas, Happy New Year and stay safe. See you on the water,

Russell

Boat Captain's Report: Scott Hunter

Hi all

Well, the clubhouse build has stalled so no great exciting news from the Boat Captain. We are waiting on the construction company to finish of the little touches, but until then we are not allowed on site to begin our part of the fitout with racks and shelving.

Looks like it may be well after Xmas before we can open up the new racking. At a rough count there will be 70 odd racks in the new wing. Some will be taken by the Canoe Polo bats and SUPs coming out of the old toilet area, but we are looking at 40+ new boat spaces. Quick count sees near half of that gone already.

Bob, it might be time to start it all over again so that in five years we can double it for the next wave of Canberra paddlers. I can hear your pacemaker working overtime from here.

Hope everyone has a good break over Xmas and see you when it's warmer.

Thanks
Scotty



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

2017–18 Wetspot Summer Time-trial Series

Date	Activity
Wed, 6 Dec 2017	Club Point Score Championships
Wed, 13 Dec 2017	Handicap
Wed, 20 Dec 2017	Club Point Score Championships

Canoe Marathon

Event	Dates	Venue
2018 Canoe Marathon National Championships	18 – 20 May, 2018	South Australia

Canoe Polo Report: Laura Kleinrahm

The weekly local competition has been continuing in the lull between the Canberra Invitational and the upcoming Sydney Competition.

Junior Training has seen an increase in skill level, with a core group of Juniors training as they prepare to play in an adult division in Sydney. Polo Juniors were also involved in the Whitewater Skills Weekend, a great way to refine their boat skills and develop confidence.

Special mention also goes to Michael Lawrence Taylor and James Deakin, who represented Australia in the 2017 Asian Championships in Malaysia. This was Michael's first time on the Australian Team, and although a placing of 5th from 9 teams wasn't as high as they were hoping, it provided great experience to the players as they prepare for selection events for next year's World Championships in Canada.

If you like Canoe Polo, (or doggos), check out our Facebook page:

<https://www.facebook.com/ACTCanoePolo/>

See you on the water

Laura

Event	Dates	Venue
2018 Canoe Polo National Championships	30 March–1 April 2018	West Lakes, SA

Slalom Report: Kai Swoboda

On the weekend of 18–19 November, a number of BGCC paddlers (Max, Louise, Emily, Matthew, Craig and Kai) joined a group of paddlers from River Canoe Club for an introduction to white water weekend. In the absence of irrigation flows downstream of Burrinjuck dam at Childowla, we instead paddled various section of the Murrumbidgee around Canberra.



Saturday morning briefing, Cotter campground
Photo courtesy Kai Swoboda

On the first day, the more advanced paddlers set off on a longish river trip from Kambah Pool to the Cotter junction. Those less advanced worked on their skills on the Cotter or on the Murrumbidgee to Casuarina Sands. With the water level low, the beginners headed to Uriarra Crossing for the afternoon, practising ferry glides and running the main rapid several times.



All paddlers at Point Hut Crossing for the river trip to Pine Island
Photo courtesy Lyn Parker

While Saturday's rain did make for a less pleasant paddle at times, it did mean a higher water level for the river trip from Point Hut to Pine Island on Sunday morning. A good beginners section of river, the BGCC paddlers made their way down together. We were grateful to also have Craig with us, who we used as our bunny to check the safest way through each rapid. Although there were some more stressful moments where boats didn't go where they were intended, as always we had an enjoyable time on the river.

Many thanks to our paddling colleagues from River Canoe Club for having us involved in the weekend. We hope to be joining up with them again later in the summer for a similar weekend.

Kai (kaiyak@outlook.com)

Canoe Slalom

**Formerly known as Australian Schools Championships*

Event	Dates	Venue
2018 National Junior Slalom Championships*	4–7 January, 2018	Eildon, VIC
2018 Australian Canoe Slalom Championships	8–12 January, 2018	Eildon, VIC
Australian Open	16–18 February, 2018	Penrith, NSW

**Formerly known as Australian Schools Championships*

SUP Report: Joanna Nelson

Greetings paddlers

NISCO Event – Kingston Foreshore – 29 October

The overcast weather could keep the locals from participating in the NISCO event supported by Wetspot Watersports. There were sprint, middle- and long-distance course races on the day and a 360 challenge. I would like to thank all participants that attended and in particular mention Scotty and Aidan for making it happen.



Kids Awards
Jacob, Angus and Mitchell



Trent Shaw and Lincoln Gibson

A big thanks to the local companies for their contribution to prizes on the day: Café 38, The Dock, Nutrition Warehouse and Movenpick.



L to R: Jason Randall, Rohan Evans, Matt Scott, Aidan Lewis, Ross Bugg, Trent Shaw, Jo Nelson and Lincoln Gibson

Australian SUP Nationals – Gold Coast

Congratulations to Rohan Evans for his selection and first time competing at the Australian SUP Nationals in the marathon event at the Gold Coast. Rohan finished 11th in the over-40s and 37th overall in a field that included the top paddlers in Australia.

I would like to thank Rohan for his representation at the Nationals SUP meeting that resulted in the ACT being recognised as its own state for qualifying at next years Australian SUP Nationals. I welcome the CAP SUP members to discuss ideas and suggestions for a suitable race format and event to be run for qualifying purposes. It would be great to have representation from the ACT at next years SUP Nationals.



Rohan Evans

Next month I'll include news from the Merimbula Classic.

Upcoming events

Palm to Pines – 9 Dec 2017 (Fishermans Beach)

Joanna

Sprint

Future Events

Event	Dates	Venue
Grand Prix 2	9–11 February 2018	SIRC, NSW
2018 Senior Selection*	4–5 March 2018	SIRC, NSW
2018 Canoe Sprint National Championships	6–10 March 2018	SIRC, NSW

*Please note 2018 Senior Selection (4–5 March 2018) is an invite-only event.

Hawkesbury ... Things to ponder: Robert Bruce

Is the ride-on lawnmower a danger to the blue tongue lizard along the banks of the Hawkesbury River on a Saturday afternoon in October

Does the Magpie's call get lost to the sounds of Guns and Roses coming from the V8 power boat

Is a child's squeal of delight motivation to carve out a multi story terraced edifice or be content with a weatherboard shack

Would John Denver or Mantovani be a more suitable background for martinis on the deck at sunset

Does a BBQed sausage by the river taste better than a Porterhouse steak in Campbelltown

Does the smell of a rotting Mulloway overpower the fragrance of the flowering gum

Can 'Birds of Tokyo' replace the call of the Frogmouth Owl

I see a river bank of lights, are any of them stars

Will the oblivion of another case of ale bring peace

When will distractions pass and I will feel the beauty of the night

Will the clouds part and show the exaltation of the moon

Will I be in darkness save for the glitter of the stars below me

Will the hiss of the rain on the broad waters awaken the river serpents

Will I find security from the guiding lanterns along my journey

Will I see monsters in the shadows from the moonlights radiance

How humbled will I feel by the greatness of the natural world

'Do not let these thing we have go to waste'

Robert

Australian Masters Games: Allan Newhouse



Allan Newhouse battling strong headwinds with 750 metres to go in the 1000M K1 sprint
Photo courtesy GEOSNAPSHOT

BGCC was represented at the 16th Australian Masters Games by two senior South Coast members. Ian Castell-Brown and Allan Newhouse each competed in eight races over three days from 21 to 23 October at Lake Barrington in Tasmania.

The number of competitors was disappointing. I have paddled in bigger groups just in Division 10 or in Division 11 in the NSW Marathon Series. Conditions were at times challenging, but both of us enjoyed the experience and returned with an impressive collection of medals.

The number of paddlers may have been partly the result of some organisational decisions such as not making provision for canoes and having all age groups from 30 to 75 paddle the same distance in the marathon. However some other sports also had disappointing numbers and I heard the suggestion that the event may not have been as effectively publicised as it might have been. That may be true as I was astonished to discover later that very few southern Tasmanians seemed to be aware that the games were being held in the northwest of their state.

Some sports did manage larger numbers, with 417 dragon boaters entered and even more players in basketball. The dragon boaters also enjoyed better conditions on the Lake Barrington International Rowing Course than the kayak and SUP paddlers experienced. They paddled in dead calm conditions while for the three days before that, we had to contend with strong headwinds and white-capped waves. After a few rowing events when the first 1,000-metre kayak sprint was about the start, the officials asked for confirmation from the starters halfway down the rowing course that conditions were safe enough for the kayaks to start. I noticed that several K1s stayed on a trailer while their owners



200-metre sprint start

Top to bottom: Dianne Chellew and Ann Lloyd-Green, 65–69 K2;
 Ian Castell-Brown 75–79 K1; John Lidstone 70–74 K1;
 Eric Sargent 80+ K1; Allan Newhouse 70-74 K1

paddled an ocean ski. It seems that a few paddlers decided a ski was more suited to the conditions than a K1.

The small numbers meant that we had paddlers half our age in the same start and even had the sole 65–69 Womens K2 in our 1,000 metre and 200 metre K1 sprints. However, medals were awarded within age divisions and Ian took gold in the 75–79 group while I earned silver in the 70–74 group. On

this occasion, even at 78, Ian was not the oldest paddler. Our start in both the 1,000 metre and the 200 metre included 89-year-old Eric Sargent paddling a canvas-covered Percy Blandford–designed kayak. Eric may have needed help walking and may have taken about twice as long to cover the course as we did, but everyone admired his determination.

Ian and I combined to take gold in the 1000-metre 70–74 K2 and again the next day in the 200-metre 70–74 K2. As so often happens, Ian had to paddle in a lower age group as paddling partners his own age are hard to find. In the mixed K2, we both paddled in a lower age group. Ian combined with Ann Lloyd-Green and



Ian Castell-Brown returning after the 200-metre sprint

I paddled with Dianne Chellew. In both the 1000-metre and the 200-metre 65–69 mixed K2, Dianne and I were first and Ann and Ian were second.

One advantage of the smaller number of paddlers was that it allowed for some flexibility. Ian and I were keeping an eye on the clock waiting on the water for our 200M K2 event. We were unaware that the program was now about ten minutes ahead of schedule, so we missed our start. However the next event, the women's 200-metre K1, had a couple of empty lanes, so we were allowed to join that start and collect our second pair of men's K2 gold medals.

The 5,000-metre event was described on the program as a sprint and added an extra challenge that had not been an issue in the shorter sprints. The course ran around the outside of the rowing lanes and we had to cross over the lanes four times. That put us side on to the wind and waves. I was able to finish in front of John Lidstone, who had finished in front of me in the two shorter sprints, so I collected another gold medal, as did Ian. The organisers took pity on the SUP paddlers and started them on the other side of the course, so they had one less upwind leg than the kayakers and a 500 metre shorter course.



Mixed K2 65–69:
Ian Castell-Brown and Ann Lloyd-Green, silver
Allan Newhouse and Dianne Chellew, gold

The 15-kilometre marathon on the final day started in the same conditions as the two previous days: strong winds and the occasional white-capped wave. One paddler capsized on the way to the start on the other side of the course, and another in a TK1 decided after ferry gliding across to the start that he

probably wouldn't survive the conditions and pulled out. Some paddlers handled the cross-overs from one side of the course to the other, but I wasn't one of them. Some uncomfortable moments in the choppy conditions robbed me of whatever confidence I had left and I found myself losing about 100 metres every time we crossed over the lanes. I could make up most of that time on the upwind leg, but I found the downwind leg more difficult than it should have been and I really struggled in the crosswind. In spite of that, I collected another gold medal. Ian also picked up a gold in his age division.

Apparently it isn't always windy at Barrington. In fact, conditions were usually fairly calm during the pre-race briefings and during the presentations. During the 15-kilometre marathon, the wind gradually eased so that the last lap was paddled in the best conditions we experienced and by the time the marathon medals were being presented, the water on the rowing course was almost perfectly smooth.

After three days and eight races, both Ian and I had six gold medals and two silvers. While I still disagree with some of the decisions that were made before the event, I was impressed with the job done by the games volunteers once things got under way.



Both Ian Castell-Brown and Allan Newhouse returned with the same assortment of medals from their eight races

Allan

24-Hour Paddling Challenge 2017: Registration closes 2 December

Weekend of 9–10 December

Hosted by BGCC at Molonglo Reach, Campbell, ACT

This year we are planning for a low-key event. BYO: everything. Shelter tents permitted in a limited area, not under trees. We are not trying to raise funds for any charities, but if you feel like donating to the BGCC Club Shed Building Fund – all monies will be gratefully received!

Entries: Registration closes 4th December (early-bird entries)

Entries up to 8 am on 9 December (late entries)

Enter via *Register Now*

(<https://www.registernow.com.au/secure/Register.aspx?E=27881>)

Entry Fee: Increases as the date approaches

Course: 4.75 km loop course on Molonglo River

Briefing: 9:00 am

Start Time: 9:30 am, Saturday 9 December 2017

Finish Time: 9:30 am, Sunday 10 December 2017



Early morning tranquillity, Molonglo Reach, 26 November 2006.

Paddler safety: There will be a safety boat stationed at the start/finish area, but paddler safety is to be by paddlers caring for anyone in need of assistance on or in the water. Paddlers are all to have at all times out on the water: a pea-less whistle, readily available to relay a message along the river that the safety boat is needed – either upstream or downstream of the start. Any time spent in assisting another paddler in difficulties will be allowed for in the distance paddled.

From sunset: **lap starting at or after 7:45 pm:** all paddlers must wear a lifejacket, with a torch attached, along with their readily available whistle. All paddlers must have lights on stem and stern of their craft. Cyalumes will be provided for paddlers use.

Amenities: BGCC Club Shed has a warm shower; there are public toilets; a club barbecue will be available and if enough interest is shown, a thick soup can be provided. The club kitchen has a fridge and kettle and pod-coffee drink-maker.



Member Profile: Louise Gates, competitor and coach

Louise has the good fortune of dual UK-Australian citizenship, with no intention to run for election to the national parliament. She was born south of the Scottish border 47 years ago and commenced schooling in England before migrating to Melbourne. With a Bachelor of Science from the University of Melbourne and a Master in Statistics from the ANU, Louise has worked at the Australian Bureau of Statistics for the '20 odd years' since coming to Canberra. Along with her mathematical abilities, Louise brought her paddling skills in white water and slalom kayaking, which had been developed in inter-varsity competitions at Melbourne.



Initially joining the Canberra Canoe Club, Louise soon moved to BGCC where she has continued to shine, particularly in Canoe Polo, as a fierce competitor, committed coach and willing volunteer at triathlon escort duties. Louise has been a member of the exceptionally successful women's team, which won the National title three years in a row before being edged into second place at this year's championships. Not content just with personal success, Louise is one of the handful of BGCC members



in several paddling disciplines who combine personal achievement with a major contribution to coaching.

Four to five years ago, Louise played the major role in the commencement of the junior Canoe Polo program at BGCC. She

is a Level 1 Qualified Coach, who took the club's junior team to National title success earlier this year. With this success and a strong, successful Canoe Polo contingent in the club, **Louise is looking for more juniors to join so that training can be enhanced by regular competition among club members.** Success breeds success!

Not content with developing Canoe Polo paddlers, Louise is working with Kai Swoboda to increase the White Water discipline's representation within the club. Their search for suitable locations involves regular trips around the region, construction of courses and erection of challenging obstacles, including slalom canoe gates. If any club members would like to join Louise and Kai, both can be found at Canoe Polo training weeknights at Molonglo Reach.

Scott MacWilliam

Member profile: Shane Lund, all-round good guy



Known for his modesty, Shane is one of the members who is always available to help keep the club running. Currently working on the renovations to the eastern end of the shed where showers, toilets and changing facilities are being installed, Shane turns his hand to anything when needed. He has manned rescue boats, helped clear the river of debris after floods, fixed pontoons, the list goes on. On top of endlessly providing assistance, he has paddled very fast in marathon series races, put in an amazing 24-hour solo race, been competitive in off-shore ocean races and done the paddle legs in the Sri Chinmoy multi-sport race at Lake Jindabyne.

Shane has the awesome ability to relax in any circumstances (see pic next page): just lying by his boat at the end of a 24-hour race or supervising Scott Hunter and the Grey Army

while doing shed renovations. He can also fish while manning a safety boat during a marathon series race and be oblivious to the plight of paddlers from other clubs in difficult conditions out on Lake Burley Griffin!

Legend has it that Shane was born in 1969 on some South Pacific island. He began schooling at Queanbeyan East primary school and moved to Bega, where he completed primary and then up to year 10 at Bega High.

Shane began work at 15 in the forests and, ever restless, worked at a service station, as a brickies' labourer—hence the massive physique—and then became a pastry cook for 10 years. Cooking was combined with working day time alongside his father in construction.

To this club's great advantage, Shane



left Wagga Wagga and came to Canberra where he worked with Australia Post delivering mail on a motorbike. This job also provided the perfect opportunity for Shane to develop his love of bike riding, which he continues to do, including having a long trip to Tasmania earlier this year.

Shane began flat water paddling in 2005 where, 3 months out from the Hawkesbury Canoe Classic, a good mate asked if he would be interested in doing a double in the race. Ever up for a challenge, Shane answered, "Sure, how hard can it be?" He received the answer part way down the Hawkesbury when his mate couldn't paddle anymore!

Among his many paddling achievements have been some memorable marathon races where Shane has covered the 20 km in well under 1 hour 45 minutes. The 24-hour solo in 2012 mentioned above he counts as his outstanding effort, probably not to be repeated as he gets older and wiser. Shane also races in ocean races, but gets his greatest kick playing around out on the ocean. His well-used Epic V12 is a handful in the rough stuff, but, to quote Shane, "The feeling of when you can stitch runners



together is awesome as the boat glides from wave to wave." Shane's latest challenge has been learning to surf on a stand-up paddle board, under instruction from Scott Hunter, Pete Garbutt and Jason Rantall. His reason for taking up this challenge is that: "I needed another sport where I could break equipment."

Shane turns 50 in less than two years and BGCC wishes him all the best well in advance, while thanking him for his generosity and commitment to helping in so many different ways. Fortunately, the club has his birthdate on record so the occasion won't slip under the radar, even if he keeps trying to look—and behave—ever young.

Scott MacWilliam

For Sale

Sladecraft Sonic

5.8m long. 46cm wide.

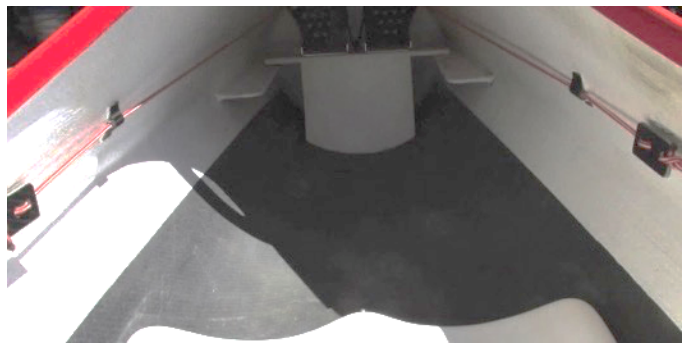
Underslung rudder with foot pedals

Good to excellent condition.

Always stored under cover. **\$1,500** or offer

Contact Barry

0419 603 119



Stellar S18 Excel Touring Kayak

Length: 5.46 m

Width: 54 cm

Weight: 15.5 kg

With cockpit cover

In excellent condition

\$2500.00

Contact Colin

6238 1060



Nelo Vanquish K1 size ML

The boat is in pristine condition, with very few cosmetic blemishes. Always washed in fresh water and stored in cover in garage. Comes with full padded cover (+bag), racing weights & 2 rudders (1 anti-weed, 1 regular).

Would suit paddler 65-80kg. Only selling as I no longer paddle and the boat is too good to be sitting in my garage.

Full specs at http://www.nelo.eu/kayaks/details/k1_vanquish_iii

Contact Robert Tener

<mailto:robert.tener@hotmail.com>

0423 361 204



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



2017–18 BGCC Membership

Changes: There is a New Member Fee of \$50. The Coded Levels have gone – now just Standard Membership (paid via PNSW/AC) plus Upgraded Memberships (paid via Register Now)

Adult BGCC membership: \$80 + PNSW Adult Membership: \$80. Total = \$160

Junior BGCC Membership: \$40 + PNSW Junior Membership: \$60. Total = \$100

Family BGCC Membership: \$200 + PNSW Family Membership: \$180. Total = \$380

Club Shed key-hire: Annual Fee: \$75. Plus **Refundable Deposit** of \$50, for new key-hirers.

Private **boat in Club Shed:** extra Membership fee: \$180

Both Key-hire and private boat in shed membership require an approved Application Form. See *club website for how-to-pay links*.

Australian Canoeing Safety Guidelines

Safety Guidelines are available at: <http://canoe.org.au/wp-content/uploads/2015/06/Safety-Guidelines-2015.pdf>

This is a reminder that a lifejacket must be worn whenever a club member is paddling a club boat. Also a reminder to those club members who 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.

Club Rules can be viewed at: <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>