



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

Volume 28 Issue 6, March 2018

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**Secretary:** Kai Swoboda

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- Race reports
- Whitewater trip report from Angus Whitford
- SUP Harbour Bridge to Manly and Sydney festival
- Shed openings and Winter time trials



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



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## Coming Events:

- Sunday, 25 March — Mudcake Canoe Polo Challenge; Shoalhaven, NSW
- Saturday–Monday, 31 March–2 April 2018 — Canoe Polo National Championships; West Lakes, SA
- Friday–Sunday, 18–20 May 2018 — Australian Marathon Championships; West Lakes, SA

## President's Report: Russell Murphy

Well it's been another massive month of paddling. I want to start with our marathon series race at the start of the month. Yet again the club has shown we are capable of hosting a high quality event. From all reports a wonderful time was had and there was some excellent racing. That's down to all the wonderful volunteers both on the day and prior who made it all happen. I want to particularly thank Craig Elliot, Patricia Ashton and Helen Tongway for coordinating both the marathon race and bash.

Speaking of the bash, it was good to see the number of people who backed up from racing Saturday to do it all again Sunday. There was competitive (and non-competitive racing) across every distance and age. The winner of the main bash race was decided by less than 2 seconds, for a race of more than 2 hours. The performance I wanted to highlight was just as gutsy. In the 3km splash bash, Lily Straffen fell out 150m short of the finish line. She managed to re-enter her boat, but fell out again. Lily then swam, with her boat the entire distance to the finish line. Lily is 12. That was an amazing effort for anyone of any age. It's that level of commitment that makes for the champions of the future. And wanting to beat your brother.

The other piece of news is that an amendment to the Lakes Act has passed in the ACT. As a club we are largely unaffected by the changes. This includes things like the water police now having the power to breathalyse boat operators. It's quite amazing that this wasn't a power they already had.

There are also some minor changes to lifejacket rules. If you are already following the club rules, the only new requirement is that you must wear a lifejacket in a boat less than 4.8 meters. That's really only TK1's and junior boats. It is worth restating the club rules in relation to lifejackets. You must wear a lifejacket when:

- You are a junior or
- Paddling any club boat or
- Paddling in winter or
- You are a weak or non-swimmer

In addition, it is my and the club's strongest recommendation that you wear a lifejacket when you are paddling, but especially in any of the following circumstances:

- Paddling alone (we don't recommend anyone paddle alone in any circumstances)
- Paddling at night
- Whenever the weather conditions suggest it, for example cold or windy
- Paddling in an unfamiliar boat or unfamiliar location
- When you are learning to paddle and haven't mastered all of the safety strokes
- When paddling with inexperienced people
- Paddling in the ocean or far from a safe shore.
- Whenever there is an increased risk of capsize.
- Whenever you feel like it. No one in the club will think any differently of you if you do. Perhaps if you wear one doing gardening, but it was cold and my jumpers were in the wash.

It's also a timely reminder that winter is coming. But like Jon Snow, with the right gear you can live (and paddle) through winter. If you are not sure what to wear come and talk to someone who looks warm and has done it before.

See you on the water

*Russell*

## Another Great Event Thanks To ...

Each time the Club conducts events at Molonglo Reach, the need for volunteers is advertised well in advance. Each time organisers have a few sleepless moments wondering if enough people will turn up to make it possible to run our usually successful, often outstanding events. The recent Marathon series event held under the auspices of PaddleNSW was no exception. In addition to the main event organisation, which included BGCC's Gary Rake, many members turned out to help before, during and after.

Among the volunteers were the four who comprised the Nerve Centre of Operations, pictured here preparing food long before the races began.



From left: Tisha Abela, Patricia Ashton, Anne Cronin and Christine O'Brien

While the ABC may have created 2 Bananas in Pyjamas, B1 and B2, our club can go one better. We have D1, D2 and D3 – or if you prefer in age order from the right, David Tongway, David Gordon and David Abela. Our threesome helped prepare the grounds, organised car parking and did a multitude of

other jobs to assist running of the events. While D3 baked muffins, which sold like the hot cakes they were, D2 supervised parking in the overflow area. D1 scoured the grass and beach area for goose poo, to take home to the family garden.



From right David Tongway, David Gordon and David Abela



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

## PNSW Marathon Series Race 1 & BG Bash: Helen Tongway

First – a THANK YOU to all of our Helpers: Bob Collins, Russell Lutton, Scott MacWilliam, Craig Elliott, Dave Gordon, Patricia Ashton, Tom Hick, Greg Chesher, Scott Hunter, Chris O'Brien, Kevin Swain, Letitia Abela, Ceara Clark, Danielle Winslow, Jane Lake, Jeff Cordiner, Evie and Dana Atkins, Lily (junior, visiting from Germany!), Gary Rake, Tony Mee, Barry Marshall, Jane L'Estrange, Kerri Vaughan, Anne Cronin, Carolyn Williams, Jason Rantall, John Lockie, Geoff, Molloy, Kevin Taylor, Tom Layton, Michael Gazzard, Craig George, Paul Atkins, John Preston, Russell Murphy, Dave Abela, Rachel Muldoon..... and others whom I can't remember just now!

<b>Race 1 Results:</b>				<b>Club points</b>
Div. 1	20 km	Michael Hanemaayer	5 <sup>th</sup>	1:36:57 46
Div. 2	20 km	Mark Halpin	2 <sup>nd</sup>	1:38:59 49
		Craig Elliott	3 <sup>rd</sup>	1:40:09 48
		Gary Rake	4 <sup>th</sup>	1:42:26
Div. 3	20 km	Robert Simpson	1 <sup>st</sup>	1:42:01 50
		Dominic Hides	6 <sup>th</sup>	1:46:21 45
Div. 4	20 km	Richard Fox	2 <sup>nd</sup>	1:49:11 49
		Luke Willsmore	Ranking	1:45:37
Div. 5	20 km	Rob Wilson	4 <sup>th</sup>	1:54:19 47
		Graeme Bacon	15 <sup>th</sup>	2:03:13 36
		Danielle Winslow & Bob Collins	Ranking	1:57:06
Div. 6	20 km	Paul Atkins	4 <sup>th</sup>	2:01:42 47
		Alexander Zeller & Matthew Shadwell	Ranking	1:57:43
Div. 7	20 km	Kieran Lomas	3 <sup>rd</sup>	2:07:53 48
		Helen & David Tongway	8 <sup>th</sup>	2:21:09 43
Div. 8	15 km	Margi Bohm	1 <sup>st</sup>	1:21:03 50
		Jack Jessen	6 <sup>th</sup>	1:28:51 45
Div. 9	10 km	Andrew Parkinson	1 <sup>st</sup>	0:53:03 50
		Stephanie Rake & Liz Muldoon	2 <sup>nd</sup>	0:56:02 49
		Tom Layton	4 <sup>th</sup>	0:57:39
		Russell Lutton	7 <sup>th</sup>	1:00:56
		David Pammenter	Ranking	0:59:01
Div. 10	10 km	John Preston	1 <sup>st</sup>	0:56:51 50
		Roger Murray	2 <sup>nd</sup>	0:57:16 49
		Graeme Ison	5 <sup>th</sup>	0:59:49
Div. 11	10 km	Ian Castell-Brown	5 <sup>th</sup>	1:07:10 46
		Patricia Ashton	Ranking	1:00:21
		James Forgie	Ranking	1:13:49
Div. 12	10 km	Allan Newhouse	2 <sup>nd</sup>	1:08:36 49
		John Lockie	4 <sup>th</sup>	1:12:49 47
		Craig George	Ranking	1:05:44
Div. 13	5 km	Corey Jessen	4 <sup>th</sup>	0:31:21 47
		Kirsten Nicolle	5 <sup>th</sup>	0:33:03 46
		Charlotte Stimson	6 <sup>th</sup>	0:34:19
		Tammy Ven Dange	7 <sup>th</sup>	0:35:30
		Lily & James Straffon	8 <sup>th</sup>	0:35:31
		Zoe Stimson	10 <sup>th</sup>	0:36:30
		Georgina Christoffelsz	11 <sup>th</sup>	0:37:22
		Fiona & Michael Straffon	16 <sup>th</sup>	0:43:40

Forty-five BGCC members took part (in 39 boats), gaining 1,036 club points! (*New point system*)  
 At 152 participants in total, (in 134 boats) the numbers were down on previous years, but the level of competition was as good as ever. Some of our BGCC paddlers:



Left: Michael Hanemaayer transiting through portage



Above: Rob Stimson

Below: Scott MacWilliam and Dave Abela



Above: Dominic Hides

Right: Andrew Parkinson

Below: New combination of Bob Collins and Danielle Winslow





*Above:* Tom Layton  
*Left:* Liz Muldoon and Stephanie Rake



*Above, Left to Right:* Roger Murray, Russell Lutton and Graeme Ison



*Above, Left to Right:* Patricia Ashton, Ian Castell-Brown and John Lockie



All Photos thanks to Ian Innish, viaPNSW Flickr

*Above, Left to Right:* Craig Elliott, Kieran Lomas and Rob Wilson



*Right:* Some of the ever-expanding flock of Molonglo Reach Geese.



*Above:* Safety Boat 1: Tom Hick and Geoff Molloy



*Above and Right:* The Control Centre: Barry Marshall, Russell Murphy and Tony Mee (at right)



*Left:* Graeme Bacon

*Right:* Safety Boat 2: Jason Rantall and Greg Chesher





*Above:* Some of the assembled crowd.

*Left:* some of the BGCC Juniors:

James and Lily Straffon (in double) and Charlotte Stimson (front of photo)

The PNSW event was well-run and enjoyed by the participants (a big thank-you to all our club volunteers) in pleasant paddling conditions. The club's Food Stall kept our volunteers busy and was able to produce a Profit of approximately \$500 – so thank you ladies and gents for your hard work, on the two days.

A few of our die-hard paddlers stayed on to take part in the **42<sup>nd</sup> Burley Griffin Bash**, on Sunday 4<sup>th</sup> February, for another good day of paddling. Numbers for the Bash are always many fewer than the Series Race on the Saturday, but were up on the past few years' numbers. 13 paddlers took on the full distance Burley Griffin Bash (28 km this year) and of those, 8 were BGCC members. The winners of the Perpetual Trophy were **Gareth Stokes and Peter Faherty (SSCC)** in a time of 2:23:04. **BGCC paddlers were:**



<u>BGC Bash</u>	<u>28 km:</u>	Mark McDonald	3 <sup>rd</sup>	2:30:09
		Patricia Ashton & Bob Collins	4 <sup>th</sup>	2:39:06
		Lee Rice	6 <sup>th</sup>	2:47:55
		Denby Moylan & Peter Connolly	7 <sup>th</sup>	2:58:39
		Emily Stewart-Reed & Michael Read	8 <sup>th</sup>	3:13:28
<u>BG Mini-Bash</u>	<u>13 km:</u>	Michael Hanemaayer	1 <sup>st</sup>	1:00:55
		Craig Elliott	2 <sup>nd</sup>	1:00:57
		Rob Stimson	3 <sup>rd</sup>	1:03:31
		Trent Birkett	4 <sup>th</sup>	1:03:32
		Andrew Parkinson	5 <sup>th</sup>	1:03:32
		Margi Bohm	6 <sup>th</sup>	1:07:14
		Russell Lutton & Rob Wilson	7 <sup>th</sup>	1:07:15
		Roger Murray	8 <sup>th</sup>	1:16:20
		Paul Atkins	9 <sup>th</sup>	1:17:18
		Robert Bruce	11 <sup>th</sup>	1:18:57
		Craig George	13 <sup>th</sup>	1:26:32
		Helen & David Tongway	14 <sup>th</sup>	1:26:40
		Allan Newhouse	16 <sup>th</sup>	1:28:13
<u>BG Splash Bash</u>	<u>5 km:</u>	David Abela & Scott MacWilliam	1 <sup>st</sup>	0:29:25
		Kerri Vaughan	2 <sup>nd</sup>	0:35:42
		Basil Lau	3 <sup>rd</sup>	0:37:23
		John Lockie	4 <sup>th</sup>	0:47:03
<u>BG Dash Bash</u>	<u>3 km:</u>	Isabella Comfort	1 <sup>st</sup>	0:19:40
		Georgia Christoffelsz	2 <sup>nd</sup>	0:21:03
		James Straffon	3 <sup>rd</sup>	0:22:17
		Lily Straffon	4 <sup>th</sup>	0:27:59
		Michael Straffon	5 <sup>th</sup>	0:30:51

What was great to see over both days was our club members participating, particularly those who hadn't taken part in races before – both with our juniors and our newer paddlers – taking part and enjoying their new sport. Thanks must go to our club coaches – Kieran Lomas for the juniors and Patricia Ashton, Margi Bohm, Gary Rake, Russell Murphy and other trainee coaches for the adult paddlers – for encouraging their charges to take part and getting their paddling to a standard of enjoying the racing.



Right: Juniors – Michael, Lily and James Traffon; and Margi Bohm with the new Women's perpetual Trophy for Mini-Bash

The following are some photos, courtesy of Dave Gordon, from our Burley Griffin Bash day of paddling:

Below: Russell Lutton & Rob Wilson and Margi Bohm finishing their 13 km



Below: John Lockie: pleased to have finished his 5 km! Below/Right: Kerri Vaughan receives her award from Craig & Russell



Below: Helen & David Tongway, completing 2<sup>nd</sup> race in their Very Big Year



Below: Mark McDonald, back for another go at the Bash



Below: Denby Moylan & Pete Connolly happily finishing the Bash



Above: And at the end of the morning's paddling, Emily Stewart-Reed & Michael Reed complete their 28 km



Above: Thanks again to our Safety-Boat people: Tony Mee and Tom Hick; plus Greg Chesher and John Preston in the 2<sup>nd</sup> boat



Above: David & Helen Tongway, Steve & Kate Dawson, Gareth Stokes & Peter Fayherty and Richard Barnes.

This intrepid (foolhardy?) group of paddlers all took part in the Burley Griffin Bash morning of paddling, as part of their Very Big Year of paddling. The Very Big Year is “an event” where paddlers attempt to paddle 1,000 km over a 12 month period in regular, open to everyone, race events. The collection of races must include at least one of the “Big” marathon races: Massive Murray Paddle (404 km), Riverland Paddling Marathon (200 km), Hawkesbury Canoe Classic (111 km) and/or Avon Descent (124 km). David and I have nominated the two Murray River events plus the Hawkesbury, plus the Frank Harrison, the Myall Classic and lots of Series races! (See our plea for a landcrew for the RPM – and perhaps the Hawkesbury...)

*Helen.*

## Canoe Marathon

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

## Frank Harrison Canoe Races: Helen Tongway

A week after the 2-day weekend of racing in Canberra, nine intrepid BGCC paddlers headed over to Albury for the annual Frank Harrison Memorial races; conducted by the Mitta Mitta Canoe Club. The club holds Single Boats races on the Saturday afternoon and Doubles Boats races on Sunday morning, on the swiftly flowing Murray River, just below the Hume Weir wall (for the 26 km races) and from the Waterworks Road (for the 16 km races.) This race was deemed a “cross-over” race for PNSW paddlers, with 46 personal points to be earned, as per the new set of point-score rules.

The morning of Saturday, 10<sup>th</sup> February, was hot and cloud was coming over, with wind coming and going. By the time of the mid-afternoon race-start, the sky was fully overcast with the temperature still hot, but the wind seemed to have died away ... for a while. Unfortunately, the forecast front came through while most paddlers were still out on the river; with tree leaves and bark flying through the air, dust from the surrounding countryside and trees looking like they might drop a branch or two, the arrival of showers or rain really topped off the day! It was a tough but rewarding paddling afternoon!

Sunday, 11<sup>th</sup> February, dawned hot and cloudless, but still windy. Most of the BGCC paddlers had gone home, with just the old canoeists left to have another go at the Murray River. David and I paddled together in TC2 while Allan Newhouse teamed up with an old(er) Shepparton paddler, in a new (to Australia) “Mixer” canoe.



Craig Elliott

### **DAY 1 Weir Wall to Noreuil Park 26 km:**

K1	Vet35+	Craig Elliott	2 <sup>nd</sup>	1:42:36
		Gary Rake	5 <sup>th</sup>	1:51:37
Recreational Class	Vet35+	Graeme Ison	4 <sup>th</sup>	2:03:10
TC1	Vet45+	Helen Tongway	1 <sup>st</sup>	2:41:05

### **Waterworks to Noreuil Park 16 km**

K1	LVet45+	Margi Bohm	1 <sup>st</sup>	1:07:11
K1	Vet55+	John Preston	4 <sup>th</sup>	1:18:12
C1	Vet 70+	Allan Newhouse	1 <sup>st</sup>	1:19:36
K1	Vet65+	Ian Castell-Brown	2 <sup>nd</sup>	1:24:01
TC1	Vet70+	David Tongway	3 <sup>rd</sup>	1:41:43

### **DAY 2 Weir Wall to Noreuil Park 26 km:**

TC2	Open	Helen & David Tongway	7 <sup>th</sup>	2:35:26
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### **Waterworks to Noreuil Park 16 km**

UC2	Vet70+	Allan Newhouse & Barry Bell	1 <sup>st</sup>	1:16:40
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Gary Rake



Helen Tongway



David Tongway



Margi Bohm

All photos thanks to Dean Jones, 2018



Allan Newhouse and Barry Bell



**Some Marathon Paddlers' links which might be of interest to you:**

**PNSW Flickr** – for photos at Marathon Series races:

<https://www.flickr.com/photos/123301968@N08/albums/>

**Race Results:**

PNSW Race 1, Canberra: <https://www.webscorer.com/race?raceid=126386>

BG Bash: <https://www.webscorer.com/race?raceid=126469>

Albury, Singles: <https://www.webscorer.com/race?raceid=127041>

Albury, Doubles: <https://www.webscorer.com/race?raceid=127041>

PNSW Race 2, Wagga: <https://www.webscorer.com/race?raceid=128325>

**The next PNSW Series race is on the Woronora River (SSCC) on Saturday, 17 March.**

This is one of our closer paddling sites, so make the effort to go and take part. Get together and pool travelling resources, save petrol, travel in company. There is a club trailer if there is enough interest – and someone with a towbar.

*Helen*

## PNSW Series Race 2, Wagga: Helen Tongway

Saturday, 24<sup>th</sup> February: a pleasant drive along the Hume and then the Sturt Highways in bright sunshine; another hot day in the making. Thankfully the wind was not a big problem on the course – with just a few gusts to keep things interesting. This year the Murrumbidgee River was at a “nice” level (not too high, not too low) so that the green buoy was not the dangerous item it has been in past years. Having the turn around the upstream island go in a clockwise direction made the actual turn much easier to manage, but then made for some interesting cross-over of boat courses near the Green Buoy! The cruel bit was the last turn in the fast flow, having to go upstream through the finish buoys (that cost David and me a placing ☹). While there were only 3 names mentioned for the Nemo prize, there were (as usual) many more capsizees than that, with two of our BGCC paddlers on the DNF list.

### BGCC paddlers:

Div. 1	20 km:	Paul Buttel	6 <sup>th</sup>	1:46:35	45
Div. 2	20 km	Craig Elliott	2 <sup>nd</sup>	1:42:32	49
		Rob Stimson	4 <sup>th</sup>	1:45:59	47
Div. 3	20 km	Luke Willsmore	3 <sup>rd</sup>	1:48:40	48
Div. 4	20 km	Patricia Ashton & Bob Collins	3 <sup>rd</sup>	1:58:17	48
Div. 6	20 km	Paul Atkins	1 <sup>st</sup>	2:02:57	50
Div. 7	20 km	Helen & David Tongway	4 <sup>th</sup>	2:23:24	47
Div. 8	15 km	Margi Bohm	1 <sup>st</sup>	1:25:25	50
		Jack Jessen	5 <sup>th</sup>	1:33:36	46
Div.9	10 km	John Preston	5 <sup>th</sup>	1:03:18	46
Div. 10	10 km	Graeme Ison	1 <sup>st</sup>	1:00:58	50
		Robert Bruce	3 <sup>rd</sup>	1:04:58	48
Div. 12	10 km	Allan Newhouse	1 <sup>st</sup>	1:12:32	50
		Dave Abela	Ranking 1:19:13		
Div. 13	5 km	Corey Jessen	1 <sup>st</sup>	0:30:45	50
		Kirsten Nicolle	5 <sup>th</sup>	0:33:06	46
		Charlotte & Zoe Stimson	6 <sup>th</sup>	0:33:49	45

Plus two DNFs

*First there's the start:*



Margi Bohm



John Preston



Kit Nicolle



Dave Abela



Zoe and Charlotte Stimson



David and Helen Tongway



Craig Elliott (the pain of it all!)



Paul Atkins



Bob Collins & Patricia Ashton



The Beautiful 'Bidjee Town Beach: the Start/Finish line at the blue tent, turn buoys to the right, Green Buoy to the left.

## 2018 Marathon Series—Wagga: Allan Newhouse

Two South Coast BGCC members made the trek down to Wagga for the second race in the 2018 Marathon Series. It may be a slightly closer event for Canberra based paddlers, but like many of the other venues, it is still a 400km trip each way for South Coast paddlers.



Allan Newhouse getting off the line in his Diamond C1 in the Division 12 start

Graeme Ison paddled ski in Division 10 and I paddled in Division 12 and both of us took out first place in our division. Graeme is still supposedly taking it easy after his shoulder surgery a few months ago but he still completed the 10km course in 1:00:58.

I found the conditions easier to handle than I had expected and covered the 10 km in 1:12:36. The lap times published in Webscorer show that I am one of those paddlers who slows as the race progresses. My first lap was 35:16, two minutes quicker than my second lap. Graeme was much more consistent with just 16 seconds between his two laps.

My impression was that the river level was close to ideal. I have paddled there when the river was lower and remember some of the shallow sections were quite frustrating when going upstream. I have competed there when there was more water coming down the river and remember how big the pressure waves were near the top turn and I remember seeing a few paddlers there doing their bit to earn the Nemo Award.

The organisers made the top turn easier this year. Instead of a tricky turn around buoys, we had a much easier right hand turn around an island.

Until I went down to paddle the Frank Harrison Memorial Race on the Murray, I had little experience in the C1 in fast flowing swirling water. However my experience there convinced me that unless the Murrumbidgee was very high or very low, I should be able to manage at Wagga.



Keeping the bottom turn tight reduces the time lost battling back upstream to the finish

The bottom turn remained a worry because the fast flowing current there can sweep paddlers quite a long way downstream if they don't get it right. With no rudder in the C1, I thought I would be one of those paddlers who would have to fight against the current to make up the distance lost by a wide turn.

However, I managed a much tighter turn than I had expected. The technique of dropping one foot over the side on the inside of the turn washes off a lot of speed, but it does allow a much tighter turn.

Having paddled with good placings in both series races at Canberra and Wagga as well as paddling in the optional race on the Murray, both Graeme and I are leading our respective divisions.

*Allan*

## South Coast Convenor's Report: Allan Newhouse

South Coast BGCC paddlers were busy during early February. Graeme Ison, Ian Castell-Brown and I paddled in Race 1 of the 2018 Marathon Series in Canberra on 3<sup>rd</sup> February.

Graeme was 5<sup>th</sup> in Div 10 with a time of 59:49. Ian was 5<sup>th</sup> in Division 11 in 1:07:05 and I was 2<sup>nd</sup> in Div 12 in 1:08:36.

I stayed on to compete in the Burley Griffin Bash the next day and completed the 13km Mini Bash course in 1:28:13. Conditions on the lake were much easier to cope with than the wind affected course in 2017.

All three headed south the following weekend to take part in the Frank Harrison Memorial Race on the Murray River, finishing at Albury. Graeme paddled ski on the 26 km course, finishing in 2:03:10 in the Vet 35 Rec class, Ian paddled the 16 km course in his new Masters K1 with a time of 1:24:01 to place 2<sup>nd</sup> in the Vet 65 K1 class and I paddled my Diamond C1 and finished the 16km course in 1:19:36 . None of us was in a constituted class so all we have to show for our efforts was the personal satisfaction of competing in an iconic race on the canoeing calendar.

Even though I was the only Vet 70 C1 so officially had no competition, I had the satisfaction of finishing in front of the three TC1s and passing several of the canoes that had started further upstream and passed through the 16 km start a few minutes before we got on the water.

The following day, I teamed up with Barry Bell, the winner of the TC1 class in his Wenonah Mixer UC2. Once again there was no other canoe in the same class so we had to be satisfied with having completed the course in a fairly respectable time of 1:16:40.

Conditions on the river were very good thanks to the need to supply irrigators downstream with water. A couple of weeks before there were reports of quite shallow gravel races on the river, but with the extra water, the gravel and the snags were not a problem.

The good flow also produced some speeds that we don't get to enjoy on flat, still water. My average was about 3.5 km faster than I normally manage and in a couple of places my GPS recorded speeds well over 15km/h. Some of us had to contend with a strong wind towards the end of the race. Wind on a river is not unusual, but having dust blown in my eyes when I am out on the water is not something that I expect to have to deal with.

The race is named after Frank Harrison, the designer of a few different kayaks and canoes, but best known for his Harrison TC2 which some years ago took over from the Toro TC2 as the canoe of choice for events like the Hawkesbury and the Murray Marathon. Consequently the Victorian canoeists have made a determined effort to round up a strong field of C1s, TC1s and TC2s for the event. David Tongway and I have to think back quite a few years since we last saw so many single blade paddlers competing.



Graeme Ison setting forth in Race 1



Ian Castell-Brown lining up in Div 11 for the first race of the 2018 series





Allan Newhouse preparing to start in Div 12 in Race 1 of the 2018 NSW Marathon Series



Graeme Ison negotiating one of the bridges on the 26 km course of the Frank Harrison Memorial Race. (Photo Dean Jones)



Barry Bell, winner of the Vet 70 TC1 class in a Stout, followed by David Tongway in a River Rat and Allan Newhouse in his Diamond C1 on fast flowing water on the Murray.

Allan Newhouse nearing the finish in Albury in the Diamond C1 on Saturday.



Allan Newhouse nearing the finish in Albury in the Diamond C1 on Saturday



Allan Newhouse and Barry Bell crossing the finish line in a Wenonah Mixer UC2 on Sunday

## Canoe Polo Report: Laura Kleinrahm

The cheeky Canberrans have been hard at work on the lake, busy indulging in the unsprayed sections of the blackberry offerings and hosting doggo play dates.

January was farewelled by the Australia Day Competition in Adelaide, where scorching heat, 6.30am Men's Squad Trainings, and the sense of yearning for the absent James Harmers' on-water hacking and off-water bagging of my beloved Radelaide was felt by all. Sami McAlister, Stacey & Carley



Nagambie Women's Division Winners – Stacey Goodwin (#5), Carley Goodwin (#2), Laura Kleinrahm (#3)

Goodwin (our 1/2 Canberrans) and myself competed in the two Australian Squad teams, with Capital Punishment featuring the usual old codgers of resident poster boy Deaksy, Marky Mark Snr, Michael 'can your parents pack us a snack' Lawrence-Taylor, 'Magic Mikey', and our goalie extraordinaire, Carley Bae.

January also featured some cheeky whitewater fun, with a turnout of 16 at a Childowla demonstrating the high level of interest from both whitewater paddlers and polo wannabe WW paddlers. Two BGCC paddlers, as well as ex-Canberrans Carley and Stacey, made the trek up to Sydney for a morning of scraping our heads on the bottom and putting Sue in. We then went down to the 'big smoke' to



Childowla WW Day

Parramatta to compete in the annual Parra Paddlefest, which featured demonstrations from polo, freestyle, slalom and sprint paddlers.



Parra Paddlefest – Carley, Stacey, Laura & Sue

The past weekend was spent in Nagambie, the renowned 'Horse Capital of Australia'. There was no 'horsing around' however, with Sami, Stacey, Carley and I participating in the final squad camp before the World's teams are announced at Nationals. Like in Adelaide, this event featured a Women's division (to provide practice for the squad teams). This allowed the ACT team of Sue 'the party kangaroo' Robb, new steal from WW, Dori de la Cruz, Toni 'on the water by half time' Harmer, Jess 'it's no stress' Harmer, Anna '3cm of duct tape is super steazy' Herring and interstate ring-ins of Megan Holmes and Zoe Carter (both SA) to remind the rest of the division how things are run in the capital, with a scorching bronze medal play-off seeing ACT just pipped at the post by the other squad team. Our squad 'Green Team' of Sami, Carley, Stacey and I held out well, finishing the weekend undefeated. The ACT Men joined forces with NSW to enter two teams, with much applause noted when the 'ACT' men beat a Victorian team.

Next month: The final month of prep before Nationals! With some stiff (or crackly shouldered??) competition in the Open and Women's divisions, we may just have to become helicopter parents and invest all our hopes and dreams into the Junior teams instead. Joining forces with some players from Alice Springs, our Juniors are looking super strong and sassy, and we can't wait to see how they perform in Adelaide.



Penrith Whitewater – Laura 'nose plugs are the future' Kleinrahm & Carley Goodwin

We also have some gnarly potential whitewater adventures lined up, as well as the Shoalhaven Mudcake Challenge, a competition catering to anyone who likes clean water and delicious choccie cake. You don't have to play polo to come along, so if you're keen, chuck the BGCC Canoe Polo or Shoalhaven Canoe & Kayak Club Facebook pages a suss (and maybe a cheeky like??).

Until next time,

*Lozzak*

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

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

Event	Dates	Venue
Mudcake Challenge	31 March–2 April 2018	Shoalhaven, NSW
2018 Canoe Polo National Championships	30 March–1 April 2018	West Lakes, SA

## Slalom and Whitewater Report: Kai Swoboda

Local rivers have been pretty low, with the only white water around at Childowla. Several BGCC members have paddled at Childowla in the last month, with Angus going a couple of times (see trip report below).

River canoe club are running another weekend at Childowla on the weekend of 17 & 18 March 2018. [Registrations](#) for the course close on 10 March. We'll have a few paddlers attending, but probably only on single days.

*Kai* ([kaikayak@outlook.com](mailto:kaikayak@outlook.com))

### Trip report: Angus Whitford

Childowla is the first section of the Murrumbidgee River below Burrinjuck Dam. It often sports a series of grade 1 or 2 rapids depending on how much irrigation water is released down the spillway. This was the case recently when sixteen thrill seekers, led by Kai Swoboda, spent an exciting Sunday morning (4Feb2018) running the rapids. We arrived at Childowla at 9:00am with an exotic selection of vessels ranging from strangely shaped plastic creek boats to sleek black carbon slaloms. The range of experience was no less diverse from beginner (me) to expert. After a safety briefing we were on the water at 9:30am and over the next three hours had a great time cavorting up and down a 4km stretch of the river.



Angus surfing at Childowla. Photo: David Fisher

BGCC has been doing a lot of whitewater trips lately, often in association with the Sydney-based River Canoe Club. I've been able to attend three trips, all at Childowla. Sometimes we camp on the bank at Nanangroe Reserve and make a weekend of it. Although it is mostly a down-hill ride, the thing about whitewater kayaking is that you get to use techniques that are good-to-know in most forms of canoeing, particularly edging, brace strokes and rolling. It also teaches you to read a river. I learnt how to roll last

year playing canoe polo coached by Louise Gates and Sue Robb, before that Kiaran Lomas taught me how to balance a K1 doing flat-water sprints. I've also spent a couple of weekends at Penrith



Post-trip refreshment. Photo Laura Kleinrahm

Whitewater Stadium getting roughed-up in grade 3 rapids but that was mostly to prepare for a rafting trip down Tasmania's Franklin River in January.

To put some structure into what would otherwise be just fun, I've decided to keep a logbook and work toward an award in the Australian Canoeing Award Scheme.

### *Angus Whitford*(15)

Helpful notes:

1. The International Scale of River Difficulty grades whitewater from 1 (small waves and riffles) to 6 (furious, unrunnable). Grade 2 has pressure waves, stoppers and eddies.
2. Childowla is a 2-hour drive (120 km) from the centre of Canberra via the Barton and Hume highways. You turn off the Hume Highway at Bookham, then onto Childowla Road, which is a narrow, winding dirt road through nice undulating grazing country. There is no mobile phone reception along the river corridor here but UHF radio (ch11) works well.
3. Much of the Childowla section of the Murrumbidgee runs through privately owned land but the river can be accessed at various points through Crown land. Our get-in point (Lat 34.947 Long 148.543) is 12 km downstream from the dam wall. You can park off the road and next to the river. Some 4 km downstream from there, just before Glendale farm, is a get-out point (Lat 34.916 Long 148.548), but you have to portage your canoe up a short but steep track to get to the road. An easier get-out is at Nanangroe Reserve (Lat 34.9016, Long 148.5247) a further 5 km downstream. It's a nice camping spot among trees next to the river but there are no facilities.
4. Glendale farm is where a NSW government river gauge automatically records height (m) and flow (ML/day). Around 4,000 ML/day produces a good grade 2 flow. Daily river reports can be found online at [http://realtimedata.water.nsw.gov.au/water.stm?ppbm=410068&rs&1&rslf\\_org](http://realtimedata.water.nsw.gov.au/water.stm?ppbm=410068&rs&1&rslf_org) .
5. A handbook explaining the Australian Canoeing Award Scheme can be found on the PaddleNSW website at <http://paddlensw.org.au/education/get-qualified>.



## SUP Report: Joanna Nelson

Greetings Paddlers,

The month of February has been busy for SUP events and morning training sessions for most of us preparing for upcoming distance events.

The SUP crew have recently completed the **Harbour Bridge to Manly Beach paddle** (25 Feb) an 11 km event. The paddle conditions were challenging on the day with an assisted southerly and notable swells when passing the heads.



Bridge to Manly Beach – Matt Scott, Trent Shaw, Joanna Nelson, Rohan Evans

The **Sydney SUP festival** (18 Feb) included a 6km Scotland Island Race and 10km Marathon events. Ross Bugg came 2nd in 6 km (14ft). Matt Scott, Trent Shaw and Rohan Evans competed in the 10km event in warm conditions.

Trent Shaw and Rohan Evans will compete at the Gold Coast this coming weekend for the **12 Towers distance marathon event** (3 Mar) and the following weekend including myself at the **SUPs Downunder event** (10 Mar).

We look forward to seeing everyone out on the water for the **Canberra Balloon Festival** (10–18 March).

We welcome back Andy (aka Ralph) to the club and our morning training sessions.

Reminder: Social Coffee Paddles depart the Molonglo Reach on Sundays from 8 am.

Cheers

*Joanna*



*Ross Bugg (Sydney SUP Festival)*

## Sprint

### Future Events

Event	Dates	Venue
2018 Senior Selection*	4–5 March 2018	SIRC, NSW
2018 Canoe Sprint National Championships	6–10 March 2018	SIRC, NSW

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

## March Shed Openings and Winter Time Trials: Patricia Ashton

Hi all

On the next page is a roster and timetable for shed openings for March.

These times don't include Gary's and Kiaran's training sessions which are available on the website under coaching.

These sessions are designed for our newer paddlers or those who may not be able to commit to a regular time. There will be some technique and fitness but that will depend on the session leader, some will be 'peer' lead paddles, just to get you on the water and give you encouragement and assistance.

Most of these times have been available for a while but we have added a Friday afternoon. Some of these sessions will be taken by a coach – Patricia, Helen or Russell – while the others will be taken by experienced paddlers. You can take advantage of the assistance given in technique and/or fitness training, or you can take out a boat yourself during these sessions.

Most sessions will be about an hour on the water but please check with the session leader what time they would like you back. If you are keen to go out for a bit longer paddle – i.e. 1.5 hr – please let us know. Sometimes this is possible, but it will depend on the instructor and the rest of the group.

If you are interested in racing please let us know – we love to do efforts and race skills!

Afternoon sessions will stop with the end of daylight savings so please take advantage of them.

### Winter Time Trials

Summer Series time trials will soon be coming to an end! What do members want to do for the Winter Series? Participation has been down the last couple of years. One suggestion is to have earlier starts? Or only have TT's once a month with a club paddle the other Sundays? Do we change to Saturday mornings? Maybe shorter laps?

Any ideas should be sent to Craig or Patricia, or have a chat about it after our Wednesday time trials.

### Sign-In Sheets

If you have your boat or SUP stored in the new extension, you should have noticed sign-in sheets on each set of doors. Guess what?! You are supposed to use them each time you use your boat! Why? When you signed the Boat Storage Application, you agreed to use your boat/SUP at least 25 times per year. If you don't let us know that you are using it regularly, you may lose your rack. While there are still about 12 spaces available, by next summer we'll be back to waiting lists. So, if you want to keep your storage rack, get out on the water and **SIGN IN!**

*Patricia*

### March shed openings

Friday, 2 <sup>nd</sup> march	5.30pm	Bob	0406376804
Sunday, 4 <sup>th</sup> march	9am & 10.30am	Patricia	0457053520
Tuesday, 6 <sup>th</sup> march	7am 5.45pm	Russell or David Patricia	0457053520
Friday, 9 <sup>th</sup> march	5.30	Anne	annercronin@gmail.com
Sunday, 11 <sup>th</sup> March	9am	Helen	0418861613
Tuesday, 13 <sup>th</sup> March	7am 5.45pm	Russell or David Patricia	0457053520
Friday, 16 <sup>th</sup> March	5.30pm	Anne	annercronin@gmail.com
Sunday, 18 <sup>th</sup> March	9am	Helen	0418861613
Tuesday, 20 <sup>th</sup> March	7am 5.45pm	Russell or David David	0439459069
Friday, 23 <sup>rd</sup> March	5.30pm	Bob	0406376804
Sunday, 25 <sup>th</sup> March	9am	Helen	0418861613
Tuesday, 27 <sup>th</sup> March	7am 5.45pm	Russell or David David	0439459069
Friday, 30 <sup>th</sup> March	5.30pm	Bob	0406376804 End of daylight savings & Good Friday

## Winter Holiday? Helen Tongway

Helen and David are in need of a land-crew over the Queen's Birthday weekend, Thursday 7<sup>th</sup> – Tuesday 12<sup>th</sup> (or Wednesday 13<sup>th</sup>, depending on how tired we all are) June, 2018.

What we actually need is someone to drive our car each day of the event: Saturday 9<sup>th</sup> – Monday 11<sup>th</sup> June.

We will pay for your accommodation and meal each day you are with us, so it is really your time and ability to drive a car (plus pack a very small bag of clothes!) that we are after. There will be room on our car for you to have your own boat along, if you feel like a bit of a paddle on a different part of the Murray River.

The event is the **Riverland Paddling Marathon**, from Berri to Morgan, South Australia; 206 km over three days of paddling.

Hoping to hear from you soon....

*Helen*



Mastaflow Plumbing & Electrical are the contractors BGCC has engaged to do all of the work in our change/locker rooms and to install the lights in our main shed. The Shed Sub Committee has found them to be excellent. We have no hesitation in recommending them to our Club members as reliable and reasonably priced plumbing and electrical contractors. If you use them, just say you are from BGCC and you will be looked after.



### Contact Information:

*Address:* 7A/59 Vicars Street, MITCHELL ACT 2911

*Email:* [info@mastaflow.com.au](mailto:info@mastaflow.com.au) *Website:* [www.mastaflow.com.au](http://www.mastaflow.com.au)

*Phone:* 0428 513 267

*Hours:* Monday to Friday 7:30-4:30 Note: 24 hour emergency call out

### About Us

- We are a team of **plumbers** and **electricians** in Canberra offering prompt and professional services to homes and businesses across the ACT. Backed by over 15 years of experience, we have given thousands of customers a speedy resolution on everything from dripping taps through to burst pipes.
- We complete every job safely, efficiently, and in accordance with government standards. It is this stringent attention-to-detail that has helped us emerge as the Canberra plumber and electrician of choice for countless commercial and residential customers.
- **Mastaflow** Plumbing Service has many years of experience in installing **solar hot water systems**, with over 3,000 systems installed between the team.
- **Mastaflow** has been **recognised** for their quality of installation and are the service agent in the ACT and surrounding areas for **Solar Ark Hot Water**.
- At **Mastaflow**, we have also received product training on a number of well-known brands and are the leading solar hot water specialist in the ACT and surrounding areas.

### Emergency Plumber

Our 24 hour plumber in Canberra offers a speedy response for a wide range of domestic and commercial plumbing issues, including:

For a prompt response on all your plumbing needs, phone **Mastaflow Plumbing Service** at any time, day or night.

### Our Electrical Service

Fully qualified residential electricians can help you with: all forms of electrical connections, hot water installation, electrical design and advice, renovations & fit outs, data cabling, switchboard replacement and general fault finding.

**Emergency appointments 24/7** are also available.

## For Sale

Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each     Shorts \$25 each





## 2017-18 BGCC Membership

**Changes:** There is an additional New Member Fee of \$50. New members receive a pro-rata reduction in the BGCC membership fee.

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*.

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### 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>

*Helen*