



Newsletter of the

BURLEY GRIFFIN CANOE CLUB

Volume 29 Issue 3, December 2018

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Vice President: Patricia Ashton

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- Congratulations to Helen Tongway and Bob Collins on completing the Massive Murray Paddle, placing 6th overall on handicap over the 404-kilometre course. Read Helen's report in the Marathon Convenor's report on pp 17-18.
- Farewell to Kiaran Lomas
- Reports from Cotter slalom, PNSW Sprint Series regatta, Tuross recreational paddle and Club coaching, plus SUP, Canoe Polo and Marathon



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



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Coming Events:

Dates	Event	Location
Saturday and Sunday, 1–2 December	24-Hour Paddling Challenge (BGCC)	Molonglo Reach
Wednesday, 5 December	Wetspot Summer Series time trial	Molonglo Reach
Sunday, 9 December	Lake Burley Griffin clean-up	Club shed
Wednesday, 12 December	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 19 December	SUP time trial	Molonglo Reach
Wednesday, 16 January	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 23 January	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 30 January	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 6 February	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 13 February	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 20 February	Wetspot Summer Series time trial	Molonglo Reach
Saturday and Sunday, 23–24 February	Frank Harrison races 26 km or 16 km, singles on Saturday, doubles on Sunday	Albury
Wednesday, 6 February	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 13 February	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 20 February	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 27 February	Wetspot Summer Series time trial	Molonglo Reach
Saturday, 2 March	PNSW Marathon series Round 1	Canberra, including singles State Marathon Championships
Wednesday, 6 March	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 13 March	Wetspot Summer Series time trial	Molonglo Reach
Wednesday, 20 March	Wetspot Summer Series time trial	Molonglo Reach
Saturday, 23 March	PNSW Marathon series Round 2	Woronora
Wednesday, 27 March	Wetspot Summer Series time trial	Molonglo Reach
Sunday, 31 March	PNSW Marathon series Round 3	Tacoma
Wednesday, 3 April	Wetspot Summer Series time trial	Molonglo Reach
Sunday, 14 April	PNSW Marathon series Round 4	Lane Cove, including Doubles State Marathon Championships

Sunday, 27 April	PNSW Marathon series bonus round	Batemans Bay Paddle Challenge
Saturday, 4 May	PNSW Marathon series Round 5	Mylestrom
Saturday, 1 June	PNSW Marathon series Round 6	Burrill Lake
Saturday, 23 June	PNSW Marathon series Round 7	Penrith
Saturday, 14 July	PNSW Marathon series Round 8	Davistown
Saturday, 3 August	PNSW Marathon series Round 9	Windsor (portage round)
Saturday, 24 August	PNSW Marathon series Round 10	Teralba (plus presentation dinner)

President's Report: Russell Murphy

Lots and lots of news this month.

Firstly let's talk about events. The Canoe Polo Invitational was a smashing success, and goes to show what great events we can put on, whether it's polo, flatwater or whitewater. The weather was amazing and there were some great performances on the water.

Secondly there was the Massive Murray Paddle. A small contingent of BGCC paddlers went down to this most challenging event. You can read all about their adventures later in this issue.

Coming up (this weekend), is the 24-hour. This is a good fun and very social event. It will be low key again this year. If you are pondering doing a longer marathon, the 24-hour is a good place to start. You get to stay in the one place, do as long (or as short) as you can handle, and it's not far to bed. Join a social team and get the experience, especially of paddling at night. It's marvellous.

We should also talk about infrastructure. After several frustrating weeks the water is now back on to the shed. It was certainly inconvenient, but thanks to the efforts of several members the impact was minimised.

In other news, the shed is almost complete. Now that the water is back on, the men's and women's showers are available for use. Check out the extremely appropriate shower curtains.

The next thing we should talk about is equipment. After several lean years as we saved for the shed, we are now back to spending on boats and other infrastructure. At the November committee meeting it was decided to purchase lifejackets and paddles to replace some of the aging ones. And boats. In 2017, a subcommittee was established to develop a fleet renewal plan, to over time replace all of the club boats. You can find the plan on our website here:

http://bgcc.org.au/images/committeedocuments/BGCC_Fleet_Report_renewal_May2017.pdf.

That plan has been put into action with three new boats being purchased:

- 2 Vadja K1s
- 1 Nelo K2

These boats are designed as transition boats, to encourage members to move from more stable boats upwards along the racing spectrum. Some of the existing club K2s are more than 30 years old.

We will be looking to make regular boat purchases as funds allow.

See you on the water,

Russell

Farewell to Kiaran Lomas: Patricia Ashton

Kiaran has been transferred to Nowra and will be leaving mid December. He has been an active club member for many years, being on the committee, Club President for two years and a coach. As a coach, he has nurtured many juniors, taking them to K1s and K2s, racing at time trials and for some, marathon series races and sprints. He has also coached many of our adult paddlers, often stretching them, taking them out of their comfort zones and introducing them to the higher end boats, from TKs to K1s. He can often be seen SUPing up and down the river, escorting paddlers, evaluating technique, encouraging and rescuing.

He will be missed as a coach and a mentor and will leave a hole in our club training schedule. He will, however, be coming through Canberra on a monthly basis to help out with the juniors.


We plan on having a farewell BBQ after the time trials on Wednesday, 12 December. If you would like to come along, could you reply to Patricia so we have some idea of numbers for catering purposes.

Patricia



Clean up LBG Day: Jacque Gutterson

Hosted by BGCC at Molonglo Reach. Our club has been approached to help clean up the river and the lake foreshore between Kingston and the river mouth. Confirmation from the NCA is still pending but we would like you to tentatively save some time on the morning of 9 December to help us out. All going well, registration will be at the shed at 9 am.



Community Clean Up Day
2018

**Sunday
9 December
0900 - 1200**


MORE INFO ON THE
"CLEAN-UP LAKE BURLEY GRIFFIN"
FACEBOOK EVENT SITE

CLEAN-UP LAKE BURLEY GRIFFIN


VOLUNTEER AT ONE OF THESE LOCATIONS:

- BURLEY GRIFFIN CANOE CLUB
- LOTUS BAY (NEAR YACHT CLUB)
- WESTON PARK (NEAR PLAYSTATION)
- BLACK MOUNTAIN PENINSULA
- WEST BASIN (NEAR THE BIKE HIRE PLACE)
- KINGSTON FORESHORE (BOWEN PARK)

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New Club Boats

The club has two new boats, the first in several years. The Vajdas are both Masters K1s and will be housed in the first two bays with the other Ks and TKs.

The Voyageur, grey with blue pin stripe & blue combing, is a very stable K1 for those new paddlers looking to get into racing or those wanting to step up from our recreational boats. It's a great way to get into more challenging boats. It's a large-volume boat, so will cater for most of our club members and weighs about 13kg. This kayak is also rated as a paracanoë.



The Spirit, medium, is a Masters K1, though it is quite challenging. It is rated for paddlers between 65 and 75kg. It is a bit tippier than the Mango so offers a real stepping stone for those wanting to work their way up to performance K1s, or who are just looking for a personal challenge.

Both these boats have a quick change foot plate, making it easy to go from one paddler to another. If you are unsure on how to adjust them, or if you haven't had a session on getting in and out of our TKs or Ks, please see a coach or experienced paddler before using them.

AND PLEASE, TREAT THESE BOATS LIKE THEY ARE YOUR OWN!! They are tough but not



indestructible! Look after them, don't run them up the beach, don't sit the rudder on the ground when getting in and out, don't put all your weight on the combing. These rules should be followed for all our boats, regardless of age, but it would be great to keep our new kayaks in good condition for some time.

K1 Demo Day – Saturday, 24 November: Jack trying out the Voyageur and Ted & Jeremy trying the Romain kayaks.

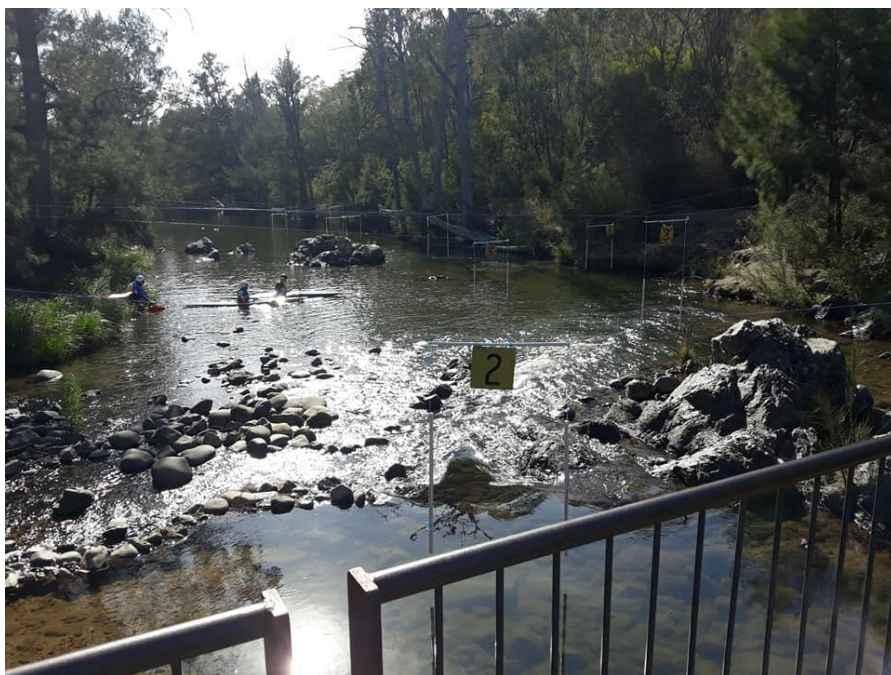
Patricia

Slalom Report: Kai Swoboda

Cotter Slalom 7 & 8 November 2018

Despite the multiple challenges of two moves of venue due to low water levels, unanticipated clashes with NSW and Victorian slalom and down river races and a local fire emergency, BGCC went ahead with a mini slalom on 7 and 8 November 2018 at the Cotter Campground.

The site for the slalom was just below the footbridge located upstream of the campground and included four upstream and nine downstream gates. The flow in the Cotter River was very low, measured at 0.22 at the (old) Cotter Pub—a level that is pretty consistent with the minimum environmental flow. Some fine tuning of the river by concentrating the minimal available flow allowed the start to be upstream of



the bridge, with paddlers needing to negotiate the low bridge and some current between gates 2 and 3.

Thanks to many helpers, the course was erected in just over an hour on the Saturday afternoon. The quick course erection meant that we could spend the rest of the afternoon practising the course and working out the fastest lines.

Congratulations to all who paddled. The course was a bit scratchy but everyone who paddled enjoyed the day. Notable achievements/outcomes, besides the overall finishing times (see next page) included:

- Most consistent run time (and overall fastest) – Craig (also had 3 clean runs!)
- Most number of runs – Hamish
- Only paddler to DNF – Kai.

Hopefully we can run a similar event soon. Some lessons from the event are to use the same site but run it over one half-day only (given the quick set up and pull down, that's possible) and look at arranging a higher environmental flow with Icon.

Kai

Cotter Slalom Results

	Position	Time	Total Penalties	Total Time
Craig	1	49.95	0	49.95
Peter	2	56.81	0	56.81
Rolly	3	62.95	0	62.95
Ron	4	67.95	2	69.95
Kai	5	63.41	8	71.41
Jess	6	71.01	2	73.01
Max	7	85.68	6	91.68
Ted	8	113.16	4	117.16
Hayden	9	118.52	6	124.52
Owen	10	138.73	6	144.73
Hamish	11	163.45	10	173.45
Elise	12	123.02	56	179.02



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Club Coaching Sessions: Margi Bohm

On 17 and 18 November, we had our first monthly BGCC club coaching sessions as requested by the membership during the recent survey. The Saturday session was about core strength and I introduced attendees to several core strength exercises designed especially for kayakers. Core strength is a key contributor to paddling enjoyment. It helps paddlers avoid sore backs and enables effective use of the strength that is available when one engages correct leg-drive and torso rotation through the stroke.

Most importantly, skills learned in the session provide a strong injury prevention framework for paddlers of all levels. Emphasis was on getting the exercise technique correct and helping club members develop a program that they can do in their own time.

On Sunday, I showed the group a series of videos that demonstrated how the paddle works and what sort of movements we need to do in the boat to be efficient paddlers. Efficiency helps us go faster with less effort, but more importantly, it is a good recipe for injury-free activity and is thus essential to providing an environment for greater enjoyment of the sport. There is a reason why paddlers with good technique look like they are hardly trying but still manage to go very fast.

After a great deal of discussion and on-land demonstration and practice, we migrated to the dock, where we used our sticks to practice the stroke whilst sitting on the dock. Then it was onto the water and getting help and instruction as we paddled around in circles.

The next session will be in January given the racing calendar for December and the Christmas break.

Margi

PNSW Sprint Series Regatta, 11 November: Margi Bohm

Nick, Marcello, Louise, Margi and Liam, together with visiting paddler Joe Burton from Mitta Mitta, wandered up to SIRC for the last of the PNSW Sprint Series races for the year. Margi, Liam and Joe (together with parents Matt and Chris) drove up on Saturday after a day of TrainSmart testing and camped at the Nepean River Campground. We managed to get the tents and swags up before the mosquitoes moved in and, after a rather lengthy microwave heating expedition, enjoyed a jummy pasta dinner prepared by Liam's mom, Carrie. The big tent had a netted 'living area' between the two rooms, so we were able to enjoy dinner without having to swat the invaders.

Overhead, heaps of flying foxes made their way to a feeding ground, squeaking and now and again running into branches (or so it sounded)! We were tired from testing and Sunday was an early start, so we went to bed early – in vain as the Sydney–Blue Mountain rail line was located very close to the camp ground and there were a rather large number of trains through the night! Hmmm. Need to find a different place to put up the tent next time.

Sunday dawned bright and calm and by 8.45 we were racing the 1,000s. Joe and Liam did the 1,000 m in the K2 and posted a credible time. Margi had a bit of a plod given that she has only recently got back in the boat since May. We jumped out of the boats at the end of the 1,000 and quickly checked the draws for the 500 semis, got our new numbers and it was back up to the start again.

The boys were in the K1s this time and they held their own against similar-aged lads from the Sydney clubs – not a bad showing for marathon paddlers. Again, straight after finishing the 500 heat we returned our numbers, got the new number for the 200 semi and back to the start. Margi's 200 was almost semi-decent with that not-forgotten competitive feeling returning as she stared down the course from the start. It has been 10 years since Margi gave away sprint and moved into marathon but the 200 will always be her favourite race. After we finished the 9 or 10 heats in the 200s, there was a short break for Armistice Day and then we were back at it for the 500 m and 200 m finals.

By now, everyone was starting to feel the lactic acid and we were getting tired, but for our little group the times remained competitive and everyone performed okay. Room for improvement, but not bad for the beginning of the marathon season. Highlights were Liam beating Max in the 500 m final (not sure who Max is but Liam was very chuffed to have beaten him) and Margi holding off the U16s (and probably younger) from Northern Beaches to win her 500 m final. Joe did really well given his stage of recovery from a major leg injury earlier in the year. All in all, the coach was very happy. We were all very impressed with the organisation and flow of the regatta and will probably support the sprint series next year as we prepare for National Marathon and Worlds.

Margi

Flat Water Recreation Paddle at Tuross: Jacque Gutterson

Nine paddlers launched their eight kayaks from the slightly unsettlingly named Snake Flat on the Tuross River on Saturday morning. Three paddlers were club members from the coast and it was great to meet them and to be the beneficiaries of their local knowledge. The paddle was a leisurely 14 kms and explored Bumbo Creek and Bumbo lake, which is quite a large expanse of water. Highlights of the trip were seeing the birdlife up close, including pelicans, two white-bellied sea eagles and azure kingfishers. The creek and lake were quite clear of paddling



obstacles, although our boat handling skills were put to the test for a short time in the narrower and shallower part of the creek, where there were a lot of fallen trees. After a few hours we had lunch on a nice sandy beach and then headed back to Snake Flat to disembark. It was a lovely way to spend a Saturday morning.

By Sunday morning our group had shrunk by two people and we were joined by a courageous fellow with a heavy blue plastic boat. With relatively clear skies and light winds we set off from Lavender Bay on the Tuross River for a paddle up Bowns Creek and returning through the confusing but beautiful channels of the Tuross River. Thanks to the local knowledge of Allan Newhouse, who guided us safely back to Lavender Bay, we had a very relaxing and enjoyable 10 km paddle. A great weekend was had by all and plans for our next adventure are underway.



Jacque

Marathon Convenor's Report: Russell Lutton

Massive Murray Paddle



Congratulations to Helen Tongway and Bob Collins, who have just completed the 2018 Massive Murray Paddle. The five-day, 404-kilometre event starts at Yarrowonga and finishes at Swan Hill. It is the longest paddling event of its kind in the southern hemisphere, and this was the 50th year this charity event has been held.

In an outstanding result for our BGCC team, Helen and Bob finished 6th overall based on the very comprehensive handicap system the organisers applied. A note perhaps for future years is that the organisers have gone to great lengths to ensure it is the 'motor' in the boat that determines the placing and outcome, which gives everyone, regardless of age, a chance to place well in the handicap results.

For Helen, in particular, it is a sweet win-win result. The end of the Murray Paddle saw her complete her first Very Big Year Paddling Challenge and join a select group of paddlers who, in a single year, have completed 1,000 kilometres of racing in paddlesports events across Australia.

Helen filed this report on five very hard days of paddling that many seasoned Murray paddlers rated as the worst ever for weather and wind. You can read in it the tenacity and perseverance required to undertake a marathon like this.

Russell



Helen and Bob after 404 kms

Day 1 was long, with wind – that is about all I recall! I did have quite sore shoulders – not something I have had before. But Bob's wife (Rhonda) fixed me up with Panadol and an anti-inflammatory. Along with food and drinks, I was right for Day 2.

Day 2 went very well for us and we finished well up in the field. We had a good start from Toc. and soon headed out towards the front, along with a train of boats behind us. Throughout the day we gradually dropped them off, except for Elizabeth Van Reece – if you remember her from races, many years back? The day had a few refreshing showers – of pelting rain/squally winds – but not cold.

Day 3 went even better! Our start was not good – we were well back from the front row, heading into the narrows. But we wended our way through the riff-raff, no collisions, and were soon up towards the front – and by check point B we were the front boat – right behind the 'River Closed' boat!! As the day went on, we went better and better. Still ahead at 'C', with only Lizzy hanging on behind us. Towards Echuca there were several areas of nasty wind effects and Lizzy eventually dripped back. But, with only a few hundred metres to go, Bob could see a red Mirage 730, 2x males, relay, charging up behind us. So put the accelerator flat to the floor and determined that they would not beat us over the line! With the wash from a paddle-steamer coming towards us, we kept up the effort – and I saw 12.7 kph on my GPS – and got line honours by about half a boat-length!! No pain yesterday. ☐

Day 4 had a not-so-good start with a nice couple of young blokes deciding to do a 180-degree turn just in front of us – as the starter said go. We did our now usual wending through the fleet, picking up various washriders, and dropping them off along the way – again, apart from Lizzy.

The wind today was horrible. It came from every direction, in great gusts and swirls. In one place, where I could hear the roar of the approaching gust, Lizzy claims we went backwards..... Thankfully most of the reaches were not all that long, so we got a change of direction fairly frequently, with even some wind from behind – with not all of it trying to blow the paddles out of our hands. We lead the race again for about 10 km today, but other, stronger paddlers were able to overtake us at about 45 km, with 4 boats (I think) coming ahead of us.

Day 5: The promised decrease in wind did come – but it was only to the effect of halving its ferocity. That might sound good, but a change from 60–80 kph gusts down to 30–40 kph gusts still does not make for a pleasant day's paddling. The day also started off quite cold and Bob and I were once again rugged up in our 'Canberra winter' paddling clothes, wind-proof jackets, etc. For a while it seemed we might need to discard the jackets, but the sun again became covered by the clouds and we paddled on as we were – stopping only to take in some solid foods every couple of hours (when the wind was behind us). Boat speeds varied with the flows, swirling eddies and wind directions, from about 8 kph up to about 12 kph. But, we had made a good start in the confined river at Murrabit and once again picked a course through the flighty starters and were heading for the front of the pack. We even got to the stage of having only two or three other boats from our start out ahead of us, with the 'River Closed' maritime vessel's flashing lights visible from time to time. However, the starting times had been condensed, so we were overtaken by paddlers from following starts much earlier than on previous days. But we paddled steadily on, and eventually we were about the 10th boat crossing the finish line at Swan Hill – still with Lizzy Van Reece riding our wash!

What an event! Many old-timers commented that 2018 was one of the toughest, windiest races they had ever seen. We found the paddlers and organisers were all out to enjoy the event, with plenty of help and goodwill all about. The presentations after the event were a bit late happening (understandable given the calculations needed for the 70 or so boats entered) but were informative – as it was the 50th Murray marathon – and entertaining, with plenty of prizes for many and finishers' medals for most!

Many thanks to our outstanding land crew, David Tongway and Rhonda Collins, who stuck with us all the way and provided invaluable support. We could not have done it without them!

Helen



The loneliness of the long distance land crew! David Tongway waits patiently in the rain at the end of day 3.

Wetspot Summer Time Trial Series 2018–19

With the PNSW Marathon Series done and dusted for 2018, things are quieter on the distance paddling scene. However, the Wednesday twilight Wetspot Summer Series for 2018–19 is up and running despite a shaky start this year. We have been dogged by bad weather—it just wasn't safe to race on a couple of evenings—and the lack of reticulated water and toilets, and have had to come to terms with the new Webscorer computerised timing system which, I am pleased to say, Tony Mee and Russell Murphy are on top of now.

As advised in last month's *Blazing Paddles*, we were hoping to run the series in a new handicap format. We have shelved the idea for now. Given the spread of time necessary to accommodate handicapped times for our slowest to our fastest paddlers, there just wasn't enough time available weekday afternoons to get paddlers on the water after work and off the water and home at a reasonable time. Perhaps we can try this format for the Sunday winter series when the daytime time pressures may not be as great.

So we have gone back to the cumulative points time trial format we have used for several years, with the point scoring commencing from Wednesday, 14 November. The time trial rules are on the club website. The point score will be updated and published ASAP after each time trial. We will take a break for the Christmas–New Year period.

And don't forget the post-time trial barbeque. Thanks to the Dohnt family for taking this on and for dishing up some really great food since we have got the water restored.

The results for the first two recorded time trials are below.

Wetspot Summer Time Trial Series 2018–19, results 14.11.18			
Place	Name	Distance	Time
1	C Stimson/R Stimson	1 Lap	23:43.5
2	P Ashton/M Bohm	1 Lap	23:49.9
3	Russell Lutton	1 Lap	26:44.0
4	Ted Hall	1 Lap	26:46.1
5	Jason Chen	1 Lap	27:21.7
6	Alex Zeller	1 Lap	27:34.3
7	Roger Murray	1 Lap	28:07.9
8	Robert Bruce	1 Lap	28:44.5
9	Scott Olorensha	1 Lap	34:24.5
1	Liam Dohnt	2 Lap	44:28.3
2	Craig Elliott	2 Lap	44:30.1
3	Richard Fox	2 Lap	50:00.2
4	Jeremy Cook	2 Lap	57:10.9
5	Russell Murphy	2 Lap	59:40.6
6	Greg Chesher	2 Lap	1:02:54.2
-	Mark Halpin	2 Lap	DNF



'No, there'll be no start until I get a STRAIGHT line!' A hard man, that Tony!

Wetspot Summer Time Trial Series 2018–19, results 21.11.2018

Place	Name	Distance	Time
1	Russell Lutton	1 Lap	27:00.8
2	Jason Chen	1 Lap	27:19.9
3	Scott MacWilliam/David Abela	1 Lap	28:04.3
4	Jack Jessen	1 Lap	28:18.4
5	Alison Curtin	1 Lap	28:45.9
6	Robert Bruce	1 Lap	29:17.7
7	Kevin Swain	1 Lap	29:52.5
8	Patricia Ashton/Margi Bohm	1 Lap	29:59.1
9	Jeremy Cook	1 Lap	30:06.0
10	Erik Chen	1 Lap	30:09.4
11	Mike Iliff	1 Lap	31:29.9
12	Kiaran Lomas	1 Lap	35:48.8
1	Liam Dohnt	2 Lap	44:26.1
2	Craig Elliott	2 Lap	44:27.6
3	Trent Birkett	2 Lap	48:38.8
4	Robert Wilson	2 Lap	54:17.9
5	Richard Bontjer	2 Lap	54:24.2
6	Greg Chesher	2 Lap	1:03:46.2



Entertaining the geese

Wetspot Summer Series 2018–19 Series Calendar

DATE

- Wednesday, 5 December 2018
- Wednesday, 12 December 2018
- CHRISTMAS/NEW YEAR BREAK**
- Wednesday, 16 January 2019
- Wednesday, 23 January 2019
- Wednesday, 30 January 2019
- Wednesday, 6 February 2019
- Wednesday, 13 February 2019
- Wednesday, 20 February 2019
- Wednesday, 27 February 2019
- Saturday, 2 March 2019
- Wednesday, 6 March 2019
- Wednesday, 13 March 2019
- Wednesday, 20 March 2019
- Wednesday, 27 March 2019
- Wednesday, 3 April 2019



PNSW 2019 Marathon Series

Don't forget that BGCC has been selected to host the first race of the 2019 series on Saturday, 2 March. The event will incorporate singles State Marathon Championships. More on how this will operate in the next *Blazing Paddles*. We will need volunteers to help organise this event. The club also proposes to conduct the renowned Burley Griffin Bash on Sunday, 3 March. Perhaps plan to race your single boat on the Saturday and a double boat on the Sunday?



Dave Abela about to launch into one of Carrie's delicious pulled pork rolls!

PNSW 2019 Marathon Series calendar

Bonus Round: 23-24 February, Frank Harrison races 26 km or 16 km, singles on Saturday, doubles on Sunday

Round 1: 2 March Canberra, including singles State Marathon Championships
Round 2: 23 March Woronora
Round 3: 31 March Tacoma
Round 4: 14 April Lane Cove, including Doubles State Marathon Championships

Bonus Round: 27 April Batemans Bay Paddle Challenge

Round 5: 4 May Mylestrom
Round 6: 1 June Burrill Lake
Round 7: 23 June Penrith
Round 8: 14 July Davistown
Round 9: 3 August Windsor portage round
Round 10: 24 August Teralba + presentation dinner

Come and try a different kind of boat day

Many thanks to the Wetspot crew—Scott and Patricia; Kieran Babbich of Roman Kayaks Australia and Washrider; and Stewart O'Regan of Think Kayaks—for coming to the river last Saturday and Sunday to give us a great opportunity to test paddle (and sometimes to swim from) a range of high-end kayaks.



So many kayaks, so little time ...

Russell

Canoe Polo Report: Laura Kleinrahm

November saw the 2018–19 Summer Series' first event being held in Canberra, with sunny and warm weather shocking those who thought Canberra was perpetually cold. Six teams were fielded in each division, including five ACT teams. All teams had a great competition, particularly for the younger players, who had a chance to play new opponents. Special shout out goes to our Open team, Kanusport, who took out first position.

Now we are off to Sydney for the next event, with ACT sending a Women's and an Open team. This competition also includes an Australian Women's Camp in preparation for next year's Oceania Championships.

Cheers,

Lozzak



Michael Lawrence-Taylor (Kanusport) and Michael Young (PSV)



Mark Raymond and Roland Mangos of PSV against NSW Lakers

SUP Report: Joanna Nelson

Congratulation to Rohan Evans, who recently competed at the 2018 Australian SUP Titles on the Gold Coast. Rohan finished 6th in the technical and 9th in the 18 km marathon for the Men's over 40s. A great outcome given that the conditions for both events were challenging for all who participated.

The **38th Merimbula Classic** was held last week. Unfortunately the conditions weren't favourable for stand-up paddle, with high winds and swells. The small Canberra contingent of Scott Hunter, Lincoln Gibson and myself managed some fun waves before and after the event, with Lincoln and Scotty being 'loyal to-the-foil'.



Rohan Evans finishing the marathon



Fun waves at Pambula river mouth – Lincoln Gibson, Rod Scott and Joanna Nelson



Evening event at Saphine Club, Merimbula – Stayin Alive
Scott Hunter, Lincoln Gibson and myself (Jo Nelson)



Lincoln Gibson—foiling at Pambula

**For your diary: BCGG will run SUP time trials on 19 December. We're looking to use a different course (triangle course in front of Reach), use of Niscos / inflatos? as a suggestion. Please contact me for your availability / expressions of interest to attend.

Cheers

Jo

My Journey: Liam Dohnt

A week after winning nationals, I received an email from Paddle Australia about a camp for the Australian team that was being held in Canberra. I went over to Canberra for five days for the camp, testing my lactate levels and technique. I kind of received a reality check about my technique while attending the camp. After the camp I had a better understanding about my technique and training principles, thanks to everyone who helped out during the camp.

After the camp I headed back to Adelaide for two weeks before coming back to Canberra for a six-week training camp I guess you can say. During my time I met different paddlers and club members who accepted me with open arms, and even let me home-stay with them for the period. While back in Canberra I corrected my technique and improved on my fitness level. In doing so, I increased my boat speed from 12 kph to 12.6 kph. I participated in some club time trials and races throughout my stay. I was improving quickly over my stay in Canberra.

Throughout my stay everyone encouraged me through my training. I then, after my six-week stay, returned to Adelaide for a week then travelled to Portugal, Vila Verde for the marathon world championship. As I arrived the atmosphere was something different, it was exciting and fun. I got to experience all the best paddlers race, as well as learn some of the skills they use. Although my race

wasn't what I expected, it only made me more determined to race next year in singles and doubles.

A big thank you to Scott for home-staying me over the training camps in Canberra, giving me the opportunity to train before worlds, as well as introducing me to new foods and giving me a paddle to use at worlds. I am thankful for watching my first live football game with his



sons. I am very grateful for the opportunities that Scott and everyone at the club have given me.

Liam



For Sale

Naish Javeline Stand-Up Paddle Board

14.0'x26 GX

Great for those that have decent balance and want to go fast. Kept under cover the whole time. Just a little wear and tear from paddle marks, etc.

I'm selling because I rarely use it. Asking \$1200.

Please contact Tammy at tvendange@yahoo.com if you are interested.



Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each Shorts \$25 each



2018–19 BGCC Membership Fees: Helen Tongway

- A big thank you to those people who have already renewed! Renewals (for everyone) were due on 1 July.
- If you haven't already renewed, nor heard from me to say you are still current, then your fees are now overdue.

The BGCC membership fees have been held at last year's level, while the PNSW fees have changed a little, The Adult fees have increased by \$10, while the Junior fees have been reduced by \$30. The Junior fees are for children between 10 and U18 years as at 1 July 2018. Children under 10 years may join PNSW for free, with the BGCC fee remaining at \$40 for Juniors taking part in regular paddling sessions. **All PNSW & BGCC Memberships are paid via PNSW and Paddle Australia.**

Label	Category	PNSW fees	BGCC fees	Total
1.1	Adult – New Member	\$90	\$130	\$210
2.1	Adult – Renewing Member	\$90	\$80	\$170
1.2	Junior – New Member	\$30	\$90	\$120
2.2	Junior – Renewing Member	\$30	\$40	\$70
1.3	Family – New Members	\$180	\$300	\$480
2.3	Family – Renewing	\$180	\$180	\$360
	Children under 10 years at 1 st July, 2018	Free	\$40	\$40
3	Non-paddler, volunteers, officials, carers	Free	Free	Free!
4.1	Adult Single-event Membership	\$20		\$20
4.2	Junior Single-Event Membership	\$10		\$10

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

Private boat in Club Shed: Upgrade Membership fee: \$180

Both private boat in Club Shed + Club Shed key-hire, Upgrade Membership fee: \$255

Both Key-hire and private boat in shed membership require an approved Application Form for new Membership Upgraders.

Those continuing their upgraded membership do not need to put in a new application each year.

Membership upgrades at: <https://www.registernow.com.au/secure/AccessRegistration.aspx?E=30446>

If you finances are such that you need a little more time to pay – then please contact me, to let us know that you are still in town and want to continue with BGCC, key and boats.

See club website for how-to-pay links

Helen.

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