



BLAZING PADDLES

Newsletter of the
BURLEYGRIFFIN CANOE CLUB

Volume 35 Issue 8 May 2025

Your Committee:

President: Laura Kleinrahm

Vice President: Richard Fox

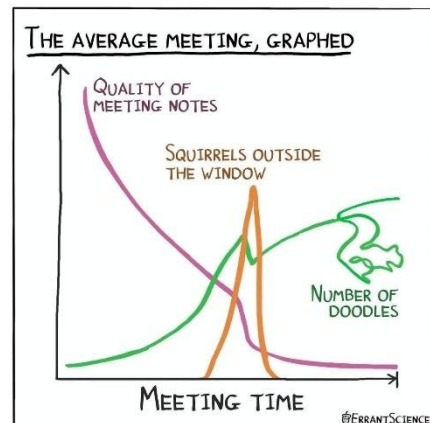
Secretary: Patricia Ashton

Treasurer: Neil Fargher

Boat Captain: Andy Osborne

Safety Officer: Tom Long

Ordinary Members: Shayanna Beck
& Colin Calderwood



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*The ACT Government assists this organisation through the
Sport & Recreation Grants Program*

Position	Person
Membership Secretary	Patricia Ashton
Public Officer	Bob Collins
Editor ('Blazing Paddles')	Helen Tongway
Coaches' rep	Margi Bohm
Webmaster	Geoff Collett
Vice-Boat Captain	Scott MacWilliam
Canoe Polo Convener	Adam Hofmeyer
Time Trials	Helen Tongway & Patricia Ashton
Marathon Convener	Colin Calderwood
Event Co-ordinator	Bob Collins
Sprint Convener	Marcelo Cabezas
Slalom – WW Convener	Colin Calderwood
Social Convener	Wendy Xiao

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Coming Events:

- 31 May, 2025 Harbour Series Race 1 Pittwater Sydney NSW
- 14 June, 2025 PNSW Marathon Series Race 6, SSPC, Woronora River, Sydney, NSW
- 28-29 June, 2025 Recreation Batemans Bay and Nelligen area Coastal paddling
- 28 June, 2025 Harbour Series Race 2 Spit to Zoo Sydney NSW
- 12 July, 2025 PNSW Marathon Series Race 7, CSPC, Swallow Rock, Sydney, NSW
- 20 July, 2025 Harbour Series Race 3 La Perouse Sydney NSW
- 3 August, 2025 PNSW Marathon Series Race 8, PVC Penrith Sydney NSW
- 16 August, 2025 Harbour Series Race 4 Central Coast NSW
- 31 August, 2025 PNSW Marathon series Race 9, MWKC Narrabeen Sydney NSW
- 8-9 November, 2025 Hawkesbury Canoe Classic Windsor to Mooney-Mooney NSW
- 17-21 November, 2025 Massive Murray Paddle Yarrowonga-Koondrook NSW/Vic
- 6-7 December, 2025 24Hour Relay Paddling Challenge Molonglo Reach BGCC ACT

President's Report

It's great to see how busy the lake is on Saturdays with Time Trials, Paddle for Pleasure and Canoe Polo training all still chugging away through the cooler mornings. Whilst climate change is obviously bad, the milder May temps have been rather pleasant for paddling purposes! There's been a few exciting events around the Club recently, including the Introduction to Whitewater course heading to the Lower Snowy for the weekend and Richard Fox running a Marathon Info Session last Saturday afternoon.

Further afield, the Club had some strong results at the Marathon and Canoe Polo Nationals. Well done to Margi, Matthew and Marcelo (MMM Marathoners??) for winning medals over in Perth and the ACT Men's Team for winning bronze at the Canoe Polo Nationals. The Club also had some amazing international results, with Adam Hofmeyer (Senior Men's) and Jess Harmer (U21 Women's) winning Australia's first international gold medal in polo since 2015, at the Oceania Canoe Polo Championships. James Harmer also coached the Championship-winning U21W side, in addition to bringing home gold with Michael Young in an uncontested O35 Men's category. Some awesome results all round for our paddling athletes!

A couple of reminders to be aware of:

- Membership renewals will be open from June 1, with all memberships expiring June 30. Those who haven't renewed by July 1 will no longer be able to participate in Club activities/use Club resources (e.g. boat storage and equipment).
- From June, all members (whether using Club or private boats) should be wearing PFDs. ACT Gov also requires those paddling solo to wear PFDs year-round. As the water gets colder, consider whether you require extra safety equipment like space blankets or to upgrade your thermals before paddling
- Those who dine/ drink at the Southern Cross Club, make sure to associate your member's card with the club ([you can do that here](#)). We then receive 7.5c for every dollar you spend, with a May offer of 15c per \$1!

- Lozza the Prez

- *Laura Kleinrahm*

Canoe Polo Report

Winners are Grinners!

Gold at the end of the rainy GC rainbow for some BGCC athletes.

Over two weekends in April, BGCC paddlers competed on the Gold Coast, in the Australia and Oceania Canoe Polo National Championships.

Right: ACT Canoe Polo Team



With a season-ending pinky injury taking down star-recruit James Deakin during our weekly local games, the Men's and O45 side were left reeling in the lead-up. Jess Harmer and Ethan James also had to resort to some last-minute Zumba efforts to prep them for playing in both U21s and their senior sides. Our plucky U18 team were the definition of bright-eyed and bushy-tailed, with player experience ranging from a few months to only 1.5 years. What these munchkins lacked in size and years, they made up for in sass and determination on the field. Added to the equation was a stack of New Zealand national teams competing in the Nationals, as well as a few sneaky ones in State teams and we had ourselves a brewing uphill battle to gain ACT supremacy.



*Left: Some people (e.g., Adam Hofmeyer) have a height advantage over others (e.g., James Harmer)!
Right: ACT Men's Team – Roland Mangos, Jason Downey, Ethan James, Adam Hofmeyer, James Harmer, Michael Young.*



Left: ACT Cheer Squad: Walt Daly, Emma Burr, David Burr, James Harmer, Cathy Gao, Jenny Reynolds.

Enjoying some welcoming 'Sunshine State' weather of rain, wind and mud, our blue and yellow polo bees struggled to climb the slippery ladder to Championship victory, although 3 of the 5 teams advanced into semi-finals. Our hopes of reigning supreme in the illustrious O45 division were dashed, with the last shreds of our dreams now sitting on the ACT Men to bring home something shiny. Ensuring consistency after finishing 1st, 1st and 3rd over the preceding three years, the gentlemen scraped in with their second bronze in a row, rescuing the last titbits of our ACT dignity. Special recognition definitely goes to some of our goalies (and coincidentally Captains), Caitie, Carley and Adam for their numerous blocks that saved our teams from sliding even further down the rabbit hole.

Right: ACT Juniors: Caitie Burr, Jenny Reynolds, Seth Burr, Jack Fitzpatrick, Bane Burr.



Canoe Polo National Championships - Final Results

U18 (Captain: Caitie Burr) - 4th

U21 (Captain: Jess Harmer)

Open Women (Captain: Carley Goodwin) - 5th

Open Men (Captain: Adam Hofmeyer) - 3rd

O45 (Captain: Roly Mangos) - 4th

Two days later, it was time to switch from blue and gold to green and gold, with 9 BGCC athletes named on Australian Teams for the dust-up against Tasman cousins, New Zealand. Combining the art of swapping Snapchat handles and on-field moves, the U18s got their first taste of international competition, getting lightly whopped but coming out the other side in relatively one piece. The entire 14-hour drive back home involved demands for more training, so it sounds they are out for vengeance on their Trans-Tasman pals. Our Senior Women Bs gave the higher sides some strong challenges, with our Senior Women A's performing a shellacking of NZ in the pool games. Unfortunately they weren't able to repeat this feat in the final, going down by one goal in a close game. Our O35 Men played the weekend against teams outside their category, experiencing some tough losses to the NZ Senior Men and AUS Senior Men A, but winning 2/3 games against the AUS Senior Men B side. With no Kiwi counterpart, these Nigel no-friends were able to take an uncontested gold home for their efforts.

Below: Senior Men's Team



Left: Laura Kleinrahm, Jen Stevens, Jess Harmer, James Harmer, Caitie Burr, Adam Hofmeyer, Emma Burr, David Burr, bane Burr, Carley Goodwin.

After finishing 7th at last year's World Championships, our U21 Women's side was back with their eye on the prize. With a win and a loss against the NZ U21W A, a surprise upset by the NZ U21W B team over the NZ U21W A's in the semi's saw the AUS U21 W granted with an exciting opportunity. They delivered, setting a comfortable three goal win over the Kiwis, including one by Grandbaby of the BGCC, Jess Harmer, and the first

U21 Women's victory since about 2013. In uncharted territory (given NZ has steam rolled Australia for the past decade), a buoyant crowd shifted their focus to the Senior Grand Finals. In the Senior Men's Final, the Aussies led the game by the thinnest margins, with two goals by NZ then putting Australia on the loser box. Things were looking dire, depression was setting in, when goalie and noodle-armed BGCC fave, Adam Hofmeyer decided to try a 'big yeet', equalising the game with a long shot. What a treat. This kept Australia in it, with the game going to golden goal. After one-period of overtime, the crowd's cortisol levels were sky-high, with neither team showing dominance over the other. Into the second overtime period and given some space (albeit it at the wrong end of the field), Adam decided to go for another long-shot. Significantly more accurate than his attempts at our local lake games, the ball went in, bringing home victory for the AUS Men's side, again, their first win since 2013. Also worth noting, 2/3 of the Australian's goals were scored by Adam (the goalie), showing you can do both, provided you can throw the entire length of the field. I expect



Carley and Caitie to dedicate their winter training regime to training this skill - and this skill alone.

As the event was an ICF competition, it also provided the opportunity for some off-water qualifications. Congratulations to Adam for earning his ICF Level C Referee qualification and David Burr and Laura Kleinrahm for earning their ICF Official badge.

So overall, some mixed results across the two weekends, but it was definitely sweetened by Jess and Adam's awesome results.

Left: WU21 Team, including Jess Harmer and Coach, James Harmer

Oceania Championships - Final Results 2

Team Manager, Emma Burr

U18W (Caitie Burr) - 3rd

U18M (Bane Burr) - 3rd (Manager, David Burr)

U21W (Jess Harmer) - 1st (Coach, James Harmer)

Senior Women - A (Carley Goodwin) - 2nd, B (Jen Stevens, Laura Kleinrahm) - 3rd

Senior Men - A (Adam Hofmeyer) - 1st

O35 Men (James Harmer, Michael Young) - 1st

Right: At the end of the day, Happy Paddlers: Laura Kleinrahm, Jen Stevens, Carley Goodwin.

Laura Kleinrahm

& Adam Hofmeyer



Marathon Racing Report

Volunteer Thank-you Dinner and a Very Special Medal Presentation.

Every year, BGCC hosts the PNSW State Marathon Championships – an event that many paddlers in NSW consider as “MUST ATTEND” because of our beautiful venue; Chef Maria’s delicious Friday night dinner; the friendly faces and helpful atmosphere that permeates Molonglo Reach for the whole weekend, even during clean up; seamless event management thanks to Bob Collins and Team; goodie bags and a great course for racing. Not to mention the amazing *States with Mates* t-shirt that is included in the entry fee. It takes many volunteers to pull off this event and in late March, the club hosted a dinner to say THANK YOU. We cannot thank enough, all of our club members who helped make *States with Mates 2025* a resounding success. It simply is not possible without you. *THANK-YOU*. FYI ... this year we had 123 participants in the event, 20 more than last time and by far the best attended PNSW event thus far this year. BGCC paddlers came out in force to support our defence of THE TONGWAY, the trophy for the most club points - and we won it again. *WOOHOO*. We also won the JOAN MORISON, the trophy for the most club points accrued by female paddlers. This is a true testament to the gender equity at BGCC. Well Done Ladies.



We took this occasion to also present a very special gold medal to one of our youngest and upcoming paddlers. Molly Halpin, 9 years old, won the U10 marathon race, not only by beating all her peers, but also showing her stern to several older paddlers in the junior events. Molly has since been a regular participant in the BGCC Time-trials on Saturday mornings. She continues to post PBs and challenge her poor Mom who has to keep up as part of our Junior Shepherding rule. Well Done, Molly. We are very proud of you and hope to see lots more of your paddling throughout the rest of the year and beyond.

Finally, a shout out to all BGCC’ers for April 2026. We will NOT be hosting the PNSW State Marathon Championships next year because we have been fingered for the 2026 PA National Marathon Championships. The last time we hosted Nationals, in 2015, John Preston and his team catapulted BGCC into the limelight with an excellent event that won the Paddle Australia Event of the Year award. ARGHHH. Tough act to follow but we have John’s ear for advice and a bevy of amazing volunteers so watch your emails for updates on what is needed and when. A BIG THANK-YOU in advance.

The Road to World Marathon Championships.

BGCC’ers regularly attend local and regional marathon races with a small group of diehards who travel to Nationals; some of whom compete for the honour of representing Australia at the World Championships; others to have fun and catch up with old mates. We regularly put Masters marathon paddlers onto the Australian National Team for the World Canoe Marathon Masters Championships, all of whom have won gold medals at the highest level. Last year, Matthew Gates was selected to represent Australia in the U23 MK1 and Open MK2 at the World Canoe Marathon Championships.

Right: Matthew Gates proudly wearing his Silver Medal in WA.



The road to Nationals 2025 was a bit rocky, with wisdom teeth going bad at inopportune times, melanoma rearing its ugly head, learning that the C1 that Marcelo was using didn't turn so well and the high cost of travelling to Perth to compete at Nationals in order to win a spot on the National Team. The wisdom tooth eventually came good and after a bit of searching, Nick came to the rescue, lending Marcelo his Nelo C1. The pressure to travel to Perth was reduced for our Masters as they can compete in Hungary without formal selection to a National Team. All we had to do was train hard and get faster!



Left: Margi Bohm on the Barwon River, Geelong

Marcelo has made amazing progress in this department. He is so much faster and handles the C1 so much better than a year ago, when he made the transition from sprint to marathon. The rest of the crew have also improved, with the exception of Coach Margi who is going backwards much faster than forwards these days – too many conflicting demands on her time. We travelled to Geelong to compete at PVIC State Championships. PVIC runs their championships differently to us with all K1s out on the water at the same time. This meant that Margi had to complete her race before Matthew needed feeding on his 3rd portage. PVIC start the OM K1s first going down the list to eventually getting to the little 'ole lady class, so pressure was on Margi to stay 1 lap ahead of Matthew. I paddled my backside off! But it was about 400 m too slow and Matthew had to do an extra lap before I was able to give him his new bottle. But it did mean a season's best for me and I won the little 'ole lady class. Matthew had a good race, learning a bit about hanging onto the Open Men wash as the outsider. He ended up racing for bronze, losing out just at the end. Marcelo performed really well, winning the MC1 event despite being filled up with water by the WK1 paddlers.

2025 Nationals were held in Perth in April. Margi, Matthew and Marcelo made the big journey across the Nullarbor (at 30,000 feet), together with support crew Ted and Louise, Matthew's Mom. Racing was tough. It was stinking hot with 90+ % relative humidity and hordes of WA mosquitos that swarmed and bit at all times of the day. The event management was tricky as it had to mould around a tourist ferry that seemed to keep the oddest hours. So, start times were flexible, which mucked a bit with race preparation and planning. Matthew raced a solid K1 but was outsmarted by a slower paddler who managed to control the race – lots learned here by Matthew and Margi! He ended up with silver, a spot on the National Team for U23 MK1; and some very important lessons learned. Marcelo struggled with the humidity during the short course and ended up in the Paramedic tent after the race. Margi didn't fare much better – ending up with an average boat speed of below 10 km/hr for the short course! Pretty slow.

Right: Marcelo Cabezas leading the pack

In the long course, Marcelo had an excellent start, making sure that he was ahead of the WK1s (who start with the MC1s) so that they would not interfere with his racing as they did at the Victorian State Championships. Marcelo was racing an old hand in C1 marathon racing and frequent representative on the National Team. Marcelo was almost a boat



length in front of him, when he decided to pass behind Marcelo, hitting Marcelo's stern (we heard the bang on the shore, but due to trees obstructing the view, couldn't see what had happened) and Marcelo went over. This paddler did not stop, nor did he own up to what is a disqualifiable offense in marathon racing. It took Marcelo about 10 minutes to get back into the boat and on his way. At the first portage, we tried to encourage Marcelo to keep paddling as I knew that we would have grounds for a query about non-selection but he pulled out at the end of the 2nd lap. The mixed double saw Margi and surrogate-Colin partner Hal



Curwin-Walker from VIC win, earning Margi a spot on the National Masters Team for Worlds.

← Margi Bohm with stand-in paddling partner, Hal Curwin-Walker

The race of the Championships was the MOK2 where Matthew and partner James Harrington from LCKR (NSW) took on the usual winners of this event, Josh Kippin and Casey Haynes (WA/VIC), pushing and challenging them all the way to final sprint. The NSW boat kept coming back at the WA/VIC boat and their

portaging was clearly superior. But the experience of Josh and Casey won out in the end and Matthew and James came home with silver - and a spot on the National Team.

C1	M Open	Short	3 rd	Marcelo Cabezas	21:24
K1	W 65+	Short	2 nd	Margi Bohm	21:39
K1	M U23	25.5 km	2 nd	Matthew Gates	2:05:43
K2	X 65+	8 km	1 st	Margi Bohm/Hal Curwin-Walker	41:44

As the cold weather descends on Canberra, Matthew, Craig, Laura and Margi will be out there training as hard as they can in preparation for the World Championships, held this year in the beautiful city of Győr, Hungary, during the first week of September. Joining them will be the rest of the TrainSmart crew – to keep them honest and also to keep BGCC colours flying high at the Winter Series races through the rest of the year. If you want to be part of this exciting group who paddle to stay fit and strong, to be the best they can be, and to race proudly in BGCC colours, you are more than welcome. Just give Margi an email.

- Margi Bohm

PNSW Marathon Series Race 5 Report:

On Saturday 17th May, a small group of seven BGCC paddlers gathered at Davistown to paddle on Brisbane Waters – to be astonished to have CALM weather!! Who could believe



it – warm, sunny, very slight breeze! Even if the thickly grassed ground was sodden.

Davistown (which is in the vicinity of Gosford) is about 370 km from Canberra and known as a tough, windy race-place, so not many BGCC'ers are enthused to

travel to it. But you don't know what you missed. However, you did miss the usual array of the wash from the two local ferries plus an assortment of thoughtless motor-boat drivers who sped through the race areas – causing quite a few capsizes if the race times of some of the paddlers are to be gone on.





After the boat-carrying valet service from the Brisbane Waters men, (off the car) and Jason and Andrew (for onto the water) Yvette and I were on the water in beautiful conditions. The organisers told us that the tide was incoming for the entire

race and the flow was noticeable (by us anyway), with the into-tide pace of about 7.2 kph, but the with-tide pace upped to mid-to-high 9's. The paddling became a bit easier for us as the water-level rose and we didn't feel we were dragging on the bottom. There was also plenty of floating sea-grass in some areas – no problem for us, but we saw quite a few having to stop and back up to try and rid their rudders of their entanglements. As usual there, this year's race-course was of 5 km loops – which become a bit boring after the thrills of the down-river races earlier in the season.



*Above: Andrew Webber (down from Armidale); Laura Lee finishing, with sea-grass over her boat's deck.
Top: Yvette Maconachie and Helen Tongway*

Davistown BGCC Results: <https://www.webscorer.com/race?raceid=390241>

Div 1:	2 nd	Matthew Gates	1:34:51	99
Div 2:	5 th	Jason Rantall	1:44:00	96
Div 3:	2 nd	Laura Lee	1:48:24	99
	7 th	Andrew Webber	1:56:15	94
Div 7:	6 th	Helen Tongway/Yvette Maconachie	2:25:29	95
Div 12:	4 th	Louise Gates	1:11:54	97

Brisbane Waters course video (2024?): <https://www.youtube.com/watch?v=m-gK1cQiwI0>



Next Series Race:
**14th June, SSCC
Woronora River –
enter now!**

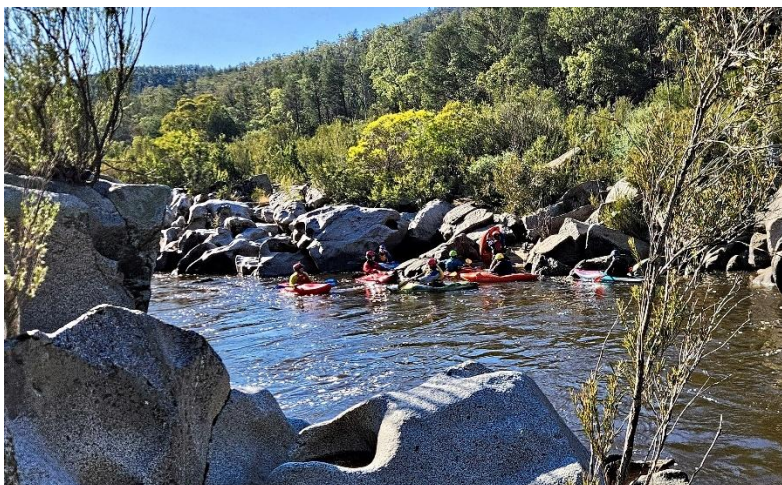
*Left: Matthew Gates with 2nd place certificate
Above: Louise Gates (note the family resemblance)
Right: Jason Rantall, having given the race his best*



- Helen Tongway

BGCC Whitewater Skills Development Program Update

Just as Canberra would be missing something without roundabouts, BGCC has been missing an active whitewater program over recent years. 2025 saw the successful reinvigoration of the BGCC whitewater section.



12 brave souls stepped forth to complete an introduction to whitewater paddling program from February to April and 8 paddlers then went on to participate in a whitewater paddle skills development program in May (based on the PA Whitewater Paddle Skills Course). Despite low water levels across the ACT and Southern NSW, the program was successfully conducted over a

number of Thursday evenings and involved a weekend paddle on the Murrumbidgee River at Childowla in early April and then culminated with a weekend of paddling on the Lower Snowy River (10/11 May). Participants all developed significantly, with a number learning to roll and all gaining the confidence to safely paddle Grade 2 whitewater. A fantastic start to the BGCC whitewater program for 2025. Well done to all participants and a big thanks to Dave Burr, Thomas Doyle, Dan Cowcher and Bane Burr for helping make this program so successful. A special thanks to Illaroo Scout Group, Karla Palecek and ANU MC for loaning whitewater kayaks and paddling gear to program participants.

Below: Clockwise from the left: Mic Doyle, Dave Burr, Mic Fitzpatrick, Jack Fitzpatrick, Bane Burr, Thomas Doyle, Rochelle Christian (out of view), Dan Cowcher, Kelly Doherty.



Below: (L to R) Dave Burr, Thomas Doyle, Bane Burr, Kelly Doherty, Mic Doyle, Rochelle Christian, Jack Fitzpatrick, Mic Fitzpatrick, Penny Godwin, Dan Cowcher.



Mark Grundy & Rochelle Christian completed a PA River Rescue level 2 Course earlier in May and Dave Burr & Thomas Doyle completed the PA Guide / Instructors Course in April. Well done team, as these efforts have started the journey to achieving sufficient qualified BGCC whitewater paddlers to allow a sustainable, active whitewater program.

There are still big things to come in 2025, with the opportunity for BGCC members to:

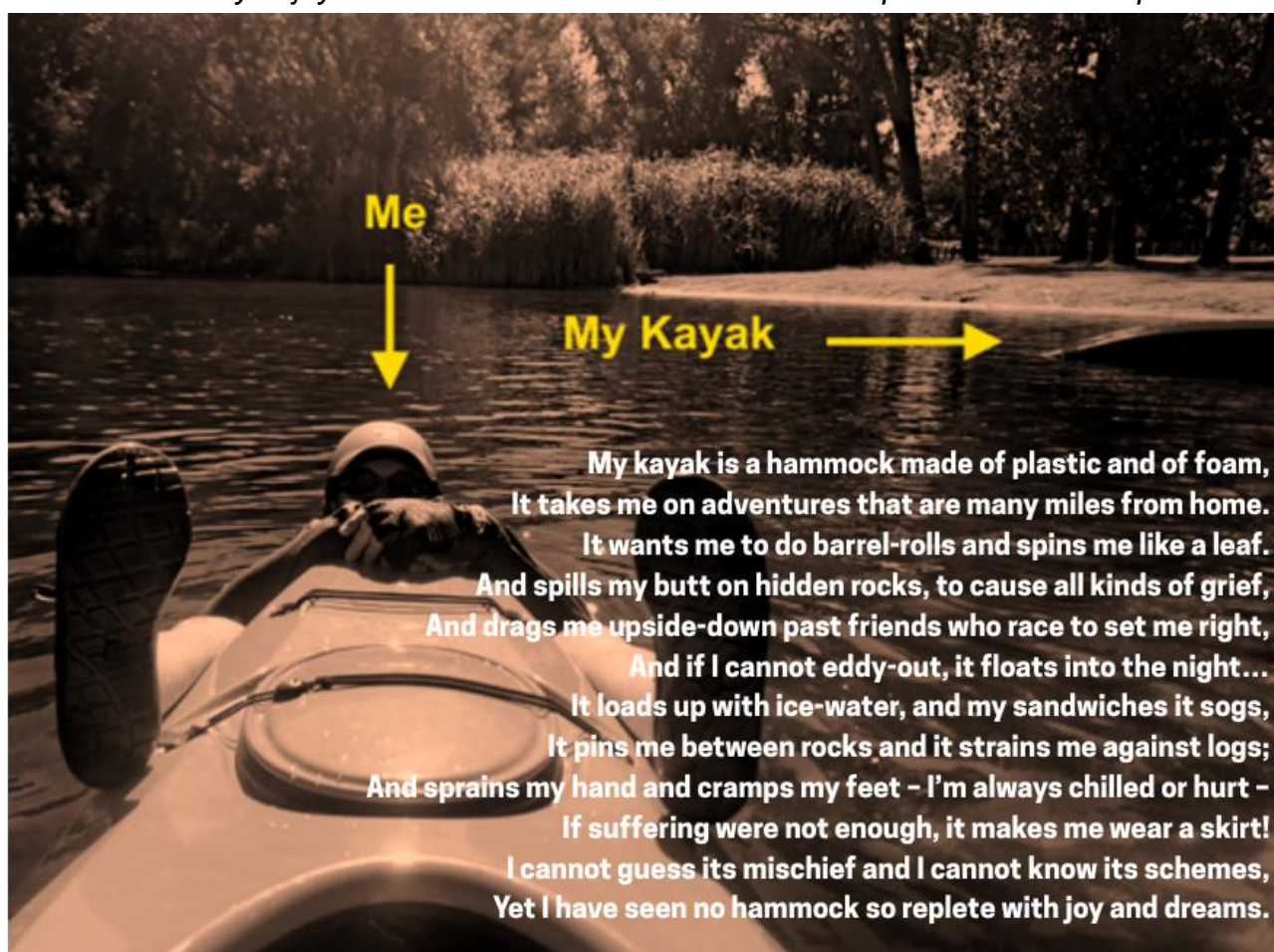
- Compete in the Canoes Plus “King of the River” Race in Victoria on 10 August (Catie and Bane Burr and Thomas Doyle will be seeking to defend their crowns).
- Compete in the Snowy River Extreme Race on 12 October (Catie and Bane Burr will be seeking to defend their junior title).
- Participate in a PA River Rescue level 2 Course on 27/28 September at Cotter.
- There are also a number of slalom, wildwater, extreme slalom and other whitewater events throughout the year (keep an eye out on the PA calendar).

For those seeking to get involved or to brush up their whitewater paddling skills, there will be BGCC whitewater paddles scheduled in the Spring and Summer (August, October, November and December) and then another introduction to whitewater paddling and whitewater paddle skills development program in early 2026. So, keep your eye out for scheduling details.

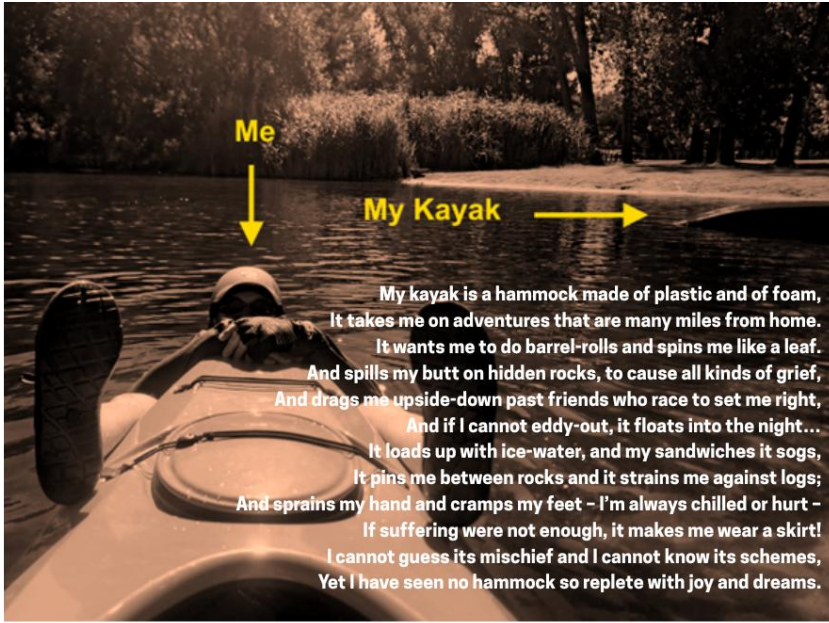
See you all on the river soon.

-Mic Doyle

And Mark Grundy enjoyed the course so much he has written a poem about his experiences:



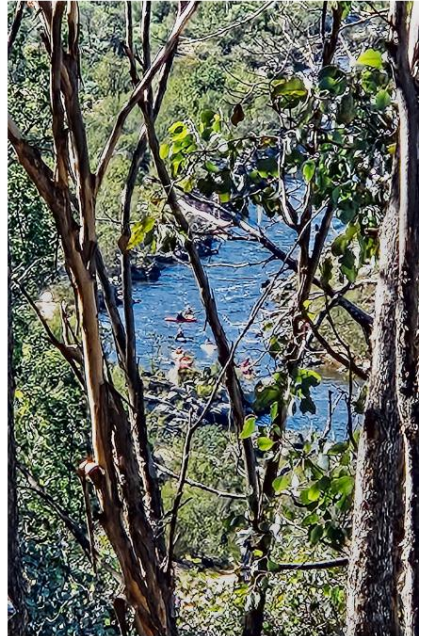
It is included in Mark's collage, but I thought it a bit too small a print for some of our older readers.



Me

My Kayak

My kayak is a hammock made of plastic and of foam,
 It takes me on adventures that are many miles from home.
 It wants me to do barrel-rolls and spins me like a leaf.
 And spills my butt on hidden rocks, to cause all kinds of grief,
 And drags me upside-down past friends who race to set me right,
 And if I cannot eddy-out, it floats into the night...
 It loads up with ice-water, and my sandwiches it sogs,
 It pins me between rocks and it strains me against logs;
 And sprains my hand and cramps my feet - I'm always chilled or hurt -
 If suffering were not enough, it makes me wear a skirt!
 I cannot guess its mischief and I cannot know its schemes,
 Yet I have seen no hammock so replete with joy and dreams.



Images: Ela Majocho, Penny Godwin,
 Cammo Phelpy, Mark Grundy
 Poem & Design: Mark Grundy



More photos from the trip to the Snowy River



Right: Penny Godwin (purple cag) and Bane Burr, with boats and all the necessary safety gear.



For a full set of photos from this trip, go to: <https://photos.app.goo.gl/tRX4LQVZRtUEoCaD8>

News Snippets

Marcelo Cabezas: PA Sprint news:

The PA Asia Pacific Cup was held in Japan (u16s, u18s, u21s)

Results here: <https://sites.google.com/view/asiapacificsprintcup2025/home>

And in International Sprint news:

ICF Sprint World Cup were on 16-18 May in Hungary. There was a paywall to watch it live

Lucy Imeson: is looking to organise a **recreational paddle** at the coast for the last weekend in June.

Andy Osborne: Boat Captain: Please report any damage to boats via the boat captain email. Something small can be fixed before it becomes big! Vigilance in looking over the boat whilst cleaning at the end of a session is a great time to spot small damage, loose bolts, bent rudder pins, frayed steering cables etc.

And I am trying to organise a bit more of an energetic paddle for any of the Sunday morning recreational paddlers. Open to anyone who wants to join in. It will involve some sort of short efforts or a longer effort if people are keen. We will always regroup at the end of any efforts. Reason, I don't get too many opportunities to train on the water and the Sunday morning session time suits me. I just wanted to turn that session for myself into more of a training session as opposed to a leisurely plod.



About ENHANCE Healthcare:



Enhance Healthcare was established by **Peter Garbutt** and **Celina Miller** in 2001, initially providing Massage and Chiropractic Services to the Gungahlin and Canberra community.

Over the past 15 years, our service offering has increased to include;

- - **Acupuncture;**
- - **Soft Tissue Therapy;**
- - **Chinese Herbal Medicine;**
- - **Chiropractic and Massage Therapy;**
- - **Physiotherapy**

Email: healthcare@enhance.com.au

Book online: <https://enhance.janeapp.com.au/login>

Mitchell: (02) 6241 6060
Denman: (02) 6287 1377

Our business is built with the customer at the forefront of everything we do. We have established a highly skilled and professional team, across multiple disciplines with the specific view of delivering the best possible client outcomes.

At Enhance Healthcare we listen to our clients, diagnose the problem properly and utilise the combined skills of the ENHANCE team to resolve whatever the problem may be. We then follow up to ensure our clients are happy with outcomes

Pete Garbutt is also a long-time member of the Burley Griffin Canoe Club

Denman Prospect Clinic Address

Shop 25, 3 Felstead Vista,
Denman Prospect ACT 2611

Mitchell Clinic Address:

Unit 10, Level 1 141 Flemington Rd
Mitchell, Canberra ACT, 2912

Opening Hours:

Monday	5 a.m. – 8pm	Tuesday	7 a.m. – 7 p.m.	Wednesday	7 a.m. – 8 p.m.
Thursday	7 a.m. – 7 p.m.	Friday	7 a.m. – 6 p.m.	Saturday	10 a.m. – 4 p.m.
Sunday	10 a.m. – 4 p.m. (Mitchell only)				

The 'Grey Army'

We understand that most of BGCC members are still working full-time and so cannot give their time during the day for work around the Club so, as you may be aware, BGCC has a group of 'retired old buggers' that, to the best of their old abilities, answer the call when the Club needs some work done around the place.

Recently we put out a call to increase our numbers, (mainly to help us stand when we find ourselves in a kneeling or seated position) and have been heartened to welcome some new members. These new members, unfortunately, do not include any females. However, we have welcomed the recently retired current BGCC Vice President, Richard Fox, as well as long-time member and assistant to Margi Bohm, Ted Hall, and 'I will volunteer for anything going', Terry Korodaj (pronounced "Koroday"). We now have 9 members.

So - lately we have been busy with a couple of projects:

- The main pontoon. Unfortunately, with the drop in the lake level, due to work on Scrivener Dam, that will, unfortunately, last for almost 2 years, we needed to move the pontoon to deeper water. It was considered that, with the onset of winter, it would be too dangerous to leave it in place.
- Portage pontoon. We are keeping an eye on the water level and its effect on this pontoon – we may need to move it.
- A new extension. Yep, we are expanding again. Due to the increase in the 'junk' that seems to reproduce itself constantly in the rear of the shed, the Committee has given approval to build a small shed to house the small, but necessary items that clutter up the rear area of our shed. The shed will be attached to the rear of our main shed. Last week we cleared the site and laid some gravel to form the base for the shed and the outdoor storage area for Canoe Polo equipment and our trailer.
- The entire rear of our shed. We are looking at approaching TCCS to have some soil delivered to top dress the area – there are currently holes that are quite deep. This will give us the flexibility to use this area for a range of purposes – the Grey Army are thinking of an outdoor bar and summer lounge area.

The next, very large project on the radar is the 2026 National Kayaking Championships that will be held at Easter 2026, to be hosted by BGCC. It is early days; however, the Championships Sub-Committee is already well into the planning phase and will be involving the Grey Army in a variety of tasks, so if anyone is interested in joining the Grey Army, now is the time. Ladies, where are you! We need some guidance and discipline.

-Bob Collins (self-elected coordinator of the Grey Army)

("Youth is the gift of nature, but age is a work of art." – Stanislaw Jerzy Lec)

Trophy Points Results from the NSW 'States with Mates' Marathon Championships

The Tongway		The Joan Morison	
Burley Griffin	4341	Burley Griffin	2392
Lane Cove	3531	Lane Cove	1096
Cronulla Sutherland	1581	Manly Warringah	495
Sutherland Shire	1379	Sutherland Shire	493
Brisbane Waters	1261	Yarrawonga/Mulwala	299
Manly Warringah	887	Cronulla Sutherland	298

Membership Fees

Membership fees are due by the end of June, however, you can rejoin from the 1st of June. Fees have been kept the same as last year:

Adult fees: Paddle Australia \$47, + PNSW \$47 + BGCC \$100 for a total of \$194 (+\$30 new member fee).

Juniors 10 – 18yrs: PA \$23.50 + PNSW \$20 + BGCC \$40 = 83.50 (+\$10 new member fee)

Juniors under 10yrs (at 1st July) PA \$23.50; PNSW \$0; BGCC \$40 (\$0 new member fee)

If you have boat storage or a shed key, these fees may be paid at the same time as membership renewal. They also remain the same at \$200pa for storage and \$80pa for a shed key.

You may pay these fees separately from your membership fees, however payments need to be finalised by 30 June. If you do require more time to pay, please contact either Laura Kleinrahm (President) or Patricia Ashton (Membership Secretary).

If you haven't already applied for a shed key or storage, please don't make payment until any application has been approved.

Family Memberships

Juniors, rejoining without an adult or a single junior with an adult will remain at \$40, however, our Family memberships, where more than one junior joins with an adult, or a family of 2 adults and one or more children join, the 3rd + will receive a 75% discount on BGCC fees as well as a 30% discount for all via PA & PNSW.

Subscriptions

Some members have chosen the direct debit option – if this is you, please make sure you are aware (emails will be sent out from 1st June). If you don't intend to rejoin – Please cancel your subscription. If you are rejoining and have storage and/or a shed key – these fees aren't included so you will be required to make separate payments.

We would love to see all our current members rejoin. There are so many reasons to be a club member. You can take part in any of the disciplines – flatwater, marathon or recreational, canoe polo or white water, there is a range of club boats available, coaching at various levels, support from like-minded people, shed facilities, sharing of information via *Blazing Paddles*, Info sessions or directly from other members.

AGM

The club AGM will be held in August. We will be requiring at least a new secretary and a new treasurer, although all positions will be vacated. Committee members may only hold a position for 2 years in succession – so please consider stepping up and lending a hand. The positions generally aren't too onerous and we're looking for ways to minimise the duties and number of emails.

Recreational Paddles

We'd like to organise some away recreational paddles. These would be suitable for most members, however paddlers would need to be able to paddle around 25 km – at a reasonably leisurely pace with a stop for morning tea and lunch. This would mean about a 5-hour paddle. While we can offer 2 Mirage doubles, it would be preferable for paddlers to work towards being able to do this comfortably themselves. How? Join our Thursday 7 a.m., Saturday 11:30 a.m. and/or Sunday 9 a.m. paddles regularly and throw in some Time

Trials to build up your paddling fitness. There are other times available if you're an early morning person, or possibly some afternoons.

Accommodation should be arranged by individuals, however there may be the opportunity to share a house or cabin. Please let Patricia know if you're interested in coming along and we'll keep you informed.

Participants should also be able to transport their own or club boat – the club trailer may be available to carry boats, but it depends who is coming. Car-pooling may also be an option. Trips are all weather dependent.

28th & 29th June Batemans Bay and Nelligen area: the aim to do some scenic river paddling and if there is interest from people, an optional coastal / surf session (weather allowing). Perhaps paddling from the Bay towards Nelligen and then onto the Buckenderra River. There are various options available.

1st & 2nd November Kangaroo Valley - camping opportunity. More details closer to the date.

Contact Patricia if you require further information on Memberships or Recreational Paddles.

-Patricia Ashton

BGCC Winter Time Trials Results:

Results: 26/4/2025: 3.7 km: 1 lap: Yuvani Chhetri/Yuvna Chhetri TK2 32:04; Nick Hocking V1OC 32:12; Jon Bell OC1 32:14; Molly Halpin JTK1 34:01; **2 laps:** Dom Hides K1 41:40; Patricia Ashton/Bob Collins LR2 41:44; Andy Osborne OS1 43:40; Leonardo Maltoni K1 46:13; Ali Thwaites K1 50:01; Helen Tongway/Yvette Maconachie LR2 51:14.

Results: 3/5/2025: 1 lap: Jon Bell OC1 32:38; Nick Hocking VAA 32:40; Molly Halpin JTK1 32:52(PB); Yuvna Chhetri TC1 37:05; **2 laps:** Matthew Gates K1 33:34; Craig Elliott K1 33:38; Jason Rantall K1 36:20; Laura Lee K1 38:16; Dom Hides K1 41:34 (PB); Andy Osborne OS1 44:12; Margi Bohm K1 44:14; Ali Thwaites K1 48:28; Sylvie Fromont TK1 48:29; Helen Tongway/Yvette Maconachie LR2 53:00

Results:10/5/2025:1 lap: Robert Bruce OS1 25:34; Dave Kernick OS1 25:37; Yuvna Chhetri K1 30:26; Molly Halpin JTK1 31:05; Nick Hocking VAA 31:06; **2 laps:** Matthew Gates K1 32:42; Craig Elliott K1 34:19; Jason Rantall K1 35:01; Mark Halpin K1 36:58; Laura Lee K1 38:16; Marcelo Cabezas C1 40:06; Louise Yabsley/Bob Collins LR2 42:21; Ben Edwards OS1 43:39; Ted Hall SS1 44:04; Sylvie Fromont TK1 47:33; Ali Thwaites K1 48:07; Helen Tongway/Yvette Maconachie LR2 51:46; Jeremy Cook LR1 51:50.

Results: 17/5/2025: 1 lap: Dave Kernick OS1 24:16(PB); Neil Fargher LR1 27:21; Yuvna Chhetri K1 30:45; Nick Hocking VAA 33:54; **2 laps:** Marcelo Cabezas C1 39:29(PB); Matilda Stevenson K1 39:32; Margi Bohm K1 41:45(PB); Dylan Spiby K1 42:56; Louise Yabsley/Bob Collins LR2 43:02; Andy Osborne K1 44:45; Ted Hall SS1 46:10; Jeremy Cook LR1 43:02(PB); Ali Thwaites K1 48:15; Sylvie Fromont TK1 49:33

Time Trials: 10 a.m. start each Saturday. Paddle against your own best time – not some other speedy paddler in a faster/fancier boat! All grades of paddlers welcomed /encouraged!

Market Place: Boats for Sale

For Sale: Epic V10 gen III and boat and cover + paddle + stands. **Reduced: \$2,000.**



All in excellent - almost new - condition. Great balance between stability and speed
If you are interested, contact Wayne on 0407 269 415 or waynejone@gmail.com

Free to a new home: a Zane Douglas (Competition Kayaks, Cobram) K1, approximately 30 years old. In very good condition – just dusty! It would suit a lighter-weight paddler.
Contact Marina at: marina_and_surend@hotmail.com

For Sale: FENN Surfski.
Primary Stability: 1-2,
Secondary Stability: 2.5
Kayak for intermediate to advanced. Possibly up there with the Epic V10.
Condition: Average to good.
Price: \$1200.

Phone Steve: 0434 264 016



For Sale:

Kermit (Weapon) K1

Primary Stability: 1

Secondary Stability: 1

This Kayak more for the advance paddler very tippy and quick.

Condition: a little worn, but reasonable okay

Price: \$100 Phone Steve: 0434 264 016



For Sale: Mango Racing Kayak K1

Primary Stability: 1.5

Secondary Stability: 1.5

Kayak for the intermediate to advance, good speed. Kayak based on the Vanquish model.

Condition: Average to good. Carbon Fibre

Price: \$300

Phone Steve: 0434 264 016

email:

smesaric2@hotmail.com.au



Free to (almost any) home: Last year Hugh bought an inflatable kayak (Razor R1 Ultra) and equipment (pump, paddle, lifejacket). He has gone out on the water a few times since then and everything worked fine, however it's not his sort of hobby.

“Would any of your club members like to take it off my hands? I'm happy to give it away for free, provided you can pick it up from my unit in Kingston.”

Email: huw.cannon@gmail.com or test message: 0447806156.

(Is it the wintery weather??)

Also to be given away:

Ex-club member, Justin Channels, has an old-style K1 to give to an interested paddler Reasonably stable? K1. Has been used by paddlers 75 - 95kg, weighs 11.5kg



Contact Justin: 0401 742 85





Sat Race 1, Wagga Bidgee Bash

1 Feb [2025 Marathon #1 Wagga Bidgee Bash](#) | [Event registration](#) | [Webscorer](#)

Sat Race 2, Frank Harrison - Singles - Albury

15 Feb [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

Sun Race 3, Frank Harrison - Doubles - Albury

16 Feb [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

Sun Race 4, Lane Cove

30 Mar [2025 Marathon #4 - Lane Cove](#) | [Event registration](#) | [Webscorer](#)

Sat Race 5, Davistown

17 May [2025 Marathon #5 - Davistown](#) | [Event registration](#) | [Webscorer](#)

Sat Race 6, Woronora

14 Jun [2025 Marathon #6 - Woronora](#) | [Event registration](#) | [Webscorer](#)

Sat Race 7, Swallow Rock

12 Jul [2025 Marathon #7 - Swallow Rock](#) | [Event registration](#) | [Webscorer](#)

Sun Race 8, Penrith

3 Aug [2025 Marathon #8 - Penrith](#) | [Event registration](#) | [Webscorer](#)

Sun Race 9, Narrabeen

31 Aug [2025 Marathon #9 - Narrabeen](#) | [Event registration](#) | [Webscorer](#)

Sat Race 10, Windsor & Finale

4 Oct [2025 Marathon #10 - Windsor](#) | [Event registration](#) | [Webscorer](#)

Updated: 21/11/24dl



<https://nsw.paddle.org.au/upcoming-events>



[PaddleNSW - Marathon](#)



marathon@paddlensw.org.au



Race entry: <https://www.webscorer.com/register?raceid=368069>

2025 Hawkesbury Canoe Classic: 8th – 9th November. Moonlight!!



8th / 9th November 2025

Great tides / Great moon

No excuses !!

And new in 2025: you too can create a new record for the 65 km Windsor to Wisemans Dash!

(Records have not been kept for this shorter course in prior years.)

Kent Heazlett

Event Coordinator / Race Control

On behalf of the Hawkesbury Canoe Classic Association Inc.

M : 0418863950

E : info@canoeclassic.asn.au

12th April – final summer TT's. Presentations to:

Patricia Ashton for 3x K1 and 4x LR1 = 7x TT's

Yuvna Chhetri for 1x K1, 2x JOS1 & 3x TC1 = 6 TT's

John Lockie for being the Most Helpful

Not present: Andy Osborne who also completed 7x TT's over the summer season

An event for all paddlers – The annual BGCC 24 Hour Canoe Paddling Relay Challenge

Get ready. Get a Relay Team together. Organise your sequence of paddlers. Plan your food and drinks. Check your boat-lighting system. Prefer to go solo – go for it! You can take a break any time.

Draft Minutes of May Committee Meeting

Minutes of BGCC Meeting: 13th May, 2025. 6:30 p.m. at the Club Shed

Attendees: Neil Fargher, Andy Osborne, Adam Hofmeyer, Helen Tongway, Laura Kleinrahm, Wendy Xaio, Colin Calderwood, Patricia Ashton

Apologies: Richard Fox

Minutes of Last Meeting:

Proposal: that the Minutes of the March 2025 meeting be approved

Proposed: Andy Seconded: Neil Passed

President's Report: We've had a busy 2 months: white water trip; 2 Nationals and Oceana, with medals; and good turn outs for Time Trials, Canoe Polo and Paddle for Pleasure.

Financial Report: see attached report.

Proposal: to invest \$55,000 into a Term Deposit now that our \$40k has matured.

Proposed: Neil Seconded: Patricia All agreed Passed

Safety Officer: no report

Boat Captain: Fleet management review due

Correspondence In:

Out: various approvals for extension

Items from Previous Meeting:

- **Child Safe Standards Scheme:** National Child Safe Program – ask Shay to look at it from a BGCC perspective
- **Succession Planning:** we will need to seriously start looking for a Treasurer and Secretary. Patricia will advertise – but need to approach individuals
- **Paddle Australia - The online training Club President Governance**
 - The need for Integrity matters to be heard outside the committee and possibly even outside the club.

Shed Manager – the committee agreed we should have a Shed Manager (not a committee position) to oversee storage & supplies etc. Laura to put together a 'duty statement'

PA Club Survey – online meeting to discuss what PA can assist with - Naazmi Johnston – BGCC participated as one of 7? Clubs with a range of members/activities. Seemed many clubs have very similar issues. Results should be available at the next Exec Forum.

- **BGCC Survey** – The survey is ready to be distributed to the committee to make sure we are happy with content etc. should go live in the next few weeks.
- **Tree** – overhanging tree in the Canoe Polo area, can it get 'trimmed'? need to contact Bonnie
- **Pontoons** – the portage pontoon is only loosely screwed in – is this on purpose so it moves with the river, or do we need longer screws which will 'bite'? was this done?
 - Canoe Polo pontoon – now that it is being used more the ramp will require some work to make it safer – is also quite steep.
 - Main Pontoon – one suggestion is to use half the portage pontoon (there are 2 joined together) to use as a 'bridge' between the shore and the main pontoon as it doesn't need as deep water. Or to dig out the river bed to make for a deeper area for the pontoon to sit. This is a long term issue, so we should look at various solutions.

Convener Reports

Canoe Polo: see BP's for Oceana details, but Adam scored the winning goal, giving Australia the win over NZ for the 1st time. Training at the pool 7:30 p.m. Fridays.

Marathon: Info session on the 10th was well attended with 3 new potential Marathon/ultra Marathon paddlers attending as well as several members offering encouragement and advice. Thanks Richard for organizing. There may be a nutrition session to come. Davistown on the 17th May. Congratulations to Matt & Margi on being selected to the Australian Team for Worlds in Hungary.

Sprint:

Slalom:

White Water: Weekend trip 10th & 11th have kept about 8 of the 12 in first intro – see BP's

Recreation: will advertise some up-coming recreational paddles – The Clyde & Kangaroo Valley

Coaching:

Membership: 225 Adults & 20 juniors. I have a Membership Secretary apprentice – Sharon Crowley. Her background is in admin and has helped out with Taste of Paddling and State Marathon Championships.

Time Trials: Over winter: 10 a.m. Saturdays, being well attended by a range of paddlers.

New Business

- **Quarterly Exec Forum PNSW** – online May 12th
- **Paddle Australia:** Their new Strategic Plan – Paddle Forward 32 focuses on building a paddling community – making paddling a ‘lifestyle’ as well as the high end paddlers. We’ll see how that relates to us in ‘club land’
- **Winter Solstice** – Saturday 21 June, 12.30 – potluck lunch. Wendy to organise, details to come.
- **National Volunteering Week** – Laura wanted something for BGCC club socials – recognising all our members who help out & PNSW were also asking for clubs to volunteer those who don’t usually get recognised, but who are essential. Patricia to write up something for our recognised volunteer.
- **Timeline for extension build** - Bob has applied to TCCS for a permit but has not heard back. Once we get the go ahead it is just a matter of arranging for Shane to coordinate the build. with Shane overseeing, we can arrange for the materials and plan how we proceed with volunteers.

Other Business: Business via Email

Meeting Closed: 7:40 p.m.

Next Meeting: 10th June 6:30 p.m.

Treasurer’s Report for Meeting May 13, 2025

Cash at the end of April was \$ 117,496 including the fixed investment, compared to \$102,488 at the end of April last year.

Net profit year to date to the end of April is \$ 763 with a few expenses to come. We budgeted a loss year to date of approximately \$7,000 until membership fees come in at year end; so we are doing better than budget. Income is \$64,123 compared to budget of \$56,500. Expenses are \$63,381 compared to budget \$63,405.

We recently received the host fee of \$3,102 and the meal pre-payments of \$1,080 from Paddle NSW.

Monthly management reports for March and April provided.

Fixed Term Investment Renewal

Our fixed term investment came due. We received interest of \$ 1,780.

We need to decide on the next fixed term investment. We initially invested \$ 40,000 but we could have invested more because we did not proceed with the building extension being discussed at the time. I suggest an investment of \$55,000 for 12 months. This allows for reasonable operational costs and \$15,000 for a shed addition. . (Next committee might also consider an investment of an additional amount for a 6-month period after membership fees are received.)

For information: CommBank is 3.85% (with a possible special of 4.2% for 10 months). Macquarie Bank 3.8%. Cannot reinvest on-line due to double signatory requirement.

A list of recent payments is on the following page.

Any other invoices or reimbursements for payment?

-Neil Fargher 6/5/2025

A poem by *Charles Osgood*, about responsibility.

There was a most important job that needed to be done,
And no reason NOT to do it, there was absolutely none.
But in vital matters such as this, the thing you have to ask,
is WHO exactly will it be who'll carry out this task.
ANYBODY could have told you, that EVERYBODY knew,
that this was something SOMEBODY, would surely have to do.
NOBODY was unwilling, ANYBODY had the ability,
but NOBODY thought he was supposed, to be the one.
It seemed to be a job that ANYBODY could have done,
If ANYBODY thought he was supposed to be the one.
But since EVERYBODY recognised that ANYBODY could,
EVERYBODY took for granted, that SOMEBODY would.
But NOBODY told ANYBODY, that we are aware of,
That he would be in charge, of seeing it was taken care of.
And NOBODY took it on himself to follow through and DO,
What EVERYBODY thought, that SOMEBODY would do.
When what EVERYBODY needs so, did not get done at all,
EVERYBODY was complaining that SOMEBODY dropped the ball.
ANYBODY then could see it was an awful crying shame,
And EVERYBODY looked around for SOMEBODY to blame.
SOMEBODY should have done the job and EVERYBODY would have,
But in the end NOBODY did, what ANYBODY could have.

LBG depth going down...



Australian Government
National Capital Authority



As previously discussed in various forums, the NCA will need to lower the water levels to enable critical works at the Dam – (the **Dissipator Strengthening Project for Scrivener Dam**. The project involves installation of 700 new anchors into the foundation rock beneath the dam and construction of a 500mm thick reinforced concrete slab to strengthen the downstream structure of the dam.) On Wednesday 2 April 2025, NCA commenced the initial drawdown of the level of the lake for the major project at Scrivener Dam. The lake level will be lowered by up to 250mm below normal lake level.

While we anticipate that the impact to use of the lake will be minimal, please ensure that you navigate the lake safely and report any hazards to the NCA. Pending weather, NCA will then undertake a further drawdown of the lake level in mid-May 2025 to a maximum of 500mm below normal lake level.

The lake level will remain at the lower level for the duration of the construction program for the project. At this stage, the program for construction is 2 years with completion in mid-late 2027. We will keep lake users update as the project progresses.

Should you require any further information please feel free to contact NCA at LUG@nca.gov.au

David Wright | Director, Lake and Dam **National Capital Authority** (02) 6271 2888



A reminder to all Lake Users to please report any near misses, incidents or hazards via the WHS Monitor on the NCA's website. Please use the following link to report incidents of near misses - <https://www.nca.gov.au/node/20364>

To check Lake Burley Griffin water quality:

<https://www.nca.gov.au/environment/lake-burley-griffin/water-quality#>

Other Waters:

<https://www.cityservices.act.gov.au/news/news-and-events-items/water-quality-in-our-lakes-and-ponds>

2025 BGCC Membership Survey - Now Open!

The BGCC Committee has released a survey for all members to participate in. Aimed at providing a snapshot of our membership base and their wants/ needs, the survey will be open for **two weeks only**, closing on 3/6. The survey should take around 10 minutes to complete, and the more responses we receive, the more accurate the results, so make sure to have your say!

You can fill in the survey here: <https://forms.gle/BgrzrRqUEPF436LeA>

Thanks, BGCC Committee.

Club Coaching and Escorted Paddling

- **Saturdays 10:00 a.m.:** Club Time Trials. 1 or 2 laps; 3.7 laps. You can use these to increase your paddling fitness, or you can take out a boat and go for a paddle yourself. Shed is open from about 8:30 till 11:00 a.m.
- **Thursdays 7:00 a.m.:** David Gordon and Russell Murphy's session, for Novice and Recreational Paddlers. 1 hour; some interval training and technique instruction.
- **Lunchtime Thursday:** Masters' training with Margi Böhm. Capitalise on the ability to train at lunch time in the Nation's Capital!
- **Saturdays 11:30 a.m. – 1:00 p.m.** over winter, Paddle for Pleasure with John Lockie and Helen Tongway.
- **Sundays 09:00:** Lake Paddle. 6 km – 10 km paddle, usually out on LBG
- Train with Gary Rake – **06:00 a.m. Thursday** (& some people 06:00 a.m. Tuesdays); **06:30 a.m. Saturdays**
- **TrainSmart** – for the more serious paddler who wants to be the best they can be. This group **trains most mornings** under the guidance of Margi. If you want to know more about TrainSmart, contact Margi on margi.bohm@gmail.com.

Recreational Paddling

The Eurobodalla Kayakers organise fortnightly kayak touring trips along different waterways between Narooma and Bateman's Bay. It's a great way to enjoy nature and explore coastal waterways with experienced paddlers. There is no fee to participate and trip maps for each trip are available from the website: www.eurobodallakayakers.com or you can just turn up at the meeting spot and simply follow the leader. The trips average 12 km in length, suit stable craft such as sea kayaks; and there's a 30 min stop for BYO morning tea. Most trips are round-trip paddles and have been well-planned to favourably factor in tidal movement. Send an e-mail to eurobodallakayakers@gmail.com to request being added to their mailing list to get detailed information about each upcoming paddle. You need to be able to comfortably paddle 12 km, have the usual safety equipment and be reasonably self-sufficient on the water.

Thank you to all contributors to this edition of *Blazing Paddles*. If you have contributions for the next edition, please get in touch as soon as your event happens or as soon as you know some dates to advertise an event. htongway@iinet.net.au